



# Kendal at Lexington

*The Residents' Newsletter*

160 Kendal Drive  
Lexington, Va. 24450

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## **Residents Association Welcomes Officers for 2017**

Approved at the Residents Association meeting of November 16 was the following slate of candidates, presented by the Nominating Committee:

**Karen Russell, President**  
**Lew John, Vice-president**  
**Margaret Sayre, Secretary**  
**Jack Geikler, Treasurer**  
**Tom Hasselman, Member-at-Large**

Ruth Tafel and Ned Henneman will continue on Council in the second year of their terms as Member-at-Large.

Karen Russell and Jack Geikler are serving for the second year in their respective offices.

According to the Nominating Committee, this slate represents "a balance of long-time and newer residents, men and women, locations of residence on the campus, and past experience on Council."

Current Nominating Committee members are Tom Bridges, Caroline Hemmings, Sally Holland, Patti Hammond, and Mary Stratton (chair). The Nominating Committee for 2017 will be chosen by the outgoing Council members (Don Holmes, Marje Sherrill, Margy Werling).

To read all about the Nominating Committee and its responsibilities, consult Section IV, B.1 and F.3.2 of the Residents Handbook (red binder), as revised in October of 2015.

And for a bit of history: the Residents Association was formed a few months after Kendal at Lexington opened in July, 2000. The first meeting was held February 2, 2001. Among the first members either of Council or of the Nominating Committee were Sarah Giddings, Ruth Woodcock, Hank Sharp, and Beth Thompson.

As has been the case from the beginning, all Kendalites in Independent Living and the Webster Center are automatically members of the Residents Association, with no need to formally join. No dues are assessed; instead, a fund drive is held from time to time. Funds are managed by Residents Council and are available for various standing and ad hoc committees of the Residents Association, as well as interest groups.

### **A Warm Kendal Welcome to:**

Bill and Sangmie Schellstede  
Apt. 105 South  
Moving to Kendal from Falls Church, VA

## 🎵 Calendar Notes 🎵

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

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

**Dec. 2, Fri., 2:30 pm.** Staff Appreciation Party. (See story, p. 3.) Kendal Hall.

**Dec. 2, Fri., 6 pm.** Lexington's downtown Christmas parade. Floats, fire trucks, marching bands. Watch for postings about Kendal transportation.

**Dec. 3, Sat., 7:30 pm.** Holiday concert by the Rockbridge Choral Society. A longstanding Lexington tradition. Kendalites who belong to the Choral Society and have been rehearsing for this program include Elsa and Ted Burrowes, Marty and Burrell Fisher, Caroline Hemmings, Wil Stratton, Barbara and John Winfrey, and Ruth Woodcock. Audience caroling begins at 7:15. Ticket \$10, available at the door or from Ruth Woodcock. Lexington Presbyterian Church. [bus, 6:45 pm]

**Dec. 5, Mon., 8 am.** Men's breakfast. No reservation needed. Dining Room.

**Dec. 5, Mon., 4 pm.** Becky Edmondson, our Executive Assistant with many talents, will play harp music for the holidays in the Borden Center. Visitors welcome.

**Dec. 6, Tue., 4 pm.** Becky Edmondson returns with her harp (see entry above), this time to the Webster Center. Visitors welcome.

**Dec. 6, Tue., 7 pm.** Holiday Pops Concert at W&L, performed by several student groups. Ticket free, but required; supplied to riders on the Kendal bus. Wilson Concert Hall. [bus, 6:30 pm]

**Dec. 7, Wed., 4:30 pm.** Program on "Scandinavian Sculpture Gardens," especially those of Oslo and Stockholm. Presented by Kendalites Margy and Dick Werling, who have visited these interesting locales and taken excellent pictures. Kendal Hall. **Free and Open to the Public.**

**Dec. 8, Thu., 9:30 am.** The George C. Marshall Foundation, located on the VMI post, sponsors a "Tribute to Veterans," with special recognition for World War II veterans. The event will be a live-streaming viewing party of the commemoration, in Richmond, of the seventy-fifth anniversary of the United States' entry into World War II. The program is open to the public and will conclude about 11:30 am. (According to resident John Gunn, fewer than five per cent of the sixteen million who served in this war are still living; the total is around 620,000. Kendal's WWII veterans number twenty as we go to press.) [bus, 9 am]

**Dec. 8, 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.

**Dec. 8, Thu., 5:30 pm.** Holiday party for those on the "ready" waitlist and new waitlist members. Arranged by the Marketing Department. Kendal Hall.

