



Kendal at Lexington

The Residents' Newsletter

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High Occupancy, Low Rise, Hooray!

Monthly fees for Independent Living residents will go up only 2.5 per cent in 2017, according to Felicia Bush, our Finance Manager, as she discussed the new budget at an open meeting of residents on December 9. This increase is the lowest in Kalex history. Felicia added that many retirement communities typically see a rise in the neighborhood of four per cent each year.

Monthly fees for private pay residents in both the Webster Center (assisted living) and the Borden Center (skilled nursing care) will increase by three per cent.

"But -- no promises!" Felicia said, referring to the future.

An easily visible cause of this year's good fortune is our percentage of occupancy for Independent Living, in the high nineties as this newsletter goes to press. Less visible but also relevant is the fact that the economy as a whole has not been seeing high inflation.

The 2017 budget is concerned with Kalex as it presently exists. It is not concerned with the payment of construction costs for any renovation and/or expansion which may, hypothetically, take place in the future.

Accompanying Felicia's presentation was a handout with many facts and figures and with eye-catching charts illustrating, for example, the fact that almost all our revenue (budgeted for 2017 at \$15,082,017) comes from Kendal residents, whether permanently domiciled on the premises or temporarily admitted to the Borden Center. Fees from Independent Living and other contract residents comprise 49.2 per cent of revenue, and health center fees 46.2 per cent. Much smaller percentages, slivers of the pie, come from investments (Vanguard, Cornerstone Bank, others) and from "other income," which last category includes such things as payments by guests staying at Sunnyside House.

Operating expenses are budgeted at \$14,695,871, of which the largest category is wages and staff benefits. Compared to last year, as Felicia points out, "Some categories have gone up, some have gone down." Utilities,

(cont. on p. 4)

A Warm Kendal Welcome to

Elaine Emerson
Apt. 108 South
Moving to Kendal from Lexington, 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.]

Jan. 2, Mon., 8 am. Men's breakfast. No reservation needed. Dining Room.

Jan. 10, Tue., 1 pm. Meeting of Residents Council. Any Kendal resident may attend these monthly meetings. Notify Karen Russell, Residents Association president, if you would like a spot on the agenda. North Parlor.

Jan. 10, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. Sunnyside House.

Jan 11, Wed., 4:30 pm. Arthur Bartenstein, landscape architect and member of the family that donated the land Kendal now occupies, will speak on the history of landscaping on the W&L campus. Kendal Hall. **Free and Open to the Public.**

Jan. 11, Wed., 7:30 pm. "Complexions Contemporary Ballet" performs a mix of methods, styles, and cultures. Sixteen dancers of different ethnic and dance backgrounds. The company is based in New York City and was founded by Desmond Richardson and Dwight Rhoden. Senior ticket \$25 (box office, 458-8000). Keller Theatre, Lenfest Hall, W&L. [bus, 7 pm]

Jan. 12, Thu., 2 pm. Monthly meeting of the Dementia Caregivers Support Group. Open to

all Kendal residents and staff, as well as to all Rockbridge area residents. For more information, contact Cathy Lewis, Kendal's Clinic RN, at 464-2609. Sunnyside House.

Jan. 12, Thu., 3:30 pm. Kendal's Computer Group presents an Information Technology workshop on computer security. Lecture format with visuals. Open to Kendal residents and to W&L retirees. Kendal Hall.

Jan. 13, Fri., 4:30 pm. Janet Ikeda, Associate Professor of Japanese at W&L, will speak on the Japanese Tea Ceremony. Kendal Hall. **Free and Open to the Public.**

Jan. 16, Mon., 2 pm. Opportunity to attend a Japanese Tea Ceremony at the Reeves Center, W&L. The audience is not required to sit on the floor. Reeves Center, W&L campus. (This building is not easily handicapped-accessible.) See postings for more information. [bus, 1:30 pm]

Jan. 18, Wed., 9:30 am. Residents Association meeting. Independent Living and Webster residents are automatically members of this group. Meeting preceded by light refreshments. Kendal Hall.

Jan. 18, Wed., 4:30 pm. First meeting of the Kendal College course, "Living in Rockbridge County: Past, Present, and Future," taught by Prof. Sasche Goluboff. (See story, p. 5). **Kendal College programs are open to all residents and staff, and to Marketing Department guests.**

(cont. on p. 3)



Calendar Notes

(from p. 2)

Jan. 19, Thu., 3:30 pm. Second in a series of workshops presented by Kendal's Computer Group, continuing its focus on computer security. (See Jan. 12, above.) Open to Kendal residents and to W&L retirees. Kendal Hall.

