



Kendal at Lexington

The Residents' Newsletter

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Five-Star Rating For the Borden Center

The Benjamin Borden Center, Kendal's 60-bed skilled nursing facility that serves the Rockbridge area as well as Kendalites, has recently earned a five-star rating from CMS (Centers for Medicare and Medicaid Services).

This federal agency within the US Department of Health and Human Services administers the Medicare program, works in partnership with state governments to administer Medicare, and, among other responsibilities, oversees quality standards in long-term care facilities (aka nursing homes) through its survey and certification program.

"It took a lot of hard work and interdisciplinary coordination," according to Mina Tepper, Kendal's Executive Director, at the Residents Association meeting on May 18. Mina gave special credit to Charlotte Sibold, Health Services Administrator, and Debbie Curry-Lee, Director of Nursing. But the entire Borden staff has worked together to create and maintain our high level of care.

CMS created its five-star rating system to help consumers, their families, and caregivers compare nursing homes more easily. The

agency bases its ratings on three main categories of information: on-site inspections made by trained, objective inspectors (whose arrival, needless to say, is never announced in advance); staffing records, including the number of hours of care provided on average to each resident each day; and quality measures, including such things as the use of antipsychotic medications.

The "medicare.gov/nursinghomecompare" website does indeed make these results easily accessible. Just enter our zip code (24450), and view the star ratings of nursing homes within the radii of various distances from Lexington. Of the three listed facilities within twenty miles, the Borden Center has the only five-star rating; the other two have three stars apiece, "average." Neither of these are CCRC's (continuing care retirement communities) -- not surprisingly, as Kendal is the only CCRC in the immediate area.

Other five-star nursing homes can be found a bit farther afield. Among these are the Brian Center in Low Moor (25 miles away) and Fairmont Crossing in Amherst (38 miles). CCRC's within a fifty-mile radius whose nursing home facilities have received a five-star rating are Westminster/Canterbury in Lynchburg (38 miles away), and The Glebe in Daleville (43 miles).

-- Jo McMurtry

🎵 Calendar Notes 🎵

[See also pp. 10 and 11. 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.

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

June 1, Wed., 10 am. Presentation by Felicia Bush, our Finance Manager, on the 2015 auditor's report. Find out all about Kendal's money -- where it comes from, where it goes. Kendal Hall.

June 1, Wed., 4:30 pm. First meeting of the Kendal College course, "The Age of the Witch Hunts," taught by Michelle D. Brock, assistant professor of British history at W&L. Open to Kendal residents and staff. (See the May, 2016, issue of this newsletter for details.) Also meets at the same hour on June 8 and June 15. Kendal Hall.

June 2, Thu., 10 am. Trip to the Taubman Museum of Art in downtown Roanoke. Current exhibitions include "A Portrait of George Washington: the Man, the Soldier, and the President" and "American Chronicle: The Art of Norman Rockwell." Lunch at the museum café. Admission to the museum is free, but there is a charge of \$10.50 for seniors to enter the Rockwell exhibit. (Free to museum members, however. Annual membership costs \$30 per person, \$50 per couple.) Bus fare, \$3. [bus, 10 am]

June 3, Thu., 2:30 pm. Staff appreciation party. (See story, p. 5.) Kendal Hall.

June 6, Mon., 8 am. Monthly Men's Breakfast in the Dining Room. No reservation needed.

June 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.

June 9, Thu., 7:30 pm. Stage musical, "Oliver," at Southern Virginia University in Buena Vista. This very successful adaptation of Charles Dickens's 1837 novel "Oliver Twist" was first staged in London and New York in the early 1960's, and the film version followed in 1968. Music and lyrics by Lionel Bart. Ticket \$10 at the door. This venue is not handicapped-accessible. [bus, 6:40 pm]

June 14, Tue., time TBA. Cookout at Lake Robertson, a Rockbridge County recreation area fourteen miles west of Lexington. (Beautiful drive just getting there.) Hotdogs, burgers, other goodies, along with games and a short hike around part of the lake for those who would like it. Return in the early afternoon. Arranged by the fitness/wellness staff. This trip is not fully handicapped-accessible. Watch for postings of times and other details.

