



Kendal at Lexington

The Residents' Newsletter

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Standing Committees Keep Us Rolling Along

Kendalites like banding together in groups, formal or informal as the case may be. We enjoy our hobbies in a number of informal interest groups, while our more formally organized bodies include the standing committees of the Residents Association.

One can join a standing committee at any time; just contact the chairperson. However, the annual December sign-up enables Residents Council to prepare a list of committee members for the coming year. The 2017 list includes members as well as chairpersons and has been posted in the Residents Association office, the small room off the lobby that contains the residents' photocopier.

Total membership on the eleven standing committees adds up to 127, but this tally includes duplications -- many residents serve on more than one committee-- and does not include those who missed the sign-up deadline but are welcome on board nevertheless.

- News Flash -

Lexington City Council decided on January 19 in favor of an application by Kendal at Lexington for rezoning and planned development on a piece of the Kendal campus that lies within the city limits. An update on Kendal's current plans will appear in the March issue of this newsletter.

All this hustle and bustle distinguishes Kalex from the type of retirement community in which residents sit on the sidelines while the staff does everything, and our scenario is in fact addressed in Kendal Corporation's "Values and Practices" booklet, 2012 edition. "Independence and self-sufficiency are supported, in part, by *not* providing some services that community members, individually or cooperatively, are able to provide

A Warm Kendal Welcome to:

**Charlene Jarrett
Apartment 125, Cox Hall
Moving to Kendal from Lexington, VA**

(cont. on p. 4)

🎵 Calendar Notes 🎵

[With some exceptions, most of them specified, the activities listed here are arranged through the residents' Culture and Entertainment Committee, chaired by Ann John. "Borden" = Benjamin Borden Center (skilled nursing care); "Webster" = Webster Assisted Living Center.

Some events are arranged too late for inclusion here. Please check the bulletin boards.]

Feb. 1, Wed., 4:30 pm. Final meeting of the Kendal College course, "Living in Rockbridge County: Past, Present, and Future," taught by Professor Sasche Goluboff of the W&L Sociology and Anthropology department. **Kendal College programs are open to all residents and staff, and to guests of the Marketing Department.**

Feb. 2, Thu., 4:30 pm. Talk by Christopher Whelan, Visiting Professor of Law at W&L, on "Designer Babies and the Doctors' Dilemma: Time to Send In the Clones?" Professor Whelan, who holds degrees from the London School of Economics and serves as associate director of an international law program at Oxford University, has been coming to the W&L Law School every spring for many years. He has given popular programs at Kendal in the past and has recently turned his attention to medical ethics. Kendal Hall. **Free and Open to the Public.**

Feb. 6, Mon., 8 am. Men's breakfast. No reservation needed. Dining Room.

Feb. 7, Tue., 1 pm. Meeting of Residents Council. Any Kendal resident may attend these monthly meetings. Notify Karen Russell, Residents' Association president, if you would like a spot on the agenda. North Parlor.

Feb. 7, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. Sunnyside House.

Feb. 9, Thu., 2 pm. Monthly meeting of the Dementia Caregivers Support Group. Open to all Kendal residents and staff, as well as to all Rockbridge area residents. For more information, contact Cathy Lewis, Kendal's Clinic RN, at 264-2609. Sunnyside House.

Feb. 9, Thu., 3:30 pm. IT workshop sponsored by Kendal's Computer Group. Kendal Hall.

Feb. 9, Thu., 7:30 pm. Student production of *Dracula*, by Steven Dietz, based on the novel by Bram Stoker (1897). Directed by Jemma Alix Levy of the W&L Theater Department, and described as "rich with both humor and horror." Senior ticket \$13. (Box office, 458-8000.) Keller Theatre, Lenfest Hall. [bus, 7 pm]

Feb. 11, Sat., 8 pm. The Antioch Chamber Ensemble, based in New York, performs choral works ranging from Renaissance polyphony to contemporary masterpieces. Senior ticket \$20. (Box office, 458-8000.) Wilson Concert Hall, W&L. [bus, 7:30 pm]