Jan. 20, Fri., 4:30 pm. "Moroccan Culture through my Life Phases," slide-lecture by Imad Baazizi, a native of Morocco, Fulbright Scholar, and Foreign Language Teaching Assistant at W&L. Kendal Hall. **Free and Open to the Public.**

Jan. 21, Sat., 7:45 pm. "The Other Mozart," a one-woman play created and performed by Sylvia Milo, an actress/playwright based in New York City. The true story of Maria Anna ("Nannerl") Mozart, older sister of Amadeus, who was also a musical prodigy and performed throughout Europe with her brother. The play is based on facts and stories, as well as lines from the Mozart family's letters. Keller Theatre, Lenfest Center, W&L. Senior ticket \$15. (Box office, 458-8000). [bus. 7:15 pm]

Jan. 22, Sun., 3 pm. The Rockbridge Choral Society, with chamber orchestra and soloists, presents Vivaldi's *Gloria* and Charpentier's *Messe de Minuit*. Soloists will include soprano Christine Fairfield, countertenor Nate Pence, tenor Powell Leitch, and baritone Gregory Parker. A number of Kendal residents belong to the Choral Society and will be singing in this program. Ticket \$15. Lexington Presbyterian Church. [bus. 2:30 pm]

Jan. 24, Tue., Time TBA. "Night on the Town," dinner at the Napa Tai Restaurant in downtown Lexington. Watch for postings of details.

Jan. 25, Wed., 4:30 pm. Kendal College (see above, Jan. 18). Kendal Hall.

Square Dance Lessons will be held on Tuesdays during January, from 4 to 4:45 pm in the Fitness Center's group exercise room. Call Catie King, Health and Wellness Program Manager, at 458-0103 if you have questions. A square dance party is planned for March 14.

Vespers in January

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.

Jan. 1 -- Robert C. Gordon (Timber Ridge Associate Reformed Presbyterian Church); pianist, Mary Harvey.

Jan. 8 -- Kris Peaden (Rockbridge Community Church of the Nazarene); pianist, Becky Edmondson.

Jan. 15 -- William A. Mills (Buena Vista Pentecostal Holiness Church); pianist, Clyde Moore.

Jan. 22 -- Deb Klein (Lexington Presbyterian Church); pianist, Karen Fredenburg.

Jan. 29 -- Bill Klein (Lexington Presbyterian Church); pianist, Jean Eisenhauer.

In Memoriam

Elizabeth Donald

Died December 5, 2016
Entered Kendal September 30, 2002

High Occupancy, Low Rise (from p. 1)

especially water, will cost us less in 2017 because we are now buying water from Rockbridge County rather than the City of Lexington. (Same water, same pipes, different billing.) But our real estate taxes are higher because our Rockbridge County assessment has risen. Kendal's campus straddles the county line, and we pay real estate taxes to both city and county despite the fact that we are eligible to apply for exemption. Kendal considers itself part of the larger community and has a strong interest in the larger community's continuing to thrive.

Capital expenses for 2017 are budgeted at \$1,209,150. The largest part of this section, "Maintenance and refurbishment," reflects Kendal's ongoing practice of updating existing cottages and apartments as they need improvement.

Kendal's financial stability has been demonstrated by our Fitch investment rating of "BBB-," assigned during 2016. Fitch, an international credit ratings agency based in New York and London, designates as "BBB-" medium class companies which it considers an acceptable risk for investors. We are also in very good standing with our accreditation agency, CARF (Commission on Accreditation of Rehabilitation Facilities); we meet or exceed the fiftieth percentile of CARF accredited CCRC communities for net operating margin ratio.

Each fall, resident input for the next year's budget is requested, and suggestions are reviewed and prioritized by Residents Council. After the staff has developed departmental budgets and met with administrators, the Finance Committee of the Board of Directors reviews the result before sending it on to the Board. Residents who serve on the Finance Committee include Bill Russell, Hardin Marion, and John South.