June 15, Wed., 9:30 am. Residents Association meeting. Keep up with what's going on. Kendal Hall.

June 17, Fri., 8 pm. "Seldom Scene," a well known five-member bluegrass group originally formed in the Rockbridge area in 1971, will be both seen and heard at Lime Kiln Theater. Kendal is a sponsor of this event. Information on tickets and transportation will be made available.

(cont. on p. 3)

Calendar Notes

(from p. 2)

June 20, Mon., 4:30 pm. Kendalites Dianne Herrick and John South, world travelers, present a program on "A Visit to the Antipodes." Beautiful pictures of Australia and New Zealand. Kendal Hall. **Free and Open to the Public.**

June 22, Wed., 4:30 pm. Resident Lew John, retired dean of students and professor of politics at W&L, speaks on "The British Dilemma: To Brexit or Remain in the E.U.?" The timing couldn't be better, as the U.K. referendum on this question will be held the next day. Kendal Hall. **Free and Open to the Public.**

June 28, Tue., 4 pm. Trip to the Clifton Forge School of the Arts, followed by dinner at Café Michel. Return to Kendal about 8 pm. [bus, 4 pm]

June 29, Wed., 4:30 pm. Piano recital by Jeanette Fang of the Garth Newel Music Center in Bath County. Miss Fang holds degrees from the University of Michigan, Juilliard, and Yale. Kendal Hall. **Free and Open to the Public.**

June 30, Thu., 4:30 pm. "A Rockbridge Fossil and the Ring of Fire," a talk in two parts by Jeffrey Rahl, associate professor of geology at W&L. **Kendal Hall. Free and Open to the Public.**

Recycling Update

Updated information about recycling was placed in Kalex residents' in house mail boxes May 20. Please keep it handy to refer to about recycling.

Maintenance workers have been installing new containers and shelves in the recycling

rooms. The signage was not ready for the installations, so use the List to see what goes with what and how.

Improvements to Sycamore Lane recycling equipment are on the way.

If a plastic item doesn't have a number in a triangle on it, don't put it in the bin. It's a shame, but the workers at the recycling center will NOT take the foam cups we use even if they do have a number in a triangle on them.

Kendal residents are an important part of Rockbridge County's recycling efforts. The Commonwealth of Virginia mandates that localities recycle at least twenty-five per cent of the solid waste stream. The local recycling rate is almost double the requirement. Kendal is a big part of that effort.

The reconstituted Environment Sustainability Committee is working to advise management on ways to encourage and improve our recycling operations here and make recycling as simple as possible for residents. Stay tuned.

-- Nanalou Sauder
for the Environment Sustainability Committee

Library Book Sale

Sunday, June 5, to Saturday, June 11

in the Alcove

New Kendalites:**Beth and John Knapp
Apartment 116, South**

Beth grew up in Warrenton, an historic town very much like Lexington in the Northern Virginia horse country. After college at Mary Washington, she married her first husband, a civilian with the federal government, had two sons, lived in several states and Europe, and was a stay-at-home mom until 1980, when she opened an interior decorating business in Old Town Manassas. During this period, Beth became very involved in downtown revitalization efforts, was co-founder of Manassas's Main Street program, served on the city planning commission and Manassas city council.

After twenty years of marriage, Beth was "happily divorced" and decided to move to the big city -- Richmond. She chose to live in the redeveloping area of Shockoe Slip, and her first home was an apartment in a renovated tobacco warehouse. Because of her local government background, she became director of marketing and member services for the Virginia Municipal League. The league's primary function is to lobby the Virginia General Assembly on behalf of Virginia's towns, cities, and urban counties. When she wasn't lobbying, she was visiting VML's local government members. During a two-year period, Beth attended more than two hundred city and town council meetings, an adventure that led her to every corner of the Commonwealth and has produced some very interesting stories.

