



The Residents' Newsletter

Kendal at Lexington

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January 2018

2018 Budget: We're in Good Shape

Kendal's financial picture is bright, according to the presentation on the 2018 budget given this past December 18 by Felicia Bush, our Finance Manager.

If you missed the meeting but would like a copy of the handout Felicia distributed, stop by the front desk. Felicia is also happy to answer any questions you may have about the budget.

The increase in monthly fees for contract residents is the same as last year's, 2.5 per cent. *Per diem* residents in the Webster Center (assisted living) and the Borden Center (skilled nursing care) will see a rise of 3 per cent, also the same as last year's. This increase, with last year's, constitutes a historic low. The one budget which included a lower fee increase was that of 2001, when Kendal at Lexington had been open only since the previous July.

Contract residents occupy Independent Living apartments and cottages and can also be found in Webster and Borden; usually, in the last

two cases, the residents started out in Independent Living and moved when they needed a higher level of care. *Per diem* residents, who pay by the day as the name implies, can be found in both Webster and Borden.

Kendal's Independent Living occupancy rate (including reservations) -- one hundred per cent as of mid-December -- is a contributing factor for the low rate increase. Attentive fiscal management by staff has resulted in keeping expenses in check.

Almost all of Kendal's revenue comes from fees paid by residents. (We are the river of money.) For 2018, residential fees are shown as comprising 52.8 per cent of the \$14,925,500 total revenue, or \$6,437,421. Health Center fees will make up 41.9 per cent; \$4,451,474 from Borden, \$662,250 from Webster. The Borden Center has a top capacity of sixty beds, while the Webster Center is smaller, with twenty apartments.

Projected revenue from the two health centers is down from that of 2017 due to decreased occupancy during the Phase III construction set to begin this year. Both Webster and Borden

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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.

Jan. 9, Tue., 1 pm. Monthly meeting of Residents Council, the executive arm of the Residents Association. Open to all residents; contact Karen Russell if you would like a spot on the agenda. North Parlor.

Jan. 9, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers. (See story, p. 3.) Kendal Hall.

Jan. 10, Wed., 10 am. The residents' Computer Group holds a session on email. (See story, p. 6.) Kendal Hall.

Jan. 10, Wed., 4:30 pm. First meeting of the Kendal College course on Puccini. (See story, p. 6.) This course also meets January 17, 24, and 31. Kendal Hall.

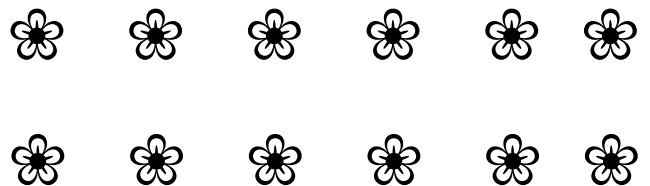
Jan. 11, Thu., 2 pm. Monthly meeting of the Dementia Caregivers Support Group. Open to all Kendal residents and staff, as well as to all Rockbridge area residents. For more information, contact Cathy Lewis, Kendal's Clinic RN, at 464-2609. Sunnyside House.

Jan. 11, Thu., 7:15 pm. Movie, scenes from three of Puccini's operas. This showing is part of this month's Kendal College course (see story, p. 6) and replaces the regular Thursday night movie. However, moviegoers who are not enrolled in the course are welcome to see the film without charge. Kendal Hall.

Jan. 11, Thu., 7:30 pm. "Body Traffic," a contemporary ten-member dance ensemble based in Los Angeles, performs works commissioned from leading choreographers of the present day. Senior ticket \$25. (Box office, 4518-8000.) Keller Theatre, Lenfest Hall, W&L. [bus, 7 pm]

Jan. 13, Sat., 3 pm. Claire Moreschi, a student at Rockbridge County High School and a daughter of Linda Moreschi of Kendal's Marketing Department, brings her three-person acting ensemble, The Lexington Youth Theater Group, for a production of "The Complete Works of Shakespeare, Abridged." A comedic tour de force, always madcap and sometimes bawdy. Refreshments will be served during intermission. (See story, p. 5.) Kendal Hall. **Free and Open to the Public.**

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Calendar Notes (from p. 2)

Jan. 17, Wed., 9:30 am. Residents Association meeting. All Independent Living residents and all Webster Center residents are automatically members of this body. Light refreshments before the meeting. Kendal Hall.