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**Calendar Notes**

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**Dec. 9, Fri., 1 pm.** Felicia Bush, our Finance Manager, gives her annual presentation on next year's budget. These facts and figures are always interesting. Remember, it's our money. Kendal Hall.

**Dec. 9, Fri., 4:30 pm.** Recital by string students of Julia Goudimova, of the W&L music faculty. Kendal Hall. **Free and Open to the Public.**

**Dec. 9, Fri., 7:30 pm.** Student production of "Sense and Sensibility," by Kate Hamill, based on the novel by Jane Austen. Directed by Stephanie Sandburg, Assistant Professor of Theater at W&L. All tickets \$5. Johnson Theatre, Lenfest Hall, W&L. [bus, 7 pm]

**Dec. 10, Sat., 7 pm.** VMI presents a "Holiday Double Feature": two original one-act plays by two local playwrights. "Christmas at Mariposa Flat," adapted from an O. Henry story by VMI Theatre director Joellen Bland, is set in a California gold-mining town in the 1850's. "Let It Snow," by Piper Blouin Foley-Schultz, chronicles the adventures of the quirky Ritter family. This last play is directed by Claire Moreschi, a daughter of Kendal's Marketing Associate Linda Moreschi, and stars Jack Page, a member of Kendal's Board of Directors. Ticket \$5; reservations not necessary. Gillis Theater, Marshal Hall, VMI. [bus, 6:30 pm]

**Dec. 13, Tue., 6:30 pm.** Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. Sunnyside House.

**Dec. 14, Wed., 4:30 pm.** Holt Merchant, Professor of History, Emeritus, at W&L, will speak on "Robert E. Lee and Reconstruction." Kendal Hall. **Free and Open to the Public.**

**Dec. 20, Tue., 7 pm.** Kendal's traditional "Christmas/Holiday Celebration," arranged by resident Don Taebel and Laura Hotinger, Resident Life Coordinator. Kendal Hall. **Free and Open to the Public.**

**Dec. 25, Sun.** Kendal's traditional Christmas buffet. (Watch for postings.)

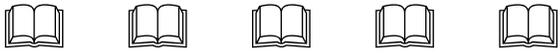
**Dec. 25, Sun., 4 pm.** Lexington pianist Jonathan Cook will play a carol-fest singalong. Arranged by the Vespers Committee. (See also p. 12). Kendal Hall. All are welcome.

**Dec. 31, Sat., 7 pm until 9 pm.** New Year's Eve party, arranged by Don Taebel. Music and champagne provided. Residents are encouraged to bring snacks to share. Kendal Hall.

## **Staff Appreciation Party Friday, December 2**

Be sure to come to Kendal Hall on Friday afternoon, December 2, at 2:30 pm. We have the most wonderful staff in the world, and we ought to let them know we know it. The party is arranged by Residents Council and will feature light refreshments and, more important, the chance to exchange holiday greetings and express our thanks to the people who take such good care of us, every day in every way.

Staff will have the opportunity, at the party or adjacent to it, to collect their checks from the Staff Appreciation Fund, donated by residents and dispersed twice a year. Checks will vary in amount according to hours worked and length of service at Kendal, with top management excluded. The deadline for the December dispersal was November 25, but the fund is now open for the next Staff Appreciation event, in June of 2017.



## Memorial Books Now in Library

The following memorial books have been chosen by the Library Committee and are now in Kendal's library.

