



The Residents' Newsletter

Kendal at Lexington

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Money Matters For Renovation/Expansion

Kendal's planned renovation/expansion project is not yet visible to the eye, with a few exceptions -- the wooden stakes in the general area of the thirty new Sunrise Ridge Cottages, for example. (The recent construction of additional parking space in front of Anderson Hall is welcome but is not actually part of the Master Plan for renovation/expansion.) Besides the new cottages, renovations are in the works for the Borden Center (skilled nursing care) and the Webster Center (assisted living), along with other campus improvements such as an emergency access road.

But, as Executive Director Mina Tepper reminded residents at the Residents Association meeting of August 16, even though no construction is taking place before our eyes, a great deal of work is being done behind the scenes. Much of the work centers around money. The time is approaching when it will be possible to

determine the cost of the construction. And, speaking of the cost, the prospect of obtaining financing for the project has been enhanced by the investment grade rating given to the Lexington Retirement Community (doing business as Kendal at Lexington) by Fitch Ratings, Inc. (See below.)

Ninety to ninety-five per cent of the construction documents are now completed, Mina said, referring to the minutely detailed plans of everything that will be built or renovated. (In an earlier update, Mina referred to this period as "the phase when they draw everything.") This means that bid packages can soon be prepared and sent to sub-contractors. When the returned bids are assembled and analyzed, the price of the project can be established. The established cost, or GMP, is used to develop and evaluate different financing models.

"It all comes together at one time," Mina explained.

(cont. on p. 4)

🎵 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 or publicized too late for inclusion here. Please check the bulletin boards.

Sept. 3, Sun., 3 pm. Concert at Garth Newel Music Center in Bath County. "Happily Ever After" includes music of Mozart (String Quartet in G Major, K. 387) and Dvorak (Piano Quintet in A Major, Op. 81). Garth Newel Piano Quartet with Juliette Kang, violin. The concert will be followed by a picnic, featuring BBQ pork sliders and other goodies. Cost for this extravaganza will be \$41.50 per person, if we have ten or more, or \$46 per person if there are fewer than ten. The bus will return to Kendal before 8 pm. Contact Sarah Giddings if you have questions. [bus, 1:30 pm]

Sept. 4, Mon., 8 am. Men's breakfast. No reservation needed. Dining Room.

Sept. 6, Wed., 4:30 pm. Talk by Linda Leech, a member of the family that owns Ingleside Dairy Farm in southwestern Rockbridge County, on the farm's robotic milking system. This

system is highly computerized and far ahead of the traditional "milking parlor" type of machinery. Ingleside was the first Virginia farm to install this type of system. Kendal Hall. **Free and Open to the Public.**

Sept. 7, Thu., 10:30 am. Tour of Ingleside Dairy Farm, topic of a talk by Linda Leech the previous day. [Bus, 10 am]

Sept. 8, Fri., 10:30 am. Tour of Ingleside Dairy Farm; same tour and time as the one scheduled for Sept. 7, but now more people can see this very remarkable establishment. [Bus, 10 am]

Sept. 12, Tue., 1 pm. Monthly meeting of Residents Council. Residents Council manages the affairs of the Residents Association (see below, Sept. 20). Council meetings are open to all residents. Check with Karen Russell, Residents Association president, if you would like a spot on the agenda. North Parlor.

Sept. 12, Tue., 2 pm. Trip to the W&L IQ Center. (See story, p. 5.) [Bus, 1:45 pm]

Sept. 12, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. Sunnyside House.

Sept. 13, Wed., 4:30 pm. First meeting of the Kendal College series of programs on Russia, given by Professor Rich Bidlack. (See story, p. 6.) Meetings continue on Sept. 20 and Sept. 27, both Wednesdays, both at 4:30 pm. Kendal Hall.

Calendar Notes

(from p. 2)

Sept. 14, Thu., 2 pm. Monthly meeting of the Dementia Caregivers Support Group. Open to all Kendal residents and staff, as well as to all Rockbridge County residents. For more information, contact Cathy Lewis, Kendal's Clinic RN, at 464-2609. Sunnyside House.

Sept. 15, Fri., 10:30 am. Dog show in the Borden Center courtyard. (See story, p. 6).