In 1998, she met John and his wife, Peggy, at VML's biennial Newly Elected Officials Conference, which John and Peggy attended after his being elected to Lexington's city council. Peggy died in 1999, and, after a long-distance courtship, Beth and John were married in 2001. Beth smiles as she states that she gave up her dream job for her dream husband.

John grew up in Richmond and came to Lexington in 1950 to attend VMI. He graduated in 1954 with a degree in civil engineering and a commission in the Army. After three and a half years of active duty (three of them in Germany), he returned to Richmond for a stint in business and then accepted an instructor's position in 1959 on the VMI faculty. There followed a period of graduate study, earning MS and Ph.D degrees in environmental engineering from The Johns Hopkins University, progression through the professional ranks, two terms as department head, appointment as dean of the faculty in 1984 and then as Superintendent in 1989, a position he held until his retirement in 1995.

Up until 1989, he remained active in the US Army Reserves, and was serving as a major general in command of the 80th (Training) Division when he retired on becoming VMI Superintendent. Throughout those years he was active in civic affairs, including twelve years as the first chairman of the Maury Service Authority, the Lexington and Shenandoah Planning District Commissions, the State Chamber of Commerce, the local Board of Crestar Bank (now SunTrust), the boards of the Marshall and Stonewall Jackson foundations, the regional Boy Scout Council, and the vestry of R.E. Lee Memorial Episcopal Church. In 1998, he was elected to Lexington City Council and then served as mayor from 2000 to 2008. Along the way he also served on the Kendal at Lexington board. In 2008 he was honored with an appointment as a lieutenant general in the Virginia Militia.

John married Margaret (Peggy) Dickerson in 1957 and they had three children -- Katherine, John, Jr., and Elizabeth. Between them, the Knapps have eleven grandchildren, ranging in age from eleven to twenty. Beth and John spend the summers in the mountains of North Carolina, where they have a home near Blowing Rock. An important member of the Knapps' household is their terrier mix, Gracie Allen.

-- Beth and John Knapp



Resident Art Show

Staff Appreciation Party Will Be Friday, June 3

At 2:30 pm on Friday, June 3, Kendal residents and staff will gather in Kendal Hall for our semi-annual Staff Appreciation Party, arranged by Residents Council. We residents have an opportunity to express in person our gratitude to the staff who take such good care of us -- efficiently, skillfully, and always with a smile. And the staff has an opportunity to pick up their checks, dispersed from the fund maintained by the residents for this purpose.

Donations for the June event were due by May 27, so the deadline will have passed by the time you read this. However, it's never too late. Checks made out to Kendal at Lexington, marked "Staff Appreciation," and handed to any of the front office staff, will be safely stashed for the next distribution in December. So follow that impulse. (Contributions are tax-deductible, too.)

The Staff Appreciation Fund is distributed to staff members according to hours worked and length of service (many years, in a number of cases). According to Margaret Hager, Director of Human Resources, Kendal has 125 full time equivalent employees as of May 17. Twelve of these are top management and are excluded from the Staff Appreciation disbursement, as are newly-hired employees who have not yet worked the hours required for eligibility. Our therapists are also excluded, as they are employed by Select Rehabilitation rather than by Kendal.

The Staff Appreciation Party is an informal gathering -- no longwinded speeches -- at which residents and staff mix and mingle and enjoy some delicious ice cream. Be sure to come!

The June Resident Art Show will run from Monday, June 6, to Friday, October 7. The day to retrieve current work and bring in new work is Friday, June 3, between 10 and 11:30 am and between 2 and 3:30 pm.

For the object label posted beside each piece, please provide your name, a title, and the type of medium. Art Show Notices were distributed in May that include guidelines to clarify what to use for hanging, and a similar notice was posted in the Information Alcove.

With only two display cases, we need to know ahead of time if you would like to reserve space for small, unframed craftwork, so we can plan the display.

For anyone newly arrived at Kendal, please consider exhibiting in our Gallery. We are always grateful to those of you who lend your work, which does not have to have been recently created but must have been made by you.

