

# Kendal at Lexington

*The Residents' Newsletter*

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**JANUARY 2016**

## **A Bright New Year -- And a Bright New Budget**

High occupancy continues to enhance the money picture at Kendal, as Felicia Bush, Kendal's Finance Manager, pointed out in her December 16 presentation on the 2016 budget. Monthly fees for Independent Living residents have risen only 2.75 per cent for the coming year, the lowest increase in Kalex history.

Resident input is an important part of the budget preparation, Felicia emphasized. Residents are asked to submit written requests for both operating expenses and capital improvements, and these requests are reviewed and prioritized by Residents Council. The Finance Committee of the Board of Directors reviews the requested items and the budgets developed by the staff's department managers, then recommends a budget to the Board. (The Finance Committee currently includes four residents among its ten members. These are Norm Jones, Hardin Marion, Bill Russell, and John South. Norm and Bill are members of the Kalex Board of Directors as well as of the Finance Committee.) The resulting budget is then sent to the Kendal Corporation for review, and, in good time, Felicia presents it to the residents.

A special feature of the presentation is Felicia's easy-to-read 21-page handout, filled

with lists and charts. If you missed the presentation and would like a copy, inquire at the front desk. And if you have further questions, Felicia is available for a more detailed conversation.

Among the immediately visible things the 2016 budget will cover is some sprucing up: power washing of buildings, window washing, painting of corridors and other public areas. (Time brings grime.) Landscaping will continue as a high priority. Our menus will retain their appeal despite the rising cost of food -- in particular, of seafood, meat, and produce.

Less visible but important provisions in the 2016 budget are items related to our staff: wage increases, some staff additions (including the expansion of hours in some part-time jobs),

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### **Feel like thinking thoughts of spring?**

Resident Ted Burrowes is heading a task group to plan and create the new Courtyard Garden, to replace the rose garden that was done in by the disease "rose rosette." If you would like to help, contact either Ted or Bill Houff, Director of Operations, without delay; gardeners make their plans early.

## 🎵 Calendar Notes 🎵

[See also pp. 12 and 13. With some exceptions, most of them specified, the activities listed here are arranged through the residents' Culture and Entertainment Committee, chaired by Dianne Herrick. "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.

The charge for bus transportation to and from an event in Lexington is \$2.]

**Jan. 3, Sun., to Jan. 9, Sat.** Library Committee's book sale in the Alcove.

**Jan. 4, Mon., 8 am.** Monthly men's breakfast in the Dining Room. No reservation needed.

**Jan. 6, Wed., 4:30 pm.** Resident John South speaks on "The Panama Canal -- Yesterday, Today, and Tomorrow." Photos and video clips tell about the building of the canal and the more recent lock expansion program. Kendal Hall. **Free and Open to the Public.**

**Jan. 9, Sat., 2 pm.** W&L music faculty, with some of their students, perform on various instruments. Faculty will include Julia Goudimova, Byron Petty, Shuko Watanabe. Kendal Hall. **Free and Open to the Public.**

**Jan. 11, Mon., 4:30 pm.** First meeting of the Kendal College course, "The High Renaissance in Italy." [See story, p. 5.] Open to Kendal residents and staff. Kendal Hall.

**Jan. 13, Wed., 4:30 pm.** Learn all about the "Mock Convention," a simulated Presidential nominating convention held every four years by the students of W&L. The tradition dates back to 1908. The goal is to predict who the party out of power will nominate to run for President of the United States. This year's Mock Convention will be held at W&L, February 11-13.

Kendal's informational program will feature several W&L speakers. Kendal Hall. **Free and Open to the Public.**

**Jan. 13, Wed., 7:30 pm.** "The Sinatra Century," celebration of the centennial of the birth of Frank Sinatra (1915-1998), with vocalists Jim Caruso and Billy Stritch. Senior ticket \$25. (Box office, 458-8000.) Keller Theatre, Lenfest Center, W&L. [bus, 6:50 pm]

**Jan. 14, 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.

**Jan. 18, Mon., 4:30 pm.** Second meeting, "The High Renaissance in Italy." Kendal Hall.

**Jan. 19, Tue., 7:30 pm.** Jessica Lang Dance, a New York City-based company, combines traditional ballet and contemporary styles. Senior ticket \$25. (Box office, 458-8000). Keller Theatre, Lenfest Hall, W&L. [bus, 6:50 pm]

**Jan. 20, Wed., 9:30 am.** Residents Association meeting; new officers Karen Russell, president, and Marje Sherrill, secretary, will be up front. Kendal Hall.

