



# *Kendal at Lexington*

*The Residents' Newsletter*

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Vol. 17, No. 3  
**MARCH 2017**

## **Kendal's New Construction Won't Happen Overnight . . .**

But the Master Plan is progressing, step by carefully thought-out step.

One of the biggest challenges, according to Mina Tepper, Executive Director, and one that will save Kendal a considerable amount of money, is to coordinate the timing of these intermediate steps so that most of the construction can be done simultaneously.

The goals of Kendal's multi-faceted Master Plan are: to renovate the Borden Center (skilled nursing care) and the Webster Center (assisted living), both of which serve Rockbridge area residents as well as Kendal's contract residents; to build thirty new Independent Living cottages; to expand our dining facilities in Anderson Hall; to add an emergency access road into the campus; and to make some less dramatic but needed additions such as more parking space and a building for maintenance equipment.

Apart from the financial benefit of coordinating the construction schedule, the parts of this project are interdependent in other ways. By increasing the number of Independent Living residences by twenty-five per cent, Kendal will generate the additional income needed to fund the substantial renovations of the Borden and Webster Health Centers. Among these improvements will be enclosed garden courtyards for

(cont. on p. 4)

**A Warm Kendal Welcome to:**

**Carolyn Dunlap  
Apartment 224, Webster Center  
(from Lexington)**

**Henry Porter  
Apartment 119, Cox Hall  
(from Lexington)**

## 🎵 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 or publicized too late for inclusion here. Please check the bulletin boards.]

**Mar. 1, Wed., 7:15 pm.** Music by Fred Rickett and the Blue Grass Brass. Kendal Hall. **Free and Open to the Public.**

**Mar. 5, Sun., 3 pm.** Piano recital by W&L faculty members Shuko Watanabe and Byron W. Petty. Romantic works by Pinto, Mendelssohn, Goetschius. Wilson Concert Hall, W&L. No ticket required. [bus, 2:30 pm]

**Mar. 6, Mon., 8 am.** Men's breakfast. No reservation needed. Dining room.

**Mar. 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.

**Mar. 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.

**March 8, Wed., 7:15 pm.** Jazz program by Jonathan Cook, Lexington classical pianist with a growing interest in jazz, and Tom Artwick, jazz

saxophonist and member of the music faculty at W&L. Kendal Hall. **Free and Open to the Public.**

**Mar. 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 464-2609. Sunnyside House.

**Mar. 9, Thu., 3:30 pm.** Kendal's Computer Group continues its series of presentations on IT topics. See postings for details. Kendal Hall.

**Mar. 11., Sat., 9 am.** Trip to the Monterey Maple Festival, with an additional stop at the farm owned by Catie King of the Wellness/Fitness staff. See story, p. 6. [bus, 8:45 am]

**Mar. 14, Tue., 7 pm.** "The Mixer," dance party. See story, p. 7. Kendal Hall.

**Mar. 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.

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**WATCH FOR POSTINGS -- A series of lectures is planned on "Inside Washington During the Obama Years." The speaker will be Nealin Parker, who grew up in Lexington and worked in the State Department during the Obama years. Possible dates include Wednesday, March 8, and Wednesday, March 22. Watch the bulletin boards for developments. Lectures will be in Kendal Hall, free and open to the public.**

**Calendar Notes** (from p. 2)

**Mar. 16, Thu., 3:30 pm.** Presentation by Kendal's Computer Group. Kendal Hall.

**Mar. 17, Fri., 7:30 pm.** W&L Repertory Dance Company presents an evening of multifaceted dance works. Senior ticket \$13. (Box office, 458-8000.) Keller Theatre, Lenfest Hall, W&L. [bus, 7 pm]

**Mar. 19, Sun., from 12 noon to 3 pm.** The second annual Rockbridge Area Habitat for Humanity Chili Cook Off will be held at Spencer Home Center, Route 11 north, Lexington (across the highway from Lowe's). Chili prepared by chefs from local restaurants; vote for your favorite. Chili, cornbread, dessert, plus a cash bar. Classic country music provided by Lee Martin and his Jive Cowboys. Adult ticket \$12 in advance, available from the Habitat office, 30 E. Preston St., or \$15 at the door. Child's ticket \$3 in advance, \$5 at the door. All proceeds benefit the Rockbridge Area Habitat for Humanity. [bus, 1 pm]