Jan. 19, Fri., 8 pm. The Garth Newel Piano Quartet performs chamber music by Louise Héritte-Viardot, Mark Carlson, and Gabriel Fauré. Senior ticket \$15. (Box office, 458-8000.) Wilson Concert Hall, W&L. [bus, 7:30 pm]

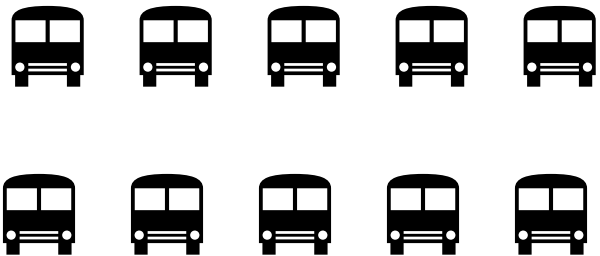
Jan. 21, Sun., 12 noon to 2 pm. Brunch at the Lexington Country Club. See postings and sign-up sheet for details. [bus, 12:20 pm]

Jan. 23, Tue., 7:15 pm. Pianist Anna Billias of the W&L music faculty will play Russian music. Ms. Billias last visited Kendal this past September and was enthusiastically received. Kendal Hall. **Free and Open to the Public.**

Jan. 24, Wed., 10 am. The residents' Computer Group holds a session on Web searches. (See story, p. 6.) Kendal Hall.

Jan. 25, Thu., 4:30 pm. Presentation by Michael Tester on the Steel Interstate Coalition. (See story, p. 7.) Kendal Hall. **Free and Open to the Public.**

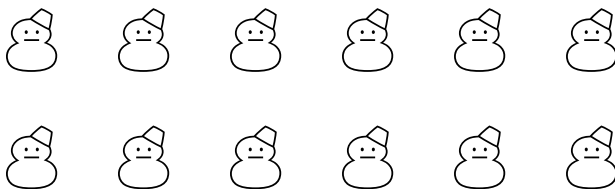
Jan. 28, Sun., 3 pm. The Rockbridge Chamber Singers, a small group within the Rockbridge Choral Society, presents "Songs of Love." Ticket information unavailable as we go to press. Lexington Presbyterian Church. [bus, 2:30 pm]



Sunnyside Weavers Present Textile Expert

The January meeting of the Sunnyside Weavers will be held in Kendal Hall on Tuesday, January 9, at 6:30 pm, and will be open to all Kendal residents and their guests. The guest speaker will be Sarah Stanley, a weaver, textile expert, and intern at Colonial Williamsburg's Weaving, Spinning, and Dyeing Shop.

Any Rockbridge area resident interested in any type of fiber art is welcome to join the Sunnyside Weavers. Most of the monthly meetings are held at Sunnyside House on the Kendal campus. For more information, contact Lexingtonian Linda Wilder.



2018 Budget

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will undergo renovation, and some shuffling-about will be necessary in order to move residents out of the way of workmen as they paint, replace flooring, and upgrade lighting in residents' rooms.

Kendal has already begun planning for this process by admitting fewer *per diem* residents to the health centers and thus leaving some vacancies for shuffle-room. The staffing level in Webster and Borden will stay the same, however, in order to be more attentive to our residents during the construction period.

Lower health center revenue is one of the few ways that the Phase III construction will impact the 2018 budget. Other construction-related items include such comparatively minor things as buying equipment to serve meals in Kendal Hall during the expansion of the dining room. The larger part of the construction expenses will be capitalized and taken care of separately, via -- for example -- the federal and Virginia tax-free bond issue offered this past December. (For more information on this bond issue, contact Felicia at 540- 464-2604.)

Operating expenses are budgeted at \$15,025,848. The largest chunk of this category, as usual, is wages and benefits. Smaller slices of the pie go to such things as house-keeping and maintenance, dining services, utilities. Our 2018 fee to Kendal Corporation, from whom we purchase the management services which stand us in very good stead, is \$452,209.