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Calendar Notes

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Feb. 13, Mon., 4:30 pm. Talk by Michael Anderson of the W&L Economics Department on the TransPacific Partnership, a slowly evolving trade agreement that has been under negotiation for many years. President Trump has withdrawn the United States from participation. As we go to press, members include Canada, Mexico, Peru, Chile, Australia, New Zealand, Singapore, Japan, Brunei, Malaysia, and Vietnam, but not China (yet). Kendal Hall. **Free and Open to the Public.**

Feb. 14, Tue., 10:30 am. The Kendal Singers presents a Valentine program of love songs. "Let Me Call You Sweetheart," "Can't Help Falling in Love with You," and songs by Sigmund Romberg, Jerome Kern, Irving Berlin. Some audience singalong. Kendal Hall. **Free and Open to the Public.**

Feb. 15, Wed., 9:30 am. Residents Association meeting. All Independent Living and Webster residents are members of this group. Light refreshments before the meeting. Kendal Hall.

Feb. 16, Thu., 3:30 pm. IT workshop sponsored by Kendal's Computer Group. Kendal Hall.

Feb. 22, Wed., 6 pm. "A Night on the Town," dinner at Haywood's restaurant and piano bar, in downtown Lexington. Watch for postings of menu, prices, other details. [bus, 5:45 pm]

Feb. 27, Mon., 4:30 pm. Talk by Barbara Crawford, professor of art at Southern Virginia University, on her experience as assistant to the

late Cy Twombly, Lexington native and abstract expressionist painter, during his creation of the ceiling of the Salle de Bronzes in the Sully Wing of the Louvre Museum, Paris. The ceiling was completed in 2010; Twombly died in 2011. Kendal Hall. **Free and Open to the Public.**

Feb. 28, Tue., 8 pm. W&L's University Singers return home from a tour of the South with an evening of *a cappella* music. Ticket free but required; provided for riders on the Kendal bus. Wilson Concert Hall, W&L. [bus, 7:30 pm]



Vespers in February

All are welcome to these ecumenical services, held each Sunday at 4 pm in Kendal Hall. The volunteer officiants and musicians are much appreciated. Arranged by the residents' Vespers Committee.

Feb. 5 -- Deb Klein (Lexington Presbyterian Church); pianist, Diane Swink.

Feb. 12 -- Steve Willis (Collierstown Presbyterian Church); pianist, Clyde Moore.

Feb. 19 -- Punker Robertson (Williamsville Church, Fairfield); pianist, Lee Higgins.

Feb. 26 -- Steve Cathcart (Timber Ridge Presbyterian Church); pianist, Jerri Keen.

Standing Committees (from p. 1)

for themselves. For instance, we typically do not employ activities directors except in health center settings for those residents who need such assistance. [This is the case at Kalex. Our Activities staff focuses on the Webster Center and the Borden Center, although Independent Living residents are often welcome to join in.] Rather, associations made up of community members organize virtually all aspects of social, cultural, intellectual, and spiritual life" (p. 7).

One can see the advantages. Besides keeping us reasonably on our toes, our efforts presumably save some money. Staff salaries come from our monthly fees, after all. And we have a lot of control over the things that affect our daily lives. Residents decide which concerts we want to hop on the Kendal bus and attend, or which speakers we want to invite to campus; residents have a say in landscaping decisions and can be seen planting bulbs at the entrance on Enfield Road; residents consult with the dining staff, and are listened to; residents . . .

Information about the standing committees can be found in the Residents Handbook (red binder), Section IV-B. To learn about a committee's plans for the coming year, or other information not in the Red Book, contact the chairperson, listed below.

Culture/ Entertainment. Chair, Ann John. Plans, promotes, and carries out cultural and entertainment events of interest to Kendal residents.

Environment/ Sustainability. Chair, Wil Stratton. Assists residents and staff maintain

quality of life without damage to the environment.

Facilities/ Wood Shop. Chair, Bill Stearns. Deals with suggestions and concerns about the Kendal physical plant and wood shop activities.

Food and Dining. Chair, Don Holmes. Provides a forum for comments, suggestions, and concerns related to food service.

Furnishings and Interiors. Chair, To Be Determined. Concerned with the furnishing and decoration of the indoor common areas, including the placement of art.

