



Kendal at Lexington

The Residents' Newsletter

160 Kendal Drive
Lexington, Va. 24450

(540) 463-1910
www.kalex.kendal.org

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Kendal's Employees --

Where Do They Come From?

How Do We Find Them?

How Do We Manage to Keep Them?

We residents know what a wonderful staff we have. Smiling, skilled, patient and kind, terrific in emergencies (think power outages) and more-than-competent in daily routines . . . we are a fortunate group.

Needless to say, this situation didn't just happen. To begin with the basics, we offer good pay and benefits. According to Margaret Hager, our Director of Human Resources since 2012, Kendal's pay scale averages eight to ten per cent above the Rockbridge County scale for most positions, and "we have the best benefit package going."

But we can't be complacent. A lot of factors are involved when a prospective staff member is deciding about a job. Kendal has competition, and our employees have a choice; there are other places they can go. As Margaret says, "It's important that we maintain our edge by marketing the fact that we're a good place to work."

Kendal currently has 127 full time employees and 36 part time and PRN (for the Latin "pro re nata," "as the situation arises," or simply "as needed") employees.

Thirty hours a week or more is counted as full time, while part time is any number of hours less than thirty. To be classified as part-time, one must work a regular schedule. Those classified as PRN must work at least one shift per two-week pay period.

Health Services (the Borden Center, skilled nursing care, and the Webster Center, assisted living) and Dining Services have the largest

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A Warm Kendal Welcome to:

Anne Wilson
Cottage 1016
Moving to Kendal from Lexington, VA

🎵 Calendar Notes 🎵

[With some exceptions, most of them specified, the events 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.

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

Nov. 1, Tue., 8:15 pm. The University Wind Ensemble presents "Leaping Latitudes," music from around the world. No ticket required. Wilson Concert Hall, W&L. [bus, 7:45 pm]

Nov. 2, Wed., 4:30 pm. Final meeting of the Kendal College course, "The Challenge of Thinkin' Like Lincoln," taught by Lucas Morel, Professor of Politics at W&L. Participants will have already registered for this course, which is open only to Kendal residents and staff. Kendal Hall.

Nov. 3, Thu., 4:00 pm. As a follow up to Bobby Berkstresser's talk (this past August) about his two mega-travel centers on I-81 and U.S. 11 in Rockbridge County, we will have a bus trip to White's. Bobby will give a tour of the "village" which now comprises the nearly one hundred-acre site at Exit 205, I-81. The tour will be followed by dinner (Dutch treat) in one of the five dining venues on site. Return around 7 pm. [bus, 4 pm]

Nov. 3, Thu., 4:30 pm. Presentation on vestibular and balance rehabilitation, arranged by Kendal's therapists. (See story, p.11.) Kendal Hall. **Free and Open to the Public.**

Nov. 5, Sat., 11 am to 7 pm. Collierstown Ham, Oyster, Turkey dinner. A Rockbridge tradition, this dinner at Collierstown Presbyterian Church serves nearly a thousand meals

during their annual feast at long harvest tables in the church social hall. The ride to Collierstown is beautiful and the meal plentiful. You choose the combination you want served. [bus, 10:45 am]

Nov. 5, Sat., 8 pm. "Trio ZBR" (flute, cello, and piano) presents a program including three works written for the trio. No ticket required. Wilson Concert Hall, W&L. [bus, 7:30 pm]

Nov. 6, Sun., 3 am. End of Daylight Saving Time. Set clocks back one hour.

Nov. 7, Mon., 8 am. Men's breakfast. No reservation required. Dining Room.

Nov. 8, Tue., 6 am to 7 pm. Polls open for Election Day. Free Kendal bus to the Effinger firehouse, voting place for almost all Kendal residents. (Occupants of two cottages live in the City of Lexington and are on their own for transportation to the Piovano Building, 350 Spotswood Drive.) Several trips during the day; sign up at the bulletin board. (See story, p. 8.)

Nov. 8, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. Sunnyside House.

Nov. 8, Tue., 7:15 pm. The VMI Jazz Band, under the direction of Col. John Brodie, will perform traditional jazz pieces. Kendal Hall. **Free and Open to the Public.**

Nov. 10, 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.