**For Louise Gorelick:** *Falling in Love*, by Donna Leon (Grove Press, 2015).

Many years ago, in *Death at La Fenice*, Leon's first book about Commissario Brunetti, he helped clear soprano Flavia Petrelli from a murder charge. So when she is frightened by anonymous gifts of too many flowers in expensive vases, she asks his help again.

*Death at La Fenice* revolves around a performance of *La Traviata*. *Falling in Love* centers around *Tosca*. Leon's knowledge and love for opera is a central theme in both books. But *Falling in Love* has that unusual virtue that there is no murder. The expected tension is there, and Leon's "paintings" of Venice are what we have come to expect from her, but no bodies. The climactic scene at the close of a performance of *Tosca* is spellbinding.

-- Sarah Giddings

**For Margaret Williams:** *Downtown Newport News*, by William A. Fox. (Arcadia Press, 2010. Part of the "Images of America" series.)

Margaret grew up in Newport News, and this book was chosen by her family.

The Newport News area had been settled by English colonists since the early seventeenth century, but it did not become a city until the 1880's, when it was chosen as the terminus of the Chesapeake and Ohio Railway. The ship-

yard followed, and industry grew, especially during World War II.

Fox's book consists largely of old photographs, carefully annotated. We see the shipyard in its glory and many of the ships that sailed from it. Caroline Kennedy, watched by her mother and brother, is shown in 1967 christening the USS *John F. Kennedy*, the last conventionally-powered aircraft carrier built for the Navy.

The photographs are of great interest even to readers who did not know the city in its prime (or at all). The architecture is so typical of American downtowns in the mid-nineteenth century that readers who remember those days, regardless of locale, will feel a sense of familiarity and nostalgia.

(The name "Newport News," incidentally, is a mystery. Historians have no problem with the "Newport" part, referring to Captain Christopher Newport of the Jamestown colony, but whence the "News"? Theories exist, but certainty is lacking.)

-- Jo McMurtry

### Newsletter Statement and Staff

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

Staff: Helen Behrens, Maureen Crandall, Sally Emory, Sarah Giddings, Maury Hanson, Ned Henne-  
man, 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 January, 2017 issue is  
Monday, Dec. 19, 5 pm.**

## **Antiques Appraisal Fair A Decided Success**

Kendal's first (but one hopes not last) Antiques Appraisal Fair and Silent Auction took place on Saturday, October 29. Both sections of the event attracted strong participation from Kendal residents and from off-campus visitors.

The silent auction consisted of items donated by Kendal residents and was coordinated by Nancy Epley, Trix Rumford, Ann John, and Dianne Herrick, with additional help from several other residents. Items included rugs, small pieces of furniture, jewelry, china, silver, crystal, works of art, and much more. Forty items were sold for a total of \$3,413.

Most of the auction's proceeds will be donated to Kendal's Fellowship Fund, Kendal's way of helping residents who, through no fault of their own, are no longer able to meet part or all of their expenses. A smaller part of the proceeds will go to the Sunnyside House restoration fund.

The Appraisal Fair part of the event was coordinated by the Marketing Department and earned \$2624 from ticket sales. For either \$50 (VIP ticket) or \$35 (regular ticket), participants could have up to two items appraised by professional appraisers. For those who simply wanted to watch the appraisals, or to take part in the silent auction, tickets were \$5. Ticket proceeds were applied to costs connected with the fair.

Four professional appraisers were on hand to give oral appraisals as well as, often, additional information about the items. These were Marcene J. Molinaro of Molinaro Appraisal Services, a former Lexingtonian now living in Williamsburg; Meredith Meuwly, director of Heritage Auctions Appraisal Services in Dallas,

Texas; Lauren Peck, associate specialist in jewelry and watches at Freeman's auction house in Philadelphia; and Matthew S. Wilcox, also of Freeman's.

Participants and onlookers found the appraisal process reminiscent of Public Television's popular "Antiques Roadshow," particularly when family heirlooms were concerned.