Horticulture and Landscaping. Chair, Ted Burrowes. Concerned with the overall appearance and maintenance of Kendal grounds.

Library. Chair, Kathy Holmes. Oversees the operation of the Kendal library.

Newsletter. Chair, Jo McMurtry. Produces the monthly newsletter you are now reading.

Vespers. Chair, Shay Peters. Plans and supports the weekly Sunday afternoon Vespers service held in Kendal Hall.

Welcome/ Orientation. Chair, Tom Hasselmann. Welcomes new residents to Kendal and helps them transition to their new home and to Lexington.

Wellness/Fitness. Chair, Kathy Holmes. Promotes the health and well-being of residents through arranged speakers and other programs.

-- Jo McMurtry



Memorial Books Now in Library

For Elizabeth Donald:

The Mistletoe Murder and Other Stories by P.D. James (Knopf, 2016), contains four Christmas-themed short stories by P.D. James. She freely admits in her preface to the stories that she has emulated the styles of Agatha Christie, Dorothy L. Sayers, and others in these stories. In fact, the closing line of the final story is, "It was pure Agatha Christie." And no, I haven't given anything away.

Adam Dalgliesh, James' poetic Scotland Yard inspector, appears only in the last two stories, but the obligatory country house is fully apparent, so this volume will be a welcome addition to our cozy mystery section.

-- Sarah Giddings

For Anne Tucker, who was fond of birds:

Birdology, by Sy Montgomery. You do not want to meet a cassowary at night in the rain forest in northeastern Australia. It is a six-foot-tall relic of the dinosaurs with a five-inch dagger claw that can do much damage. It is much easier to deal with emus.

Sy Montgomery is a naturalist and author who writes for both children and adults, with

about fifteen published books. In this volume, she relates adventures with hens (they are individuals), hawks, homing pigeons, hummingbirds, parrots, and crows.

We all know that parrots like to mimic people, and that they can learn to distinguish colors -- but if they are not in the mood, they will tell you that blue is green even though they know better -- a way to signal the end of this boring learning stuff.

Although some birds are endangered, crows most certainly are not. Social evolution has equipped them to gather in families, to protect the young, and to respond to another crow in distress. And they are very smart.

-- Anne Preuss

[Note: Memorial books are chosen by the residents' Library Committee.]

Newsletter Statement and Staff

Kendal at Lexington is written by and for the residents of the Kendal retirement community of Lexington, Va.

Staff: Helen Behrens, Maureen Crandall, Sally Emory, Sarah Giddings, Maury Hanson, Rae Hickman, Jo McMurtry (editor), Kay Quirk, Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Marje Sherrill, Rudie Terhune, Clara Belle Weatherman, Dick Werling.

The deadline for the March, 2017 issue is Monday, Feb. 20, 5 pm.



The Audubon Christmas Bird Count

It was chilly (sixteen degrees) on Friday, December 16, when I met Lexington neighbor Barbara Rowe above Ross Road to tag along with her as she did the Christmas Bird Count on Kendal property, as she has for several years now. Over the next couple of hours we walked over most of Kendal's land, stopping to identify by sight or sound as many species as we could, as well as count every individual. It's an inexact counting process, since birds can fly elsewhere and be counted again, or can be missed; but with thousands of participants looking all across the country, and indeed across the world, the count can be very useful in keeping track of species numbers and movements.

The Christmas Bird Count is run by the National Audubon Society, in partnership with several other organizations. The results are kept by the Cornell Laboratory of Ornithology, where they are available to researchers, scientists, and organizations. Each count area is a circle fifteen miles in diameter. Lexington's circle centers on Big Spring Pond on U.S. Route 60. Years ago I participated for several years in the count in West Chester, Pennsylvania, one of over two thousand locations in the U.S. and Canada and involving over fifty thousand participants.

Among the interesting sightings here at Kendal were a Pileated Woodpecker, a Red-

Tailed Hawk, and a Great Blue Heron. In all, we recorded 27 species and 133 individuals. The most individuals in a single species were Black Vultures; also common in numbers were White-Throated Sparrows, Northern Cardinals, American Goldfinches, Black-Capped Chickadees, and American Crows. Since many people think Bluebirds fly south for the winter, I want you to know we saw two at Kendal, and a total of 110 were spotted for Lexington's count.