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Calendar Notes

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Nov. 10, Thu., 4:30 pm. Ed Spencer, Professor Emeritus of Geology at W&L, will speak on "The Natural Bridge of Virginia: the Geological Setting and How the Bridge Was Formed." Natural Bridge is Virginia's newest state park. Kendal Hall. **Free and Open to the Public.**

Nov. 10, Thu., 8:15 pm. Concert by the University Orchestra, "Symphonic Development: Sonata to Symphony." Includes Haydn's *Symphony No. 6 in D major, Morning*. No ticket required. Wilson Hall, W&L. [bus, 7:45 pm]

Nov. 11, Fri., 10:30 am. The Kendal Singers, led by resident Don Taebel, present a Veterans Day concert honoring all veterans. Selections will include songs popular during World War I and World War II, as well as other patriotic songs and songs about peace. Kendal Hall. **Free and Open to the Public.**

Nov. 11, Fri., 4:30 pm. Robert Strong, William Lynne Wilson Professor of Politics at W&L, will analyze the results of the 2016 presidential election. Kendal Hall. **Free and Open to the Public.**

Nov. 11, Fri., 7:30 pm. "W&L Dancers Create . . ." works performed and composed by students. Artistic Director, Jenefer Davies. Keller Theatre, Lenfest Hall, W&L. [bus, 7:00 pm]

Nov. 12, Sat., 8 pm. W&L's Bluegrass Ensemble performs under the direction of Nate Leath. No ticket required. Wilson Concert Hall, W&L. [bus, 7:30 pm]

Nov. 13, Sun., 3 pm. Martin Jones, English concert pianist and recording artist, in performance. Senior ticket, \$20. (Box office, 458-8000.) Wilson Concert Hall, W&L. [bus, 2:30 pm]

Nov. 16, Wed., 9:30 am. Residents Association meeting, preceded by coffee and light refreshments. Kendal Hall.

Nov. 16, Wed., 4:30 pm. Tom Camden, Head of Special Collections and Archives, W&L University Library, will speak on "Lee in the Shadow of Washington," illustrated with several pieces of Mary Custis Lee's inheritance from Arlington House. Kendal Hall. **Free and Open to the Public.**

Nov. 17, Thu., 8 pm. The University Jazz Ensemble presents "Riding the Waves of Jazz," including familiar standards. No ticket required. Wilson Concert Hall, W&L. [bus, 7:20 pm]

Nov. 19, Sat., 10:30 am. A traditional German "Kriskindlemarkt" -- and only 35 miles away in Clifton Forge, at the Clifton Forge School of the Arts. The market will feature German food and beverages, and a Christmas market for gift shopping. Bring money for lunch and shopping, and dress warmly since The Mill in the old building is not heated. Return in the range of 3 pm. [bus, 10:30 am]

Nov. 19, Sat., 2 pm. Recital by piano students of area musician Jonathan Cook. Kendal Hall. **Free and Open to the Public.**

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Calendar Notes

(from p. 3)

Nov. 24, Thu. Thanksgiving Day. Watch for information on Kendal's traditional and always delicious Thanksgiving buffet. Dining Room.

Nov. 30, Wed., 4:30 pm. Stephanie Sandberg, assistant professor of theater at W&L, will discuss her adaptation of Jane Austen's "Sense and Sensibility," which she is directing early in December. She will be joined by Taylor Walle, assistant professor of English at W&L, speaking on Jane Austen and her works. (The play runs December 7 through December 9; Kendal bus for the performance on December 9.) Kendal Hall. **Free and Open to the Public.**

**Kendal's Employees**

(from p. 1)

number of employees, including a large proportion of part-timers and PRN's.

Almost all our staff members live in the Rockbridge area, according to Margaret. Those who come from farther away, closer to Roanoke or Charlottesville perhaps, tend eventually to find the commute wearing and switch to a job closer to home. Within Rockbridge, Kendal has traditionally drawn staff from the Lexington and Buena Vista areas, with an easy commute, but is now attracting people from Covington and Clifton Forge as well. (Hooray for Interstate 64.)

Margaret maintains a relationship with the local high school guidance counsellors, who often recommend students -- especially, for example, to fill part time jobs in the dining

room. The students get training here and not only become good employees but earn money for their future education and learn how to hold down a job in the real world.

Similarly, Kendal keeps in contact with local community colleges such as Dabney Lancaster, particularly with regard to their nursing programs. Students in Dabney's LPN (Licensed Practical Nursing) programs, for example, do their clinical work at the Borden Center.

When a vacancy occurs, Margaret's first step in recruiting is to find out if anyone in the current staff is interested in filling it. Often this move is successful, and Kendal residents have become accustomed to a familiar face from one department turning up, and doing a proficient job, in another. But if the position is not filled by current staff, Margaret then advertises in *The News-Gazette*, the Lexington/Rockbridge weekly newspaper. She has found this method very successful, old-fashioned as it may sound, although she does sometimes advertise on the web.

Kendal's retention rate is very good, above average for the area, and a substantial number of staff members have been here for many years. Three of these were among the first to come on board, when Kendal opened in July of 2000: Helen Goodbar, Housekeeping Team Leader; Beverly Nedrow, Webster LPN Team Leader; and Betsy Shepherd, Accounts Payable /Benefits Coordinator.