Sept. 15, Fri., 7:15 pm. Recital by Julia Goudimova, cellist, of the W&L music faculty, and Anna Billias, pianist, of Sweet Briar College. These two musicians will give a joint concert at W&L in early October, emphasizing Russian composers. Event arranged by Don Taebel for the Culture and Entertainment Committee. Kendal Hall. **Free and Open to the Public.**

Sept. 17, Sun., 3 pm. Timothy Gaylard of the W&L music faculty will perform the final trinity of Beethoven piano sonatas, Op. 109, 110, and 111. Professor Gaylard, who has performed and lectured at Kendal on numerous occasions, has just spent a recent sabbatical leave in immersing himself in these works, "the climax and fruition of Beethoven's lifelong obsession with the sonata as a genre." No ticket required. Wilson Concert Hall, W&L. [bus, 2:30 pm]

Sept. 19, Tue., 2 pm. Tour of the Rockbridge Vineyards in Raphine, Rockbridge County, with wine tasting. This tour follows the presentation

and wine tasting of this past August 28, conducted by Shep Rouse, an owner of Rockbridge Vineyards. See postings for other details. [bus, 1:30 pm]

Sept. 20, Wed., 9:30 am. Monthly meeting of the Residents Association. All Independent Living and Webster Center residents are members of this body. Light refreshments before the meeting. Kendal Hall.

Sept. 21, Thu., 4:30 pm. David Pfaff, Coordinator of W&L's IQ Center, will give a talk and demonstration about drones. (See story, p. 5.) Kendal Hall. **Free and Open to the Public.**

Sept. 22, Fri., 10:30 am. Program by the Kendal Singers. (See story, p. 7.) **Free and Open to the Public.**

Sept. 23, Sat., 6 pm. Kendal's popular "Night on the Town" series continues with dinner at the Eidelweiss Restaurant, near Staunton. Traditional German specialties, live music. See posting for prices and other information. [bus, 5:15 pm]

Sept. 25, Mon., time TBA. Trip to Cave Mountain Lake, arranged by the Wellness/Fitness team. (See story, p. 7.)

Sept. 27, Wed., 1 pm. Emergency evacuation exercise; see story, p. 7, for details on this Rockbridge County practice event (just practice -- not the real thing), with a call for volunteer actors.

Money Matters

(from p. 1)

Spectrum Design, based in Roanoke, is the architectural firm in charge of the Master Plan, while Nielsen Builders of Harrisonburg has advised on the costs.

Meanwhile, Fitch Ratings, Inc., has affirmed the "BBB-" rating that it gave to Kendal last year. Fitch, according to Wikipedia, is one of the "big three" credit rating agencies, the other two being Moody's and Standard & Poor. ("BBB-", incidentally, is a very good score, the "B" designation being related to the fact that at \$15 million annual revenue we are in the lowest category that Fitch will consider rating.)

Fitch stated in its annual review that Kendal has maintained a solid financial performance, driven by our consistently high occupancy. The statement also mentioned our location and Lexington's two colleges, as well as the broad geographical range represented by our residents: according to the Fitch statement, over half of our current residents come from outside the five-mile service area, with nearly forty per cent from outside the state. In addition, Fitch views Kendal at Lexington's relationship with the Kendal Corporation as a positive credit factor. K-Corp provides a recognizable brand name and supports Kalex through expertise in finance, I.T., development, marketing, and human resources.

So, even though construction has not begun, invisible forces are definitely at work. Bids will go out and will be returned, costs will be determined, and financing will be procured. The

Fitch statement describes the time required for implementing the Master Plan as "an eighteen-month period." Our beautiful and welcoming campus awaits its future.

-- Jo McMurtry

New Board Members

Two new members of Kendal at Lexington's Board of Directors were introduced at the Residents Association meeting of August 16.

Priscilla Baker brings to the Board her expertise in nursing care; she worked at Carilion Stonewall Jackson Hospital for 35 years before retiring 14 years ago. She specialized in geriatric and then in surgical care. She was born and raised in Lexington and especially loves gardening.

Bruce Summers worked for the Federal Reserve for 35 years before moving to Lexington from Richmond. He and his wife, Nancy, are on the Kalex waitlist. Both are enthusiastic hikers and belong to the Appalachian Trail Club.

Priscilla and Bruce replace Pamela Luecke and Joan Robins, who have served on the Board since 2008 and 2011, respectively.



Trip to W&L's IQ Center Planned for September

A trip to W&L's IQ Center has been planned for Tuesday, September 12, at 2 pm. Previous trips to this destination took place in the summer of 2015 and the fall of 2016. These generated so much interest that the Culture and Entertainment Committee is now responding to requests for a repeat..

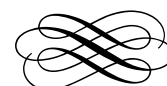
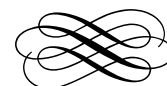
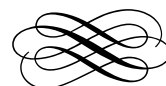
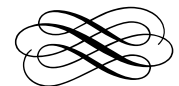
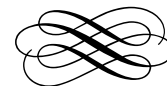
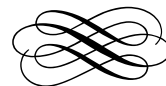
"IQ" here stands for "Integrated Quantitative Learning," an interdisciplinary laboratory for teaching and research at W&L. Included are a variety of state-of-the-art imaging and projection equipment. Our host for this visit will be David Pfaff, Coordinator of the Center.