In the Lexington count, 74 species and 5,598 individual birds were counted by a little over twenty people. The two most unusual sightings were a leucistic Fox Sparrow and a Ross's Goose. The sparrow lacked the usual pigment on most of its feathers due to a genetic oddity. Ross's Goose is very unusual to see in this area, only the fourth ever in the county and never before on the Lexington count. It looks a bit like a miniature Snow Goose. I will have a picture of each of these birds in the alcove, along with a little more specific information for anyone interested in more detail on the count.

Should any of you be interested in future counts, please let me know. Further information on the count can be found in the News-Gazette article of January 11. I have a copy if anyone would like to borrow it. Thanks so much to Barbara Rowe and to Dr. Dick Rowe, biology professor at VMI and director of the Lexington bird count, for much of the information included here.

-- Don Holmes

[Note: According to Don, birders prefer to capitalize the names of birds. If interested in this matter, Google "birders" + "Capitalization" + "Associated Press Stylebook" or "Chicago Manual of Style."]

Flying Away Alternatives

When you decide you need to fly away for a while, what airport alternatives do you face? Kendal is not particularly close to any airport, a downside for those residents who like to travel. You can fly out of Roanoke, Charlottesville, Dulles International, Richmond International, or Shenandoah Valley Regional airport at Weyer's Cave, ten miles north of Staunton. Airlines, distances from Kendal, and parking fees and services differ across this list.

The closest airport to Kendal is Shenandoah Valley at Weyer's Cave, 52 miles away, and the only airport listed above which offers free parking. It provides both parking shuttles and wheelchairs. Via Air, however, is the sole carrier, with service only to Charlotte, North Carolina (a major hub), and Orlando, Florida.

The next closest airport is Roanoke, located 56 miles away. The major carriers are American, Delta, United, and Allegiant. Wheel chairs are available, long-term parking costs \$9 a day, but there is no parking shuttle to the terminal -- there is a number to call for assistance.

The Charlottesville airport is just over 77 miles away and is served by American, Delta, and United. Economy parking is \$9 a day, and both airport shuttles and wheelchairs are available.

The greatest choice among airlines and destinations occurs at Richmond and Dulles, 144 and 177 miles distant, respectively. Parking is \$9 daily at Dulles, and \$7 daily at Richmond. Both offer parking lot shuttles and wheelchairs.

If you are partial to Southwest or JetBlue, these airlines operate out of both Richmond and Dulles.

Your choice primarily involves a tradeoff between ground distance and the variety of flights offered. Flights from Dulles to a given destination are generally cheaper than flights originating at other airports with connections to Dulles. When you book a ticket, order a free wheelchair as needed at the same time, and plan to tip your service person on flight day. Remember where you parked, and make sure you pay for your parking before leaving the terminal building. The drive to Dulles and higher parking fees may well be worth the variety of choices among airlines and destinations offered there.

-- Maureen Crandall



Digital Bytes for February

On two Thursdays in January, around 35 Kendal residents and W&L retirees attended the first two in a series of presentations by the W&L Information Technology staff. Dean Tallman and John Watkins discussed information about IT security, as well as about how to protect ourselves from the risks of compromising personal and private information. Copies of their presentations are available from John South (johnsouth@mac.com).

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IT Presentations

(from p. 7)

The series will continue in February, at 3:30 pm on Thursdays, February 9 and 16, in Kendal Hall. The focus will be on social media -- how to benefit from the opportunities (and avoid the risks) presented by Skype, FaceTime, Facebook, Twitter, Snapchat, and a host of other apps that enable us to keep in touch with family, grandchildren, friends, and the world at large. Please plan on attending, and come armed with your questions.

The Kendal Computer Group is coordinating this series, and working to have return visits from the VMI cadets for individualized hands-on sessions later this spring. We would love to have other residents interested in helping our community increase its IT knowledge and skills join us. Please contact any of us to get onboard. Happy computing!