Careful screening is done for all job applicants, and also for the many contractors who are not regular employees as such but who work at Kendal in various capacities -- landscaping, paving, construction, renovation. Again, Kendal hires locally whenever possible, and we are all fortunate that so many skilled specialists are available in the Rockbridge area.

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Kendal's Employees

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Kendal's familiarity with local contractors is beneficial to residents in our own private projects because, should we need something done that is outside the scope of Kendal's maintenance department, we can consult Margaret for a recommendation. She and Herbie Martin, our Director of Operations, have developed a preferred contractors list -- people they know and have worked with. So, should you wake up tomorrow with an urge to have a wall of bookshelves added to your den, Margaret and Herbie can get you started.

-- Jo McMurtry

Eagles and Unusual Moths at Kendal

All our residents may be interested to know that our national bird, the Bald Eagle, has been spotted right here at Kendal at the end of September.

Nelson and Robyn Potter noticed first one, then two eagles in the field immediately behind their cottage on Sycamore Lane, which is second from the intersection with Kendal Drive. The first eagle seemed quite interested in something on the ground in the field, and further observation led to the discovery that it was eating at the remains of a dead animal, perhaps a deer (?) in the field and returning when hungry again. Eagles are carrion-eaters, although they will also catch live prey at times. A second eagle showed up flying over the area later but never was seen actually at the site of the carcass. Thanks to a call from the Potters, I was fortunate to be able to come and see a very nice adult Bald Eagle on the ground.

Only after five years does a Bald Eagle reach full maturity, with the signal white head and white tail. Younger eagles are mostly brown with splotches and streaks of white, possibly having signs of the white head and tail in the fourth year. No further Kendal sightings have occurred since the original few days, but Bald Eagles are now quite plentiful having recovered from their days

on the endangered species list after the DDT crisis. So keep your eyes out for sightings, which can occur at any time.

A few weeks earlier, around early September, there were a number of unusual moths around, which only a few of our residents might recognize as moths. Hummingbird Clearwing Moths fly very much like tiny hummingbirds and are only about an inch long. I noticed them (my childhood was often spent chasing butterflies and moths with my brother) on the yellow flowers low to the ground outside the south entrance, sometimes seeing three or four at a time there. At this point, they are no longer there, likely having laid their eggs and possibly already passed on themselves. This moth, should you see one, looks a lot like a bumble-bee, but instead of a tapered rear end, it has a flat rear end like it has been chopped off. There may be visible yellow on it in many cases.

If you'd like to learn more about these creatures, Google will take you to their life stories, and there is a lot to learn. Try putting "Bald Eagle" or "Hummingbird Clearwing" in Google and get an education. For the moths, add "pictures of" to see what they look like. Then keep an eye out for these wonderful samples of life on earth!

-- Don Holmes



New Kendalite:**Maureen Crandall
Apartment 12, South**

After thirty-one years of Federal service, Maureen Crandall finally retired! She spent nearly four years looking at CCRC's before choosing Kendal. Her career included teaching economics at Lake Forest College as a graduate student, followed by teaching economics at Wellesley College, working as a consultant for a DC private energy consulting company, and intelligence community work at CIA and DOE. Thereafter she moved to teaching economics to senior military officers and civilians at the Industrial College of the Armed Forces (ICAF), now renamed the Eisenhower School, at Fort McNair in Washington, DC.

Maureen was born in New Haven, CT. She lived briefly in McLean, VA, when her father was assigned to the Pentagon during WWII. When he deployed with the Persian Gulf Command to Tehran, Iran, the family moved to her mother's home town of Windsor, CT, where Maureen grew up. Her mother was active in the Connecticut State League of Women Voters and served as its president for several years, and was elected to several terms as a representative from Windsor to the state's General Assembly, where she was dubbed the "Duchess of Windsor." Once out of uniform as a major in the US Army, Maureen's father resumed work for the state of Connecticut as a labor and logistician specialist. Maureen has two brothers, one a retired historian of Middle East affairs in Minneapolis, and the other a practicing radiologist in San Antonio. Both her San Antonio nephews went to W&L.