We also pay property taxes to both Rock-bridge County and the City of Lexington, totaling \$240,000 in 2018, even though as a non-profit institution we are eligible to apply for exemption. "We like to be good neighbors," says Felicia, and, of course, helping the county and the city to remain prosperous is good for Kendal as well. Kendal's location is the reason we get property tax bills from two sources; part of the campus is in the county and part in the city. The new Sunrise Ridge cottages will be built on the City of Lexington side of the line and will increase our city taxes when they are completed and occupied.

Capital expenses for 2018 are budgeted at \$800,000 and include an item that residents have especially requested: a small vehicle, perhaps a mini-van, that staff can use to transport a small number of residents (like, one) around town, perhaps to medical appointments, without having to bring out one of the big buses.

Resident input is a standard part of the budgeting process. Forms are distributed by Residents Council, which then reviews and prioritizes residents' suggestions. Meanwhile, the staff develops departmental budgets, and the Finance Committee of the Board of Directors reviews the document before sending it on to the Board. Residents currently serving on the Finance Committee are Bill Russell and Hardin Marion.

From other perspectives, Kendal's financial stability remains solid. Our rating from the Fitch credit rating agency is still "BBB-," a very good

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2018 Budget

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score. The "B" level indicates that we are a small outfit -- not a huge corporation. The minus, Felicia says, may possibly be removed when the Phase III construction is completed. We are also ranked very highly by CARF (Commission on Accreditation of Rehabilitation Facilities), our accrediting agency. We meet or exceed the fiftieth percentile of CARF accredited continuing care communities for financial ratios. CARF, incidentally, is not easy to get into, so our competition here is of a high order.

Another indicator of stability is the handout's graph showing our "Days Cash on Hand," ascending during the past decade from 200 days in 2007 all the way up to 600 as of October, 2017. This is the number of days Kendal could continue to pay its operating expenses should our cash flow suddenly stop. Such an event is highly unlikely. It is reassuring, though, to know we have a good solid cushion.

-- Jo McMurtry

"Complete Works of Shakespeare -- Abridged" Performance at Kendal

Kendal residents and guests are in for a treat this month when the Lexington Youth Theater Group gives a repeat performance of "The Complete Works of Shakespeare: Abridged." The three high school thespians -- Jillian Watkins, Claire Moreschi (Rockbridge County High School seniors) and Danielle Albridge (junior) gave their premier performance of this

wacky, fast-paced play on Hopkins Green last May. The students' talent for physical comedy kept the audience laughing the whole time. And, yes -- the play really does cover *all* of Shakespeare's plays in less than two hours.

The date is Saturday, January 13, at 3 pm in Kendal Hall. Refreshments will be served during intermission. Free and open to the public.

An interview with Claire Moreschi, daughter of Linda Moreschi, Kendal Marketing Specialist:

Q: Claire, how did the three of you get together to perform this play?

A: We are in a drama class at the high school with Linda Gorman. Members of the class were working on a play or scene from a play. At that time, we were trying to decide what play we would choose.

Q: Why this play, a comedy?

A: Sophomore year in our English class, we were studying "Romeo and Juliet." One day our teacher showed us the fifteen-minute segment that centers on "Romeo and Juliet" from "The Complete Works; Abridged." I loved it, as did the entire class. Not long after that I was home sick and decided to watch the entire play on YouTube. I told drama classmate Jill Watkins about the play. She loved it and asked Mrs. Gorman if she could direct some other students in performing the play.

Q: And how did you choose the other player for this three-person fast-paced play?

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Shakespeare Abridged (from p. 5)

A: We wanted people who would learn their lines and show up for rehearsals.

An interview with Jill Watkins, daughter of John Watkins, an IT specialist at W&L who organized the IT sessions here at Kendal last spring:

Q: How did you go about directing the players in this comedy?

A: There are some instructions in the script, but as we became more familiar with the lines, we began ad-libbing and I wanted to incorporate the good parts.