Peyton Craighill, for example, showed the appraisers and his fellow residents a traditional Chinese incense box that had been presented to his father, Lloyd R. Craighill, an Episcopal missionary to China, when he was consecrated Bishop of Anking in 1940. The ornamented cast iron box is about 5" x 7" by 4" tall, with perforations in the lid. Bishop Craighill retired to Lexington, lived near Kendalites Mary Coulling and Adelaide Simpson, and was active in R.E. Lee Church. He died in 1971.

Sarah Giddings was pleasantly surprised to find that a set of coral jewelry belonging to her grandmother, and passed down to her by her mother, was worth more than she had assumed. Sarah was told that the value was enhanced because the color is unusually deep. Sarah has no idea how her grandmother acquired the set, currently consisting of a brooch, a pair of earrings, some loose beads, and, mysteriously, a single cuff link.

Louise Tardy knows where her heirloom bisque vases came from; her husband's grandparents bought them on their wedding trip to Florida in 1885. She was interested to learn, however, that they were probably made in Germany, around 1880. The vases have been part of Louise's home for fifty years and now live on her mantel.

Beth Knapp received some new information about one of her family heirlooms, a Chinese

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**Antiques Appraisal**

(from p. 5)

mandarin kimono that was given to her mother's cousin in Washington, D.C., early in the twentieth century. This cousin, Frances, "was absolutely gorgeous and had a number of prominent, well-travelled men suitors, including some from the State Department. We assume one of them gave it to her." Beth was told that the mandarin is older than she had thought, pre-1900, and more valuable. It contains many elements done in the "forbidden stitch" -- a tiny knot-like stitch done only in the Forbidden City and only for royalty. The mandarin robe is now in a display case, and Beth used its colors (predominantly cream and white) in decorating the apartment she and John now occupy at Kendal.

-- Jo McMurtry

**Missy's Musings**

[Missy Quirk, canine protector of Kay Quirk, continues her project of interviewing her doggy friends.]

One of the joys of moving to Kendal has been the chance to meet fancy dogs. One such girl is Millie Maxwell, a Lagotto Romagnolo, or, in more understandable words, an Italian Truffle Hound, belonging to Anne and Tom Maxwell of 34 Sycamore Lane.

I wondered, is that breed a lover of chocolate, because she is milk chocolate in color, or is the breed a lover of the fungus that pigs root out in France. Millie insists that she would gladly sniff out the black fungus at the base of certain trees if she had been trained to do so, but in the meantime she's content to follow behind Tom and dig up everything he's just planted.

Millie is a very devoted companion to Tom, both indoors and out. Anne is reluctant to walk her because she's young and strong. She is five now and celebrates her birthday on Bastille Day, July 14, even though she is not French. When I first caught sight of this pretty girl, I was confused because of her curly coat. I thought she might be a French Poodle. Pampered Pets (mobile dog grooming) keeps her looking nice and spiffy for her beau, Fritz Russell (Bill and Karen Russell's companion).

Say "Hi" to Millie if you see her out walking on Kendal Drive or Sycamore Lane. She's a very friendly lady. I wanted to make a playdate for the fenced-in area behind the Borden Center, but it's off limits for Millie because she jumped into the water lily pond once. I'm disappointed because she's my size and full of energy.

Thanks for the interview, Millie.

**Works by Brett LaGue  
In Restaurant Gallery**

The Restaurant at Kendal is currently displaying works by Brett LaGue. LaGue's drawings and paintings are influenced by the color, texture, and energy of the landscape. He has exhibited his paintings and works on paper across the Mid-Atlantic states in numerous solo and group presentations, art festivals, and plein air competitions. LaGue is the recipient of a professional fellowship grant from the Virginia Museum of Fine Arts. His work can be found in corporate and private art collections throughout the United States as well as in England and France. He studied graphic design and

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**Restaurant Gallery**

(from p. 6)

illustration at the Ringling College of Art and Design, and lives and works in historic Fin-castle, Virginia.

