



# *The Residents' Newsletter*

## *Kendal at Lexington*

160 Kendal Drive  
Lexington, Va. 24450

(540) 463-1910  
[www.kalex.kendal.org](http://www.kalex.kendal.org)

Vol. 17, No. 10  
**October 2017**

### **World War I --**

## **An American Hospital in France**

by Ruth Woodcock

[Editor's note: the author, a Kendal resident, recently traveled with family members to France to attend a centennial ceremony for a military hospital with which her father was closely involved.]

**The Great War** -- Savenay, a small town in France, was transformed by the Americans, 1917-1919. The story of this transformation is vividly portrayed in the film *The American Hospital in Savenay, France, 1917-1919: Medicine in War Time*. This film, produced by the historians of Savenay, will be shown on Thursday, October 12, at 7 pm in Kendal Hall.

The film describes the challenges faced by the Americans, the services provided by many of

America's best medical personnel, and the extensive suffering of American troops who joined the French in the front lines.

A copy of the film was presented to me by the mayor when I was in Savenay, June 23-25 of this year, to participate in their commemoration of a hundred years of Franco-American friendship.

The Savenay film is based on a collection of photographs as well as film clips from American archives. Some of the photographs were taken by my father, who was an X-ray technician and also the official photographer at the American Hospital.

The small town of Savenay in the Loire valley of western France, with a population at that time of just over three thousand, was chosen as the hospital's site because it was between the coastal towns of St. Nazaire and Nantes, it had some road and railroad connections, and it had a population ready to support this enterprise.

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## 🎵 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.

The charge for bus transportation to events in or near Lexington is \$2, unless otherwise noted.

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

**Oct. 1, Sun., 3 pm.** Faculty recital of old and modern music. Ting-Ting Yen, pianist; Gregory and Lori Parker, singers; Jaime McArdle, violinist. No ticket required. Wilson Concert Hall, W&L. [bus, 2:30 pm]

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

**Oct. 5, Thu., 4:30 pm.** Resident Tom Williams, retired from the W&L physics department, will speak on "A Perfect Pass." This somewhat enigmatic title refers to gravitational wave detection, a much-discussed recent development in the world of physics. Involved are black holes, relativity, space-time distortion, and much more. The topic may have a bearing on this year's Nobel prize in physics, to be announced later in October. Tom Williams' talks on the solar eclipse this past August, in Kendal Hall and less formally in the courtyard during the event itself, demonstrated his ability to bring complex

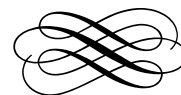
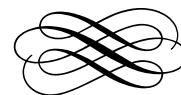
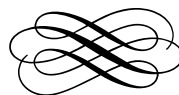
astronomical concepts within the grasp of a general audience. Kendal Hall. **Free and Open to the Public.**

**Oct. 8, Sun., 3 pm.** "An Exploration of the Russian Soul." Faculty recital with Anna Billias, pianist, and Julia Goudimova, cellist. Selections from the "Mighty Five" Russian composers. Ms. Billias and Ms. Goudimova performed a sample of this music at Kendal this past September 15 to enthusiastic acclaim and a standing ovation. No ticket required. Wilson Concert Hall, W&L. [bus, 2:30 pm]

**Oct. 10, Tue., 9 am to 3 pm.** Flu and Prevnar 13 (pneumococcal bacteria) shots, to be given in Kendal's Clinic by Kroger Pharmacy. Bring a copy of your Medicare Card. See postings for time assignments, alphabetical by last name, but you may come any time if you need to. The Clinic is on Level 2, near the dining room elevator and next door to the beauty parlor.

**Oct. 10, Tue., 1 pm.** Monthly meeting of Residents Council. Open to all residents. Check with Karen Russell, Residents Association president, if you would like a spot on the agenda. North Parlor.

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**Calendar Notes**

(from p. 2)

**Oct. 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.

**Oct. 11, Wed., 4:30 pm.** Rob Mish, of the W&L theatre department and director of "The Addams Family: A New Musical Comedy" (see below, Oct. 26), will speak on this production. Rob will be joined by W&L's Shaun Evans, scenic designer for the show, to discuss the technical aspects. Charles Addams, who died in 1988, created a much-loved group of macabre characters for his cartoons in the *New Yorker* magazine. Kendal Hall. **Free and Open to the Public.**

**Oct. 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.

**Oct. 12, Thu., 7 pm.** Film about the building of a hospital in France during World War I. Resident Ruth Wookcock's father was involved in this project. (See story, p. 1). **Free and Open to the Public.**

**Oct. 14, Sat., 9 am.** Bird walk on the Kendal campus. (See story, p. 6.) **Free and Open to the Public.**

**Oct. 18, Wed., 9:30 am.** Monthly meeting of the Residents Association. Stay in the loop -- find out what's happening at Kendal. Light refreshments before the meeting. Kendal Hall.