-- John South

The Kalex Computer Group: residents, Maureen Crandall, Jack Geikler, Sarah Giddings, Dianne Herrick, Cleve Hickman, John South, Wil Stratton; staff, Nathan Straub, IT Network Administrator.

New Kendalites:**Bill and Sangmie Schellstede
Apartment 105, South**

Sangmie and Bill Schellstede, who moved into Apartment 105 in late December of 2016,

are a thoroughly cosmopolitan couple. Sangmie was born in Korea, Bill in Oklahoma, and as best they can recall they have lived since their marriage in India, Costa Rica, Liberia, Belize, Sri Lanka, Bangladesh, and many American locales -- New York City, Maryland, North Carolina, and most recently Falls Church in Northern Virginia.

Both Sangmie and Bill hold degrees from Harvard University, and they met, not at Harvard, but as a result of having been at Harvard. Both were living in Seoul and joined the Harvard Club there. Sangmie became secretary, Bill treasurer, and their relationship flourished from then on.

Bill's field of expertise is international health and population. He has worked for CARE and for Population Services International, a nonprofit organization devoted to helping people in developing countries plan their families by marketing affordable products and services. Bill helped write a popular Harvard case study on oral contraceptive marketing in Bangladesh. In addition to attending Harvard (both for his undergraduate degree and for the executive program in the Harvard Business School), he studied Korean at the Army Language School and Japanese at the University of Maryland in Seoul.

Sangmie went to Ewha High School and Ewha Woman's University in Seoul, where she developed her excellent command of the English language. ("Ewha" is a Korean word meaning "pear blossoms." Both institutions were founded

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Bill and Sangmie Schellstede (from p. 8)

in 1886 by American missionaries with the Methodist Episcopal Church.) She holds a master's degree in international studies from New York University and another in East Asian studies from Harvard. She has taught Korean at Duke University, where she founded Duke's Korean program, and at Harvard. She is an editor of *Comfort Women Speak: Testimony from Sex Slaves of the Japanese Military*, published in 2000 by Holmes-Meier Publishers, Inc. The book contains interviews with nineteen survivors of approximately 200,000 girls and women from across Asia who were forced into Japanese "sex camps" during World War II.

The Schellstedes have two daughters. Tia Rani was born in Madras, India, and now lives in Brooklyn, New York. Nicole Kim was born in Costa Rica and now lives in Colorado Springs.

The Schellstedes discovered Kendal at Lexington while researching retirement communities online. They liked the Quaker emphasis on the dignity of the individual, and they remembered having had a friend who lived happily in a Kendal community in Pennsylvania.

Sangmie reads a great deal of Korean literature and especially enjoys traditional Chinese poetry in Korean translation. Bill's hobbies include reading, fly fishing, cooking, and folk singing.

-- Jo McMurtry

**Sarah Giddings, Football Champ**

Clemson's win over Alabama in the January 9 NCAA college championship game propelled Sarah Giddings from fifth place to first in the "Bowl Pick 'Em" competition conducted by Jason Bunn, Fitness Program Manager and all-round sports guru. Sarah was the only one of the ten contestants to choose Clemson as the final winner.

Sarah's choice relegated Jo McMurtry, who had been leading, to second place. Both Sarah and Jo are self-confessed nincompoops with regard to football.

"Go figure," says Jason.

Contestants predicted, rightly or wrongly, the winners of the 42 bowl games played between December 17 and January 9. Also in the running were: Lew John, third place; Bill Russell, fourth; Jason Bunn, fifth; Ken Brow, sixth; Lloyd Craighill, Ned Henneman, Tom Strickland, tied for seventh; dead last, Ann John.

Jason posted email updates as the contest proceeded, thus allowing Ann John and Tom Strickland to duel eloquently for last place. Tom was gracious in defeat: "I think Ann has worked harder than me and I guess I will have to admit she deserves last place." Ann, however, crowed a bit: "The dead last trophy is mine, all mine!"

Get ready to predict NCAA basketball winners in Kendal's "March Madness" competition, coming soon.



From Our Therapists:**Living with Pain**

Pain is defined as physical suffering or discomfort caused by illness or injury. Pain is your body's way of telling you something is wrong.