The show will hang through January, 2017. All works are for sale, and a price list is available in the Restaurant. For more information about the Restaurant Gallery, contact Nancy Epley, one of the group which arranges these exhibitions of works by professional artists.

## **Volunteers Needed: Help Decorate for Christmas!**

From Trix Rumford:

Those who enjoy putting up Christmas decorations are encouraged to join members of the Furnishings and Interiors Committee and help with:

1. Wreath preparation, Monday, Dec. 5, 2 to 4 pm. Meet at the back of Kendal Hall.
2. Tree trimming. Anderson lobby, 10:30 am to noon, Tuesday, Dec. 6. New to this year's tree will be some old-fashioned ornaments donated by Jack Geikler.

From Mary Coulling:

On Saturday, December 10, beginning at 10 am, everyone is invited to help decorate Sunnyside House for the holidays. There are newly donated decorations for the table-sized tree, plus plenty of other items for placement around the hearths and on tables. Come help with the fun while enjoying Christmas cookies and a cup of coffee. See you on December 10, beginning at 10 in the morning.



## **Coming Next Year: Computer Tutorials**

Kendal's Computer Group has planned a series of workshop/tutorials for January and February of 2017. Meetings will be held January 12 and 19, and February 9 and 16, all Thursdays, at 3:30 pm in Kendal Hall.

The workshops will be held in cooperation with W&L's planned project of enhancing computer skills among its retirees.

As currently envisioned, January's meetings will focus on security and February's on social media.

"This is a work in progress," Dianne Herrick explained at the Residents Association meeting of November 17.

Members of the Computer Group include Maureen Crandall, Jack Geikler, Sarah Giddings, Dianne Herrick, Cleve Hickman, John South, Wil Stratton (residents); Nathan Straub (staff).

## **In Memoriam**

Anne Tucker

Died November 12, 2016  
Entered Kendal July 28, 2000

**New Kendalite:**

## Anne Wilson Cottage 1016

Anne Wilson came to the U.S. on the *Queen Mary* on January 1, 1958, when she was 23 years old. Born in Hampshire, UK, Anne was only five when World War II began. Her family was at the beach when they learned via radio of the beginning of the war. She remembers that she cried because the family had to go home early. She lived just north of London, and everyday living included the strict blackout and nights in the air raid shelter. She remembers that petrol, food, and clothing were rationed both during and for some time after the war.

Anne attended a small girls' boarding school in Berkshire. Graduating young, she worked part time and took courses at a local college that would help her fulfill requirements for admission to veterinary school. Her love of animals had influenced her choice of a future career. All that came to a halt when, at her golf club, she met John Wilson, USAF, who was stationed in England. They married, made their trans Atlantic voyage, and drove to Michigan so that Anne could meet John's family. Anne became an American citizen in 1978.

John, a graduate of Michigan State and a Rhodes Scholar, returned to MSU after he and Anne were married, working in academic administration both there and in the SUNY system. Anne continued her "non-paying but useful work" as John became president of Wells College in Aurora, New York. He became Virginia Tech's first provost in 1975. Anne's "non-paying" work included seeing to four Wilson children and all the family pets -- remember she

once thought to become a vet -- as well as being an academic hostess.

In 1983, the Wilsons moved to Lexington when John became president of W&L. Anne presided over activities at Lee House during the twelve years John was president. During these years, coeducation was decided on and implemented, and many other important changes took place on campus. The Wilsons' contributions to the success of W&L were recognized in 2006, when the addition to the Lenfest Center for the Arts was dedicated to them. In the community, she, along with Kalex resident Jim Morgan, was a founding board member of the Woods Creek Montessori School in its present location.

Retiring in 1995, the Wilsons spent time in Blacksburg and Hilton Head and then returned to Lexington. Sadly, John died in 2013.