**Oct. 18, Wed., 5:15 pm.** Kendal's "Night on the Town" for October will be held at the Lexington Golf and Country Club. A fall-themed dinner has been planned, featuring salmon and pumpkin creme brulee. The three course dinner will be offered, including service charge and taxes, coffee and iced tea, for \$35 per person. A bus will take us for cocktails (cash bar) at 5:30 pm, with dinner following at 6 pm. If you haven't had occasion to dine at the Country Club recently, here's your chance to try out the excellent food from the new chef. Please sign up no later than Friday, Oct. 13. Reservations are required. If you intend to go on the bus, sign up for this also. Contact Anne Maxwell with questions. [bus, 5:15 pm]

**Oct. 18, Wed., 7:45 pm.** The Baltimore Consort, an early music ensemble which has been performing for thirty-some years, presents "The Food of Love: Songs, Dances, and Fancies for Shakespeare." Gillis Auditorium, VMI. No charge. [bus, 7:15 pm]

**Oct. 19, Thu., 4:30 pm.** Nancy and Bruce Summers, Lexingtonians and members of Kendal's waitlist, will speak on the Appalachian Trail. (See story, p. 6.) Kendal Hall. **Free and Open to the Public.**

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**Calendar Notes** (from p. 3)

**Oct. 22, Sun., 2 pm.** Garth Newel Music Center in Bath County presents "Sunday Social 2: Fairy Tales." Chamber music by Leos Janacek, Robert Schumann, Sergei Rachmaninoff, and Tom Johnson. Evelyn Grau, viola; Isaac Melamed, cello; Jeanette Fang, piano; Shawn Puller, narrator; Courtney Renee Fridley, face painter. See postings for more details about this event. [bus, 12:30 pm]

**Oct. 24, Tue., 8 pm.** Fall Choral Concert, featuring the University Singers, the Men's Glee Club, and Cantatrici (women's group). Ticket free, but required; distributed to riders on the Kendal bus. Wilson Concert Hall, W&L. [bus, 7:30 pm]

**Oct. 25, Wed., 4:30 pm.** Drama and film professor Stephanie Sandberg and Journalism Professor Toni Locy will discuss Prof. Sandberg's adaptation of George Orwell's *1984*, to be presented at W&L in early November. Orwell's novel, completed in 1948, has haunted its readers for generations, and, in this fresh take on the story, Sandberg weaves in our contemporary understanding of surveillance in our own New-speak language of tweets and fake news. Both speakers will offer some unique insights on both the novel and the theatre. Kendal has scheduled a bus for Friday, Nov. 10. Kendal Hall. **Free and Open to the Public.**

**Oct. 26, Thu., 7:30 pm.** *The Addams Family: A New Musical.* Well timed for Halloween, Charles Addams' creepy cartoon characters come to life. Directed by Rob Mish (see above, Oct. 11), choreographed by Jenifer Davies. This

production is made possible by the Robert O. and Elizabeth M. Bentley Endowment for the Performing Arts. (The late Elizabeth Bentley was a Kendal resident.) Senior ticket \$13; box office, 458-8000. Johnson Theatre, Lenfest Hall, W&L. [bus, 7 pm]

**Oct. 28, Sat., 7:30 pm.** Concert by the Rock-bridge Symphony, directed by Mark Taylor of the Southern Virginia University music department. Bassoonist Heather Dobbins will be featured. Details of the program and ticket price are unavailable as this newsletter goes to press. Lexington Presbyterian Church. [bus, 7 pm]

**Oct. 29, Sun., 2 pm.** Concert at Garth Newel Music Center. "Sunday Social 3: Demons and Angels." Music by Chopin, Albright, Mendelssohn, others. Garth Newel Piano Quartet. See postings for more details. [bus, 12:30 pm]

**Oct. 31, Tue., 3:30 pm.** This is the five hundredth anniversary of the day that Martin Luther is believed to have tacked his 95 theses to the door of the church in Wittenberg, Germany, and thereby triggered the Protestant Reformation, one of the most important intellectual movements in western history. To celebrate the occasion at Kendal, we will have Dr. David Peterson, head of the history department at W&L, to lecture on the Reformation. The early hour was chosen because of our weekly Wine and Conversation gathering at 5 pm on Tuesdays. Dr. Peterson's lecture arranged by John Gunn for the Culture and Entertainment Committee. Kendal Hall. **Free and Open to the Public.**

**American Hospital**

(from p. 1)

In June, 1917, the first troops and hospital staff arrived in Savenay and began to transform the landscape. Infrastructure was required for the hospital that became the largest American hospital behind the front lines in France. Records show that between 14,000 and 16,000 beds were eventually provided.