**Mar. 21, Tue., 7:30 pm.** "Jazz Ambassadors" -- the United States Army's Touring Big Band, a 21-member ensemble. Ticket free, but required. Provided for riders on the Kendal bus. Keller Theatre, Lenfest Hall, W&L. [bus, 7 pm]

**Mar. 22, Wed., 7:45 pm.** The Garth Newel Piano Quartet performs contemporary American composer Mark Carlson's "Piano Quartet" and nineteenth-century Czech composer Antonin Dvorak's "Piano Quartet in E-Flat Major, Opus 87." Sponsored by the VMI Department of English, Rhetoric, and Humanistic Studies. Free

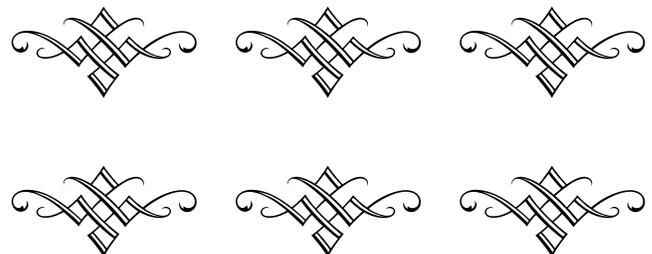
admission. Gillis Auditorium, VMI. [bus, 7:15 pm]

**Mar. 24, Fri., 4:30 pm.** Talk by Reem Kandil, W&L exchange student from Egypt, on "Alternative Views of the Arab-Israeli Conflict." Ms. Kandil has been well received by Kendal audiences in the past. Kendal Hall. **Free and Open to the Public.**

**Mar. 28, Tue., 8 pm.** Oratorio and Concerto Concert, featuring Mozart's *Requiem*. Combined choirs of the W&L choral program and the University Orchestra. Ticket \$10. (Box office, 458-8000.) Wilson Concert Hall, W&L. [bus, 7:30 pm]

**Mar. 29, Wed., 4:30 pm.** William Dudley, the new president of W&L, will speak on "Reflections on My First One Hundred Days," with a question and answer period. The talk will be followed by a reception from about 5 to 6 pm. Kendal Hall.

**Mar. 29, Wed., 7:15 pm.** Music by Ray Blouin and his Rockbridge area folksinging group. Kendal Hall. **Free and Open to the Public.**



## **New Construction** (from p. 1)

safe and level-footed access to air and sunshine. Small-scale kitchen, dining, and living areas will replace the more institutional spaces now in use. As dementia becomes more prevalent among Kendal's health center residents (in line with national trends), a cheerful and homelike environment, one in which residents can safely move about at will, is essential for the best possible care.

Even though the current planning process will not be visible as we look around the campus for the next few months, Mina stresses that the steps now under way are very important. "This is the phase in which they draw everything -- lighting, flooring, wall finishes, everything."

Spectrum Design, based in Roanoke, is the architectural firm in charge of the Master Plan, while Nielsen Construction of Harrisonburg continues to advise on the costs. Sub-contractors will be invited to submit bids as soon as the construction documents have been completed. If the pattern established during Kendal's past building projects holds, Rockbridge area firms will be well represented among the successful bidders. Once the sub-contractors have been selected, Kendal will be able to establish the project cost.

The thirty Independent Living cottages will be built around a ring road on the hill to the northeast of our current buildings. In general appearance they will be similar to the Sycamore Lane cottages completed in 2008. All will have attached garages and plenty of access to their

beautiful surroundings, both physically (porches, patios, decks) and visually (lots of windows). Floor plans will come in three sizes: 1750 square feet (stand alone), 1500 square feet (stand alone), and 1400 square feet (duplexes). Residents of the new cottages will enjoy considerable leeway in customizing their new homes -- adding fireplaces, for example.

With a focus on the new hilltop cottages, the Marketing Department has opened a special "Sunrise Ridge" section of the waitlist. Kendal's financing arrangements require that at least seventy per cent of the cottages must be reserved, with deposits paid, before construction can begin. For up-to-date information on the progress of the "Sunrise Ridge" waitlist, contact the Marketing Department.