Maureen is a graduate of the Loomis Chaffee School in Windsor, CT, and of Smith College in Northampton, MA, where she earned

a Cum Laude degree in economics. Thereafter she earned a Ph.D in economics at Northwestern University in Evanston, IL. Her interest was always energy economics, particularly of oil and gas. While teaching at Wellesley, she wrote for Paul Samuelson the *Instructor's Manual* and *Test Bank* to accompany his *Economics* texts for his eighth and ninth editions (unfortunately, non-royalty volumes!). She also served as a faculty member at the MIT Sloan School and Energy Laboratory World Oil Project. She authored an MIT Energy Laboratory Working Paper entitled "The Economics of Iranian Oil." She pursued her interests with Advanced Training in Economics at Carnegie Mellon University and study at the College of Petroleum Studies at Oxford, UK. Her visit to Baku, Azerbaijan, inspired her book on Caspian energy, entitled "Energy, Economics and Politics in the Caspian Region: Dreams and Realities." She has written many articles on energy and economics and has given numerous talks in Washington, Toronto, Paris, Istanbul, New York, New Orleans, San Francisco, and elsewhere. She served as President of the Washington, DC chapter of the United States Association for Energy Economics, and won the Senior Fellow Award from the International Association for Energy Economics.

While at ICAF, she ran the Energy Industry Study program, which included both domestic and foreign travel, she and her students visited offshore oil platforms, onshore gas producing fields, power plants powered by nuclear, coal, hydro, solar, and wind, under-ground coal mines, and oil refineries, as well as DOE, the Natural Resource Defense Council, calls on US oil, gas, coal, and nuclear/wind/solar companies, on the Trans Alaska Pipeline's origin at Dead Horse and terminus at Valdez (feeling the pulse of oil moving through that pipeline!), talks with various American companies in Anchorage, at the Kenai LNG plant,

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Maureen Crandall

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and at Valdez after the spill there. Overseas, they visited the International Energy Agency, a French nuclear power plant, talks with various international oil and gas companies, North Sea producing facilities, along with energy policy makers in both the UK and Norway, Albertan oil sands fields and British Columbian hydro and natural gas liquefaction (LNG) plants, talks with Canadian energy policy makers, Venezuelan oil and gas facilities in Lake Maracaibo (pre-Chavez!), talks with cautious American companies operating in Venezuela, the state company PDVSA, Argentine and Brazilian oil and gas companies at a time when energy policy there was beginning to move toward open energy markets, Australian surface coal mines, and talks with government and company officials in Sydney, Melbourne, and Darwin. The highlight of their travels were the visits to Baku and Istanbul which focused on the production and marketing of Caspian energy and European energy security concerns.

While at Northwestern, she met and subsequently married fellow economics student Robert Crandall, whom she later amicably divorced. Daughter Margaret lives in San Francisco, while son James and his family live in Washington, DC.

Her hobbies include reading voraciously on world affairs, politics and energy topics, particularly in the Wall Street Journal, knitting occasionally, and some exercise. She hopes to develop new friends and interests at Kendal.

-- Maureen Crandall

**November 25 -- Last Day for Staff Appreciation Checks**

Friday, November 25, is the last day for Kendalites to continue our traditional generosity toward our wonderful staff.

Our staff appreciation party will be held in Kendal Hall at 2:30 pm on December 2, the following Friday, and will give us an opportunity to thank in person the people who make our lives so very safe and so very comfortable. Staff members' checks will be available for pick-up at the party, in time to help create a merry Christmas for them and for their families.

The fund is distributed to staff members according to hours worked and length of service, with top management excluded.

Kendal policy forbids any tipping, or giving of gifts of any kind, by residents to individual staff members. This is what we do instead.

In addition, this method allows us to express our gratitude without showing favoritism. As we know when we stop to think about it, some members of our staff are in more frequent contact with residents than others, and we are reminded every day of their skill, their good humor, their kindness, and their constant willingness to go above and beyond the call of duty. But Kendal also has employees who work dependably and well behind the scenes. So -- let's bring them all in.

Residents Council arranges our twice-a-year staff appreciation parties and suggests that residents consider a donation of one to two dollars per day for each day of the six-month period since the last event, this past June. Let's envision \$325 and then go up if possible. (If you're having a good year, you might want to

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Staff Appreciation

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add on a bit, just to balance any of your neighbors who at this time can't give as much as they would like.) Donations are fully tax deductible.

Checks should be made out to Kendal at Lexington, with a memo for the Staff Appreciation Fund. Give your check to the accounting office, to the receptionist, or to any of the front office staff; or place it in any of the other locations specified in the letter from Residents Council to be placed in mailboxes during November.



Memorial Books Now in Library

The Library Committee has chosen two recent books by best-selling Canadian author Louise Penny as memorials for Bert Bozeman and Nancy Saxton. *The Nature of the Beast* (2015) takes Chief Inspector Garnache on a terrifying search for a lost boy, old crimes, recent murder, and a possible future that must be stopped in its tracks.

A Great Reckoning (2016) finds Garnache no longer a chief inspector but a superintendent of the training academy for the *Surete*, which is in desperate need of "cleansing." When one of the few professors he had retained is murdered, the stakes become even higher.