More than 76 million people in the United States live with chronic pain. Pain interrupts a person's quality of life. Pain can have an effect on multiple areas of your health and well-being, including physical, social, and emotional effects. Normal daily activities, such as dressing or bathing, may become more difficult. Sleeping and eating habits may be disrupted. Pain can cause feelings of anxiety and depression, which may lead to decreased activity.

There are two different kinds of pain: acute and chronic. Acute pain usually begins suddenly, lasts for a short time, and diminishes as the body heals. Causes of acute pain may include surgery, infections, or musculoskeletal injuries.

Chronic pain lasts for at least three months or for years. It is associated with common conditions such as arthritis, low back problems, fibromyalgia, or nerve damage from diabetes.

The goal of treating pain is to first identify and eliminate the cause, which is usually a specific trauma or infection. Your doctor may prescribe medications or physical or occupational therapy. Other alternative approaches include massage therapy, taiChi, and biofeedback. It is important to maintain a healthy weight and to exercise.

Therapy can help by analyzing your unique situation, which can often result in simple solutions. Your rehab team is specially trained to help adults with a broad range of conditions that affect pain management. They can also identify lifestyle changes that can facilitate a reduction in pain. Please contact Ashley Brunty at 464-2630 or adbrunty@kalex.kendal.org, or Heather Strong at 464-2638.

**Resident Art Show,
February 2017**

The February Resident Art Show will run from Monday, February 20, 2017, to Friday, June 9, 2017. The date to retrieve current work and bring in new work is Friday, February 17, between 10 and 11:30 am and 2 and 3 pm.

For the object label posted beside each piece, please provide your name, a title, and the type of medium. Art Show notices will be distributed in early February that include guidelines to clarify what to use for hanging, and a similar notice will be posted on the mailbox bulletin board.

With only two display cases, our space is limited for small unframed works. Please alert us ahead of time if you have such items, so that we can plan the display. (vg93shelar@comcast.net)

For anyone newly arrived at Kendal, please consider exhibiting in our gallery. We are always grateful to those of you who lend your

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Art Show

(from p. 10)

work, which does not have to have been recently created but must have been made entirely by you.

The Art Gallery is located on Level One, just past The Restaurant and in the corridor leading toward the south elevator. The second art show in 2017 will open June 12, and the last one on October 9. Please direct any questions to either Victoria Shelar or Trix Rumford.

-- Victoria Shelar

From the Wellness Committee and the Wellness/Fitness Staff

The Residents' Wellness Committee suggests combatting the winter doldrums by going to the Fitness Center and trying a new class. Talk to staff members Catie King or Jason Bunn if you need guidance.

As an encouragement to try something new, Catie offers a quotation from self-help writer Edmond Mbiaka: "You can never know what you are fully made of until you start to do the things that you fear the most."

The wellness/fitness staff will conduct senior fitness testing on Wednesday, February 22. Sign-up sheets for time slots will be posted in the Fitness Center. If you can't make the test on February 22, the staff can arrange another date. This test shows where you stand compared to other seniors, and it helps you and the fitness staff determine your best kinds of exercise.

On February 23 and 24, Thursday and Friday, the wellness/fitness staff will be available to explain how to use any of the equipment in the weight room. Again, sign up for time slots.

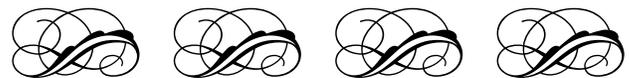
**Gotta Dance?
Here's Your Chance!**

Dancing, currently of the square dance persuasion but with some ballroom dancing and line dancing in the offing, continues in the Fitness Center on Tuesdays, from 4 to 4:45 pm.

Current participants and, it is hoped, lots of other Kendalites as well as dancers from the Rockbridge community, are looking forward to "The Mixer" dance party planned by the Wellness/Fitness staff for Tuesday, March 14.

Resident Wil Stratton, who teaches the group, welcomes all potential dancers and emphasizes that one does not need to come with a partner. The dance in March is not meant as a recital or performance in any way, but, Wil says, it will be more fun for participants who have had some practice. Wil has been a square dance caller for some fifty years.