Records also show that the appearance of the American "Sammies," as they were called, impressed the French -- they were tall, well nourished, clean, and had a proud bearing with their celebrated Montana Peaks (hats).

In record time, the Americans built more roads and railroads, a cemetery, living quarters for all the people needed to support this installation, and medical facilities to care for gas victims, amputees, the sick and wounded, including those with contagious diseases. Immediately, water became a crucial problem, solved by the construction of a dam which took six months to complete.

Before the Armistice of November 11, 1918, all patients from the American Expeditionary Force were repatriated to the United States from Savenay. A total of 82,026 were sent home; 8,696 others were returned to service after their convalescence.

During the two years following the Armistice, all of the American Hospital facilities in Savenay were dismantled, including the American cemetery. Once again, Savenay is a small French town, population (1999 census) 5,883. There is, however, one reminder of the American

time in Savenay. Thanks to the American dam, there is a lovely lake, now a favorite recreation area.

During my visit, there were many expressions of gratitude for America's involvement in the war, and they were anxious to tell the story of how the French and Americans faced tremendous challenges together.

In my introduction to the film on October 12, I will explain why family members of Evan Jones Miller, my father, were invited to be special guests of the town of Savenay in June.

-- Ruth Woodcock

**Newsletter Statement and Staff**

*The Residents' Newsletter: 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, Rae Hickman, Susan Lynch, Jo McMurtry (editor), Shay Peters, Kay Quirk, Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Bill Schellstede, Marje Sherrill, John South, Rudie Terhune, Clara Belle Weatherman, Dick Werling.

**The deadline for the November, 2017 issue is Wednesday, October 18, 5 pm.**

## Bird Walk at Kendal

On Saturday, October 14 (rain date October 21), Kendal and the Rockbridge Bird Club will hold a bird walk on Kendal property, led by expert birder Kerry Kilday of the Bird Club who leads bird walks at Boxerwood on the first Saturday of every month. All members of the Kendal community, the Bird Club, and the public are welcome to join the group.

We will meet in front of Anderson Hall at 9 am. Binoculars are highly recommended to bring the birds up close, and sturdy footwear is important as well. Kendal is home to many bird species, so come along as we seek to find a sample. If you are interested, please let Don Holmes know. Those not having access to a pair of binoculars might be able to be equipped (first come first served.)

-- Don Holmes

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### Heads Up for Oct./Nov. Events:

## The Appalachian Trail

The Appalachian Trail is a hiking-only trail about 2200 miles long. It follows approximately the ridges of the Appalachian Mountains, from Georgia to Maine, passing through fourteen states. Most of it, but not all, is in forests or woodlands, and most is in a National Park or National Forest. In Virginia, it runs near the Skyline Drive (Shenandoah National Park) and the Blue Ridge Parkway, crossing them a number of times.

It is the longest hiking-only trail in the world and one of the "Triple Crown of Trails" in the United States, the other two being the Pacific Trail and the Continental Divide Trail. An estimated two million people hike on the trail at least one day every year. In 2014, a typical year, more than 2700 people hiked the entire trail. A few dozen made a "round trip."

The Trail is maintained by a series of 31 Trail Clubs, under the supervision of the Appalachian Trail Conservancy. Our speakers on October 19, Nancy and Bruce Summers, are members of the Natural Bridge Trail Club, which is responsible for ninety miles of the trail, including Rockbridge County.

Nancy and Bruce will lead a "double hike" of Kendal people on the Trail on the first of November. There will be a hike of about two hours for people in "good physical condition." Jason Bunn, of Kendal's Fitness/Wellness Department, will accompany this group as well. Bruce is a certified emergency medical technician, and he will have with him a portable defibrillator. There will be a parallel thirty-minute hike of one hundred yards, to a site with a beautiful view, but even that short hike is not suitable for handicapped people.

Bruce is an economist, retired vice president of the Federal Reserve Bank of Richmond, now teaching part time at VMI. He spoke at Kendal a few months ago on the country's payments system. He and Nancy are on the Kendal wait-list.