**Jan. 20, Wed., immediately following RA meeting.** "Tune-up Clinic" for adaptive equipment such as walkers and wheelchairs; balance testing also available. Kendal Hall.

**Jan. 20, Wed., 5 pm.** "A Night on the Town" at Haywood's Piano Bar on Main Street -- back by popular demand. Tapas plate with three selections, \$15; also drinks and desserts. Live piano music. [bus, 5 pm]

**Jan. 23, Sat., 7:30 pm.** Martin Luther King Remembrance Concert. Reading of King's *I Have*

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**Calendar Notes**

(from p.2)

a *Dream* speech; music by W&L students. No ticket required. First Baptist Church, Lexington. [bus, 6:50 pm]

**Jan. 24, Sun., 3 pm.** Faculty voice recital; Gregory Parker, tenor, with pianist Timothy Gaylard. Art songs and opera arias based on the works of Shakespeare. No ticket required. Wilson Concert Hall, W&L. [bus, 2:30 pm]

**Jan. 25, Mon., 4:30 pm.** Third meeting, "The High Renaissance in Italy." Kendal Hall.

**Jan. 27, Wed., 4:30 pm.** Resident Nanalou Sauder speaks on "The Byrd Machine and the Evolution of Party Politics in Virginia." Nanalou taught history and government at Lexington High School and Rockbridge County High School for 27 years and has been active in politics for much of her life. Kendal Hall. **Free and Open to the Public.**

**New Kendalite:****Richard ("Dick") Corrington**

Dick Corrington's move to Kendal was not a geographical challenge as he had only to come from Sixty West, a subdivision west of town and not far from Kendal. A Lexingtonian since the late 1970's, he already knows a number of Kendalites and is in the process of meeting more as he settles into his sunny apartment, number 315, in Cox Hall.

Dick was born in Evanston, Illinois, and grew up in the Chicago suburbs. He graduated from Pomona College in Claremont, California, and, except for a hitch in the Navy, spent his professional career working in securities with Paine Webber and Company. His work took him to Chicago and New York City before he and his family moved to Lexington, where he commuted to Roanoke to manage the Paine Webber office in that city.

"I got up one morning and decided this was a dumb way to live my life," Dick says of his decision to move to Virginia. He and his family were living in Connecticut, and Dick took a train in to New York, sometimes leaving before sunrise and returning after dark. He and his late wife, Franny, did a great deal of research to find another place to live and at one point considered Oregon. Virginia won out, however, in part because the Corringtons were familiar with the Lexington area from family camping trips.

Dick and Franny were high school sweethearts at North Shore Country Day School, near Chicago. They met at a dance, then double-dated with another couple to see a movie -- *Casablanca*, with Humphrey Bogart, he recalls. The two held hands all through the movie, and things would seem to have progressed from there. Two of Dick and Franny's sons, Rick and Jimmy, live in Lexington; son Billy lives in McLean, Virginia, and daughter Francie lives in Frankfurt, Kentucky. Franny died in the fall of 2014.

Dick's special hobby is woodworking. He is a member of Lexington's Sunrise Rotary Club and has served on the boards of many Lexington organizations, from Stonewall Jackson Hospital to Lime Kiln Theater, of which he was the first president.

-- Jo McMurtry

**Six charming rain barrels, hand painted in unique designs by student members of the Beta Club of Lylburn Downing Middle School in Lexington, have arrived at Kendal and are up for grabs. Contact Bill Houff, Director of Operations, if you would like one for your garden. If you already have a plain barrel and would prefer a decorated one, a swap may be arranged. This ecologically friendly project has been made possible by a grant from Kendal Charitable Funds; see the April, 2015 issue of this newsletter for details.**

**Now Both at Kendal:****Nancy and John Dinkel**

On becoming a Kendalite with his move to 123 Cox Hall, John Dinkel has joined his wife, Nancy, a resident of the Borden Center. Both moved to Lexington in 2008 from Tampa, Florida, where John, a W&L law graduate, had worked for most of his legal career.