And for those of us already here, a certain amount of noise and inconvenience is inevitable. "It won't be easy," Mina says, looking ahead. "But it will be worth it in the end."

## **Vespers for March**

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.

**Mar. 5:** Deb Klein (Lexington Presbyterian Church); musician, Mary Harvey Halseth.

**Mar. 12:** Nat Davidson (Grace Presbyterian Church); musician, Clyde Moore.

**Mar. 19:** Mike Wilkins (Manly Memorial Baptist Church); musician, Jeannie Vaughn.

**Mar. 26:** Steve Cathcart (Timber Ridge Presbyterian Church); musician, Chris Coleman.

**New Kendalite:****Elaine Jenks Emerson  
Apartment 108, South**

Elaine Emerson was born in Jacksonville, Florida, but Lexington became home early on, and she grew up on Marshall Street, where her neighbors included many present and former Kendal residents. Her father was a professor of history at W&L for many, many years.

Elaine was educated in Lexington schools and earned her undergraduate degree from Sweet Briar College just over the mountain in Amherst County. She holds an MS from Catholic University and continued her graduate studies, mostly in computer science, through the University of Maryland overseas program during her career in education.

That career does not fit the usual pattern. Elaine got to work and travel at the same time. She was an Information Specialist with the Department of Defense Overseas School System. That agency operates schools around the world for military families as well as for some other US citizens posted overseas.

That Information Specialist job title meant that she had a wide variety of duties. On the Information Technology side, she installed software, managed networks, and acted as webmaster. In addition, she acted as a more traditional librarian, working with teachers to integrate software into their lessons.

Elaine enjoys reading, particularly biographies and mysteries. She loves to visit other countries and learn about their cultures. When asked what she's really interested in, she responded, "I am a traveler. My parents first took me to Europe when I was eight and nine. Then again when I was fifteen and sixteen, and I was hooked." During her thirty five-year career, she worked in Germany, Italy, and Turkey, and since retiring she has returned to Europe several times and has visited Vietnam, Cambodia, and Morocco.

Elaine's daughter, a graduate of W&L, lives in Wilmington, North Carolina, with her spouse and toddler daughter.

Elaine retired to Lexington and Marshall Street nine years ago. When she moved to Kendal, she brought her cat, Stranger, but Stranger did not deem this his sort of place. Rumor has it that he has returned to Marshall Street and taken up with the neighbors, where he can be outdoors.

-- Nanalou Sauder

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**Paintings by Bob James  
On Display in The Restaurant**

Currently and through April, paintings by Col. Bob James can be enjoyed by Kendal residents and their guests at The Restaurant, located just south of the dining area and open Wednesday through Saturday evenings.

(cont. on p. 6, col. 2)

## Trip to Highland County Coming Up on March 11

The fifty-ninth annual Monterey Maple Festival in Highland County is one of the destinations of an outing on Saturday, March 11, arranged by the residents' Wellness Committee and the Wellness/Fitness staff. Also on the itinerary is a tour of Fireside Farm, owned by Catie King, Kendal's Wellness Program Manager, with her husband, Jim, and a question-and-answer session with some of the Kings' neighbors at Riven Rock Farm who are also dedicated to sustainable organic farming in this magnificently beautiful part of the country.

A sign-up sheet will be posted on Friday, March 3. Bus riders should gather in the Anderson lobby by 8:45 am on March 11. The bus will return to campus around 5 pm. Residents who wish to drive their own cars are welcome to follow the bus. There is no charge to bus riders.

"Dress in layers with warmth in mind," Catie says. "The weather is always iffy, so wear hats and scarves and count on some wind."

Bring some money as well. Cash or check is best; many vendors do not accept credit or debit cards. The Maple Festival costs \$5 to enter, with approximately 150 vendors selling arts and crafts (jewelry, hand-tooled leather, glassware, wood furnishings, much more) and delicious food, much of it focused on maple syrup and including a maple doughnut that has become famous. Choose your own menu and vendors for lunch.

The early afternoon tour of Fireside Farm will include education about "Pastured Poultry" and the Kings' various other farm animals. Finally, the group will visit Rainbow Spring Retreat Lodge, a remodeled 1870's log house on nearby Riven Rock Farm, to learn more about diversified organic farming.

