

Kendal Breaks Ground to Let the Sunshine In

(Lexington, VA) The Board of Directors of Kendal at Lexington, a Virginia not-for-profit Continuing Care Retirement Community (CCRC) located one mile northwest of the City of Lexington, Virginia, announced Friday, February 6, 2009, at 4:30 p.m., as the official date and time for ground breaking for its Sunroom Addition to the Benjamin Borden Health Center.

This \$150,000 + addition consists of the construction of a 670 square foot addition to the entrance lobby of the Benjamin Borden Health Center, the CCRC's licensed nursing facility which serves the greater Lexington community. With three walls dominated by windows and a dozen skylights on the roof, this sunroom will provide an oasis where residents of the nursing home can participate in group activities or simply enjoy the sunlight, which has been proven to alleviate depression in the elderly. The sunroom, accessed through the existing entrance lobby, will be on the southwest side of the building, providing views of some of the adjacent pastures of Sunnyside Farm. In addition, the outdoor area surrounding the sunroom is at a slightly lower level than Kendal Drive which borders one side, providing an excellent protected area for future development of a small garden area with outdoor seating. The sunroom was designed by the Lexington architecture firm Kirchner & Associates.

The Benjamin Borden Health Center, opened in 2002 as a licensed nursing facility certified for both Medicare and Medicaid, also accepts private pay residents. In recent years, an annual average of 150 Rockbridge County residents have received either short or long term nursing care services at the Borden Center, with many of them also receiving outpatient therapy services following discharge to home. About a third of the center's residents are supported by the state-run Medicaid program for the medically indigent.

Funding for the sunroom addition has come from a variety of sources, with the largest single contribution of \$40,000 coming in the form a challenge grant from The Cabell Foundation based in Richmond. In addition to dozens of gifts from individuals, contributions were also received from the Lexington Presbyterian Church, the Gadsden Fund of R.E. Lee Episcopal Church, the SunTrust Mid-Atlantic Foundation, the Carilion Foundation, Kendal Charitable Funds and the Rockbridge Area Community Foundation. Residents of the Borden Center and Kendal at Lexington, along with family members and staff, also raised funds through bake sales, hot dog sales and craft sales. The sunroom is part of a larger

improvement project which will eventually include a covered entrance for the nursing home. Fundraising for the covered entrance project continues.

The sunroom addition will add another facet to the culture change initiative presently underway in the Borden Center, which is moving the organization's model of care away from an institutional, medical model toward a person-centered, household model. Other recent aspects of this initiative include the implementation of a breakfast buffet with expanded hours and the establishment of neighborhoods with a consistent assignment staffing model.

"This fabulous new addition will add another element of excitement to the lives of the special people we serve in the Borden Center," says Kendal at Lexington Executive Director, Steve Jewell, "I can't wait to see the impact it will have on their home." Kim Snyder, Administrator for Health Services noted that "the broad-based community support for this project exemplifies what the Borden Center is – our community's quality home for older adults."

Kendal at Lexington will soon complete construction of a major expansion to the retirement community which has added 14 apartments, 35 cottages, a fitness center, an auditorium with a stage and seating for 125 people, a new restaurant, and renovation of the previous dining facilities into a "marketplace." As a continuing care retirement community (CCRC), Kendal at Lexington's residential dwellings are complimented by 20 assisted living apartments in the community's Webster Center, in addition to the 60 private and companion rooms of the Borden Health Center.

Kendal at Lexington is an affiliate of the not-for-profit Kendal Corporation, based in Kennett Square, PA. Over the past 35 years, The Kendal Corporation has earned a national reputation for excellence in the development of communities and services for older men and women, based on a system of values and practices reflecting Quaker principles, including equality, community, simplicity and respect for the individual. Kendal communities now operate in Pennsylvania, New Hampshire, Ohio, New York, Massachusetts, and Virginia.

A continuing care retirement community, or CCRC, offers housing, residential services, and health and wellness care, including long term care, usually on the same site, under a single contract that is in effect for the lifetime of the resident. The costs for these services are covered by a one-time entry fee and

monthly fees. Kendal at Lexington offers flexible plans with a variety of entry fee options, including a 90% refund, and discounts for those carrying long term care insurance.

Information about Kendal at Lexington is available by calling (540) 464-2601 or toll free (800) 976-8303, or by e-mailing www.kalex.kendal.org. Information about other Kendal Communities or The Kendal Corporation is available on line at www.kendal.org or by calling (800) 220-0042.