The center was organized in 2013 with a grant from the Howard Hughes Medical Institute. There is a classroom with the capacity to project 3D images into the space above the heads of the students, provided they are wearing polarized glasses. Chemistry professors, for example, can project a 3D image of a complex molecule, rotate it around any axis, zoom in or zoom out, showing more detail, or showing the object in a larger perspective. Art teachers can do similar things with projections of statues, or architects with buildings. The equipment includes an electron microscope, a scanning electron microscope, a conformal microscope, several other specialized microscopes, high-speed cameras, a drone, a 3D printer, a laser knife, and more. During the

school term the center is open 24/7, and it is used heavily by both members of the faculty and students.

On Thursday, September 21, David Pfaff will give a program at Kendal on drones, in which he will demonstrate their stunning capabilities of photography and then, together with related computer programs, will construct 3D images of what they have photographed and will manipulate those images in a manner similar to the classroom procedures described above. Mr. Pfaff will discuss the drones' threats to privacy and laws related to that, and he will fly a drone from the lawn outside the building. This drone would be capable of flying inside Kendal Hall, photographing all of us, from different angles, continuously, but we [the C&E Committee] decided jointly, "Better not do that." The program will be free and open to the public.

-- John Gunn
(for the Culture and
Entertainment Committee)



Kendal College Program To Focus on Russia

Professor Richard Bidlack will lead a Kendal College program titled "From Dissolution to Despotism: Rebuilding State Power in Post-Soviet Russia, 1991 to the Present." Meetings will be held on three Wednesday afternoons during September. (See below for dates and topics.) Kendal College programs are open to Kendal residents and staff, and to guests of the Marketing Department. There will be a ten dollar charge for the program. Registration forms will be put in residents' open mailboxes in early September.

Rich Bidlack is the Martin and Brooke Stein Professor of History at W&L, where he has taught courses on Russian and European history for thirty years. He has traveled to Russia several times over the past 41 years and helped establish the interdisciplinary Russian Area Studies Program at W&L in 1992. One of his favorite courses is a spring-term offering on "The Decline and Fall of the Soviet Union and Resurgence of Russia." He is the author of many articles and book chapters on the Soviet Union during the Second World War and is co-author with Russian historian Nikita Lomagin of *The Leningrad Blockade, 1941-1944: A New Documentary History from the Soviet Archives* (Yale University Press, 2012). In 2015, he co-authored and edited the forty-sixth edition of *Russia and Eurasia*, which is an annually updated textbook published by Rowman and Littlefield.

All lectures begin at 4:30 pm in Kendal Hall. Dates and topics are:

Sept. 13, "Fundamental and Persistent Themes in Russian History."

Sept. 20: "Opportunity and Anxiety during the Presidency of Boris Yeltsin."

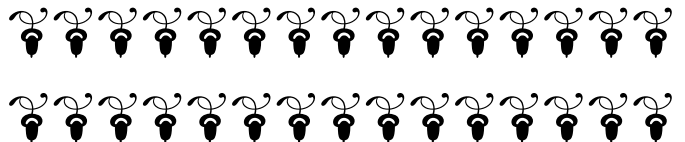
Sept. 27: "A Return to Authoritarianism under 'Tsar' Vladimir Putin."

Please contact resident Sally Emory if you have questions.

Dog Show Coming Up

The Borden Center's annual dog show will be held on Friday, September 15, at 10:30 am in the Borden courtyard. All dogs in the Kendal community are invited (if well behaved and vaccinated), prizes will be given in many categories, refreshments will be provided for dogs and humans, and photo opportunities will abound.

Watch for postings with further information. The event is arranged by Teresa Markham of the Activities staff.



Kendal Singers Plan Program

On Friday, September 22, at 10:30 am, the Kendal Singers cordially invite Kendal residents, guests, and members of the public to a musical "Sentimental Journey," highlighting great songs of the 1940's and 50's (when we were younger).

There will be cowboy songs of Gene Autry and Roy Rogers (of the western singing group, "Sons of the Pioneers"), like "Ghost Riders in the Sky" and "Tumbling Tumble Weeds"; railroad songs such as "On the Atchison, Topeka, and Santa Fe" and "Wabash Cannonball," and some songs of inspiration such as "The Impossible Dream" and "You Raise Me Up." Yes, even some folk songs that you will be sure to remember, including "Sentimental Journey."