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### **Restaurant Art Show** (from p. 5)

Col. James is an Army retiree who has served as vice president and director of programs at the George C. Marshall Foundation. He is currently an adjunct professor at VMI, in the department of International Studies.

Col. James came to oil painting ten years ago. He has studied with several artists both far-flung and local, including Elizabeth Sauder, Rock-bridge painter and daughter-in-law of Kendal resident Nanalou Sauder.

Col. James concentrates on landscape and wildlife. His paintings have proved so popular with viewers at The Restaurant that, as this newsletter goes to press, four of the 25 on exhibit have been sold. (They will continue to hang until the show is over, however.) A price list, with contact information for the artist, can be found on a shelf to the left as one enters The Restaurant. Sales are arranged between the purchaser and the artist, without involving Kendal.

Among the Kendal residents who arrange these shows by outside artists are Nancy Epley, Sally Holland, and Louise and Tom Hasselmann.

## Dance Party -- "The Mixer"

An assortment of dance opportunities will be on offer at Kendal's next dance party, "The Mixer," on Tuesday, March 14, from 7 to 9 pm in Kendal Hall. Square, circle, and ballroom dancing (waltz, quick step, foxtrot, and cha-cha are among the possibilities), as well as some line dancing, will be taught/demonstrated before each song begins. Resident Wil Stratton will call the square dances.

Kendal residents will be joined by guests from the waitlist and, if plans work out, by dance students from Southern Virginia University and/or the Rockbridge Ballet.

Refreshments will include punch, spiked or unspiked according to preference, and salty-sweet snacks. Dress is casual, or you may wear your favorite dance outfit. You don't have to come with a partner in order to dance. And those who want to observe are welcome for socializing and a night of enjoyment.

Hosts for this event are "Vitalize 360," a wellness coaching program sponsored by Kendal Corporation, and the Resident Services staff team (Activities, Wellness/Fitness, Social Services).

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## Adopt-A-Highway Program

As you approach Kendal Drive, have you ever noticed a blue sign on the right side of Enfield Road, reading "*Adopt-A-Highway, Kendal at Lexington*"? We participated in this program for several years, but it's been about

five years since we've donned safety vests and cleaned up our assigned two miles of Enfield Road.

Since spring is just around the corner, the Sustainability Committee would like to revive this activity. We'll be heading out Saturday, March 25, at 10 am (weather permitting) to clean up our lovely, rural section of Enfield. Won't you join us? Many hands will make the job easy and fun.

The Adopt-A-Highway Program is administered by the Virginia Department of Transportation (VDOT). By joining the program, we agree to perform at least two pickups a year for three years. Of course, volunteer safety is a primary concern, so we'll meet a week or two prior to March 25 to go over safety precautions, divide into teams, and explain procedures that should make the experience fun.

Do join us by contacting Robyn Potter.

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## In Memoriam

Helen Gillespie  
Died February 4, 2017  
Entered the Webster Center May 9, 2014

Patricia Leach  
Died February 9, 2017  
Entered Kendal February 3, 2007

James Holland  
Died February 14, 2017  
Entered Kendal September 30, 2002



## **Missy's Musings**

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

The first friend I made at Kendal was Molly Watson. We met in July of 2016, when I was exploring the grounds and discovered the fenced-in area outside the Webster Center (assisted living). Lee Watson's apartment has a lovely fenced-in patio. I was invited inside by Molly to meet the human part of the family, Lee, Duane, and their visiting daughters. Molly is a tiny blond Yorkshire terrier. We became best buddies throughout the warm weather, when I stayed outside in the enclosure while she ran around in the patio. The patio and the Thursday afternoon wine and cheese party are her very favorite things about the Webster Center because she gets lots of attention. Who doesn't like that! I get mine at the mailboxes.

Molly was in the summer Dog Show sponsored by the Activities staff in the Borden Center (skilled nursing care) and held in their huge fenced-in area. She was the smallest pup by far and had fun, as did I. I like to use that area for off-leash running, as do some of my other Kendal friends.

Pampered Pets Mobile Dog Grooming and their big red bus keeps my friend looking so pretty, and Dee Engleman, companion to the Watsons, guides this pretty girl out to the bus.