Kendal Corporation is sent a copy of the budget after it has been approved by the Kalex Board of Directors. According to Mina Tepper, our Executive Director, K-Corp reviews the budget and would consult with us if they felt we were somehow not on the right track, but Mina has no knowledge of this ever having happened. Kendal at Lexington is an affiliate of Kendal Corporation, based in Kennett Square, Pennsylvania. We pay an annual fee and receive in return many kinds of support. However, we are an independent entity and Kendal Corporation does not own any part of Kalex. Technically, in fact, we are "the Lexington Retirement Community, Inc., doing business as Kendal at Lexington."

Copies of Felicia's handout are available in her office, and Felicia will be happy to talk to any resident who has a question about the budget.

-- Jo McMurtry

**Missy's Musings**

[Missy Quirk, canine protector of resident Kay Quirk, continues her project of interviewing her doggy friends. Millard belongs to Heather and Hardin Marion.]

Millard Marion and I met last month in the fenced area outside of the Borden Center.

(cont. on p. 5)

Missy's Musings

(from p. 4)

He really took a liking to me, but I played hard to get because he is a big boy and I was a little bit scared. Millard is very sweet due to his parents, a Labradoodle and a Poodle. He really needed to talk with me because he had heard Heather and Hardin talking about a PUPPY!

Millard admits to being nine years old and anxious about having a pesky Goldendoodle youngster around. I tried to reassure him that it will be okay and that he might actually get a new lease on life and lose some weight in the process. He insists he's not fat but just has his Dad's body type (Lab).

He tells me that he moved to Kendal with three siblings, all of whom have gone to doggie heaven. Having enjoyed being top dog, like me, I am sympathetic to his upcoming change of status. He hopes Hardin will give him much more attention, taking him for long walks. When asked about car rides, he got very excited and said, "Let's go!"

We parted good friends after I shared my Charlie Bear treats with him.

Good luck, Millard!

Kendal College to Offer "Living in Rockbridge County"

Professor Sascha Goluboff, Professor of Cultural Anthropology at W&L, will present a three-part program on "Living in Rockbridge County: Past, Present, and Future." All meetings will take place on Wednesdays at 4:30 in Kendal Hall. The dates are January 18 and 25, and February 1.

Kendal College programs are open to all residents and staff, and to Marketing guests.

Kendal residents will receive sign-up sheets in their open mailboxes. There is no charge for this program. Contact resident Sally Emory if you have questions.

Professor Goluboff joined the W&L Sociology and Anthropology department in 1999, and has been department chair since 2015. She holds a BA from Colgate University, and a master's degree and a Ph.D from the University of Illinois at Urbana-Champaign.

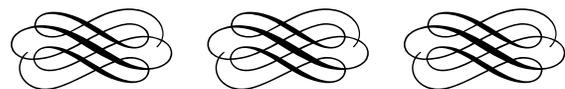
The program touches on the variety of research and teaching that Professor Goluboff has done over the past ten years in the local area. She has been interested in African American spirituality and history, focusing specifically on the legacies of slavery and oppression. In teaching W&L students about food, culture, and society, she has become familiar with local foodways, particularly the importance of local products within the global marketplace. Also, through her interest in how students communicate digitally with each other, she has conducted research on the use of the cell phone in dating on campus.

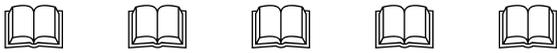
The titles for the talks are:

January 18, "Homeplace in Rockbridge County (Past and Present)."

January 25, "Local Taste in Lexington."

February 1, "Digital Life on Campus."





Library Tidbits

This fall during a bout of "shelf-reading" in the Tutwiler Library's section on photography and photographic reproductions, we came across a remarkable work entitled *A Memorial Volume of Virginia Historical Portraiture, 1585-1830*. On its pages were to be found reproductions of portraits of numerous Virginians, individuals selected for inclusion because the compiler had deemed them important in one manner or another to Virginia's history prior to the early nineteenth century. The book was edited by Alexander Wilbourne Wedell, and published by the William Byrd Press in Richmond in 1930.

This large format, pigskin-bound, very heavy tome had been relegated of necessity to Tutwiler's low-to-the-ground shelving for "over-size books." The thought occurred to some of us on the Library Committee that it might actually be impossibly difficult for many Kendal residents to lift this volume, let alone carry it to a table in order to look at it. We were also starting to suspect that the work might be of some value, in which case it really needed proper care in a climate-controlled environment. (As it turned out, a check of the website Alibris disclosed that recent sales of other copies had brought anywhere from \$109 to \$295!) For all these reasons, we began to question the appropriateness of continuing to keep this volume here at Kendal.