-- John Gunn



## Memorial Book Now in Library

For Earle Bates, the Library Committee has chosen *A Legacy of Spies*, by John Le Carré.

John Le Carré's spies are genteel, subtle, obsessive, secretive, opportunistic. Truthful? sometimes. Purveyors of disinformation? certainly.

This novel concerns a former spy named Peter Guillam, who is ordered to return to the "Circus" (MI6) from his retirement home in Brittany. (He is half Breton.) A case from many years ago has been resurrected, in which the current spymasters accuse Guillam and his boss George Smiley of conscious betrayal when an agent and his innocent girlfriend are killed by the Stasi (East German secret police) as they try to flee East Berlin.

You may remember George Smiley as played by Alec Guinness in the television drama "Soldier, Sailor, Tinker, Spy." Is he still alive? Can he exonerate Guillam? Where is he?

You must wait until the end of the book to find out.

-- Anne Preuss



## Looking Around with Maureen:

### Initial Move-In, Maintenance Help, and Your Reconstruction Needs

Anyone who has moved here within the last year or so knows by now that the settling-in process takes time and effort. It can be assisted by Kendal's maintenance folks. They will hang your pictures, and assist with other small tasks, at no cost. On your nickel, you can also re-design, e.g., a dressing room or a closet, adding such things as shelving or built-in cabinets with doors/drawers.

Maintenance crews have been busy in the last year servicing turnovers of twelve units. Kendal currently has 120 Independent Living residences, and is fully occupied. The annual turnover is typically six to eight, but in 2015 there were fourteen turnovers. In 2017, so far, there have been thirteen turnovers, resulting in higher turnover rates of nearly eleven or twelve percent in those two years. New occupants typically come from the wait list kept by Marketing. All move-ins can hire someone to redesign their spaces to meet their needs.

Once you are here and find you need some assistance, you can either call or speak to Karen Miller, our receptionist, at the front desk. Or, if you have a computer, you can schedule Maintenance help by using the website <https://kalex.theworxhub.com/> Dashboard # Tab=Requestor Tab. Click on the maintenance tab on the left,

(cont. on p. 8)

**Initial Move-In** (from p. 7)

and put in your name, address, and your request. You will be scheduled at a time that works for you. They arrive on time and are always cheerful and helpful.

As an example, there were no hooks in any of my closets when I moved here. I wanted wall hooks installed in two closets, and a grab bar in the shower. Maintenance provided the grab bar, and I provided two hook boards. They also put my felt pads on the legs of a chair, for ease in sliding and to prevent floor scratches. I could not remove the plastic covers from the pads with my fingers (nor could they!) but they had needle-nose pliers to do so. If you want help in mounting a curtain rod or something else, Kendal's maintenance crews will respond on a timely basis.

If your thoughts include some redesign and reconstruction, that is doable as well. You will have to hire someone, but the additional shelving and storage may well be worth it. Among the many contractors available, one cottage resident chose Closet Storage Organizers in Salem, and the final product is quite spectacular.

-- Maureen Crandall

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**Resident Address Changes**

**Mary and Peyton Craighill** to Apartment 7, South.

**Hank Sharp** to Apartment 224, Webster Center.

**Houston: We Have a Problem**

Actually, it is your Culture and Entertainment (C&E) Committee that has a problem. Some residents sign up for a spot on the bus to attend an outside event, such as a visit to a restaurant, a tour, or other event that requires a reservation on the bus and then, for some reason, cancel at the last minute. This practice may deny another resident an opportunity to attend that event. Of course, emergencies will arise on occasion, but apparently some residents are signing up when they are not fully committed to attend. If something should occur to prevent your participation, please notify JoAnn Wilson as soon as possible so she may offer your spot to someone on the wait list. In the future, the C&E Committee respectfully requests that you carefully consider your commitment before you place your name on the reservation list posted.

-- Dick Minnix  
for the C&E Committee

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**What's Left on Sunrise Ridge?**

Kendal's Sunrise Ridge cottages, to be completed in 2019, come in three sizes: the 1400 square foot duplex (two bedrooms, two full baths, one-car garage); the 1500 square foot stand-alone (two bedrooms, two full baths, one-car garage with the possibility of a larger garage, depending on the individual site); and the 1750 square foot stand-alone (two bedrooms,

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**Sunrise Ridge**

(from p. 8)

two full baths, den, two-car garage). All have lots of storage, lots of interior sunlight, lots of outdoor living space, and gorgeous views. There are plenty of optional add-ons -- sun-rooms, gas fireplaces, much more.