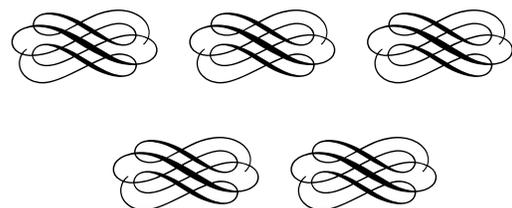
Molly gets a bit snappy if I get attention from her Mama, Lee, but that's OK. She's just a Mama's girl. On the other hand, Dwayne can pay lots of attention to me and she's indifferent. I like this family and am looking forward to more patio time in the summer.

Recently I met another petite lass here at Kendal. Little Miss Daisy Mae is a Shih Tzu who comes to work quite often with Sybil Adams, resident support coordinator, whose office is close to the hairdresser, Lisa Lewis. Daisy is only nineteen months old, so she's very curious and playful. She likes visiting our residents and knows exactly who has treats. Like me, she likes the Watsons, as well as resident Enid Holmes and The Karens (Karen Miller, Receptionist, and Karen Jackson, Director of Resident Services). A well-trained pup, she can sit, come, and ride quietly on the console in the car.

And this just in -- Millard Marion let me know that his humans, Heather and Hardin, finally decided to call his new stepsister "Daisy."

Happy St. Patrick's Day to all my canine friends! Let's all wear something green! I'm originally from the Scottish lowland, but my human, Kay, is Irish, so I go along.

-- Missy Quirk



## Heads Up for Kendal College

"The Foreign Policy of Ronald Reagan" will be the topic of a three-lecture Kendal College series on April 12, 19, and 26 (all Wednesdays) at 4:30 pm.

The instructor is Brigadier General Charles F. (Casey) Brower, professor emeritus of International Studies and Political Science at VMI, and a member of Kendal at Lexington's Board of Directors.

The three talks, respectively, are titled: "President Reagan: The Role of a Lifetime"; "Stranger in a Dangerous Land: Reagan and Lebanon, 1981-84"; and "Evil Empire and Worthy Adversary: Reagan, Gorbachev, and Ending the Cold War."

Watch for registration forms and other information in early April. There will be no charge. Kendal College programs are open to Kendal residents, staff, and invited guests of the Marketing Department. Please contact Sally Emory if you have questions.

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## "March Madness" Competition Will Soon Be Here

Lightning-fast reflexes are important in basketball, and not just for the players. Jason Bunn, our Fitness Program Manager, will make available the entry forms for our second annual March Madness competition on Monday morning, March 13, only one day after "Selection

Sunday," when the Division I Men's Basketball Committee of the National Collegiate Athletic Association chooses the teams that will compete in this year's tournament. The bracket forms will be placed below the in-house mailboxes; just pick up your copy.

It will then be the turn of residents and staff entering the contest to react with speed, for the first round of the tournament will be played on Thursday, March 16. Put your filled-in bracket form into the box provided (below the in-house mailboxes) by noon on Thursday. Don't forget to write your name on your entry.

The NCAA's single-elimination men's basketball tournament has been played since 1939, with many changes of format over the years. Currently 68 teams compete, divided into four regions. Games take place at pre-selected neutral sites. This year will see the "Final Four" in Phoenix, pleasantly alliterative, March 31 through April 3.

Jason plans to provide weekly updates during the three-week tournament. For reflections on past glory, here are our standings from last year: first place, Ted Chapman; second, Catie King; third, Jim McMillan; fourth, Lloyd Craighill; fifth, Jason Bunn; sixth, Ann John; seventh, Sybil Adams; eighth, Bill Stearns; ninth, Penny Henneman; tenth, Jo McMurtry; eleventh, Ned Henneman; twelfth, Ken Brow; thirteenth, Laura Hotinger; fourteenth, Linda Moreschi.

Expect an interim report in the April issue of this newsletter, and the final standings in May.

## Looking Around with Maureen:

### When Your Time Comes -- Are Arrangements in Place?

At some point, decisions will need to be made about your passing. You can be buried in the traditional manner, cremated with disposal of your remains as you choose, give your body to science, or be buried in a green and natural way.