-- Dianne Herrick

place on Thursday, January 11, at 7:15 pm. This showing will preempt the usual Thursday evening movie for that week. Moviegoers who have not registered for the course may nevertheless watch the Puccini showings for free.

Lecture titles are:

Jan. 10, "Puccini: An Overview of the Life and Works"

Jan. 17, "*La Boheme*: Why is it one of the most popular operas of all time?"

Jan. 24, "*Tosca*: The role every soprano wants to play!"

Jan. 31, "*Turandot*: An opera full of great melodies, including *Nessun Dorma*."



Puccini to Star In Kendal College

Professor Tim Gaylard of the W&L music faculty, a frequent and popular visitor to Kendal, will lead a Kendal College session on "Puccini: Master of Operas with Real Emotions."

Registration forms will be put in residents' open mailboxes very early in January. The course is open to Kendal residents, staff, and guests of the Marketing Department. There is a ten dollar charge for the course. See resident Sally Emory with questions.

The course will meet on the four Wednesday afternoons during January, at 4:30 in Kendal Hall. In addition, a movie showing of three separate acts from three Puccini operas will take

Computer Group To Hold Help Sessions

The residents' Computer Group will be offering one-on-one help sessions, beginning in January, with the goal of helping you improve your skills on your electronic devices. Depending on interest, more sessions will be held on a variety of topics in the following months.

Sessions are planned for Wednesday, January 10, and Wednesday, January 24, both from 10 am until 11:30 am in Kendal Hall.

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Computer Sessions

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Here is how it will work:

At least three members of the Computer Group who are familiar with Mac/Apple devices, and at least three with Windows/PC/Android skills, will be ready to help those who come wanting some help with "How do I . . . ?"

For the session on January 10, the focus will be to help with emails, such as learning how to:

- Attach a file or picture with an email.
- Set up files to save special emails.
- Better organize your emails.
- Block those unwanted emails.
- Other questions that YOU have about email.

The session on January 24 will focus on Web searches.

In addition to the one-on-one sessions, the following people are willing to make "house calls" to help you with issues on your desktop computers:

For a Windows/PC device: Tom Williams, Elaine Emerson, Burrell Fisher, Cleve Hickman, Maureen Crandall, Helen Staley, Sarah Giddings.

For a Mac/Apple device: Wil Stratton, John South, Ted Burrowes, Sarah Giddings.

A more complete list of members who have familiarity with additional devices, and with additional programs, will be posted in the Alcove.

A caveat -- we are not experts, but we might be able to help you with some issues you are having with your devices -- including your printers.

-- Dianne Herrick

Love Those Trucks On Interstate 81?

Most of us are painfully aware of the negative effects of the heavy truck traffic on I-81 and wish there were ways to improve the situation. Several years ago there was a proposal to widen I-81 to four lanes each way throughout all of Virginia to cope with this. But there was also an innovative, safer, less costly, and more quickly implemented alternative proposal that involved an interesting mix of rail and truck technologies. The group behind this, the Steel Interstate Coalition, has grown to have a national presence. And we at Kendal will have the opportunity to learn more on Thursday, January 25, at 4:30 in Kendal Hall. Coalition member Michael Testerman from Richmond will share the details, history, and future prospects and challenges of this initiative. Sponsored by Kendal's Sustainability Committee, this presentation promises to be both informative and engaging. (Free and open to the public.)

-- Ted Burrowes
for the Sustainability Committee



Cat's Corner

(conducted by Shay Peters)

[Note: the following autobiographical sketch was submitted by Anne Preuss, on behalf of Una.]

My name is Una and I am six years old. I am what is called a tuxedo cat, because my back and tail are black and my underside is white. I was a young feral kitty when I was rescued by Curtis Jirsa, a professor at Washington and Lee, who took me home and took care of my medical needs.

When Professor Jirsa moved back to Maine, I came to live with Anne [Preuss] on Sycamore Lane. At first I was so upset that I did not come out from behind the sofa, except at night, for a month. I inched toward the kitchen and living room, and when I looked out back I saw an exciting landscape. There were deer, hikers, cows, birds, neighbors. I started to visit Ted and Renate [Chapman] at breakfast time, and I could run across the lawn to the hayfield/cowpasture and squeeze under the fence. There I stalked mice and ran back in glory with my trophy to the house. Anne was less enthusiastic.