The Art Gallery is located on Level One just past The Restaurant and in the corridor leading toward the south elevator. The third Art Show in 2016 will open October 10.

Please direct any questions to either Victoria Shelar or Trix Rumford.

-- Victoria Shelar

Library Tidbits for June

Gene Shelar has produced another of his beautiful books of photographs. The binder will be on the round table in the Library through the month of June.

-- Sarah Giddings

Staff Changes and Additions

Kendal's policy of encouraging internal moves when a position becomes vacant has resulted in a number of changes in the past few months. (See the March, 2016 issue of this newsletter for details of Brittany Camden's move to Resident Services Coordinator, Ashley Brunty's move to Marketing/ Admissions at Borden, and Karen Miller's move to the receptionist's desk in Anderson Lobby.)

As another internal rearrangement, Herbie Martin, formerly Maintenance Supervisor, is now Kendal's Director of Operations and was introduced as such by Executive Director Mina Tepper at the Residents Association meeting of May 18. "It's all about creating a team," Herbie said. His responsibilities include overseeing House-keeping as well as Maintenance. The position of Maintenance Supervisor is still open as we go to press.

Also introduced at the Residents Association was Terri George, who has joined Kendal's Marketing Department after a 24-year career in long-term care, most recently at Heritage Hall in Richmond. Terri's job as a full-time Marketing Associate is primarily concerned with keeping in touch with Futures List members and welcoming prospective residents to the campus. Terri has two sons, both "fairly grown," and two grandchildren with another on the way. She lives in Buena Vista and has recently been adopted by a cat, a female Maine Coon named "Colonel."

New to Kendal's Activities staff is Tony Nix, our Resident Life Program Coordinator for Borden and Webster. With Laura Hotinger, Resident Life Activities Coordinator, Tony will focus on individualized interactive programming integral to a person-centered culture. Tony's

most recent position was with Rockbridge Area Hospice, as chaplain, bereavement counsellor, and volunteer coordinator. He and his wife, Nancy, have three children in their teens and early twenties.

-- Jo McMurtry

Vesper Services in June

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

June 5: Deb Klein (Lexington Presbyterian Church).

June 12: Steve Cathcart (Timber Ridge Presbyterian Church)

June 19: Paul Carter (Grace Presbyterian Church)

June 26: John Pearson (Reformed Union Fellowship)

In Memoriam

Guy Hammond

Died May 1, 2016

(Guy and Jean Hammond entered Kendal July 20, 2011; returned to Charlottesville October 1, 2012)

Vera Sadler

Died May 8, 2016

Entered Kendal February 11, 2003

Designating Gifts To Kendal at Lexington

The residents and friends of Kendal at Lexington are generous people! To record gifts and honor the requests of donors, the following funds receive donations:

☺ **Fellowship Fund** -- provides assistance to current residents whose financial resources have been depleted.

☺ **Staff Development Fund** -- provides financial support to individual staff members pursuing educational growth.

☺ **Barbara Brown Endowment Fund** -- provides financial support for educational opportunities for staff development and education.

☺ **Dementia Care Fund** -- provides financial support to enhance dementia services across the continuum of care.

☺ **Sunnyside House Fund** -- provides financial support for major repairs and renovations to beautiful Sunnyside House, the property's original nineteenth-century home and now our much-enjoyed guest house.

☺ **Borden Center Fund** -- provides financial support for major initiatives at the Borden Center, our 60-bed skilled nursing facility that serves the Rockbridge area as well as Kendal residents.

☺ **Webster Center Fund** -- provides financial support for major initiatives at the Webster Center, our 20-unit assisted living facility that serves primarily Kendal residents.

☺ **Landscaping Fund** -- provides financial assistance for major landscaping projects and improvements.

☺ **Sustainability Fund** -- provides financial support for projects that will enhance the environmental sustainability of our community.

☺ **General Fund** -- for non-designated donations to Kendal at Lexington.