There are two funeral homes nearby, Harrison Funeral Home & Crematory at 714 S. Main Street in Lexington, and Bolling Grose & Lotts Funeral Service at 2160 East Midland Trail in Buena Vista. The two are owned by the same people. Their prices are exactly the same and have not changed since March of 2014. They are equally discreet in removing you if, for example, you pass away in your own Independent Living unit, or in Webster or Borden. Death certificates will be signed by the county medical examiner, Dr. William J. Sayre. An autopsy may be performed, but it is not automatic. It may take from several days up to two weeks for a death certificate to be issued. Be sure your executor requests at least a dozen death certificates from the funeral home, at \$12 each, since Kendal, banks, insurance companies, your grandchildren's college savings accounts, pension issuers, your attorney and tax preparer, and your various financial institutions need to know.

The funeral home takes care of informing Social Security, which also informs Medicare. If you haven't yet made a list of what entities need your death certificate, do it now. It is also probably a good idea to review with your lawyer

and tax preparer once a year the provisions of your will, arrangements for pets, your revocable trust if you have one, your car, your beneficiaries, your designated powers of attorney, HIPAA decisions, and your anticipated tax liabilities, so as to consider adjusting your charitable and gifting provisions. Both funeral homes offer a free booklet called *Family Guide to Funeral Planning*, which allows you to list all in one place your personal and financial information. Similar forms are available on the internet. Among the most important things to address is to let your executor know WHERE you keep all these key documents, so they can be easily found and your wishes implemented.

In laying you to rest, cremation is far cheaper than a traditional burial. Current costs break down as follows for the first, with all prices subject to change:

**Basic Cremation** is \$2,259, with your provision of a container.

**Refrigeration** for two days at \$60 a day, while waiting for the death certificate.

**A dozen death certificates** amounting to \$144.

**Obituary notices** in the Lexington News-Gazette and the Roanoke Times, estimated at \$400 total.

**A two-hour visitation**, 4 to 6 pm, at the funeral home, for friends and family to pay respects, costs \$300.

(cont. on p. 11)

**Arrangments in Place?** (from p. 10)

These local costs sum to \$3,269, but could rise with such things as refreshments at the visitation, flowers, out of town press notices, and grave marker.

For a traditional casket burial, a middle-of-the-road estimate follows (not including burial plot purchase, which currently runs about \$1,800 in Stonewall Jackson cemetery), with all prices subject to change.

**An intermediate priced casket** is \$4,486, subject to Virginia sales tax of \$237.76.

**Grave Equipment** costs \$185.

**Death certificates** (as above) at \$144.

**Obituary notices** (as above) estimated at \$400.

**Traditional funeral Preparation/Service** and a two-hour visitation amount to \$4,195.

These costs add up to \$9,648.76, but are likely to be augmented by charges for flowers, refreshments at the visitation, out of town press notices, and other incidental charges, such as a guest book, prayer cards, thank-you notes, clergy fees, and grave marker.

You can also purchase pre-planning insurance through the funeral home or, probably, through your other insurance carriers. This one-time fee adds to your prepaid burial/cremation costs, but locks in those prices for merchandise and services, no matter what happens to prices in the future.

Space does not permit more on donating your body to science or green burials. You can find more at [www.sciencecare.com/how-does-the-body-donation-process-work](http://www.sciencecare.com/how-does-the-body-donation-process-work), and at [www.themeadowlexingtonva.com/naturalburial.faqs](http://www.themeadowlexingtonva.com/naturalburial.faqs).

Life is short and death is costly, but if you have lived fully and well, and with some forethought, you will depart smoothly with dignity.

-- Maureen Crandall

[Editor's note: For more detail on these topics, or on the terminology used, please contact either Maureen ([maureencrandall@gmail.com](mailto:maureencrandall@gmail.com)), Harrison Funeral Home, or Bolling Grose & Lotts Funeral Service.]

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## Occupancy Update

As we go to press, Kendal's occupancy (including reservations) for existing Independent Living cottages and apartments holds at 99.2 per cent, with one residence available for immediate reservation, according to Jessica Buhler, Kendal's Director of Marketing. This has been the case for some months, even though the unit available has not always been the same.

In the near future, several pending internal moves by current residents may well create more availability among our 65 existing cottages or 55 existing apartments. However, some of these potential vacancies are currently in the process of being filled. (Never a dull moment in the Marketing Department.) And that's not even considering the "Sunrise Ridge" waitlist for the thirty hilltop cottages yet to come.