Two years ago we moved to Cox Hall and live on the courtyard. Not much happens there, and although I have climbed my maple tree a couple of times, I find it rather boring and now

spend most of my time indoors. I am a one-person cat; I do not like dogs and I do not care for other cats or people, although the nice ladies Elbie [Raisbeck], Ibis [Chambers], and Kay [Quirk], who have fed me, are allowed to pet me. I do not like being picked up, and I do not sit on laps.

However, I take good care of Anne, watching her through the night and making sure that we get up at 7 am for breakfast. And, in the last year, I have learned how to purr!

A Pleasant Excursion

Recently I saw a noteworthy performance of *My Fair Lady*, a musical/movie we are quite familiar with, at the Wayne Theatre in Waynesboro, Virginia, about an hour's drive from Kendal. The production was not super but quite enjoyable, better than I expected. Leslie Clair Wood, who starred as the heroine, Eliza Doolittle, was especially good, both in singing and acting. The costumes and choreography were also well done. Actually, what made the trip worthwhile for me was around the corner, what turned out to be a great place to eat before the show: the New Ming Garden, a buffet place with tons of Chinese dishes and, happily, a sushi counter with a chef. It wasn't the best I've ever eaten, but anyway quite good. Wayne Theatre: W. Main St., 540-943-9999 (for tickets). New Ming Garden, 316 Federal St., Waynesboro.

-- Sangmie Schellstede



Marketing Department Starts the Year on a High Note

Kendal's existing Independent Living residences, 65 cottages and 55 apartments, are 100 per cent occupied or reserved as of mid-December. Four move-ins are scheduled for January and February, according to Linda Moreschi of the Marketing Department.

Meanwhile, the thirty yet-to-be-built cottages on Sunrise Ridge are filling up, although construction will not be completed until 2019. Twenty-three cottages have been reserved as this newsletter goes to press.

So far, it would seem that about half of our prospective Sunrise Ridge neighbors will move from the Lexington/Rockbridge area, while the other half harks from farther afield. The median age for this group of newcomers is mid-seventies, and there is about a fifty-fifty split between one- and two-person households.

Our current waitlist (not connected to Sunrise Ridge) includes 141 households; between thirty and forty have said they will be ready to move in the next few years.

Marketing also takes care of our "Try It -- You'll Like It" visitors, who stay at Sunnyside House and are given plenty of opportunity to learn about Kendal and about the Lexington area. "Try It" guests range from people in the early stages of interest in Kendal to those

already on the waitlist. Visitors in 2017 totaled 67 groups (singles or doubles) as of mid-December, up from last year's 53 total. These statistics are a bit wobbly, since they contain repeaters as well as first-timers.

Watch This Space --

New Newsletter to Appear in February

The February issue of this newsletter may bring some changes and perhaps even some surprises. Jo McMurtry, editor for the past eight years, is retiring. The newsletter will continue under the leadership of Bill Schellstede, who will chair the Newsletter Committee beginning in 2018. Also on the staff, according to a notice posted in the Alcove on November 24 and still on view in mid-December, are: Sarah Giddings, Calendar Coordinator; Susie Lynch, News/Features Coordinator; John South, Layout Coordinator; Ted Burrowes, Sally Emory, Kay Quirk, at-large volunteers.

The residents' newsletter has been published each month since February of 2001, which was only seven months after Kendal at Lexington opened. Next month's issue will continue the tradition without missing a beat.

Staff Appreciation Gifts Break Record

Residents donated a record-breaking \$56,399.60 to the Staff Appreciation Fund for its distribution this past December 1, just in time to help our wonderful staff have a merry Christmas.

Checks were cut for one hundred thirty-one employees and were made available at the resident/staff party in Kendal Hall. A large number of residents took this opportunity to personally thank the staff members who make our lives so safe and so comfortable, and whose smiles brighten our days.