☺ **Staff Appreciation Fund** -- provides an opportunity for residents to express appreciation to the staff for their service.

-- Becky Edmondson
Executive Assistant

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, Sally Emory, Sarah Giddings, Maury Hanson, Rae Hickman, Jo McMurtry (editor), Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Victoria Shelar, Rudie Terhune, Clara Belle Weatherman.

**The deadline for the July, 2016 issue is
Tuesday, June 21, 5 pm.**



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)	1:00 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)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (4, 11, 18, 25)	3:00 pm	Movie	Webster

Resident Address Changes

- ◆ Lil Abbe, to Apartment 322, Cox Hall.
- ◆ Jim Holland, to Apartment 215, Webster Center.
- ◆ Betty Jean Young, to Apartment 222, Webster Center.

spoken for, and our Independent Living occupancy still stands at 99.2 per cent, counting reservations for move-ins in the next few months.

¶ **Special Praise for Our Staff** came from Karen Russell, Residents Association president, as she reminded Kendalites of the Staff Appreciation Fund: "It took me 65 years to find a place where I'm treated like the princess that I am." (Karen moved to Kendal as a child bride.)

..... Bits and Pieces

¶ **Is Your Smartphone** protected by a password? Nathan Straub, our Network Administrator, points out that smartphones can contain a lot of very personal information. If you lose yours, and it ends up in criminal hands, bad things can happen. Nathan recommends an article in the May 20, 2016 issue of *The Week* Magazine called "Keeping hackers out of your phone." Photocopies of the article were made available at the most recent Residents Association meeting. If you didn't get a copy but would like one, contact Nathan (464-2606).

¶ **Occupancy Update:** No change here, as we go to press. Kendal's lone available apartment, a very nice one-bedroom, is still not

¶ **The Courtyard Garden** continues to unfold. In addition to a number of bushes, shrubs, and groundcover (not to mention rocks), a number of perennials generously donated by residents will have been planted by the time you read this. Annuals to provide color for this year are on the way. According to Renate Chapman and Ted Burroughs, the garden will be a work-in-progress for the next few years. They are grateful for help already received in kind and in funds (over and above what the budget has allowed) for the wind spinners and eventual benches. Special thanks to Herbie Martin (Director of Operations) and Alan Bowyer (Maintenance Department) for devoting time, thought, and energy to this project.

June Activities Calendar

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

1, Wed.	10:00 am 4:30 pm	Audit presentation, Felicia Bush Kendal College, "Witches"	Kendal Hall Kendal Hall
2, Thu.	10:00 am	Trip to the Taubman Museum, Roanoke	[bus, 10:00 am]
3, Fri.	2:30 pm	Staff Appreciation Party	Kendal Hall
6, Mon.	8:00 am	Men's Breakfast	Dining Room
7, Tue.	1:00 pm	Residents Council	North Parlor
8, Wed.	4:30 pm	Kendal College, "Witches"	Kendal Hall
9, Thu.	2:00 pm 7:30 pm	Dementia Caregivers Support Group SVU production of "Oliver"	Sunnyside [bus, 6:40 pm]
14, Tue.	Time TBA	Cookout at Lake Robertson	[bus, TBA]
15, Wed.	10:30 am 4:30 pm	Residents Association Meeting Kendal College, "Witches"	Kendal Hall Kendal Hall
17, Fri.	8:00 pm	"Seldom Scene" at Lime Kiln Theater	Transportation TBA
20, Mon.	* 4:30 pm	Herrick/South, "A Visit to the Antipodes"	Kendal Hall
22, Wed.	* 4:30 pm	Lew John, talk on "Brexit" Referendum	Kendal Hall
28, Tue.	4:00 pm	Trip, Clifton Forge Art School, Café Michel	[bus, 4:00 pm]
29, Wed.	* 4:30 pm	Pianist Jeanette Fang	Kendal Hall
30, Thu.	* 4:30 pm	Jeffrey Rahl, "A Rockbridge Fossil"	Kendal Hall

*** Free and Open to the Public**

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