-- Don Taebel

Volunteers Needed -- See Charlotte Sibold

Along with Rockbridge County Emergency Management and the Central Shenandoah Health District, we are excited to request volunteers to "act" as residents of three long term care facilities (the Borden Center, Heritage Hall, and Shenandoah Rehab) for an evacuation/surge exercise on Wednesday, September 27, starting at 1 pm and lasting about three to four hours. This exercise helps us evaluate our ability to respond to an incident that would necessitate evacuating residents or receiving evacuated

residents. It also helps ensure compliance with new emergency regulations effective later this year.

Please look at your calendars and see if you are available to participate in this unique community exercise. If you are interested, please contact Charlotte Sibold, Health Services Administrator.

-- Charlotte Sibold

News from the Wellness/ Fitness Department

Many residents will have already met Kristen McCabe, our new Health and Wellness Program Manager, who is working twenty hours a week. She has been teaching Pilates for many years at W&L, and also teaches at the Center of Gravity Yoga and Pilates Studio, downtown. A longtime Lexingtonian, Kristen has four daughters ranging from pre-school to freshman in college.

Jason Bunn and Victoria Forman are also part of our fitness/wellness team. Currently, the team is planning a trip to Cave Mountain Lake Recreation Area, near Natural Bridge, on Monday, September 25. A picnic shelter will be reserved and lunch will be provided. Also, the fitness/wellness team will offer fitness testing on Wednesday, September 27. Watch for more information.

Rockbridge Choral Society Welcomes a New Season

The Rockbridge Choral Society will begin its regular Monday rehearsals on September 11 at 7:30 pm in the Lexington Presbyterian Church. Plan to be there about 7:15 to sign in and get music. Anyone who can read music is welcome. At least ten Kendal residents are regular participants in the roughly eighty-voice choral group from the Rockbridge area, and we usually car pool to rehearsals. Most of the autumn rehearsals will be in preparation for a Holiday Concert on December 2. We will also begin rehearsals for the Bach B-Minor Mass (one of the great works of the choral literature) that will be performed (with orchestra and professional soloists) on April 29. Rehearsals are typically once a week for one-and-a-half hours. The Choral Society's director is Lexingtonian William McCorkle.

For more information, talk to residents who have been long-time members of the RCS: Ted and Elsa Burrowes, Caroline Hemmings, John and Barbara Winfrey, or Ruth Woodcock.

-- Wil Stratton

Future Landscaping: Native Plants Top the List

Even though the results won't be visible for many months, landscape planning for Kendal's renovation/expansion project is well under way.

"This is the time when your experience is very valuable," Mina Tepper, Kendal's Executive Director, told residents at a special meeting this past August 2. "We have many gardeners here with us."

Laurice Ellsworth of Hill Studio, Roanoke, gave a detailed presentation of landscaping plans for the Borden Center (skilled nursing care), the Webster Center (assisted living), the dining areas, the emergency access road, and the thirty Sunrise Ridge cottages. The "care gardens" at Webster and Borden will emphasize plantings that appeal to the senses -- colorful, fluffy, fragrant, and capable of making sounds such as rustling.

The design as it evolves will make as much use as possible of plants native to the area -- river birches, for example.

Residents' questions elicited more information. The walking paths we now enjoy will remain, and will continue to be mown for easy access. Dogs can still be walked in the area behind the Borden Center (as well as almost everywhere else on campus). Landscapers will keep in mind the need for habitat for wildlife, and rain gardens will be included in the plans.

Besides landscape architecture, Hill Studio also specializes in community planning, architecture, and preservation. Ms. Ellsworth has taught Landscape Design and Management at Ferrum College.

(cont. on p. 9)

Landscaping

(from p. 8)

The plans that were used in the presentation are being kept in Mina's office, and anyone who would like to see them is welcome to do so. Residents with ideas for landscaping projects should send a note or email to Mina, and/or should share their thoughts with the residents' Horticulture Committee, chaired by Ted Burrowes.



Memorial Book Now in Library

Paul Krusinski loved thrillers, and the Library Committee has found a good one for his memorial book. *After the Fall*, by Noah Hawley (Grand Central Publishing, 2016), follows the possible causes of a private jet plunging into the ocean shortly after take-off from Martha's Vineyard. Mechanical failure? Pilot error? Conspiracy? Sabotage? Terrorism? the NTSB (National Transportation Safety Board), the FBI, and the press all complicate the investigation.

The problem is that several of the passengers might have had cause to sabotage the flight. First was the owner of an admittedly radical TV news station, whose on-air personality has been known to take the law into his own hands in order to get, or create, a story. Then there is the last-minute invitation to join the flight to a friend who is about to be arrested for money laundering.