The amounts of the checks were determined on the basis of hours worked and length of service, with top management excluded. The largest checks cut were for \$562.52; the smallest (received by one or more newly-hired employees who had just become eligible) were for \$17.58.

The amount donated represents a considerable leap forward from the previous record of \$45,662.59, the total for this past June. The increase presumably reflects the facts that (a) there are more of us, as people who have reserved residences keep moving in, and (b) we are *very* grateful to our staff.

The Staff Appreciation Fund is emptied out twice a year, with the next dispersal scheduled for June of 2018. The fund is now open for this next event. Make checks to Kendal at Lexington, with a memo for "Staff Appreciation," and take them to the accounting office.



Memoir Writing

A sign-up sheet has been posted in the Alcove for participants in the joint VMI-Kendal class in memoir writing.

The classes will start on February 5 in the Preston Library at VMI. Buses will be provided. Classes will meet on Monday or Tuesday mornings, and will be given in two sections, directed by Major Stephanie Hodde or Major Mary Atwell. Eight to ten Kendal residents are invited, to be joined by VMI cadets who are taking the course for credit. There is no charge.

Specifics: classes will meet on February 5 and 19, March 5 and 20, and April 3 and 17. Sometime in April there will be a public reading. Major Hodde would be glad to come to Kendal in January to talk to possible participants.

-- Anne Preuss

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 February, 2018, issue is January 15. See also p. 9 of this issue.



Missy's Musings

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

I hope everyone had a great Christmas and found good treats in their stockings.

As for me, I spent a week at All God's Creatures in Fairfield, while Kay celebrated in the Alexandria and DC environs.

Leading up to the holidays, I had a great time at the Thomases on Sycamore Lane, meeting their three Welsh Cardigan Corgis. You might recognize these dogs as the ones gathered around Queen Elizabeth in her photos and portraits.

When I'm out for a walk, I rarely meet them because they are so strong they need to be walked one at a time. First there is feisty Rocky, who is the senior member of the clan, at eleven years old, and is seen with Don Thomas. Rocky loves to play ball but less so these days because of an arthritic back. This is often a problem for Corgis as they have long, low backs.

Bertie "Woofster" and Gus "Augustus Fink-Nottle" are cousins. The former is nine and the latter is six. They play very well together and are kept separated from the bully, Rocky. Pat Thomas gets lots of exercise with these two cuties.

Like me, they have spent time in obedience class and have earned the American Kennel

Club's Canine Good Citizen certificate. Dot Romano was their trainer.

While they don't like going to the vet, they eventually stop trembling so that Dr. Melissa Ferris, at the Blue Ridge Animal Clinic, can check them.

Occasionally, all three need a vacation at Wells Spring Farm in Fairfield -- or is it Pat and Don who need the break?

Next month, you'll meet another corgi, Harry. (Could he be a prince? The Williamses certainly think so.)

Emergency Response Education

Charlotte Sibold, Health Services Administrator, conducted a program on emergency response on December 7. A large number of residents attended, followed the very detailed handout, and asked excellent questions. If you missed the program, copies of the handout are available at Charlotte's office in the Borden Center. Charlotte is also available to answer questions you may have about the handout or about emergency response in general.

The presentation covered a great deal of ground and included individual emergencies-- "I've fallen and I can't get up" -- as well as larger-scale emergencies, such as a power outage or a fire. While this article hasn't the space to

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Emergency Response (from p. 11)

reprise the whole meeting, here are a few quick take-aways.

Individual Emergencies: Remember that your PET (Personal Emergency Transmitter) alerts staff to come to wherever you were when you pressed the button. If you go someplace else, staff members may not immediately find you. If you think you are having a heart attack or stroke, or anything really serious, press your PET *and* call 911 for assistance.

It's a good idea to wear your PET at all times, perhaps utilizing the handy beaded necklace, or, at least, to keep it where you can quickly find it -- beside your bed, for example. And keep your "File of Life" information on your refrigerator door; responders are trained to look there.

Remember, too, that your PET does not work in some outdoor parts of the campus, so take your cell phone when you go out on the walking trails. Call the Borden Center (464-2632) and/or 911, should the need arise.