John was born in Montclair, New Jersey, and took his undergraduate as well as his law degrees at W&L. He practiced for a short time in New York City before moving to Tampa. He met Nancy on the tennis court, where she defeated him, not too surprisingly as she was the women's champion player of her club. Nancy was born in Nashville, Tennessee. She took her undergraduate degree at the University of Florida and went on to earn both a master's degree and a doctorate in early childhood education at the University of South Florida, in Tampa. Instead of working in education, however, she chose a career with General Telephone and Electronics (later GTE).

Nancy's father, Lance Richbourg, played major league baseball as a right fielder with various clubs, including the Washington Senators, the Chicago Cubs, the Boston Braves, and others. John and Nancy are enthusiastic baseball fans, and watching major league spring training games is one of the things they have missed on moving to Lexington.

John has worked with numerous volunteer groups, two of which, the Associated Marine Institute (now AMI) and Redlands Christian Migrants Association, focus on troubled children. He has volunteered at the Rockbridge Area Relief Association's Food Pantry, and he is president of the board of the Friends of the Library at W&L.

Sharing John's apartment in Cox Hall is the Dinkels' Walker hound, Faith, adopted by Nancy and John from the Rockbridge SPCA. The Walker hound is named for its early twentieth century developer, John R. Walker of Kentucky, and originally hunted foxes and/or raccoons. The American Kennel Club describes the Walker as "brave, courteous, and smart," and, according to John, Faith "knows how to work the system." John plans to bring her to Borden, where pets are often part of the residents' lives.

Nancy and John have four children between them and six grandchildren. None of the children live in Lexington, but John's brother, Peter, a New Yorker, sometimes attends his W&L class reunions.

Nancy and John are members of R.E. Lee Memorial Episcopal Church in Lexington.

-- Jo McMurtry

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**Staff Appreciation Fund Distributed in December**

Money doesn't really measure how much we value our wonderful staff, but we might think of it as an indication. Kendal residents gave a total of \$42,752.48 to the Staff Appreciation Fund for distribution at the holiday party on December 4. Any contributions that came in too late for this go-round have been added to the pot for the next Staff Appreciation event, coming up in June.

One hundred thirty-eight checks were distributed. (The top ten managers are ineligible.) Amounts were based on hours worked and years of service, with a ninety-day minimum. Fifty-three employees received the top sum of \$449.61, working forty hours a week for at least three years, with a number of others not far behind. Both full- and part-time employees were included.

## Kendal College to Explore High Renaissance in Italy

George R. Bent, the Sidney Gause Childress Professor in the Art Department at W&L, will present a Kendal College course, "The High Renaissance in Italy," on four Mondays during January and early February. The course will include portraiture, sacred subjects, mythology, and erotica.

Professor Bent holds a Ph.D from Stanford University. He teaches courses in Medieval and Renaissance art history and has published widely in this field. He is not new to Kendal, having taught a course on Leonardo da Vinci in the fall of 2012. In addition, a number of residents have audited his courses at W&L.

Sessions will run from 4:30 until 5:30 on January 11, 18, 25, and February 1. The course is open to Kendal residents and staff. Registrations materials will be placed in residents' open mailboxes. For more information, contact resident Sally Emory.

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## Resident Satisfaction Survey: Above the Benchmark

"It is encouraging," says Mina Tepper, our Executive Director, "to know that Kendal at Lexington residents are eager to share their thoughts regarding campus life and services. This provides management with opportunities for improvement. It is particularly encouraging to find out that their level of satisfaction has increased."

Every two years, Kalex residents participate in a resident satisfaction survey conducted by Holleran Consulting, a research organization specializing in senior living communities. Holleran currently represents 302 communities in

36 states and consequently has a large data base for comparison. Kalex has done very well in the most recent survey, which residents took in the fall of 2015, with scores that are predominantly higher -- and sometimes a lot higher -- than the Holleran benchmark. In comparison with the twelve other Kendal affiliates, which are similar to us in many ways, Kalex is sometimes above and sometimes a bit below the aggregate score.

The results of the latest survey were presented by Mina at a special residents' meeting on November 23. If you missed the meeting, copies of the detailed handout are available from Becky Edmondson, Executive Assistant.