## Resident Changes of Address

**Marjorie Sherrill** to Apartment 15, South.  
**Jack Geikler** to Apartment 15, South.

**Libby Chiles** to Room 509, Borden Center.

**Pat Harvey** to Room 507, Borden Center.

**Harry Pemberton** to Room 602, Borden Center.

**Nancye Shelton** to Apartment 218, Webster Center.

**Avis Waring** to Apartment 215, Webster Center.

**John Tucker** to Apartment 104, South.

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## Seats Available for W&L Trip to Washington

Kendal residents may sign up for a day trip to Washington, DC, sponsored by the W&L Art Department, on Saturday, March 11. This annual trip has been popular with Kendalites auditing art history courses, but in fact one need not have any connection with the art department in order to go along. The cost for the trip is \$35. Contact Sarah Giddings by March 10 for more information and/or to get on the passenger list.

Passengers will gather outside the Lenfest Center at 7 am. The bus will return to Lexington by about 7:30 pm. In Washington, passengers may disembark at the National

Gallery or at other art-related locales. Departure will be at 3:30, from 4th Street, between the east and west wings of the National Gallery. (Don't miss the bus. It won't wait.)

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## Out and About in March

[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.]

**Mar. 3, Fri., 5:30 pm.** Lecture and reception for Joy Lynn Davis's exhibition, "Remembering the Lost: Community Response to the Theft of Nepal's Sacred Sculptures." Paintings of sculptures, done in acrylic with 23 karat gold. Davis divides her time between California and Nepal, and has been artist in residence at Kathmandu Contemporary Arts Centre and Santa Fe Art

(cont. on p. 13)

### 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 April, 2017 issue is Monday, Mar. 20, 5 pm.**

**Out and About** (from p. 12)

Institute. Exhibit in Staniar Gallery, W&L, through March 18. Lecture in the Wilson Concert Hall.

**Mar. 4, Sat., 8 am.** The Rockbridge Bird Club holds its monthly "Birding at Boxerwood" walk. Local birding experts aid people of all ages and skill levels in locating, identifying, and bird song interpretation. Free; no preregistration needed. Boxerwood Nature Center and Woodland Garden, 963 Ross Road, not far from Kendal.

**Mar. 4, Sat., 6:30 pm.** The Garth Newel Music Center, in beautiful Bath County, presents a program by the Garth Newel Piano Quartet (Teresa Ling, violin; Evelyn Grau, viola; Isaac Melamed, cello; Jeannette Fang, piano). Works by David Biedenbender, Mark Carlson, Andy Akiho, and P.D.Q. Bach. Pay-what-you-will. No reservations required. (See the Garth Newel website for directions.)

**Mar. 11, Sat., 7:30 pm.** The Roanoke Symphony Orchestra presents a "Symphonic Travelogue": Smetana's "The Moldau," Copland's "Billy the Kid Suite," Margolis's "Franklin County," Ravel's "Bolero." Conducted by David Stewart Wiley. Tickets from \$29 to \$52; see website for details. Berglund Performing Arts Center, downtown Roanoke. Pre-concert talk with the director at 6:30 pm is free to concert ticket holders.

**Mar. 11, Sat., 7:30 pm.** Recital by pianist Conley Hurst, W&L '17, at the home of Linda and David Krantz, 1151 Elliot's Hill Road. Solo works by Scarlatti, Debussy, Samuel Barber, and

a preview of the first movement of the Brahms Piano Concerto No.2, a piece Mr. Hurst will play with the University Orchestra on March 28. House opens at 6:30 pm. No charge for this event, but please telephone 463-3333 if you plan to attend, as space is limited.

**Mar. 18, Sat., 7:30 pm.** Senior composition recital by Bennett Lewis, a double major in music and English. Original compositions presented by the W&L music community. No ticket required. Wilson Concert Hall, W&L.

**Mar. 19, Sun., 3 pm.** Senior voice recital by Jake Bennet, a music and psychology double major. He will sing a wide-ranging program including classical, modern, and Broadway selections. No ticket required. Wilson Concert Hall, W&L.