The motion detector in your residence does not take the place of your PET. The detector registers movement only from 6 am until 10 am and notifies staff if there hasn't been any. (Staff will then telephone you and, if you don't answer the phone, come to your residence to check on you.) The detector cannot tell the staff you've had a fall, for example, even if you land right in front of it and wave your arms around. (Speaking of the motion detector, be sure to notify Kendal if you're going to be away from campus overnight. This will spare staff's making an unnecessary trip. "Away from Kendal" forms are available at the front desk.)

Larger-Scale Emergencies: Kendal utilizes SARA (Situation Awareness and Response Assistant), an

automated response system which telephones residents and informs them (in a weird mechanical voice, but listen carefully anyhow) of things one needs to know, such as power outages or approaching bad weather.

Whenever an alarm goes off -- horrible clamor, flashing lights -- residents are asked to assume that the emergency is a real one, even if we suspect it's just a test. Go to your home or to a rally point, whichever is closer. The list of rally points appears on p. 9 of Charlotte's hand-out.

-- Jo McMurtry

From Our Therapists:

Staying Safe & Healthy While Traveling

The holiday season is more than just a time for delicious food, warm fires, and decorations. It is also a time to spend with family members. Some older adults may find themselves miles apart from their loved ones. Traveling over the holiday season is tough for anyone. No matter how you travel, being on the go can take its toll on your physical and mental health. For older adults and caregivers, these typical stresses can be magnified. Happy occasions can become overshadowed by fear, anxiety, and stress. The following tips will help you prepare for travel this holiday season, so you can make the most out of your time with family and friends.

Preparation is the key to traveling easily. It is essential to plan ahead to reduce travel stress. You will want to consider health issues, such as portable oxygen and other needs. In addition, be prepared for

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Safe Travel

(from p. 12)

glitches during travel, you'll be much less stressed should something go awry. If you are traveling by air, train, or bus, and require assistance with ambulation (such as a walker or wheelchair), check into the accommodations offered by the companies with whom you are traveling. Furthermore, it's a good idea to travel with a list of medications, as well as statements outlining medical conditions from your primary care physician or other provider. Should a medical emergency arise while you're traveling, you can easily provide the hospital or provider with essential health information to streamline treatment. Also, it is important to give yourself plenty of time to travel to your destination, planning for multiple stops and breaks along the way. Finally, pack as lightly as possible. All prescription and over-the-counter medications should be placed in a one quart zip-lock freezer bag. In this bag, place copies of any prescriptions and/or physician statements. Additionally, enclose any medical appliances such as extra braces or first-aid needs.

What can you do to stay safe while traveling?

Whether loading bags in and out of the car or on and off the baggage carousel, be sure to lift with your legs. Be sure to use both hands when retrieving items from the overhead bins. In addition, use luggage with wheels whenever possible. This will prevent extra stress and strain on your joints. Carry weight close to your body and distribute weight evenly. Do not lift luggage that is too heavy. Be sure to ask for help. Furthermore, while sitting, set your feet on your carry-on bag to keep your legs at a 90-degree angle. Also, if taking a long flight or train/bus ride, move around the cabin when you're permitted so you can stretch your arms and legs. Additionally, if you need special assistance when traveling, notify officials in advance of special accommodations you may need, such as a wheelchair, stroller, or other mobility device. Finally, as you travel, you tend to retain fluid and limbs can begin to

swell. Loose-fitting clothing will help you to be more comfortable. Remember, too, that airport security will require you to remove shoes, belt, jackets/coat, watch, etc., so be prepared.

What can you do to stay healthy while traveling? Before beginning your trip, make sure to get a good night's sleep. Also, if you are on a special diet and are traveling, make arrangements in advance with airlines or other travel companies to ensure that you receive appropriate meals. Furthermore, while traveling for long periods, make sure to move around when you are permitted so you can stretch your arms and legs. Additionally, keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands. Finally, cold temperatures can cause serious health problems, especially in older adults. Stay dry, and dress warmly in several layers.