Topping the list of approval ratings was the friendliness and courtesy of Kendal's staff, which earned a ninety-eight per cent score, far above the Holleran average. (This is pleasing but perhaps not surprising; we know we have the best staff in the world.) The mean scores of twelve factors significantly exceed the Holleran benchmark. Listed among our areas of special strength are the staff's respect for resident privacy; opportunities for resident input; fulfillment of the original contract (resident care agreement); fulfillment of expectations as promoted by marketing; the quality of the billing department; and the accessibility of the Executive Director.

Long-term confidence in the future of Kendal at Lexington earned a rating of 89.4 per cent, significantly above the Holleran benchmark at 84.8 and also above the aggregate of Kendal affiliates at 86.6.

"Areas of opportunity," as cited by the Independent Living residents, included perceived concerns with care at the Borden Center (skilled nursing care); upkeep and repair to buildings; and timely response to non-urgent maintenance requests. These areas are currently being addressed, according to Mina.

## Church Transportation Offered

Lexington Presbyterian Church and R.E. Lee Memorial Episcopal Church are undertaking, respectively, to provide Kendal residents with transportation to Sunday morning services. Lexington Presbyterian now runs a bus every Sunday to the 11 am service. R.E. Lee, as a special project of the Outreach Committee, has begun offering transportation to the 10:30 am service on the first Sunday of each month.

Sign-up sheets are posted on the regular bus-trip bulletin board near the lobby mailboxes. Please note the departure time for each trip as you sign up. Both churches use a Kendal bus (with wheel chair capability), usually driven by one of our regular drivers temporarily in ecclesiastical employment.

## Wait List Members May Arrange Visits to the Dining Room

"We've enjoyed eating at Kendal on special occasions," said a member of our wait list at December's holiday party, contemplating a beautifully presented plate of turf and surf, "but how can we have a meal at Kendal when it isn't all that special -- just the way you people live every day?"

It's easy to do. You'll be paying your own way (though without incurring a major expense -- it would be hard to spend as much as twenty dollars on a meal, including wine), but anyone on Kendal's wait list may contact the Marketing Department and arrange to come on your own to any meal except special holiday buffets.

Simply tell the Marketing Department the number of diners, the date, and the meal (breakfast, lunch, dinner). Marketing will let the dining room know you're coming and arrange to have a table reserved, if you prefer.

The cafeteria-style serving line is open for breakfast from 7:30 to 9 am; for lunch, from 11:30 am to 1 pm (12 noon to 1:15 pm on Sundays); for dinner, from 5 to 7 pm (5 to 6:30 pm on Sundays). Prices of meals and of a la carte items, including selections from the grill, are posted. Residents and dining room staff will help you find your way around.

Finally, be sure you've distinguished between the dining room and The Restaurant, which is open four evenings a week for residents and their guests and is located in the same general area, just south of the dining room. The clue is table cloths. The Restaurant has them, the dining room doesn't.

## Vesper Services in January

All are welcome to the ecumenical Vesper services arranged by the Religious Activities Committee and held every Sunday at 4 pm in Kendal Hall. The generosity of the volunteer officiants and musicians is much appreciated.

**Jan. 3:** Deb Klein (Lexington Presbyterian Church); pianist, Mary Harvey.

**Jan. 10:** Norman Tippins (Trinity United Methodist Church); pianist, Becky Edmondson.

**Jan. 17:** Tony Nix (Grace Presbyterian Church); pianist, Clyde Moore.

**Jan. 24:** Steve Cathcart (Timber Ridge Presbyterian Church); pianist, Karen Fredenburg.

**Jan. 31:** Bill Klein (Lexington Presbyterian Church); pianist, Jean Eisenhauer.



## From a Legal

### Perspective . . . . .

[Resident Ned Henneman, Associate Professor of Law Emeritus at W&L, continues his column on legal topics of interest to Kendalites.]

The *New York Times* recently reported that Americans were expected to donate \$1 billion a day to charity during the month of December. I expect that a number of Kendalites shared in that outpouring of good will. There may, however, be some who are still feeling generous or may be thinking of a tax deduction for 2016, so a few reminders of the basics of charitable giving may still be in order.

A fundamental of successful charitable giving is to be sure that one knows the correct name of the intended donee. Many charities have similar names, and confusion may arise if the donor is not careful. In fact, sometimes the confusion may be deliberately caused by unscrupulous organizations. Among the most flagrant of these are some that purport to be supporting cancer research.