As this newsletter goes to press, more than half of the cottages have been reserved. Here's what's left: 1400 square footers, two; 1500 square footers, seven; 1750 square footers, two. According to the Marketing Department, the prospective Kendalites making these reservations are about equally divided between households currently living in the area, and those from farther away.

To find out more, visit Kendal's website ([kalex.kendal.org](http://kalex.kendal.org)) or contact the Marketing Department at 540-463-1910. Given our current occupancy rate for existing residences (one hundred percent), the Sunrise Ridge cottages offer a comparatively specific vision of the future. You know where you're going, and approximately when. There is also the fun of becoming your new home's first occupant, with plenty of choice as you personalize, and of getting to know your immediate neighbors as all of you begin this new chapter of life at the same time and in the same beautiful place.

-- Jo McMurtry

**November's Kendal College To Examine Homer's Epics**

The *Iliad* and the *Odyssey* are the subjects of a three-part Kendal College session to be taught by Kevin Crotty, Professor of Classics at W&L, in early November. Registration forms will be placed in open mailboxes in late October. The course is open to residents, staff, and invited guests of the Marketing Department. There is no charge for the course.

Dates will be November 1, 8, and 15, all Wednesdays, and all at 7:15 pm. Topics for the three lectures, respectively, are "The Story of the *Iliad*"; "Troy between History and Poetry"; and "Homer's *Odyssey*." Contact Sally Emory if you have questions.

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**Resident Art Show, October 2017**

The October Resident Art Show will open Monday, October 9. The day to retrieve current work and bring in new work is Friday, October 6, between 10 and 11:30 am and between 2 and 3 pm. Kendal construction permitting, the show will probably run from October 9 until March 1, 2018, a final date to be determined later.

For the object label posted beside each piece, please provide your name, a title, and the type of medium. Art Show notices were distributed in late September that include guidelines to clarify

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**Resident Art Show** (from p. 9)

what to use for hanging, and a similar notice was posted on the mailbox bulletin board.

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

The Art Gallery is located on Level One just past The Restaurant and in the corridor leading toward the south elevator. Please direct any questions to either Victoria Shelar or Trix Rumsford.

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**Missy's Musings**

[Missy Quirk, canine protectress of resident Kay Quirk, keeps us up to date on her doggy friends.]

After a hiatus of two months while my human recovered from knee replacement, I'm back and ready to catch up on my column featuring my fellow Kendal canine residents.

A couple of cuties are Baley and Lightnin [sic] Thompson (Beth and Joe).

Baley, a bale of cotton (thus the French name), is most often seen walking Joe at the end of a leash. Baley is four and came to the Thompsons by plane from Oklahoma at three

months of age. He is a Coton de Tuléar. This breed comes from Madagascar and the name is from a city in said place. To learn more about this adorable, playful, clean breed, check Wikipedia on line.

The newer member of Baley's family is a little rescue pup called Lightnin. One look and you will know the reason for the name. This black pup has a white mark on her back not unlike a bolt of lightning. Her trip to Kendal is remarkable. She was rescued from floods in Louisiana by a group who then transported several dogs all the way to Maine, making pre-arranged stops along the way. The Thompsons met the van at one of those stops along the interstate. What a great story, not unlike my own. Kay found me on Petfinders and drove from Alexandria to the rest stop called South of the Border to get me. A red-letter day!

Baley and Lightnin reside in the South Building on the "G" floor.

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**Kendal Wins High Honors  
In Resident Satisfaction**

Holleran Consulting, a firm that specializes in conducting resident satisfaction surveys for Life Plan Communities (aka Continuing Care Retirement Communities), has awarded Kendal at Lexington its highest honors for providing services to residents.

Holleran's survey was taken by residents this past May. Completed survey forms were sent

(cont. on p. 11)

**Satisfaction Survey**

(from p. 10)

directly to Holleran, which tabulated the results. Holleran's award citation (posted on the main bulletin board in mid-September) congratulated Kendal for achieving scores that exceed the ninetieth percentile and are significantly above Holleran's national benchmark for Independent Living communities.

Kendal residents expressed long-term confidence in Kalex's future (unlikely to go broke, in other words); satisfaction with Kalex's fulfillment of its Mission Statement and its resident and care agreements; fulfillment of expectations as promoted by the Marketing Department; quality of the Billing Department; accessibility of the Executive Director; fairness in administration of policies; and opportunity for resident input. In the category of community life, Kendal scored highly in the friendliness/courtesy of staff and the quality of the fitness/wellness center.