When the opportunity presented itself to do so, we showed the book to Tom Camden, known to many of us from his lectures here at Kendal as the curator of Special Collections and University Archives at W&L. We wanted to know if Kendal might gift this book to W&L's library, and Tom was delighted to accept it.

In other words, this intriguing former possession now has a home that is properly equipped to care for it well. And it hasn't even moved very far away! Should anyone wish to take a look at *A Memorial Volume of Virginia Historical Portraiture, 1585-1830*, one need only drop by the Leyburn Library and ask to be directed to Special Collections and University Archives.

-- Elsa Burrowes

Memorial Books Now in Library

The Pigeon Tunnel, by John Le Carré

(For Arthur Adams, who liked a good espionage thriller.)

In this volume of reminiscences, John Le Carré (the nom de plume of David Cornwell) revisits places and people that he used to create the characters and atmosphere of his novels.

He was a spy for MI6 in his twenties to early thirties, but with the success of *The Spy Who Came In from the Cold* he became a full-time writer. Places and people: West German government in Bonn; Hong Kong; Phnom Penh; Vientiane; Arafat in Beirut; Sakarov in Lenin-grad; the Eastern Congo; an interview with Nicholas Elliott, who took Kim Philby's confession and falsified it.

If you have enjoyed *Tinker, Tailor, Soldier, Spy* and other Le Carré novels, you will like this.

-- Anne Preuss

(cont. on p. 7)

Memorial Books

(from p. 6)

***House Mountain Affair*, by Harry Hathaway Warner**

This book has been placed in the Kendal library in memory of members of the Kendal community whose residence was only in the Webster or Borden Centers.

The love affair between Harry Warner and House Mountain began when Warner was a cadet at VMI in the mid 1950's. It matured after he and his wife, Sis, moved to Lexington in 1978, when he became head of the VMI Foundation.

House Mountain Affair is a most attractive personal journal centering on that signature landmark, combined with a handsome pictorial study of the beloved mountain. It was published in association with the Rockbridge Area Conservation Council (RACC), to which all the proceeds of its sale go.

The author's "affair" was nurtured by many climbs up the mountain with his children and grandchildren. And his relationship with the mountain was cemented when he bought Peniel Farm in 1989. This property, just west of W&L, and now a part of the W&L campus, offers unsurpassed views of House Mountain. After building the house, he photographed the mountain at every time of day and in every season. The work of a number of other photographers is also included in the book.

His attachment to the mountain took tangible form when he was named late in the 1980's to a committee of RACC to raise funds for the purchase of a major part of House Mountain to preserve it in its natural state.

His book is a delightful blend of Warner's personal knowledge and recollections, along

with photography that could make anyone fall in love with House Mountain.

-- Matt Paxton

***Atacama: Living Desert* (no author listed)**

This book, chosen to honor David Emory's memory and in appreciation of his long tenure as a Library Committee volunteer, focuses on the Atacama Desert in northern Chile. David had a special interest in Chile, its terrain and its flora and fauna. In 1993, he and his wife Sally took a memorable trip there, first sightseeing as a couple and then David staying on alone for a month of botanizing. The goal was to see if Chile's plant biomes echoed the North American west coast -- in reverse.

Fittingly, David's memorial book is an ode to the Atacama. Although called "the driest desert on earth," it is yet a region full of life, from the uniquely adapted plants and animals that have long lived there to the always visually changing landscape to modern agriculture, mining, manufacturing, tourism, and recreation. Stunning pictures and descriptive passages -- in Spanish, English, and Mandarin Chinese -- trace the area's history through archival snapshots and display its contemporary face in cutting-edge color reproduction. As the caption for a page of multiple images states, "Chile is always an amazing country, and in the Atacama Region the idea of wonder multiplies into unique dimensions."

Curl up with this beautiful book and treat yourself to an armchair visit, or, inspired by it, take a trip there yourself. The book's final pages supply information for tourists as well as a map, facts about the region, companies located there, and agriculture, manufacturing, and mining statistics.

-- Meg Stackpole

Spotlight on Lexington Local

I'm new here at Kendal, and I enjoy it. I also enjoy observing people and studying situations that differ from those where I was before. One of these people is an employee of Kroger in Lexington. His name is Willy Nelson, and to me he makes grocery shopping a special and very pleasant experience. There may be similarly generous helpers at other markets, but I am too new to have discovered them.