What about the bodyguard who is the only one known to be armed? And then there is the failed artist who finds himself totally out of his depth, but is one of only two survivors of the crash. What about the crew? And the other family members on the flight? This one will keep you guessing until the very end.

-- Sarah Giddings

Shredding News from All Over

Newcomers Lynn and Tom Williams have generously donated a heavy-duty shredder for the use of residents. The machine is housed in the Residents Association office, the small room with the residents' copier, in Anderson lobby near the mailboxes.

The shredder has a cross-cut mechanism that transforms sheets of paper into little balls, like solid confetti, instead of the more usual strips. Besides paper, the shredder will destroy computer discs inserted through a special slot above the slot for paper. If it overheats, Tom says, a light will come on, but no harm will have been done; "just tell it to calm down."

Speaking of shredding, September 9 is "Shredding Saturday" in the parking lot of Rock-bridge County High School. This community event is sponsored by the Main Street Group (financial advisors). In the past, a central pick-up spot on campus has been arranged for Kendal residents to drop off documents they want shredded. Keep an eye out for postings.

Youth Literacy Volunteers Needed

Again this year, the Rockbridge Regional Library is providing a Youth Literacy program in area elementary schools. Volunteers for this program are ALWAYS needed. Although the usual pattern is having one-on-one sessions with a student after school one day a week, Susan Bushnell (of RRLib) and the reading coordinators in the schools are remarkably flexible about arranging for a wide variety of student and mentor/tutor requirements.

There are four evening training sessions in September, and the tutoring usually gets going by some time in October. And there is ongoing support throughout the year in both group and individual contexts.

A number of Kalex residents have done this over the years, with Meg Stackpole, Sarah Giddings, and Ted Burrowes all having volunteered at Waddell Elementary last year. You can ask any of them if you have questions and/or interest. *More specific information has also been posted in the alcove.* You do NOT need to have been a teacher or a reading specialist (or anything else in particular) in your earlier life! And if your interest is tentative, you can stick your foot in the water by going to the initial orientation session on Monday *evening*, September 11, without making a commitment.

Lifelong learning is hard without lifelong reading!

-- Ted Burrowes
with Meg Stackpole and Sarah Giddings

Occupancy Still at 100%

According to the Marketing Department, Kendal's Independent Living occupancy stands at one hundred per cent, counting reservations for move-ins in the near future. Twelve new households (singles or doubles) have moved in already this year.

Reservations for the thirty new Sunrise Ridge cottages are proceeding, with more than half of them (seventeen) taken as this newsletter goes to press. This location's beautiful views can be enjoyed from cottages of three sizes: 1400 square feet (duplex), 1500 square feet (free-standing), and 1750 square feet (freestanding). For more details, visit www.kalex.kendal.org/expansion, and/or contact the Marketing Department. The cottages are scheduled for completion in early 2019.

Looking Around with Maureen:

Eating at Kendal

Currently there are 239 people residing at Kendal, with 165 in Independent Living. Additionally, there are 56 in the Borden Center, skilled nursing care (capacity there is sixty), and 18 in the Webster Center, assisted living (capacity 20). No matter where we reside and whatever our interests or dietary requirements, one thing we all have in common is that we eat. And most agree that we eat well with lots of choice from an attractive buffet.

(cont. on p. 11)

Eating at Kendal

(from p. 10)

With a total of 300 dining points a month, we have a choice of dining at lunch or dinner, and some of us take breakfast as well, although there are typically very few diners at breakfast. Diners at lunch average about 80, slightly more than at dinner. Staff members -- 25 to 30 of these -- are more likely to come to lunch than dinner. Guests at Sunnyside House can take breakfast, included in the room rent.

The menu for the next week is issued on Friday. The offerings are on a five-week cycle, with changes of two or three entrees a week. Sunday meals frequently offer a carvery for prime rib, lamb, or ham, along with a fish dish. Macaroni and cheese is one of the lower-cost popular items, while various seafoods are among the higher-cost popular items. We can choose a ready-made salad, or make our own. Two soups are offered daily, one of which is a surprise and not listed on the menu. Desserts are varied and include pies, cakes, cookies, and puddings, as well as sugar-free items, and also ice cream and sorbet. While we do not have our own baker, the desserts are excellent and attractive. The kitchen follows batch cooking procedures so as to prepare food consistent with the typical number of diners, and to avoid over-preparing and waste.