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**In Memoriam**

Earle Bates  
Died August 29, 2017  
Entered Kendal July 19, 2000

Tom Hasselmann  
Died September 10, 2017  
Entered Kendal December 10, 2013

**Vespers for October**

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 residents' Vespers Committee.

**Oct. 1:** Officiant, Deb Klein (Lexington Presbyterian Church); pianist, Sharon Massie.

**Oct. 8:** Officiant, Paul Carter (Grace Presbyterian Church); pianist, Jean Eisenhauer

**Oct. 15:** Officiant, Steve Cathcart (Timber Ridge Presbyterian Church); pianist, Laura Hotinger.

**Oct. 22:** Officiant, Kris Peadar (Rockbridge Community Church of the Nazarene); pianist, Lee Higgins.

**Oct. 29:** Officiant, Bill Klein (Lexington Presbyterian Church); pianist, Donna Mabry.

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**Nominating Committee  
Seeks Suggestions**

At the November meeting of the Residents Association, the Association's Nominating Committee will present a slate of officers and members-at-large for the 2018 Residents Council Board. Mary Stratton, chair of the Nominating Committee, has asked all residents to give this matter some thought and to send suggestions (in writing) to Don Holmes, mailbox #205. Please

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**Nominating Committee** (from p. 11)

ask your candidate's permission to send in his or her name before doing so.

Besides Mary and Don, current Nominating Committee members are Caroline Hemmings, Margy Werling, and Nelson Potter.

Now serving as officers of the Board are Karen Russell, president; Lew John, vice president; Margaret Sayre, secretary; Jack Geikler, treasurer; Ruth Tafel and Ned Henne-man, members at large. Of these, only Margaret Sayre and Lew John are eligible to serve another term in the same office. However, these officers/members could serve in another position.

For more information on the Nominating Committee and on the officers and members-at-large of Residents Council, see the Residents Handbook (red binder), Section IV, pp. 11- 14.

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## **"Trash Talk"**

For those residents with rain barrels, it's nearing time to think about preparing them for the winter to come. It's very important that before the first frost your rain barrel has been emptied. This is a simple process.

1. Remove the hose if you have one attached to your barrel.

2. Open the spigot and drain all the water from your barrel.

3. Leave the spigot open. You don't want the next rain to fill up your barrel again.

You want to have your barrel in good shape for use again next year. Water left in a barrel will freeze and ice can cause the barrel to crack. Just a few minutes of your time will ensure a healthy barrel for next year.

-- Helen Behrens  
for the Sustainability Committee

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## **Marketing Department News**

Independent Living occupancy remains at one hundred percent, according to the Marketing Department's report at the Residents Association meeting of September 20.

We can continue to follow the progress of the Sunrise Ridge cottages to be completed in 2019. An easel in Anderson Lobby, near the entrance to Kendal Hall, displays a plan of the Sunrise Ridge site, with a glittery star affixed to each cottage that has been reserved. As this newsletter goes to press, there are nineteen stars. (See also the article "What's Left on Sunrise Ridge," p. 8.)

"Try it, you'll like it" visitors continue to arrive; five have visited Kendal since the last Residents Association meeting, and of these two have joined the waitlist. Seven visitors are scheduled during late September and into October.

(cont. on p. 13)

**Marketing Department** (from p. 12)

And there has been a staffing shift in the Marketing Department. Jessica Buhler, the department's director since late 2014, is on leave of absence until early 2018. In the meantime, Michael Fulcher has joined the department as a specialist in the Sunrise Ridge cottages, with responsibility for such projects as guiding prospective residents through the various options available for customizing their homes. (Choices in kitchen cabinet finishes, for example.) Michael has a varied business background that includes sales and banking. The Marketing Department will also receive some help from Kendal Corporation, especially with regard to keeping our web presence up to date.

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**Living Well with Chronic Disease**

A chronic disease self-management program workshop will be held each Wednesday, October 4 through November 8, from 2 to 4 pm, in the Kendal Restaurant. To register, contact Sybil Adams, Resident Support Coordinator, at 464-2627. The course is free; there is no deadline for registration. Caregivers, family members, and significant others are also welcome to attend.

Participants will learn new ways to deal with symptoms such as fatigue, pain, stress, depression, and frustration; appropriate exercise and nutrition; managing medication; working with health care providers; helpful tips from other workshop participants; and much more.