Both of these books are absolute "can't put it down" candidates. Don't start if you don't have time to finish!

-- Sarah Giddings

Rockbridge County Voters Will Mark Paper Ballots

Resident Dick Minnix, whose time on Lexington's Electoral Board included a five-year stint as secretary, discussed the coming election at the Residents Association meeting of October 19.

Perhaps the most dramatic change for Kendal voters, most of whom live in Rockbridge County and vote at the Effinger firehouse (see "Calendar Notes" for information about Kendal bus trips), is that the county will be using paper ballots which will be fed into optical scanning machines. In this way the votes can be counted electronically and immediately, but a paper trail will remain in case of questions.

The Commonwealth of Virginia has mandated that all localities move to paper-trail voting by 2020. Rockbridge County is getting in early, but the City of Lexington will continue to use the older electronic method during this election. (Two Kendal cottages are within the city limits.)

Dick reminded us to take a photo ID, such as valid driver's license; if we forget, there are arrangements allowing us to cast a provisional ballot. Curbside voting will be available for those who are physically unable to get out of a vehicle and enter the polling place.

If you wish to cast an absentee vote, Dick recommends the in-person method and can give you detailed information on places and times. He plans to post a sample ballot, along with -- following a request from the audience -- directions to the Effinger firehouse, nine and a half very scenic miles from Lexington, for the benefit of newcomers who prefer to drive rather than take the bus.



Digital Bytes



[Brought to you by the Kalex Computer Group]

Phishing and Other Web Risks

At the October Residents Association meeting, we briefly discussed "Phishing" and how to avoid disclosing your personal information to "bad guys." If you would like to replay the video on Phishing, the link is <https://m.youtube.com/watch?v=5aJOMZntZEc>

But Phishing is just the tip of the iceberg, and this edition of Digital Bytes will provide web resources that go much deeper into the subject of web security. Among the useful general security practices recommended, you should, (1) use strong passwords (eight or more characters, including at least one number and one upper case letter); (2) Think twice before clicking on email attachments; (3) Keep all applications up to date.

If you want to get more detailed information, there are hundreds, if not thousands, of links on the web to explore. Here are a couple to get you started:

* The Department of Homeland Security "US-CERT" (*United States Computer Emergency Readiness Team*) -- provides a long list of Q&A regarding Web and IT security. "Using Caution with Email Attachments" and "Cybersecurity for Electronic Devices" are good tips to start with. <https://www.us-cert.gov/ncas/tips>.

* Another rich source is Denmark-based *Heimdalsecurity*;s "50+ Internet Security Tips & Tricks from Top Experts" -- <https://heimdalsecurity.com/blog/security-experts-roundup/>

Given the wide range of products and software now in use, a comprehensive, simple set of rules is difficult to provide. So please avail yourself of the power of the web to dig out answers to your unique circumstances, problems, and questions. Happy Computing!

-- John South

The Kalex Computer Group: Jack Geikler, Sarah Giddings, Dianne Herrick, Cleve Hickman, John South, Wil Stratton (residents); Nathan Straub (staff).

Why the Orange Dots?

Orange dots adorn some of the names on Kendal's in-house open mailboxes. Why this distinction? It has to do with email.

Contrary to the assumption some of us automatically make (especially if computers were part of our former workplaces), not all residents in Independent Living or the Webster Center have computers or use email. Consequently, sending out a message to "everybody" can't be done with the click of a mouse.

If you wish to reach all IL/Webster Center residents, you have two choices. You may make paper copies of your announcement and put them in all the boxes. Or you may send an email to those with email addresses listed in the current directory and also put paper copies into the boxes of residents who don't have email -- easily identifiable because, you guessed it, these are the ones with the orange dots.

As of mid-October, 128 households, consisting of either one person or two, have open mailboxes. Thirty-four of these are orange-dotters.

Jason's Sports Preview:**Basketball and Hockey**

[Jason Bunn, Health/Fitness Program Manager and all-round sports fan, shares his thoughts on sports Kendalites may be following, in person or via the media, during November.]

"Most college basketball fans at Kendal follow ACC teams," Jason says, referring to the sixteen teams in the Atlantic Coast Conference, part of Division I of the NCAA (National Collegiate Athletic Association). Among these, Jason predicts great things for the University of Virginia, University of North Carolina, and Duke University. All have good coaches and are looking good for the start of the season, November 11. Virginia Tech may do pretty well thanks to good coaching, but their facilities need an upgrade.

"I read an interesting article the other day," Jason says, "predicting that there could be as many as twelve ACC teams in the NCAA tournament." The regular season ends March 5, 2017; the NCAA tournament, or "March Madness," will be played March 14 through April 3.