If you have questions, contact either Wil or Catie King, Wellness Program Manager (458-0103).



"The Gallery Shop" Features Resident Artists

There is a new venture at Kendal! Resident artists have created a "Gallery Shop." You can now purchase art or commission a work from one of our artists. Peruse the contents of the three-ring binder on the small walnut table in the Residents' Art Gallery, located in the corridor off the dining room near The Restaurant.

If you are an artist interested in participating, contact one of The Gallery Shop team: residents Nancy Epley, Ruth Tafel, Tony Tafel, and Marian Carlsson.

-- Nancy Epley



"Flying Colors" for the Borden Center

This was the description by Mina Tepper, our Executive Director, as she described the results of visits to the Borden Center by surveyors from the Virginia Department of Health, which regulates skilled nursing facilities. Four surveyors appeared (unannounced, needless to say) for three days in early January to observe and investigate all aspects of the care given at Borden.

Borden received only a few low-level citations, easily corrected, involving paperwork. According to Charlotte Sibold, Health Services

Administrator, only one of the four citations referenced resident care, stating that staff did not follow the dining specifications detailed in the care plan. Among the good scores was a one hundred per cent rating in medication administration -- proper technique for eye drops, for example.

The 60-bed Borden Center serves Kendal's contract residents but is a community resource as well. Typically, fifty of Borden's beds are occupied by patients from the Rockbridge area, many of whom (about forty per cent) are on Medicaid.

. . . Bits and Pieces . . .

Woodshop Table Saw -- Use With Caution.

Burrell Fisher suggests that the table saw in the residents' woodshop, located in the basement of Sunnyside House, be used with caution. A blade guard has been installed on the saw, but Burrell asks that prospective users first contact him for a short explanation: cottage 1006, telephone 463-1110. Burrell is of the opinion that the woodshop could use a more up-to-date table saw, and perhaps other items as well, and would like to ask any waitlist members who own shop equipment and who plan to downsize to consider a donation to Kendal. Contact Burrell or other members of the Facilities/Woodshop Committee. This committee is chaired by Bill Stearns.

Occupancy Update. Jessica Buhler, Director of Marketing, announced at the Residents Association meeting of January 18 that our Independent

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Bits and Pieces

(from p. 12)

Living occupancy rate still holds at 99.2 per cent, with one residence available for reservation. Contact the Marketing Department for more information.

Therapists Welcomed. Charlotte Sibold, Health Services Administrator, introduced three members of the therapy department at the Residents Association meeting of January 18. Savleen Juneja and Anup Yadav are physical therapists; Terry Dunlap is an occupational therapist. The three are employed by Select Rehab, Kendal's therapy provider, and may be found in the therapy room in the Borden Center.

Another Record Set. Fourteen bottles of champagne were ordered for the residents' New Years Eve party in Kendal Hall, and all of them disappeared. Thirteen were opened and served at the party; the fate of the fourteenth is unknown. According to impresario Don Taebel, in charge of the party, it appears to have vanished overnight, but it might as well be counted as contributing to holiday cheer and thus bringing the champagne tally above that of past occasions. Lloyd Craighill served as bartender; residents brought a variety of snacks; music was provided by the Kendal Singers and by guests Doug Cumming, saxophone, and Betty Bond Nichols, piano. The party was sponsored by the Culture and Entertainment Committee.

Assistant Director of Nursing. Brandy Hostetter, RN, joined the Borden Center nursing staff in 2010 and has now been named Assistant Director of Nursing. Debbie Curry-Lee, RN continues as Director of Nursing; both she and

Brandy report to Charlotte Sibold, Health Services Administrator. According to Margaret Hager, Director of Human Resources, "Brandy's positive attitude, her constant willingness to help the staff, her smile and her friendly demeanor, coupled with her genuine commitment to the wellbeing of our residents, are truly traits of a dedicated professional."

Out and About in February

[This column lists events and opportunities for which Kendal is not offering transportation, but which may be of interest to Kendal residents and their guests.]