He always asks people if they need help getting their groceries to their cars, and if they say yes, he responds with alacrity and such good cheer. He keeps a running count each day on how many shoppers he has assisted. One day I was the thirteenth person he helped, and on another I was the nineteenth person. His record for a day is sixty people. No market where I have shopped before has ever had anyone as helpful as Willy.

I met Willy for lunch here on a Thursday, his regular day each week to volunteer at Kendal, where he directs the hand chimes players, participates in singalongs, and drums with other Kendal musical groups. His tastes in music run to pop songs from the 1950's and 1960's. He has been volunteering here for eight years and has been working at Kroger for eleven years. Originally he comes from Raleigh and was graduated from the Athens Drive High School there in 2005. As a work-study participant in high school, he worked at a garden supply store in Raleigh for more than three years. He knew Lexington somewhat before he moved here with his family later that year, since his father owns a tree farm in this area. Willy has had his own place in town since 2008.

Willy has been a fixture at Kroger since moving to town, and he plans to stay there. He was featured in a TV spot for Kroger in January of 2014. Later that year, Kroger gave him its

Courtesy Clerk of the Year award, which came with a one-week cruise trip from Port Canaveral to St. Thomas, St. Martin, and the Bahamas. He invited his parents to join him on that cruise.

Willy plans to continue to volunteer at Kendal, as well as to continue to volunteer at Good Shepherd Lutheran Church, where he serves as assistant minister and reads prayers at Sunday services, and at the Rockbridge YMCA, where he helps at the Y's Coffee House gatherings. He participated again this year in Kendal's holiday music concert on December 20.

Willy recognizes his limitations and has come to terms with them. He embodies a true generosity of spirit and good will toward others, and lives to help and assist them. We are all fortunate to have him here. If you have the chance, please remember to wish him well on his thirtieth birthday, coming up on February 3, 2017.

-- Maureen Crandall

New Beauty Shop Hours

Lisa Lewis of "Lisa's at Kendal," our much-appreciated beauty shop, has a request: if possible, please make appointments a week in advance. Lisa will try to accommodate walk-ins, but there may be a wait. The new hours for "Lisa's at Kendal" are Wednesdays, 8 am to 4 pm, and Thursdays, 9 am to 1 pm. To ask about the possibility of an appointment for another day, or to make an appointment for a regular day, telephone Lisa at 540-570-7217.

Lisa has been at Kendal for two years now and can do anything involving hair, for men or women. However, the beauty shop does not offer manicures or pedicures.

Movie Schedule to Continue As Is

Movies will continue to be shown on Mondays and Thursdays at 7 pm in Kendal Hall, as a result of a survey taken by Mary Stratton for the Culture and Entertainment Committee. Sixty-one respondents liked the current practice; ten did not. When asked if they would prefer only one movie a week, 44 said "no" and 21 said "yes." The survey's tally of typical attendance tells us that 14 respondents attend nearly every week, 45 attend occasionally, and 21 attend "almost never." (Kendal's Independent Living population numbered 176 individuals in early December.)

As of the beginning of 2017, Kay Quirk has succeeded Mary as movie coordinator for the Culture and Entertainment Committee.

The C&E Committee obtains from the Motion Picture Licensing Corporation an annual license to show movies in Kendal's common areas, at a cost of approximately \$600 per year. The current license expires in April of 2017. The C&E committee is funded by Residents Council, which, in turn, gets its money from residents who donate to Council's periodic fund drives.

While the Monday and Thursday showings are arranged by the C&E Committee, movies are also shown in the Webster or Borden Centers, under the direction of the Activities staff. The annual MPLC license covers these showings as well as those in Kendal Hall. Currently, movies are usually shown in the Borden Center on Fridays at 3:30 pm and in the Webster Center on Saturdays at 3 pm.

All movies are free, and there are no restrictions on who may watch which movies. Borden and Webster residents are welcome to Kendal

Hall on Monday and Thursday evenings; Independent Living residents may pull up a chair at any Webster or Borden showing. Fans of musical film, in particular, may want to visit the Borden showings, where musicals are a favorite fare.

From Kay Quirk, Movie Coordinator:

Kudos to Mary Stratton, who has made sure our residents have had access to two top notch movies every week during the past two years. Working through the Culture and Entertainment Committee, Mary has been assisted by her husband, Wil, who generates the announcements seen near the mailboxes.

Going forward, Kay Quirk will make the arrangements, starting off with a selection of films owned by residents. Later, the Netflix subscription will be reinstated.