A non-ACC team worth watching, Jason says, is West Virginia University, a Division 1 team in the Big Twelve Conference. West Virginia plays teams from Texas and the midwest. As Jason remarks, "Conferences used to be very geographical. Now they're all trying to expand."

Locally, Jason points out that the W&L men's basketball team had a tough year in 2015-16, but the women's team played well. The Roanoke College men had a great season last year, and now have a new coach and a new arena. Both VMI and Southern Virginia University (in Buena Vista) could have done better last season but hope to improve.

Switching his focus to ice hockey and the professional players of the National Hockey League, Jason explains that he is a fan of the Washington Capitals, in part because he once worked in the building where the Capitals practiced. "This was the Kettler Capitals IcePlex in Ballston Common Mall in Arlington," he says. "I used to watch the practices and got to know some of the players' wives and girlfriends." Of Alex Ovechkin, the Russian left wing and team captain, Jason says, "He isn't unusually tall, about my height, but he is the widest person I've ever seen."

The Capitals will play thirteen games in November. More hockey news, and indeed more news about almost any sport, can be found at www.espn.com.

**Vespers Services in November**

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

Nov. 6: Deb Klein (Lexington Presbyterian Church); pianist, Clyde Moore.

Nov. 13: Mike Wilkins (Manly Memorial Baptist Church); pianist, Jean Eisenhauer.

Nov. 20: Bob Phillips (Chaplain, VMI); pianist, Betty Bond Nichols.

Nov. 27: Robert Gordon (retired Associate Reformed Presbyterian Church minister); pianist, Charlene Jarrett.

From Our Therapists:

Feeling Dizzy? Help Is Available

Dizziness and falling are two of the most seriously debilitating issues in the older population for sure; but truly, at any age, dizziness can impact your life.

Here at Kendal, we have a physical therapist (Savleen) who specializes in vestibular and balance rehabilitation. There are many causes of dizziness and imbalance. Savleen will perform a comprehensive evaluation to determine the specific source of your problem.

One of the most common causes of dizziness is a condition called BPPV, or Benign Paroxysmal Positional Vertigo. This dizziness usually starts first thing in the morning, when you roll over to get out of bed, or when you lie down at night. You may also feel dizzy when you tip your head to look up toward the ceiling or when you bend over. You'll feel mild to severe dizziness that lasts less than thirty seconds. This specific problem is caused by misplaced crystals (otoconia) in the inner ear. It is extremely helpful to seek treatment from a vestibular therapist. And by seeking treatment with Kalex, you can benefit from our new state-of-the-art equipment from Micromedical Technologies, using RealEyes xDVR Monocular Goggles.

Dizziness can also be caused by other conditions, such as an inner ear infection, migraine, Meniere's disease, head injury, or stroke, to name a few. Our therapists are well trained at differential diagnosis, and we will work closely with your doctor to determine the source of your dizziness. Following the assessment, the therapist will work with you to establish a plan of

care which may include exercises, combining eye and head movements to retrain the brain quickly, and challenging balance and walking exercises.

Select Rehabilitation therapists also specialize in treating balance impairments. Balance conditions can be treated by systematically evaluating the intrinsic and extrinsic risk factors for falling, and addressing each individually. Examples include posture, lower extremity strength and flexibility, postural recovery strategies, sensory orientation (the systems we use to maintain our balance), shoes and foot issues, fear of falling, and other factors. An individualized balance exercise program and treatment can result in a significant improvement in your balance and reduce falls.

To learn more about these services and treatments, please call Heather Strong, Rehab Program Manager, at 464-2638, or Ashley Brunty, Borden Center Admissions Assistant, at 464-2630.

-- Heather Strong/Ashley Brunty

Note: Select Rehabilitation is Kendal's contract therapy provider. Select operates in a variety of clinical settings throughout 32 states.

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, Ned Henneman, Penny Henneman, Rae Hickman, Jo McMurtry (editor), Kay Quirk, Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Victoria Shelar, Rudie Terhune, Clara Belle Weatherman.

The deadline for the December, 2016 issue is Thursday, Nov. 17, 5 pm.

Kalex as Others See Us

As readers of this newsletter will remember, the October issue included an account of the "Home Swap" arrangement undertaken in September by residents Dianne Herrick and John South. These two, with their fellow "swappers" from Kendal at Longwood, Betty and Bob Warner, became the first to try out the program set up by Kendal Corporation.

Here, for a balancing view, are some extracts from an article written by Betty Warner and published in the Kendal at Longwood newsletter. (This community, considerably larger than Kalex, is located near Philadelphia and is the oldest of the thirteen residential Kendal affiliates, having opened in 1972.)