**Kendalites Meet Cows That Milk Themselves**

-- or, more accurately, cows that make their own arrangements to be milked, at their own convenience. The process involves robotic technologies, computers, sensors, lasers, data collection. All this on a farm that has been in the same family since 1760: past, present, and future, in one package.

This past September 6, Linda Leech, who, with her husband Charles and children Jennifer and Beau, own and manage Ingleside Farm near Murat in Rockbridge County, gave an illustrated talk in Kendal Hall. Tours of the farm followed during the next two mornings. (Same tour, different participants.) Mrs. Leech did an excellent job of explaining a process which her listeners found technologically dazzling. (Many of us, including the present writer, remember family farms where one or two cows were milked by hand twice a day, or dairies with milking parlors in which the milking machines had to be attached and detached by humans -- labor intensive, to put it mildly, and always twice a day, morning and evening, part of the rhythm of life.)

The Leeches' cows, mostly Holsteins with a few Brown Swiss, live in large, airy barns with an open floor plan. The cows can wander about the barn at will. Food is always available in the form of hay and silage. Each cow wears an ear tag showing her individual number and is thus immediately identifiable by the human eye. Around her neck, though, instead of the cow bell

(cont. on p. 14)

**Kendalites Meet Cows** (from p. 13)

we remember, she wears a collar that has been programmed with her personal information and that can be read not by humans but by the farm's all-knowing computer.

When a cow feels the need to be milked, and those big-boned Holsteins' udders are enormous, she walks into one of the milking stalls right there in the barn. Here she is rewarded with a serving of especially tasty and nutritious feed. Meanwhile, the computer reads her collar and identifies her, sends a robotic arm along her underside to sanitize her udder and teats, and then -- guided by a laser beam -- attaches a milking tube to one of her teats. The machine milks all four teats in sequence, with the milk flowing through a translucent plastic tube, visible to the audience of fascinated Kendalites, and into a collecting tank. Mission accomplished, feed finished up, the cow strolls out again. Often another is waiting her turn. Should a cow try to game the system by entering a stall when she is not yet ready to be milked, the computer knows when her last milking occurred and won't fall for the ruse. No feed; go away.

Since a cow that is milked frequently will then make more milk, production goes up. The average number of milkings per day per cow at Ingleside Farm is 2.8, and for a cow to produce eight gallons a day is not all that unusual. The major advantage, however, according to Mrs. Leech, is in the saving of labor. The farm often has over 300 cows producing milk, and family members can handle most of the work.

The raw milk is sold to a co-op buyer and then to plants which pasteurize it and put it into containers for retail sale. A large proportion of Ingleside Farm milk goes to the Lynchburg area.

The Leeches' six robotic machines were made by Lely, the Dutch firm which pioneered this technique. The system was installed in February of 2012; Ingleside Farm thus became the first dairy in Virginia to make this leap. According to Mrs. Leech, it took about three months to get everything running smoothly, including teaching the cows what to do. They learned quickly, Mrs. Leech said, and can now teach newcomers on their own. Cows are smarter than we might think.

Many thanks to resident Louise Tardy for suggesting this experience, and to the Culture and Entertainment Committee for arranging it.

-- Jo McMurtry

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**Register to Vote**

According to resident Dick Minnix, who served for a number of years on Lexington's Electoral Board, the deadline for registering to vote is October 16. If you are a newcomer to Kendal and wish to update your registration, Dick can supply you with the necessary forms.

Dick plans to have more voting information at the next meeting of the Residents Association, to be held October 18, in good time for the general election on November 7.

## Welcome, New Residents!

Melou and George Piegari  
20 Sycamore Lane  
From Lexington, Va.

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## Out and About in October

[This column lists event and opportunities for which Kendal is not offering transportation, but which may be of interest to Kendalites and their guests.]

**Oct. 7, Sat., 8 pm.** Instrumental ensemble concert, consisting of the University Wind Ensemble, the University Jazz Ensemble, and the University Orchestra. No ticket required. Wilson Concert Hall, W&L.

**Oct. 14, Sat., 9 am to 3 pm.** Fall Festival at Timber Ridge Presbyterian Church, 73 Sam Houston Way, Route 11 north. Homemade Brunswick stew, apple butter making. Bake sale, yard sale, arts and crafts, blue grass music. Free.

**Oct. 21, Sat., 11 am to 3 pm.** Cider making at the Stonewall Jackson House, 8 East Washington St., Lexington. Crafts and games, live music. Free.