Kay asks: Do you own some good DVD movies? Make a list, include your name, and put it in box 117.

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

The deadline for the February, 2017 issue is Thursday, Jan. 19, 5 pm.



Computer and Smart Phone Sessions

To help us become more skillful in this electronic age, Kendal's Computer Group has arranged a series of classes taught by volunteers from the Information Technology (IT) staff at W&L. These classes are open to Kendal residents and W&L retirees and are held in Kendal Hall.

"Security for Devices and Email" will be treated in two Thursday afternoon classes, January 12 and January, 19 at 3:30 pm. Topics will include how to recognize a "phish"; what is "The Internet of Things" and what security concerns does it pose; pass codes and how to manage them; how to keep your devices secure.

The class of January 12 will be taught using images on the big screen. A handout will include "homework" to practice on our own personal devices for the class of January 19.

And, just a reminder, the Computer Group (see names below) is available to help when you run into "hiccups" and would like another set of eyes. Recent examples include resetting a DVR that lost its access to Comcast and purging a pesky malware pop-up ad. If we don't have the answer, we may be able to find one, or at least learn something new.

Volunteers of the Computer Group willing to "try" to help include residents Maureen Crandall, Jack Geikler, Sarah Giddings, Cleve

Hickman, John South, and Wil Stratton, and staff member Nathan Straub, IT Network Administrator.

-- Dianne Herrick

Thanking the Greatest Generation

On December 8, 2016, World War II veterans were honored at ceremonies in Richmond and around the state. The local part of the tribute was held in VMI's Gillis Hall and was presented by the Rockbridge Commemoration Commission for WWI and WWII. It was a part of a statewide commemoration of the declaration of war by Congress on December 8, 1941, the day after Pearl Harbor.

Seven area veterans were present and were presented with commemorative medallions by local members of the Marine Corps League. Five of them are residents of Kendal: Bob Griner, John Gunn, Pat Leach, Don Saxton, and Avis Waring. The two women (Pat Leach and Avis Waring) who received medallions are both Kendalites. There are also a number of World War II veterans living at Kendal who were unable to attend.

The main program at the University of Richmond, organized and presented by the Virginia WWI and WWII Commemoration Commission, was live-streamed to a number of venues around the state. The writer must admit to a silent groan when she read the program prior to its beginning. There were six people scheduled to speak even before the keynote speaker was introduced. I thought, "Oh my, I will never endure six speeches plus," but I was pleasantly

(cont. on p. 11)

Greatest Generation

(from p. 10)

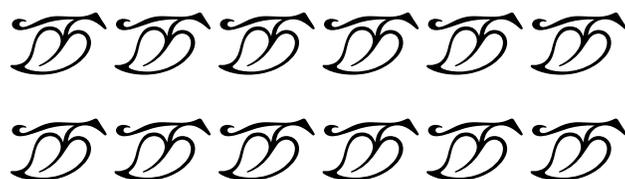
surprised that the speakers each addressed pertinent topics related to the war and the ceremony. The speakers were both brief and to the point.

The keynote speaker, Rick Atkinson, winner of several Pulitzer prizes for historical writing, emphasized the cost of the war both worldwide and to the United States. He used data that were actually very interesting and thought-provoking. Every citizen would profit by reading his works.

The final portion of the program was a video presentation that emphasized the cost of the war in many different ways, from the battlefield wounded and dead and cemeteries in France, to the victims of Hitler's Holocaust, to the costs of production of war materiel.

I had not expected to weep at this commemoration, but I found myself wiping away the tears, and I was not alone in shedding same during the video. Several people near me were doing the same thing, and, unlike me, some of them were veterans who fought on muddy battlefields and sandy beaches to defeat the Axis powers. In doing so, they made the United States the most powerful nation on earth. We've been struggling with how to use that power for the good every since. OOPS. I'm going to cry again.

-- Nanalou Sauder



From Our Therapists:

Low Vision Problems?

Are you living with low vision? Did you know that vision is a primary sense and it is the first to alert us to danger? Eighty to ninety percent of new learning typically occurs through our visual pathways. The aging visually impaired population is the third fastest growing population of people needing services in the United States. Low vision (LV) is a common condition that impacts many older adults. According to the National Eye Institute, LV is defined as a visual impairment that is not correctable by standard eyeglasses, contact lenses, medication, or surgery. Although LV is not a life-threatening condition, it can have a significant impact on your quality of life.