Anne volunteers at the Rockbridge Area Relief Association food pantry and enjoys reading, hiking, biking, tennis, gardening, travel, and listening to all kinds of music from folk to opera. And, of course, her cat and her dog. The four Wilson children are: Stephen, of Richmond; Anthony, of Blacksburg; Patrick, of Atlanta; and Sara, of Charlottesville. And nine grandchildren.

So, yes, the "Anne" in "John and Anne Wilson Hall" IS Kendal's new resident, Anne Wilson.

-- Nanalou Sauder



## 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.]

As the catalogs and solicitation letters in our mailbox remind me, the season for giving is upon us. It seems appropriate to remember some of the issues that may make generosity more complicated than you might like, as you consider helping some charities of your choice.

Your first concern is, of course, to be sure that you can afford to make charitable gifts and that you really want to do so. Assuming that you can answer those questions affirmatively, you need to choose the organizations you want to benefit and what you want to give them.

Be sure that you correctly identify the organization. Many charities have similar names, so be certain you have the right one. Be sure that the organization actually does what you want it to do with your gift. An organization may have changed its policies since you last contributed. Make sure that the charity will accept and can use your gift. This will rarely be a problem if the gift is made with cash or marketable securities, but may become one if you donate other types of property.

The IRS is generous with deductions from income tax for the value of gifts of property. These tax benefits may allow you to donate more than you might have thought possible, but, of course, there are rules to remember, and some may require professional advice.

Remember that gifts to individuals are generally not deductible. A gift to a doctor or a priest or a college student, though prompted by

their charitable enterprises, does not meet the rules for deductibility. Gifts of your time or service are generally not deductible, but you may deduct some costs that you incur in performing charitable work. Thus, if you deliver food for charity, you may deduct your mileage for doing so (at fairly low rates prescribed by the IRS).

If you donate tangible personal property, such as used clothing to Goodwill, or furniture or a painting to a charitable institution that can use such articles, you may deduct the fair market value of such property (subject to certain limitations), but you must provide appraisals or some other evidence of the property's fair market value.

Gifts of cash or marketable securities are probably the most common charitable donations and the easiest to make and to value. Their deductibility is subject to certain limitations, but these are fairly generous for most people. If you wish to make a gift of, say, \$5000 to a charity, and you can do so with either a check or by transferring stock of a similar value, it is usually more advantageous to you to do the latter, if the stock has appreciated in value. You may deduct the full fair market value of the donated security, though it cost you less than that when you acquired it, and you avoid any capital gain tax that would have been incurred if you sold it.

These are some of the basic issues that need to be addressed if you consider a gift to charity. Remember that gifts are deductible in the year when made, so timing is important as the end of the year approaches. Particularly in an election year, with the possibility that changes in the tax law may develop after January 1, it may be desirable to consult your advisor. Charities will usually be glad to assist you

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**Legal Perspective**

(from p. 9)

in planning and making gifts. As amounts involved in your planing become larger, different types of gifts may be advisable. They are subjects for another month.

-- Ned Henneman

**From Our Therapists:****Do I Need a Walker?**

People need walkers for a variety of reasons. Shortness of breath, arthritic pain, inability to walk and carry objects at the same time, fear of falling, fear of being alone and becoming socially isolated -- these are only a few. A walker is like any other tool we purchase throughout our lifetime: whether a carpentry tool, kitchen tool, gardening tool, athletic equipment . . . all purchased according to personal priorities, tasks to be completed, lifestyles, and budgets.

Let's face it . . . No one wants a walker, but sometimes we need something to keep us safe and independent while we perform our daily activities. A correctly selected walker will allow us to live our lives to our maximum ability.

**Do I need a therapist to buy a walker?**

Buying the best walker for you, with the most appropriate accessories, is often not a simple choice. Sometimes the selection of one style of walker over the other, or adding one specific accessory, can change your function, safety, and confidence in using the walker. Many people are able to purchase their own walker by themselves or with the help of family and friends. But others may need a therapist to help balance the pros and cons of the different styles of walkers and accessories.