The cost of food purchases runs around \$10,000 a week, which is hard for any individual to comprehend based on his or her own pre-retirement food expenses! That includes 90 per cent of the purchases, but leaves room for buying wine and beer, breads, fresh produce, and

coke and coffee products. Residents pay ten dining points for either the dining room buffet lunch or the buffet dinner, while staff pays \$5 for either buffet. Alternatives to buffet offerings include sandwiches and hamburgers, priced at about half that of the buffet. If one chooses, one can dine in The Restaurant on any of four nights a week (Wednesday through Saturday) -- that option offers white tablecloths, waited table service, and higher-priced menu items. Reservations are required.

Webster and Borden residents have a buffet breakfast or eat in the Borden dining room. Depending on doctor's orders, the Kendal kitchen accommodates Borden residents with three different food consistencies: pureed, mechanical soft, and regular.

Despite best efforts to minimize waste, it occurs. Kendal does not donate any left-over foods to local food banks. Uneaten flank steak, unflavored chicken, or vegetables, for example, are used in soups. Desserts are held for one day. Sometimes staff buy leftovers. The kitchen makes every effort to minimize waste and its associated costs.

We tip our hat to the efforts of Judy Kurtz, Director of Dining Services, for our menus, and to Mark Chittum, our creative chef with a knack for artful presentation!

-- Maureen Crandall



Eclipse Watchers Enjoy Celestial Show

In case you hadn't heard, on a hot August afternoon the sun went to sleep for a short while. But Kendal was prepared. A large number of intrepid viewers, residents, staff, and visitors assembled in the Courtyard, where they were issued the special glasses or papers and pinholes necessary to view the eclipse. Special thanks go to Ann John and Dianne Herrick, of the residents' Culture and Entertainment Committee, for making this event possible.

The sky remained cloudless, the sun and moon performed perfectly, and everyone had a fine time. The little crescents formed on the sidewalk, as what was left of the sun shone through the leaves on the trees, were an unexpected visual bonus.

I remember viewing two other eclipses with my late husband, Don. The first was in our first year of marriage. We were hiking along the side of Mt. Rainier, watching a nearly-total eclipse. Most romantic. And a few years later, we saw a total eclipse with two toddlers. I wonder if they remember that now they are grown and have children of their own.

-- Sarah Giddings

[Editor's note: Tom Williams, Kendal resident and former member of the W&L physics department, gave an illustrated talk on the morning of August 21, describing the cosmic geometry governing this event. Tom also provided a

running commentary that afternoon in the courtyard, as the 90-plus temperature dropped a bit and we reached 88 per cent totality within about an hour and a half. Thanks, Tom!]

Art by Deliece Blanchard Currently in The Restaurant

Twenty-one paintings by Deliece Blanchard are on view in The Restaurant, August through October.

Deliece Blanchard is based in Lynchburg. Her work, predominantly landscapes and still life paintings in oil or watercolor, has been widely exhibited in Virginia. She currently (through September) has work on view at the twenty-sixth annual exhibition of the Central Virginia Watercolor Guild in Charlottesville. She will participate in the Lynchburg Art Festival on September 9 (E.C. Glass High School) and in the Bath County Plein Air Festival, October 2 through October 8.

All the paintings in The Restaurant are for sale, and a list of titles and prices can be found on the glass shelf to the left as one enters. If you are interested in buying a painting, contact Sally Holland or Louise Hasselmann, Kendal residents, or contact the artist via the telephone number provided on the price list.

This exhibition has been arranged by Sally Holland and Louise and Tom Hasselmann. The Restaurant is open four evenings a week, Wednesday through Saturday.

Wound Care Therapy

Ashley Brunty, of Borden Admissions and Marketing, and Jessica Buhler, Director of Marketing, recently created marketing brochures to promote therapy and nursing services at Kendal. The brochures included information about wound care therapy, aquatic therapy, and vestibular therapy. Several residents raised questions at a recent Wellness Committee meeting, so Charlotte Sibold, Health Services Administrator, is sharing additional information on wound care therapy.

* For apartment and cottage dwellers (Independent Living), basic wound care is available through Cathy Lewis, RN/Clinic Nurse, in the Clinic. This generally includes changing bandages and monitoring for healing.

* If you need specialized wound care, Cathy or your primary care physician may refer you to a wound clinic. Carilion offers specialized wound care here in Lexington, and Augusta Health offers a wound clinic in Fishersville.

* One of the Borden Center nurses, Debbie Dolin, has specialized training in the treatment of wounds. In addition to working as a Licensed Nurse, Debbie oversees wound care in the Borden Center.

* Debbie Dolin is also available for wound care consultation in the Webster Center or the Clinic. This consultation would be coordinated by Beverly Nedrow, LPN Supervisor for the Webster Center, or Cathy Lewis, RN/Clinic Nurse.