LV occurs gradually over time. There are three main eye diseases which account for 76 per cent of LV cases: age-related macular degeneration, diabetic retinopathy, and glaucoma. You can take the following steps to prevent LV from occurring/progressing: get regular comprehensive dilated eye exams, maintain a healthy weight, do not use tobacco, keep diabetes under control, wear sunglasses and brimmed hats outdoors, and know your family's eye health history.

There are many signs of LV, such as: finding it difficult or impossible to read, write, shop, watch television, drive a car, or recognize faces. It may be difficult to manage glare. With LV, you might have trouble picking out or matching the color of your clothes. The light may seem dimmer than it used to be, making work or household chores more difficult. The most common signs indicating LV include loss of central vision, loss of peripheral vision, night blindness, and blurred or hazy vision.

(cont. on p. 12)

Low Vision

(from p. 11)

How can therapy help you? Physical, Occupational, and Speech Therapists can improve quality of life for residents by optimizing visual performance, enhancing safety, increasing mobility, improving ADLs (Activities of Daily Living), and minimizing/preventing falls and other injuries to achieve maximum functional independence.

For more information, contact Heather Strong, Rehab Manager, at 464-2638.

Make Restaurant Reservations -- Please!

Judy Kurtz, our Director of Dining Services, has a heartfelt plea: please make your Restaurant reservations in good time.

The Restaurant at Kendal is located to the south of the main dining area and is open Wednesday through Saturday evenings. The first seating is at 6 pm, the last at 7:30 pm.

From Judy: "Reserve your table with us at 458-3784. Please leave a message which includes your name, phone number, number of people in your party, the date, and the requested time. If you have any special requirements, let us know that, too. We will follow up with a confirmation call. (Please note: The Restaurant staff does not arrive until 11 am. Your confirmation call will most often be received after 1:30 pm.) If for some reason you don't hear from us, feel free to check in on your way through the dining area. And if you need to cancel or change your reservations -- Let us know that also!"

"Bowl Pick 'Em" Now Under Way (And Alabama Is a Heavy Favorite)

Ten Kendal residents and/or staff met the deadline of December 16 and are testing their football prediction skills in a contest set up by Jason Bunn, our Health and Fitness Program Manager. Using Jason's handy form, participants chose the winners of the 42 bowl games to be played during December and January, the winner of the championship game (to be played by the winners of the Peach Bowl and the Fiesta bowl, making the candidates Alabama, Washington, Ohio State, or Clemson) and the total number of points scored in the championship game. This is quite a challenge for anybody's crystal ball.

Our crystal balls must be in some alignment, though, because all but one contestant picked Alabama for the championship. The exception chose Clemson.

Jason has worked out a method of scoring and will post our standings periodically. The final results will be posted after the championship game on January 9 and will appear in the February issue of this newsletter.

Christmas Cheer Breaks Record

Contributions by residents to the Staff Appreciation Fund distributed at the staff/resident party on December 2 added up to a record-breaking \$45,233.40, according to Felicia Bush, our Finance Manager.

One hundred thirty eight checks were distributed, with top management excluded. The amounts on the individual checks reflected the number of hours worked and also the length

(cont. on p. 13)

Christmas Cheer

(from p. 12)

of time the recipient has been at Kendal. At the top was \$477.58; at the bottom, \$16.42.

Last Christmas's donations came to \$42,752.46. Until now, the largest-ever total was \$43,827, in June of 2015.

Staff appreciation events are held semi-annually, in June and December. All contributions are tax deductible. So, if your 2016 tax return could use a few more gifts, it's not at all too soon to write a check for next June. Just make it out to Kendal at Lexington, mark it "Staff Appreciation," and hand it to any of the front office staff. We have the best employees in the world, and they deserve all good things.

January Meeting Planned

As you all know, there is controversy about plans for Phase III construction of thirty cottages on the hill in the portion of the campus located in the City of Lexington. There are many components to the plans for Phase III, including renovations for the Borden Center, the Webster Center, and the dining room, in addition to the construction of the thirty cottages.

If Kendal does not get approval to build the new cottages, it will not have the income needed to carry out the "neighborhood concept" renovation for the Borden and Webster centers.

In January, Mina Tepper, Kendal's Executive Director, will schedule another informational meeting for Kendal residents to describe the modifications which have been made to the site plan to satisfy requests from neighbors living near the Kendal campus.