We recommend seeking the guidance and assistance of a therapist if any of the following situations applies to you:

- ~ You have never used a walker before and need to learn how to use it safely.
- ~ You have recently experienced an unexplained or unanticipated change in your ability to walk.
- ~ Your physical condition or diagnosis is expected to improve or deteriorate in the next six months.
- ~ You need financial assistance to purchase a walker.
- ~ You aren't sure what style of walker to purchase (i.e., wheels/ no wheels).
- ~ You aren't sure how to set up your walker (i.e., height of hand grips).

**A therapist can assist you in the following ways:**

- ~ A therapist will recommend the best walker for you. She/he will assess your physical needs, your environment/barriers, and your daily activities to determine the best walker. A therapist may also be able to anticipate future needs if you have a changing or progressive condition that is following a predictable pattern. He or she may reduce the number of purchases you will make over time.
- ~ A therapist will train you in the safest and correct use of the walker. He or she will ensure that the walker is adjusted to meet your specific needs. A therapist will provide training and coaching based on your style of walking as well as how to negotiate everyday situations such as stairs, doors, carrying items, curbs, changing between sitting and standing.
- ~ A therapist may arrange the trial of different walkers and may identify a specialty walker that is not readily available to the public. For instance, there are hybrid walkers that act as wheelchair/walker combinations, lightweight

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**Need a Walker?**

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walkers, reinforced walkers for the obese user, and different styles of brakes, handles, and braking mechanisms.

~ A therapist may seek and obtain financial assistance if you qualify. She or he will write the letters of rationale required by many of the government agencies, insurance companies, and charitable organizations.

Please contact the therapy department if you have any needs or questions pertaining to your walker, or if you feel as though you may need a walker, and watch the calendar for an upcoming presentation on walkers.

-- Heather Strong (464-2638)  
Rehab Program Manager

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**Bits and Pieces . . . .**

**Occupancy Update:** Our perennially available (or so it seemed) one-bedroom apartment has now been reserved by a very nice soon-to-be Kendalite, but in the meantime a studio apartment has opened up, so our occupancy rate for Independent Living, as we go to press, is still 99.2 per cent, counting reservations for move-ins in the near future. Meanwhile, visitors are coming in droves. Fifty sets (singles or couples) of new visitors have looked Kendal over since this past January; this figure doesn't include those making repeat visits. Sixty per cent of this year's visitors have indicated they plan to join the wait list. The Marketing Department has expressed thanks to residents for hosting visitors for meals, opening our cottages and apartments for tours, and extending friendly greetings in the corridors, but this is no hardship on our part -- we're delighted to meet our possible future neighbors, and besides, they're

interesting people whether they come here or not. It's the Marketing staff that deserves the cheers: Jessica Buhler, Director of Marketing, and Marketing Associates Linda Moreschi and Terri Georg.

**Easier Bus Sign-Up:** Herbie Martin, our Director of Operations, and his maintenance crew have designed and installed a very sturdy and very accessible wooden shelf that enlarges the space available for signing up for bus trips. The shelf is just below the bus sign-up bulletin board, around the corner from the in-house mail boxes. Check it out, and sign up for something.

**Bring Back the Crockery:** Judy Kurtz, Director of Dining Services, issues a plea to residents to return any dishes and cutlery we may have borrowed from the dining room (unfinished dessert, cup of tea, whatever). Please look in your kitchen cabinets. With big holiday meals coming up, and lots of guests as well as residents, Judy doesn't want people eating off styrofoam, nor do we.

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**Jason's Sports Spotlight:****"Bowl Pick 'Em"**

Jason Bunn, our Health and Fitness Program Manager, has cooked up a contest to enliven the spectator sports scene. Some forty-two college bowl games will be played in December and January. Jason will distribute copies of the match-ups when they have been set, sometime before mid-December, and we will see whose prediction is most accurate. Jason will work out details of scoring, with a method to weigh the most important games.

Jason will keep us posted on our standings, and the winner will be announced in January.