How can therapy help? Seeking professional advice from your rehab team to analyze your unique situation can often result in simple solutions. Your rehab team is specially trained to help adults with a broad range of physical conditions. They can also identify lifestyle changes that can facilitate staying physically and mentally healthy during the holidays and afterward. For additional information, please contact your Select Rehab Physical, Occupational, and Speech Therapists. Consult your rehab team today if you are experiencing difficulty with walking, performing your self-care, strength, joint pain, or any other physical condition affecting your ability to live life to its fullest.

-- submitted by
Savleen Kaur Juneja
Rehab Program Manager

Weekly Scheduled Activities

Sundays (7, 14, 21, 28)	4:00 pm	Vespers	Borden Sunroom
Mondays (8, 15, 22, 29)	2:00 pm	Needleworkers	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (2, 9, 16, 23, 30)	12:45 pm	Recorder Consort	Kendal Hall
	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (4, 11, 18, 25)	10:00 am	Bible Study	Location TBA
	7:00 pm	Movie	Kendal Hall
Fridays (5, 12, 19, 26)	10:30 am	Kendal Singers	Kendal Hall

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 Kendalites and their guests.]

Jan. 11-14, Thu. - Sun. The Star City Canine Training Club and the Dog Owners Club of Lynchburg sponsor an American Kennel Club Agility Event at the Virginia Horse Center. Specific information is skimpy as we go to press, but, judging by past years, dogs will be running obstacle courses and demonstrating other remarkable feats at the Horse Center's Anderson Coliseum during standard daylight hours. The dogs seem to love it. Free entry.

Jan. 12, Fri., 7:30 pm. "When Swing Was King: A Tribute to Benny Goodman," presented by Paul Cosentino and the Boilermaker Jazz Band at the Harvester Center in Rocky Mount, not far from Roanoke. General admission, \$28. Telephone (540) 484-8277 to reserve tickets and get directions.



Vespers for January

All are welcome to these ecumenical services, held each Sunday at 4 pm. (Please note that the venue has been moved to the Borden sunroom.) The volunteer officiants and musicians are much appreciated. Arranged by the residents' Vespers Committee.

Jan. 7: Officiant, Deb Klein (Lexington Presbyterian Church). Pianist, Mary Harvey-Halseth.

Jan. 14: Officiant, William A. Mills (Buena Vista Pentecostal Holiness Church). Pianist, Clyde Moore.

Jan. 21: Officiant, Kris Peaden (Rockbridge Community Church of the Nazarene). Pianist, Jean Eisenhauer.

Jan. 28: Officiant, Jason Grimes (High Bridge Presbyterian Church). Pianist, Jerri Keen.

January Activities Calendar

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

9, Tue.	1:00 pm 6:30 pm	Residents Council Meeting Sunnyside Weavers	North Parlor Kendal Hall
10, Wed.	10:00 am 4:30 pm	Computer Group Session Kendal College, "Puccini"	Kendal Hall Kendal Hall
11, Thu.	2:00 pm 7:15 pm 7:30 pm	Dementia Caregivers Support Group Movie, Scenes from Puccini Operas "Body Traffic," dance program at W&L	Sunnyside House Kendal Hall [Bus, 7:00 pm]
* 13, Sat.	3:00 pm	"Works of Shakespeare, Abridged"	Kendal Hall
17, Wed.	9:30 am 4:30 pm	Residents Association Meeting Kendal College, "Puccini"	Kendal Hall Kendal Hall
19, Fri.	8:00 pm	Garth Newel Piano Quartet, W&L	[Bus, 7:30 pm]
21, Sun.	12 noon -- 2 pm	Brunch at the Lexington Country Club	[Bus, 12:20 pm]
* 23, Tue.	7:15 pm	Anna Billias , pianist, Russian music	Kendal Hall
24, Wed.	10:00 am 4:30 pm	Computer Group Session Kendal College, "Puccini"	Kendal Hall Kendal Hall
* 25, Thu.	4:30 pm	Presentation, Steel Interstate Coalition	Kendal Hall
28, Sun.	3:00 pm	Rockbridge Chamber Singers concert	[Bus, 2:30 pm]
31, Wed.	4:30 pm	Kendal College, "Puccini"	Kendal Hall

*** Free and Open to the Public**

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