More information will be posted on the bulletin board near the mailboxes.

-- Dianne Herrick,
in Consultation with Others

Searching Out that Special Spot

Can you get there from here? If you are in Maine, maybe you can't. Ever tried to find a sign that isn't, or directions that don't? These perplexing absences are our own Kendal mysteries. Are we assuming virtual signage and virtual homing devices as directions? Where is this special spot? I ask at the front desk and get no answer, only a willing volunteer (many thanks, you know who you are) to take me there, as if the place is too remote, the route too hard to describe, and no possible oral explanation available that could begin to indicate its true location. The **Alcove**, touted by tour guides here, is apparent only when you already know where it is and how to get there -- if you don't know either, you lose because there is neither sign nor directions.

But once you get there, Oh Joy, Oh Rapture! The Alcove has a wonderful collection of both relevant and irrelevant information for you. Subjects posted on the bulletin boards include Community Events & Opportunities, Activities at Kendal, Fitness Information & Activities, Staff News, Directories & Information, and Transportation information, the latter including scheduled bus departures for local shopping. There are even individual resident postings, since there is no collection of classifieds for

(cont. on p. 14)

Weekly Scheduled Activities

Sundays (1, 8, 15, 22, 29)	4:00 pm	Vespers	Kendal Hall
Mondays (2, 9, 16, 23, 30)	1:30 pm	Needleworkers	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (3, 10, 17, 24, 31)	12:45 pm	Recorder Consort	Kendal Hall
	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (5, 12, 19, 26)	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 (6, 13, 20, 27)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (7, 14, 21, 28)	3:00 pm	Movie	Webster

Special Spot

(from p. 13)

viewing, and a chair to sit, observe, read, and digest.

Do you regularly check this display? Some hall talk indicates that Cox and South residents do, but that cottage residents perhaps do not, since it is a bit beyond the various mailboxes. You will never know what you might be missing without making the effort.

So how do you get there from here? Begin by facing the internal mailboxes, and then make a 45 degree right turn. Proceed straight through the opened and pinned back double doors, and there you are. If these directions are insufficient, the mystery lives on. Don't expect to see an Alcove sign -- that absence helps the mystery live on.

-- Maureen Crandall

Out and About in January

[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.]

Jan. 22, Sun., 3 pm. "Romantic Masterpieces for Cello and Piano." Isaac Melamed, cello, and Ting-Ting Yen, piano. perform pieces by Brahms and Rachmaninoff. Husband and wife musical team featured at the Garth Newel Music Center in Bath County. Wilson Concert Hall, W&L. No ticket required.

Jan. 29, Sun., 11 am to 2 pm. The fifth annual "Souper Bowl," a soup tasting to benefit W&L's "Backpack Program," supplying weekend snack items to pre-kindergarten and elementary students who are eligible for free or reduced-price lunches on weekdays. The soups are created by area restaurants. Evans Dining Hall, W&L. Adult ticket \$15.

January Activities Calendar

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

2, Mon.	8:00 am	Men's Breakfast	Dining Room
10, Tue.	1:00 pm	Residents Council Meeting	North Parlor
	6:30 pm	Sunnyside Weavers	Sunnyside House
11, Wed.	* 4:30 pm	Talk by Arthur Bartenstein	Kendal Hall
	7:30 pm	Contemporary Ballet, W&L	[bus, 7 pm]
12, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside House
	3:30 pm	IT Workshop	Kendal Hall
13, Fri.	* 4:30 pm	Janet Ikeda, talk on Japanese Tea Ceremony	Kendal Hall
16, Mon.	2:00 pm	Japanese Tea Ceremony, W&L	[bus. 1:30 pm]
18, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
	4:30 pm	Kendal College, "Living in Rockbridge County"	Kendal Hall
19, Thu.	3:30 pm	IT Workshop	[Kendal Hall]
20, Fri.	* 4:30 pm	Imad Baazizi, talk on Moroccan culture	Kendal Hall
21, Sat.	7:45 pm	Play, "The Other Mozart"	[bus, 7:15 pm]
22, Sun.	3:00 pm	Rockbridge Choral Society concert	[bus, 2:30 pm]
24, Tue.	TBA	"Night on the Town"	[bus, TBA]
25, Wed.	4:30 pm	Kendal College, "Living in Rockbridge County"	Kendal Hall

*** Free and Open to the Public**

Kendal at Lexington
The Residents' Newsletter