## Weekly Scheduled Activities

Sundays (4, 11, 18, 25)	4:00 pm	Vespers	Kendal Hall
Mondays (5, 12, 19, 26)	1:30 pm	Needleworkers	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (6, 13, 20, 27)	12:45 pm	Recorder Consort	Kendal Hall
	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (1, 8, 15, 22, 29)	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 (2, 9, 16)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (3, 10, 17, 24, 31)	3:00 pm	Movie	Webster

## Out and About in December

[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.]

**Dec. 8, Thu., 8 pm.** A Festival of Nine Lessons and Carols, with the W&L University Singers. No ticket required. Lee Chapel, W&L campus. Open seating begins at 7 pm.

**Dec. 13, Tue., 7:30 pm.** Handel's "Messiah," Part One, with the Hallelujah Chorus. Presented by the Roanoke Symphony Baroque Orchestra and the Roanoke Symphony Chorus. Tickets \$32 to \$52, online at [www.rso.com](http://www.rso.com). Jefferson Center, 541 Luck Ave., Roanoke.

**Dec. 21, Wed., 7:30 pm.** Seventh annual four-piano monster holiday singalong at the home of David and Linda Krantz, 151 Elliot's Hill Lane. Pianists are Jonathan Cook, Tim Gaylard, Bill McCorkle, and James Pannabecker. Light refreshments provided; audience is encouraged to bring treats to share. \$30 minimum

contribution per participant, to benefit the Rock-bridge Symphony. Reservations required: [ldkranz@gmail.com](mailto:ldkranz@gmail.com), or 463-3333. [Note: parking is on dark and uneven ground. Bring a flashlight.]

## Vespers for December

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

**Dec. 4:** Deb Klein (Lexington Presbyterian Church); pianist, Mary Harvey-Halseth.

**Dec. 11:** Joseph Cailles (Trinity United Methodist Church); pianist, Lee Higgins.

**Dec. 18:** A service of nine lessons and carols, with resident participation. No communion.

**Dec. 25:** A carol-fest singalong with pianist Jonathan Cook. No communion.

## December Activities Calendar

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

2, Fri.	2:30 pm 6:00 pm	Staff Appreciation Party Downtown Lexington Christmas Parade	Kendal Hall [bus TBA]
3, Sat.	7:30 pm	Holiday Concert, Rockbridge Choral Society	[bus, 6:45 pm]
5, Mon.	8:00 am 4:00 pm	Men's Breakfast Harp Music with Becky Edmondson	Dining Room Borden Center
6, Tue.	4:00 pm 7:00 pm	Harp Music with Becky Edmondson Holiday Pops Concert, W&L	Webster Center [bus, 6:30 pm]
7, Wed.	* 4:30 pm	<b>"Scandinavian Sculpture Gardens"</b>	<b>Kendal Hall</b>
8, Thu.	9:30 am 2:00 pm 5:30 pm	Tribute to WWII Veterans, Marshall Foundation Dementia Caregivers Support Group Holiday Party for Waitlist Members	[bus, 9:00 am] Sunnyside Kendal Hall
9, Fri.	1:00 pm * 4:30 pm 7:30 pm	Presentation on Kendal's 2017 Budget <b>Recital, String Students of Julia Goudimova</b> "Sense and Sensibility," W&L	Kendal Hall <b>Kendal Hall</b> [bus, 7:00 pm]
10, Sat.	7:00 pm	"Holiday Double Feature," VMI	[bus, 6:30 pm]
13, Tue.	1:00 pm 6:30 pm	Residents Council Meeting Sunnyside Weavers	North Parlor Sunnyside House
14, Wed.	* 4:30 pm	<b>Talk by Holt Merchant, Lee and Reconstruction</b>	<b>Kendal Hall</b>
20, Tue.	7:00 pm	Christmas/Holiday Celebration	Kendal Hall
25, Sun.	TBA	Christmas buffet	Dining Room
31, Sat.	7:00 pm	New Year's Eve Party	Kendal Hall

\* Free and Open to the Public

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*The Residents' Newsletter*