If I am considering a gift to charity and own securities that have appreciated in value, it is usually desirable to make the gift with those assets rather than with cash. The amount of the available deduction will usually be the face value of the appreciated stock, not its cost. There are limits on the total amount that can be deducted in each year, however.

If an intended gift is to be made of property other than cash or marketable securities, as might be the case if a donor is continuing to downsize, to dispose of belongings no longer useful or necessary to her, the donor should be sure that the charitable donee wants that property. Things that I no longer want may well be desirable as gifts to some organizations, but not necessarily so to a hospital, school, or church, and may not be readily convertible into cash by such a donee.

A donor of such property must usually have it appraised and should consult her tax advisor to determine the amount of its value that may be deducted from income tax. If a donor wishes to have his gift used for a specific purpose or for a particular period of time, or to have the donor's name somehow attached to the gift, those wishes

should be cleared with the donee in order to avoid later misunderstandings.

One type of property that may be no longer necessary to the donor and can be the subject of a significant charitable gift is a policy of insurance on the life of the donor. The policy may have been bought to protect against the risk of premature death, to pay off a mortgage, or to provide for the education of children, for example. Those may not be important considerations any more. If so, transferring ownership of a whole life policy on the life of the donor to a charity can be of great value to the donee, at little or no cost to the donor. The deductible amount of the gift will typically not be the face amount of the policy, but can be substantial if the policy has been in effect for a long while.

Finally, it is good to remember that a gift to many charities can be made in a manner that will allow the donor to receive income for a period of time, or for the balance of one's life, and still receive a charitable deduction. The most popular of these types of planned gift is the charitable gift annuity. If such a plan is available, and it is at Kendal, a donor may transfer money or marketable securities to the charity in return for its promise to make payments to the donor and/or to a beneficiary named by him for, generally, the balance of the payees' lives. The obligation to make these payments is secured by all of the assets of the charity.

The rate of such payments will depend on the age of the payee and the time at which the payments are to start. An income tax deduction will be available to the donee in the year of the transaction, and there will be favorable income tax treatment of the payments subsequently received. This type of gift should be seriously considered if a gift of \$10,000 or more is contemplated. A charity offering such a plan will be happy to discuss it with you.

-- Ned Henneman

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**Congratulations to Staff Members who conceptualized, designed, and built our "Kendal Express" float for Lexington's holiday parade on December 4. We're told that it won an award for "Most Creative." Deservedly so**



## Library Tidbits for January

So you received all those new books for Christmas. What to do with the old ones? And how to help the Kendal library at the same time? Donate them to our January book sale, starting Sunday, January 3. Just put them on the book cart in the Alcove.

Look on the big table in Anderson. Resident and naturalist Gene Shelar has produced another of his binders of beautiful photographs, and it will be available for our pleasure all month. This one features insects -- well known insects, unidentified insects, insects in flight, insects eating other insects, etc. Something for everyone.

-- Sarah Giddings

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## Reviews of Memorial Books

**For Anne Zimmerman: *The Architecture of Historic Rockbridge*, by Daniel Pezzoni.**

Rockbridge County's impressive architectural history is expertly described and handsomely illustrated in the newly published book, *The Architecture of Historic Rockbridge*.

The volume, published by Historic Lexington Foundation, was researched and written by Daniel Pezzoni. Its publication fulfills a wish nearly forty years old for the creation of a companion volume to *The Architecture of Historic Lexington*, which was brought out by the Foundation in 1977. Authors of that first volume were Royster Lyle and Pamela Simpson.

One would have to spend many days and travel untold miles to personally view the great variety and quality of buildings and their details which this book presents as the county's rich

architectural heritage. This new volume is given special appeal by its design and layout, which are the work of Robert Keefe. The book's illustrations have been assembled from dozens of sources, and the number, quality, and presentation of the photos alone make the book well worth owning.

In addition to examining the development of various styles of building that evolved in the county, the author looks at a number of types of structures. The chapter on churches shows a remarkable variety of styles of buildings, ranging from the Gothic to the Greek revival. The section on schools -- some of them long forgotten -- includes everything from the area colleges to the once-popular one-room school houses. The survey of the county's industries features many water-powered mills and the once bustling complex of industries at Jordan's Point on the Maury River.