**Oct. 29, Sun., 3 pm.** The Marlbrook Chamber Ensemble, based at W&L, performs music by Mozart and Brahms. Timothy Gaylard, piano; Jaime McArdle, violin; Julia Goudimova, cello;

with Ting-Ting Yen, violin, and Kathleen Overlook-Zouk, viola. No ticket required. Wilson Concert Hall, W&L.

**Oct. 21, Sat.** Day trip to the Virginia Museum of Fine Arts in Richmond, sponsored by the W&L Department of Art and Art History. Kendal residents are eligible to ride the bus, whether or not they happen to be auditing an art course. Transportation charge, \$35. See Sarah Giddings for more information and also to register and to sign a participant form.

**Coming Up in November**, but tickets are now on sale and might go fast. The Wayne Theatre of the Ross Performing Arts Center in Waynesboro stages its fall musical, *My Fair Lady*, Nov. 9-12 (Thursday through Sunday) and Nov. 16-19 (Thursday through Sunday). Sunday performances are at 3 pm; others are at 7 pm. Tickets \$22, available at [waynetheatre.org](http://waynetheatre.org).

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## To Sauce or Not to Sauce?

According to Judy Kurtz, our Director of Dining, several of the main entrées (including those of the hotter persuasion) are now served with sauce on the side. This is to provide a healthier option for those who prefer not to have the sauce.

## Weekly Scheduled Activities

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

### From Our Therapists:

## Dealing with Dementia

More than one million residents in assisted living residences and nursing homes have some form of dementia or cognitive impairment, and the number is increasing daily, according to the Alzheimer's Association. Dementia is defined as a progressive loss of cognitive skills, affecting language, memory, visual-spatial skills, emotion and personality, and/or cognition, such as higher level thinking.

Can therapy help you or your loved ones living with dementia? Physical, Occupational, and Speech Therapists can evaluate and treat residents living with dementia. The therapist's

role is to evaluate the resident's current cognitive, linguistic, and behavioral functioning, determine "spared skills," and provide strategies to decrease negative behaviors. Therapists will develop compensatory strategies and modify the environment to enhance each resident's ability to perform functional tasks. Therapists will also provide ongoing facility education regarding the role of the interdisciplinary team in the preservation of functional skills for residents diagnosed with dementia.

Please contact your Select Rehabilitation Physical, Occupational, and Speech Therapists if you are concerned about your own or your loved one's brain health and function.

-- submitted by Ashley Brunty  
Borden Center Admissions/Marketing



## October Activities Calendar

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

1, Sun.	3:00 pm	Faculty Recital, W&L	[bus, 2:30 pm]
2, Mon.	8:00 am	Men's Breakfast	Dining Room
5, Thu.	* 4:30 pm	<b>Tom Williams, "A Perfect Pass"</b>	<b>Kendal Hall</b>
8, Sun.	3:00 pm	Faculty Recital, W&L	[bus, 2:30 pm]
10, Tue.	9 am-3 pm	Flu Shots	Clinic
	1:00 pm	Residents Council Meeting	North Parlor
	6:30 pm	Sunnyside Weavers	Sunnyside House
11, Wed.	* 4:30 pm	<b>Rob Mish, Talk on "The Addams Family"</b>	<b>Kendal Hall</b>
12, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside House
	* 7:00 pm	<b>WWI Film, building a hospital in France</b>	<b>Kendal Hall</b>
14, Sat.	* 9:00 am	<b>Bird Walk</b>	<b>Kendal Campus</b>
18, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
	5:30 pm	"Night on the Town" at Lexington Country Club	[bus, 5:15 pm]
	7:45 pm	Baltimore Consort, at VMI	[bus, 7:15 pm]
19, Thu.	* 4:30 pm	<b>Nancy &amp; Bruce Summers, Appalachian Trail</b>	<b>Kendal Hall</b>
22, Sun.	2:00 pm	Concert at Garth Newel	[bus, 12:30 pm]
24, Tue.	8:00 pm	Choral Concert, W&L	[bus, 7:30 pm]
25, Wed.	* 4:30 pm	<b>Stephanie Sandburg, "1984"</b>	<b>Kendal Hall</b>
26, Thu.	7:30 pm	"The Addams Family," musical, at W&L	[bus, 7 pm]
28, Sat.	7:30 pm	Rockbridge Symphony	[bus, 7:00 pm]
29, Sun.	2:00 pm	Garth Newel concert	[bus, 12:30 pm]
31, Tue.	* 3:30 pm	<b>David Peterson, Talk on Martin Luther</b>	<b>Kendal Hall</b>

\* Free and Open to the Public

*The Residents' Newsletter*  
*Kendal at Lexington*