* Occasionally, it is appropriate for therapy services to treat wounds. That could be provided

by our therapy services department and as ordered by your physician. Generally, though, nursing manages wound care.

* If you have a dressing change or treatment on a weekend when Cathy isn't in the Clinic, please coordinate with her to have a Borden nurse assist you.

* In most instances, residents are provided wound care supplies (ointments and bandages) by the physician, but we do keep many products in stock in the Clinic and the Borden Center.

* If you have wound care needs or questions, please contact Cathy Lewis at 464-2609 or at clewis@kalex.kendal.org.

-- Charlotte Sibold
Health Services Administrator

Weight Watchers Continues

Margaret Hager, Director of Human Resources, extends an invitation to any resident or staff member who is considering joining Session Three of Kendal's Weight Watchers program, starting this fall after the conclusion of Session Two. "Please join us at our weekly meeting, September 5, at 11:30 am in the staff development room to see how the program works and hear the success stories of many of our current members."

Margaret can supply information about cost, session dates, etc.. The program is also open to friends and family of residents and staff.



Cat's Corner

(conducted by Shay Peters)

"Eddie," a very handsome grey and white male cat, belongs to the Peters, who live on Sycamore Lane. In case you walk by our cottage, he might come out to greet you and rub against your legs. Sometimes he is perched on the bench watching the events, including the dog walkers who pass by. He probably won't rush out to greet a dog walker, but he does get along with dogs. Even if you don't like cats (can't imagine that!), he will try to charm you with his cute personality.

We adopted Eddie after seeing his picture at the Fogo/Manning wedding reception dinner in September of 2016. They displayed photos of dogs and cats available for adoption from the local SPCA, and I couldn't resist Eddie's picture with a top hat (maybe photoshopped).

Eddie is fun to watch race around the cottage and play with bits of string or objects that roll. He loves to snuggle at nap time and every night sleeps right beside me. He misses Phil now that Phil is in the Webster Center, because Phil took lots of naps. Both our dog, "Harry Potter," and Eddie are adopted from the local SPCA, and we couldn't be more pleased. If you are in the market for a new pet . . . give them a try.

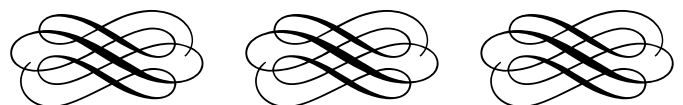
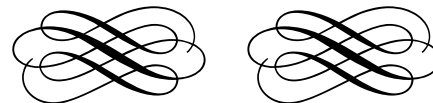
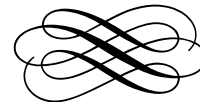
-- Shay Peters

Library Accepting Donations

Kendal's library is again accepting a few donations. Please don't give us more than about five books at a time. We have to evaluate each one for its usefulness in our library.

And please understand that we cannot put every donated book on our shelves. Those we cannot use will go into our occasional book sales, thus making money for the library. And anything unsold at the end of the sale is given to the Rockbridge Regional Library for their book sales. So your books will find a happy home somewhere.

-- Sarah Giddings
for the Library Committee





New Resident Roster

Just a reminder -- don't forget to greet and get to know the wonderful people who have moved to Kendal in the past few months. Some have been listed in the newsletter before, but a repeat never hurts. And keep an eye on your mailbox for the appearance of new pages for your copy of the Blue Bio Binder. Lots of information, gorgeous photos.

Susan Lynch, Apt. 319, Cox Hall. From Rio Frio, Texas.

Miss D and Pick Penick, Apartment 103 South. From Lexington, Va.

Cynthia and Terry Secker, 54 Sycamore Lane. From Glasgow, Va.

Pat and Don Thomas, 166 Sycamore Lane. From Kerrs Creek, Va.

Lynn and Tom Williams, Apt. 324, Cox Hall. From Lexington, Va.

And let's stay alert to make our visitors feel at home. Some are looking Kendal over for the first time, others are making repeat visits, and some are already on the waitlist. Watch for postings of visitors on the bulletin board; you might recognize a name or a hometown.

Out and About in September

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

Sept. 5-7, Tuesday through Thursday. The Rockbridge Regional Fair, held in July in past years, has been moved to September. The venue is still the Virginia Horse Center, 487 Maury River Road, and the attractions are still county-fair-like: carnival rides, livestock judging, arts and crafts exhibitions. Of interest to Kendalites in the past are the art show and the quilt show, both located on the mezzanine of the Anderson Colosseum. So far, information about admission and/or parking cost has not been forthcoming, or else your editor missed it, but check the Lexington *News-Gazette* as the date approaches for this and other details, such as what is happening when.