The nostalgic chapter on resorts brings back memories of places such as the Rockbridge Alum Springs, Wilson Springs, and the boom hotels at Goshen, Glasgow, and Buena Vista. The Alum Springs site is now a Young Life camp, and several significant buildings that remained from the resort have been restored and are now used by the camp. The only one of the old hotels remaining is now the main building of Southern Virginia University, in Buena Vista. The first resort development at Natural Bridge occurred in the 1830's, when the majestic Bridge was still owned by Thomas Jefferson's heirs. The resort has since gone through many owners and is now under an arrangement that aims at making it a state park.

The book admirably fulfills the purpose, stated on its dust jacket, to "foster the preservation of historic buildings, the goal of Historic Lexington Foundation." The author, a resident of Lexington, has written or edited architectural studies for more than ten counties since 1995.

-- Matt Paxton

**Memorial Books**

(from p. 8)

**For Betty Evans: *The Secret Chord*, by Geraldine Brooks.**

The Kendal library has other novels by Geraldine Brooks: *People of the Book*, *Caleb's Crossing*, and *March*, a Pulitzer Prize winner. In *The Secret Chord*, her writing has taken a new direction, telling the story of David, who united Judea and Israel about 1200 BC.

The book is narrated by the prophet Nathan, the only one in David's retinue who can "speak truth to power" without retribution. David is a mighty warrior, a ruthless killer oblivious of the suffering he causes, but also the writer of psalms and a master of the harp. We meet familiar Biblical characters: David and Goliath, David and Jonathan, Absalom, and Uriah (whom David orders killed so that he can possess Uriah's wife, Bathsheba).

Nathan foretells the magnificent conquests but also the inner rot that follows. Yes, power corrupts.

-- Anne Preuss

**For Dusty Smith: *The Boys in the Boat*, by Daniel James Brown.**

*The Boys in the Boat*, by Daniel James Brown (Viking, 2013), the book chosen for Dusty Smith, is subtitled "Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics." These nine young men were the winning crew team at the University of Washington, and their journey to the gold makes fascinating reading. From disparate backgrounds and with different life goals, these young men came together as a team that was able to defeat the mighty German team at Hitler's Olympics.

-- Sarah Giddings

**Bright New Budget**

(from p. 1)

an increase in health insurance premiums, and staff education. Other increasing costs include our bill for water, obtained from the city of Lexington, and licensing fees and maintenance for our Information Technology software.

The 2016 budget shows a total revenue of \$15,140,041. (Last year's budget gave a figure of \$14,829,337. The fact that Kendal has seen thirteen move-ins during 2015 has a definite bearing here.) Almost all of our revenue comes from residents, as shown by Felicia's colorful pie chart. Of the 2016 budgeted operating revenue, 48.7 per cent comes from residential fees and 46.5 per cent comes from Health Center fees. Also shown, as slivers of the pie, are "Investment Income" at 2.7 per cent, and "Other Income," at 2.2 per cent. Kendal has funds invested with a number of firms, including Vanguard, Wilmington Trust, and Lexington's Cornerstone Bank. The "Other Income" category includes such things as dining and catering charges and payments for guest lodging at Sunnyside House.

The list of 2016 budgeted expenses shows a total of \$15,085,035. On a page headed, "Where Does All the Money Go," Felicia's pie chart shows 52.1 per cent for staff wages and benefits. Other categories, in slices of diminishing width, are marked for interest payments on the bonds which made possible our recent construction (Phase II, especially); general and administrative; health services; dining services; utilities; our fee to Kendal Corporation (3.8 per cent, or \$489,359); maintenance/housekeeping/laundry; and real estate taxes of \$211,500.

-- Jo McMurtry



## In Memoriam

Robert E. R. Huntley

Died December 10, 2015

Entered Kendal December 10, 2008

Charles Brock Richardson

Died December 15, 2015

Entered Kendal July 16, 2010

last spring. Their desire was for others to join them to ensure the preservation of our beautiful old farmhouse. Funds from these contributions have been used to do extensive exterior work during 2015, and interior work is planned for 2016, including painting and re-carpeting of the guest rooms and some common areas. As of December 18, six gifts have been made to this fund by residents Lloyd and Margaret Craighill, Don and Alleane Taebel, and Jo McMurtry; by Board chairman Bob Glidden and his wife René; and by one anonymous couple. Again, if you wish to support this fund, make out your check to Kendal at Lexington with "Sunnyside House Fund" in the memo line.