"So many people have asked us, 'How did the Home Swap go?' that it seems only fair to use our newsletter to respond. As most of you know, Bob and I literally swapped cottages with John South and Dianne Herrick for a week this month. John and Dianne live in one of the newer Kendals, in beautiful southern Virginia. Just follow the Great Road from Lancaster County, Pennsylvania, down through the Shenandoah Valley, as many Europeans (and Native Americans) have done . . . Lexington is famous as the home of two campuses, Washington and Lee University and the Virginia Military Institute.

"Being newer gives Kendal at Lexington (Kalex to its residents) the advantage of new, modern cottages and apartments set around a courtyard where outdoor dining provides a mountain view. We envied their ninety-nine per cent occupancy rate and their view. Their library is scattered in elegant bookshelves around the center, inviting one to sit and read anywhere. Not only does resident art adorn their walls, there is a distinct art gallery just outside the dining room. The proximity of the campuses is also to envy; most of the residents

with whom we spoke audit several courses (for free, of course) every semester. Residents are also comfortable using the university libraries, and thus spend no money for library books. Nor do they pay for entertainment or speakers . . . Our Kalex companions nearly passed out when we told them of our KRA annual budget! [At Longwood, visiting speakers and entertainers are paid what seem to be substantial honoraria; the money comes from the residents, through their Residents Association.]

"Our favorite experience at Kendal was on our last evening. After a week of gracious invitations to homes, The Restaurant, and the dining room, we chose to accept no dinner invitations on our last night. We thought we would just act as natives and find our own way. Pretty soon, we had a group of our new friends surrounding us, all moving to a larger table to be together, and other new friends dropping by to chat! . . . We four, the pioneers of the Kendal Home Swap, all agree that others should give this experience a try."

If you're interested, contact Dianne and/or John, expert voyagers in cyberspace as well as in geographical space, who will be happy to help you navigate the "home swap" portal on the Kendal Corporation web site.

In Memoriam

Arthur Adams
Died October 14, 2016
Entered Kendal September 3, 2015

David Emory
Died October 16, 2016
Entered Kendal November 23, 2001



Missy's Musings

[Missy Quirk, canine protector of Kay Quirk, continues her project of interviewing her doggy friends. Here is Mahler, speaking in his own voice.]

Gustav Mahler Giddings is my name, but my friends call me Mahler.

I was probably born in Greensboro, North Carolina. At least that's what the adoption records show. Yes, I am adopted by Mommy Sarah Giddings. My birth parents are unknown, but there may be some basenji in my lineage.

Being the youngest dog at Kendal means I have lots of learning to do, especially about jumping on people and chewing Mommy's things. I love Fritz and Jilly, my neighbors, and sometimes they come over to play, but I wear them out! The Fed-Ex guy with his truck is a real thrill. He brings treats! My favorite is Blue Buffalo, but I also go for bugs and peanut butter.

Commands? Yes, I know a few, but many need a treat first! Dr. Murdock at Blue Ridge Animal Clinic is my vet, and I think he is great! When I ride in the car, I have to wear a seat belt just to be kept in one place.

I hate being put in THE CRATE and feel like it's punishment for eating Mommy's rug, but at least I get peanut butter.

When I feel like it, I help with the gardening by trimming the lower branches of the ever-green shrub by the front porch.

My best memories, so far in my young life, are leaving the noisy shelter and going to

Mary's house in Greensboro and then coming home with Mommy to Kendal on April 20, 2016, truly a red letter day!

Bits and Pieces . . .

Marketing Update -- As we go to press, our occupancy rate for Independent Living is 98.3 per cent. (Kendal's only available residence is a smallish but very nice one-bedroom apartment.) Meanwhile, five more households have recently joined the wait list, bringing the total to 154 households (single or double). Forty of these have said they would move in immediately if their desired type of residence were available. During the past month, seven "try it" guests have come to visit, and nine are slated (so far) for November. Thanks to the Marketing staff -- Jessica Buhler, Director of Marketing; Linda Moreschi, Marketing Specialist; Terri George, Marketing Associate -- for their skill and dedication in bringing us lots of great neighbors.

Excursion to Richmond -- The W&L Art Department has scheduled a field trip to the Virginia Museum of Fine Arts, in Richmond, on Saturday, Nov. 5. Some bus seats are available for Kendal residents at a cost of \$35. Give your check to Sarah Giddings, who has a liability release form for you to sign.

Direction Correction -- Your editor's sense of direction is not sound, and she mistakenly implied that our courtyard, into part of which the planned dining room expansion will be built, lies west of the dining room. Not so. Our beautiful mealtime view is of the Blue Ridge mountains, to the east, not of the Alleghenies. Thanks to the proofreaders for catching part of this error in the October issue, and to Rae Carpenter for pointing out the remainder.