Sept. 6, Wed., 11:15 am. Bob Woodruff, award-winning TV news journalist, will be the VMI Convocation Speaker. This event in Cameron Hall is open to the public (limited seating). Bob Woodruff, whose talk is titled "In an Instant," suffered severe TBI (traumatic brain injury) while deployed in Iraq in 2006. He has established the Bob Woodruff Foundation to help service members with traumatic brain injuries.

Sept. 16, Sat., morning and evening. The twentieth annual Hospice Hustle, five kilometer run/walk and twenty kilometer run, in Buena Vista, eight miles east of Lexington. Kendal is a sponsor of this event and will provide the barbecue lunch. Registration is at Glen Maury

(cont. on p. 16)

Weekly Scheduled Activities

Sundays (3, 10, 17, 24)	4:00 pm	Vespers	Kendal Hall
Mondays (4, 11, 18, 25)	1:30 pm	Needleworkers	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (5, 12, 19, 26)	12:45 pm	Recorder Consort	Kendal Hall
	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (7, 14, 21, 28)	10:00 am	Bible Study	Staff Devel. Rm.
	7:00 pm	Movie	Kendal Hall
Fridays (1, 8, 15, 22, 29)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (2, 9, 16, 23, 30)	3:00 pm	Movie	Webster

Out and About

(from p. 15)

Park; cost if registering on race day is \$25 for the 5k, \$40 for the 20k. (See www.hospicehustle.org for information on advance registration.) Registration includes the barbecue lunch and a ticket for the concert at 6 pm by the Hackens Boys, a country music group based in Bridgewater. Tickets for both lunch and concert, five dollars each, are also available for non-runners. Starting time for the 20k race is 10 am, with the 5k runners and walkers setting off at 10:30 and 10:35, respectively. (Five kilometers equal just a little over three miles.) The race course goes through the streets of Buena Vista, not very hilly. Proceeds benefit the Rockbridge Area Hospice.

Sept. 29, Fri., 4:30 to 7:30 pm. Arts of Lexington Block Party, a collaboration of local artisans and the businesses that support them.

Downtown Lexington, especially Washington Street. Live music, painting demonstrations, dance performances, art and fine craft displays. Many shops and galleries will be open.

Sept. 30, Sat., noon to 7 pm. The Rockbridge Chamber of Commerce sponsors the twenty-third annual Rockbridge Beer and Wine Festival at Lime Kiln Theater, 607 Borden Road -- a beautiful outdoor venue. Sample beers and wines from local breweries and vineyards. Various ticket prices, ranging from \$10 to \$25, depending on whether one is tasting beer, wine, both, or neither. (Visit lexrockchamber.com to get a handle on this complexity.) Snacks and live music.



September Activities Calendar

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

3, Sun.	3:00 pm	Concert, Garth Newel	[bus, 1:30 pm]
4, Mon.	8:00 am	Men's Breakfast	Dining Room
6, Wed.	* 4:30 pm	Talk by Linda Leech on Robotic Milking System	Kendal Hall
7, Thu.	10:30 am	Tour of Ingleside Farm	[bus, 10:00 am]
8, Fri.	10:30 am	Tour of Ingleside Farm (same as Thursday)	[bus, 10:00 am]
12, Tue.	1:00 pm	Residents Council Meeting	North Parlor
	2:00 pm	Trip to the IQ Center, W&L	[bus, 1:45 pm]
	6:30 pm	Sunnyside Weavers	Sunnyside House
13, Wed.	4:30 pm	Kendal College	Kendal Hall
14, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside House
15, Fri.	* 10:30 am	Dog Show	Borden Center
	* 7:15 pm	Julia Goudimova (cello), Anna Billias (piano)	Kendal Hall
17, Sun.	3:00 pm	Timothy Gaylard, Piano Recital at W&L	[bus, 2:30 pm]
19, Tue.	2:00 pm	Tour of Rockbridge Vineyards	[bus, 1:30 pm]
20, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
	4:30 pm	Kendal College	
21, Thu.	* 4:30 pm	Talk by David Pfaff about Drones	Kendal Hall
22, Fri.	* 10:30 am	Program by the Kendal Singers	Kendal Hall
23, Sat.	6:00 pm	Dinner at the Eidelweiss Restaurant	[bus, 5:15 pm]
25, Mon.	TBA	Trip to Cave Mountain Lake	[bus TBA]
26, Tue.	4:30 pm	Kendal College	
27, Wed.	1:00 pm	Emergency Evacuation Exercise	Borden Center

* Free and Open to the Public

Kendal at Lexington
The Residents' Newsletter