-- Becky Edmondson  
Executive Assistant

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### Philanthropy Report: Status of Our "Challenge" Gift Funds

**Dementia Care Fund:** Since the establishment of the Dementia Care Fund in May of 2015, nine donations have been received for this worthwhile cause. Initiated by a generous challenge gift from resident Jack Geikler, the fund has also been supported by residents Dick and Margy Werling and Dot and Wally Fogo, and by Board members Joan Robins and Dawn Peck and their spouses. Monies from these gifts are currently being used for some initial projects, including training materials for staff and weekly fresh flowers on the dining room tables in the Borden Center. "Big things" are planned for programming changes associated with the anticipated renovations of the Borden and Webster Centers. To make a contribution, please make out your check to Kendal at Lexington with "Dementia Care Fund" in the memo line.

**Sunnyside House Fund:** An anonymous Rockbridge County couple, recognizing the need for continual upkeep to preserve the wonderful resource of our Sunnyside House, made an initial contribution to establish this fund

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### Spotlight on Wellness: Chair Zumba

"Chair Zumba" is the class that Jason Bunn, Fitness Program Manager, and Catie King, Wellness Program manager, would like to emphasize this month.

"Chair Zumba" is thirty minutes of light aerobic activity in a seated position, and is intended "to spice up the definition of exercise by dancing." The class is taught by Catie and is held on Wednesdays from 1:30 until 2 pm in the Webster Center. Independent Living residents are welcome to attend; if you have a problem getting to the class, notify the Fitness Office at 458-0103 and transportation will be arranged.

Several other seated exercise classes are offered, some in Webster and others in the Fitness Center. These and many other fitness classes (some on land, some in water, seated, standing, or lying down on mats) are listed in the monthly calendar placed in residents' mailboxes and available in the Fitness Center.

## "Fan's Choice" Movies

Now it is your turn to help select the movies we see in Kendal Hall. Early in January, you'll get a slip in your mailbox asking you to select a few of your favorite movies. Write a sentence or two saying why you enjoyed the movie. Mary Stratton, who will be ordering the movies for the first part of 2016, will choose some of these to be shown on Mondays and Thursdays. The list of movies should be interesting, and varied for all of us. Thanks for your help!

-- Dianne Herrick, for the Culture & Entertainment Committee

## Nurse Practitioner Beth Cullen Joins Borden Staff

"Dr. Brochero [our Medical Director in the Borden Center] was introducing me on my first day," Beth Cullen says, "and I already knew a lot of people -- both the staff and the patients. He finally said, 'You know everybody.'"

Beth, who lives in Buena Vista, has ten years' experience working as a Nurse Practitioner, including jobs in long-term care as well as public health. She holds a Bachelor of Nursing from Radford University as well as a Master of Science and Nursing degree and a Post-graduate Nurse Practitioner Certificate, both through the University of Virginia.

As part of her clinical requirement for Nurse Practitioner certification, Beth worked at the Golden Living Center, a skilled nursing facility in Buena Vista, and found that she liked working with an elderly population. "Pretty soon my nursing home day came to be my favorite day," she says.

Beth has two daughters, ages seven and eleven. Her husband, Mike, is a lab technician

at VMI. By coincidence, the building he works in, Morgan Hall, is named for Kendal resident "General Jim" Morgan.

Beth currently focuses on seeing patients in the Webster Center (assisted living) and the Borden Center (skilled nursing care); her hours are Monday through Friday, generally from 9 am to 2 pm. Independent Living residents should continue to see their regular health care providers, and Cathy Lewis continues her role as Clinic RN for Independent Living and Webster residents. However, there are gaps that Beth can fill; as a Nurse Practitioner, for example, she can prescribe medications. If you are ill and would like to see Beth, contact either Cathy Lewis or Charlotte Sibold, Health Services Administrator, to make arrangements.

### Newsletter Statement and Staff

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

Staff: Sally Emory, Sarah Giddings, Maury Hanson, Ned Henneman, Jo McMurtry (editor), Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Victoria Shelar, Louise Tardy, Rudie Terhune, Clara Belle Weatherman.

The deadline for the February, 2016 issue is Wednesday, Jan. 20, 5 pm.

## Bits and Pieces . . .

☞ **New Year's Day** will mark, among other things, the inaugural appearance of The Kendal Corporation's "Home Swap" portal link, to be added to the "Lifestyle" menu list on the website of each participating Kendal community (including Kalex). Watch for more information in a future newsletter, but in the meantime you can explore the option of temporarily swapping your home with that of a resident of another Kendal.