Weekly Scheduled Activities

Sundays (6, 13, 20, 27)	4:00 pm	Vespers	Kendal Hall
Mondays (7, 14, 21, 28)	1:30 pm 7:00 pm	Needleworkers Movie	North Parlor Kendal Hall
Tuesdays (1, 8, 15, 22, 29)	12:45 pm 5:00 pm	Recorder Consort Wine & Conversation	Kendal Hall Kendal Hall
Thursdays (3, 10, 17, 24)	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 (4, 11, 18, 25)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (5, 12, 19, 26)	3:00 pm	Movie	Webster

Out and About in November

[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.]

Nov. 4, Fri., 5 to 7:30 pm. Lexington Gallery Walk. Visit the galleries along Washington Street, between Main and Jefferson; look at the art, chat with the artists. Wine and nibbles.

Nov. 5, Sat., 8 to 10 am. Bird walk at Boxerwood Nature Center, 963 Ross Road, not far from Kendal. Local experts show visitors what to look and listen for.

Nov. 6, Sun., 2 to 5 pm. "Victory Chef Cook-Off," a culinary event with a World War II theme. Three area chefs have been invited to create dishes using ingredients readily available in the US during the duration, including Spam. Adult ticket, \$15; contact Kathy Garvin, 463-

7103 ext. 124. Sponsored by the Marshall Foundation and the Lexington/Rockbridge Chamber of Commerce. Marshall Hall, VMI.

Nov. 11, Fri., all day. In honor of veterans, the entrance fee to all National Parks is waived on this day. Includes the Shenandoah National Park; Skyline Drive entrance accessible from Interstate 64 and U.S. highway 250, at Afton Mountain.

Nov. 19, Sat., 2 pm and 6:30 pm; Nov. 20, Sun, 2 pm. The Rockbridge Ballet presents "Sleeping Beauty." Lenfest Center, W&L. Adult ticket \$12, student \$7, online at www.rockbridgeballet.org

Nov. 25, Fri., 5:30 pm. Lexington's annual processional and community tree lighting. Begins at Stonewall Jackson Cemetery on Main Street; caroling sing-along proceeds to Hopkins Green to light the community Christmas tree.

November Activities Calendar

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

1, Tue.	8:15 pm	University Wind Ensemble, W&L	[bus, 7:45 pm]
2, Wed.	4:30 pm	Kendal College, "Lincoln"	Kendal Hall
3, Thu.	4:00 pm	Tour and Dinner, White's Travel Plaza	[bus, 4:00 pm]
	* 4:30 pm	Presentation on Vestibular Rehabilitation	Kendal Hall
5, Sat.	11:00 am -- 7:00 pm	Collierstown Church Dinner	[bus, 10:45 am]
	8:00 pm	Trio ZBR at W&L	[bus, 7:30 pm]
6, Sun.	3:00 am	Daylight Saving Time Ends	Eastern Time Zone
7, Mon.	8:00 am	Men's Breakfast	Dining Room
8, Tue.	Election Day -- Sign Up for Bus to Polling Place		[several buses]
	1:00 pm	Residents Council Meeting	North Parlor
	6:30 pm	Sunnyside Weavers	Sunnyside House
	* 7:15 pm	VMI Jazz Band	Kendal Hall
10, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside House
	* 4:30 pm	Ed Spencer, Talk on Natural Bridge	Kendal Hall
	8:15 pm	University Orchestra, W&L	[bus, 7:45 pm]
11, Fri.	* 10:30 am	Kendal Singers, Veterans Day Program	Kendal Hall
	* 4:30 pm	Bob Strong, talk on the Presidential Election	Kendal Hall
	7:30 pm	"W&L Dancers Create . . ."	[bus, 7:00 pm]
12, Sat.	8:00 pm	Bluegrass Ensemble, W&L	[bus, 7:30 pm]
13, Sun.	3:00 pm	Martin Jones, Piano, at W&L	[bus, 2:30 pm]
16, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
	* 4:30 pm	Tom Camden, Talk on Lee/Washington	Kendal Hall
17, Thu.	8:00 pm	University Jazz Ensemble, W&L	[bus, 7:30 pm]
19, Sat.	10:30 am	Kriskindlemarkt, Clifton Forge School of the Arts	[bus, 10:30 am]
	* 2:00 pm	Piano Recital, Students of Jonathan Cook	Kendal Hall
24, Thu.	TBA	Thanksgiving Buffet	Dining Room
30, Wed.	* 4:30 pm	Stephanie Sandberg, "Sense and Sensibility"	Kendal Hall

* Free and Open to the Public

Kendal at Lexington
The Residents' Newsletter