Feb. 1, Wed., 11:15 am. Ruth Bader Ginsberg, U. S. Supreme Court justice, will participate in a public on-stage interviews in Cameron Hall, VMI's 5,800-seat basketball arena. This event is sponsored jointly by VMI and the W&L Law School. Open to the public; no tickets or reservations. Seating is first-come, first-served, with doors expected to open at about 10 am. Justice Ginsberg was appointed to the Supreme Court in 1993 and has spent her career as an ardent supporter of gender equality. In 1996, she wrote the decision which held that the state of Virginia acted unconstitutionally in refusing to admit women to VMI.

Feb. 3, Fri., 5 pm to 7 pm. Lexington's "First Friday" art walk. Visit galleries on or near Washington Street, chat with artists, enjoy wine and snacks.

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Weekly Scheduled Activities

Sundays (5, 12, 19, 26)	4:00 pm	Vespers	Kendal Hall
Mondays (6, 13, 20, 27)	1:30 pm 7:00 pm	Needleworkers Movie	North Parlor Kendal Hall
Tuesdays (7, 14, 21, 28)	12:45 pm 5:00 pm	Recorder Consort Wine & Conversation	Kendal Hall Kendal Hall
Thursdays (2, 9, 16, 23)	10:00 am 3:30 pm 7:00 pm	Bible Study with the Rev. Tom Crittenden Tea Served Movie	Staff Devel. Rm. Dining Room Kendal Hall
Fridays (3, 10, 17, 24)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (4, 11, 18, 25)	3:00 pm	Movie	Webster

Out and About (from p. 13)

Feb. 4, Sat., 6 pm. The Rockbridge SPCA presents its "Texas Hold 'em Spay-ghetti and Meatballs Dinner" at the Lexington Golf & Country Club. A \$50 ticket includes both the Hold 'em tournament and the buffet dinner; buffet alone is \$20. Proceeds will help families in our area with low-cost spay and neuters for dogs and cats. Purchase tickets at the Rockbridge SPCA or the Country Club.

Feb. 20, Mon., all day. Free entry to any National Park, in honor of Presidents' Day. The Rockfish entrance to the Shenandoah National Park is 46 miles from Lexington, off Interstate 64 at Afton Mountain.

Missy's Musings

[Missy Quirk, canine protectress of resident Kay Quirk, keeps us up to date on her doggy friends.]

Those who knew Layla Sauder were saddened to learn of her passing in late December. She continues to be missed by Nanalou Sauder.

Congratulations to Millard Marion on the arrival of his little stepsister, who is the offspring of a poodle and a golden retriever. Hardin and Heather Marion have not settled on her name as we go to press.

My regular column will resume next month.

February Activities Calendar

(See pp. 2 -3 for details. Please watch the bulletin boards for changes, additions, etc.)

1, Wed.	4:30 pm	Kendal College, "Living in Rockbridge County"	Kendal Hall
2, Thu.	* 4:30 pm	Christopher Whelan, "Designer Babies"	Kendal Hall
6, Mon.	8:00 am	Men's Breakfast	Dining Room
7, Tue.	1:00 pm 6:30 pm	Residents Council Meeting Sunnyside Weavers	North Parlor Sunnyside House
9, Thu.	2:00 pm 3:30 pm 7:30 pm	Dementia Caregivers Support Group Computer Group, IT Workshop <i>Dracula</i> at W&L	Sunnyside House Kendal Hall [bus, 7:00 pm]
11, Sat.	8:00 pm	Antioch Chamber Ensemble	[bus, 7:30 pm]
13, Mon.	* 4:30 pm	Michael Anderson, "TransPacific Partnership"	Kendal Hall
14, Tue.	* 10:30 am	Kendal Singers, Valentine Program	Kendal Hall
16, Thu.	9:30 am 3:30 pm	Residents Association Meeting Computer Group, IT Workshop	Kendal Hall Kendal Hall
22, Wed.	6:00 pm	"Night on the Town" at Haywoods	[bus, 5:45 pm]
27, Mon.	* 4:30 pm	Barbara Crawford, "Cy Twombly in the Louvre"	Kendal Hall
28, Tue.	8:00 pm	University Singers Tour Home Concert	[bus, 7:30 pm]

* Free and Open to the Public

Kendal at Lexington
The Residents' Newsletter