(cont. on p. 12)

## Weekly Scheduled Activities

Sundays (3, 10, 17, 24, 31)	4:00 pm	Vespers	Kendal Hall
Mondays (4, 11, 18, 25)	1:30 pm 7:00 pm	Needleworkers Movie	North Parlor Kendal Hall
Tuesdays (5, 12, 19, 26)	1:00 pm 5:00 pm	Recorder Consort Wine & Conversation	Kendal Hall Kendal Hall
Thursdays (7, 14, 21, 28)	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 (8, 15, 22, 19)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (2, 9, 16, 23, 30)	3:00 pm	Movie	Webster

### Bits and Pieces . . . . . (from p. 11)

¶ **Laura Hotinger**, resident life coordinator, is now a Certified Music Practitioner through the Music for Healing and Transition Program, a not for profit therapeutic music educational organization. Laura is trained to play at a resident's bedside and has a special interest in palliative care. One of her instruments is the autoharp. Congratulations, Laura!

¶ **Residents Council has named** the Nominating Committee for 2016: Tom Bridges, Patti Hammond, Caroline Hemmings, Sally Holland, and Mary Stratton. For the duties of this important committee, see the Residents' Handbook (red binder).

¶ **Bill Houff, Director of Operations**, is working with the residents' Furnishings and Interiors Committee on choosing colors for the painting of corridors and other public areas during 2016. To ensure resident safety while work is going on, some temporary detours may be set up, and you may find yourself going from place to

place by unusual routes. Bill suggests that residents look on the bright side and view these variations as a chance to explore unfamiliar territory.

¶ **Another beautiful issue of *The Kalex*** has appeared, showcasing residents' fiction, non-fiction (especially memoirs), poetry, photography, and artwork. Editors are Jane Bicknell, Leland Goddard, Caroline Hemmings, Penny Henneman, Anne Preuss, and Marje Sherrill. Contributors for this issue are Tom Strickland, Tony Tafel, Mary Craighill, Marian Carlsson, Harrison Kinney, Caroline Hemmings, John Miller, Helen Behrens, Matt Paxton, Ned Henne- man, Audrey Salb, John Gunn, and Mary Coul- ling. Photographs are by Victoria Shelar and Jack Geikler; artwork, by John Winfrey.

¶ **Two new AED's** (automatic external defib- rilators) have been installed, according to Charlotte Sibold, Health Services Administrator. One is in the employee lounge, the other in the Fitness Center. Staff trained in CPR have been trained in the new equipment.

## January Activities Calendar

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

3, Sun., to 9, Sat.		Library Book Sale	Alcove
4, Mon.	8:00 am	Men's Breakfast	Dining Room
* 6, Wed.	4:30 pm	John South, "The Panama Canal"	Kendal Hall
* 9, Sat.	2:00 pm	Recital, W&L Music Faculty & Students	Kendal Hall
11, Mon.	4:30	Kendal College, "High Renaissance in Italy"	Kendal Hall
12, Tue.	1:00 pm	Residents Council	North Parlor
* 13, Wed.	4:30 pm 7:30 pm	Presentation, W&L's Mock Convention "The Sinatra Century," Vocal Concert	Kendal Hall [bus, 6:50 pm]
14, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside
18, Mon.	4:30 pm	Kendal College, "High Renaissance in Italy"	Kendal Hall
19, Tue.	7:30 pm	Jessica Lang Dance Company	[bus, 6:50 pm]
20, Wed.	9:30 am 10:30 am 5:00 pm	Residents Association Meeting "Tune-up Clinic," walkers, wheelchairs, etc. "Night on the Town," Haywood's Piano Bar	Kendal Hall Kendal Hall [bus, 5:00 pm]
23, Sat.	7:30 pm	Martin Luther King Remembrance Concert	[bus, 6:50 pm]
24, Sun.	3:00 pm	Faculty Voice Recital, W&L	[bus, 2:30 pm]
25, Mon.	4:30 pm	Kendal College, "High Renaissance in Italy"	Kendal Hall
* 27, Wed.	4:30 pm	Nanalou Sauder, "The Byrd Machine"	Kendal Hall

\* Free and Open to the Public