**Currently through May 14.** The Taubman Museum of Art in Roanoke hosts "American Impressionism in the Garden," thirty works celebrating light, color, and flowers. John Singer Sargent and Childe Hassam are among the late 1800's - early 1900's artists included. Senior ticket \$6. (General admission to the Taubman Museum is free.) Visit [taubmanmuseum.org](http://taubmanmuseum.org) for more information, including hours. (Closed Mondays and Tuesdays.)

**FAQ: When is the next newsletter deadline? -- The deadline for the coming month is regularly listed at the bottom of the masthead, "Newsletter Statement and Staff," which happens to be on p. 12 of this issue. The newsletter timeline is also posted in the Alcove.**

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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	Needleworkers	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (7, 14, 21, 28)	12:45 pm	Recorder Consort	Kendal Hall
	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (2, 9, 16, 23, 30)	10:00 am	Bible Study with the Rev. Tom Crittenden	Staff Devel. Rm.
	3:30 pm	Tea Served	Dining Room
	7:00 pm	Movie	Kendal Hall
Fridays (3, 10, 17, 24, 31)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (4, 11, 18, 25)	3:00 pm	Movie	Webster

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### Bits & Pieces . . . . .

**The residents' Sustainability Committee,** "newly revitalized," is seeking additional members, according to Wil Stratton at the Residents Association meeting on February 15. The committee plans to work with the administration on environmental issues associated with the new construction on campus. And in the meantime, we can all help save paper and plastic by taking our Kendal tote bags with us when we buy groceries. These sturdy fabric bags (Wil displayed one which had been through the washing machine with no ill effects) are available for two dollars from the Marketing Department. They are dark green, with the Kendal logo.

**The Times They Keep A-Changing.** Daylight Saving Time begins on Sunday, March 12, at 2 am; set clocks ahead one hour. DST is observed in over 70 countries, affecting over a billion people. This year, Canada is in sync with us, but Mexico will wait until April 2. Europe and the United Kingdom begin DST on March 26. Arizona does not observe DST, except for the Navajo Nation.

**The Residents' Art Gallery,** under the direction of Victoria Shelar and her helpers, is displaying another impressive array of resident work. Fabric art, photographs, sculpture, drawings, paintings, and jewelry are on display. Seventeen Kendal artists are participating. The gallery is located to the south of the dining area, and this show will hang until early June.

## March Activities Calendar

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

1, Wed.	* 7:15 pm	<b>Fred Rickett and the Blue Grass Brass</b>	<b>Kendal Hall</b>
5, Sun.	3:00 pm	Faculty piano recital, W&L	[bus, 2:30 pm]
6, Mon.	8:00 am	Men's Breakfast	Dining Room
7, Tue.	1:00 pm	Residents Council Meeting	North Parlor
	6:30 pm	Sunnyside Weavers	Sunnyside House
8, Wed.	* 7:15 pm	<b>Jazz by Jonathan Cook and Tom Artwick</b>	<b>Kendal Hall</b>
9, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside House
	3:30 pm	Computer Group	Kendal Hall
11, Sat.	9:00 am	Trip, Maple Festival and Catie King's Farm	[bus, 8:45 am]
14, Tue.	7:00 pm	"The Mixer," dance party	Kendal Hall
15, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
16, Thu.	3:30 pm	Computer Group	Kendal Hall
17, Fri.	7:30 pm	W&L Repertory Dancers	[bus, 7:00 pm]
19, Sun.	noon to 3 pm	Chili Cook Off	[bus, 1 pm]
21, Tue.	7:30 pm	"Jazz Ambassadors" at W&L	[bus, 7:00 pm]
22, Wed.	7:45 pm	Garth Newel Piano Quartet at VMI	[bus, 7:15 pm]
24, Fri.	* 4:30 pm	<b>Talk by Reem Kandil</b>	<b>Kendal Hall</b>
28, Tue.	8:00 pm	Mozart's <i>Requiem</i> , W&L	[bus, 7:30 pm]
29, Wed.	4:30 pm	Talk by William Dudley, W&L President	Kendal Hall
	* 7:15 pm	<b>Music by Ray Blouin and His Folksingers</b>	<b>Kendal Hall</b>

\* Free and Open to the Public

*Kendal at Lexington*  
*The Residents' Newsletter*

