



Kendal at Lexington

The Residents' Newsletter

160 Kendal Drive
Lexington, Va. 24450

(540) 463-1910
www.kalex.kendal.org

Vol. 17, No. 5
MAY 2017

Kalex and Kendal Corp -- What's the Connection?

Retirement communities come in so many variations that it's easy to be confused. There are for-profit and not-for-profit communities; communities that stand alone, and communities that are part of a group; communities that are church related and others that are not. As Kendal residents, we are fairly well aware of where we fit in this panorama, but perhaps we could use a brush-up and a bit of background.

Is Kendal at Lexington owned by the Kendal Corporation? Definitely not. K-Corp does not own its affiliates or any of their assets. Kendal at Lexington owns itself. Legally, in fact, we are the "Lexington Retirement Community, doing business as Kendal at Lexington." We came into being through the efforts of a group of Rockbridge area people who during the 1990's began to explore the possibility of a retirement community here. Our Board of Directors was set up during that time and has

always been local. The Bartenstein family's generous gift of land was made to the Lexington Retirement Community.

How did Kendal Corporation get into the picture? It was felt that the new community would be better off as an affiliate than as a stand-alone enterprise. After investigating several possibilities, members of the Lexington Retirement Community board approached the Kendal Corporation, based in Kennett Square, Pennsylvania. The fit turned out to be a good one. Many of Kendal Corporation's affiliate communities are located in small college towns. Lifelong learning is a high priority. The Quaker principles espoused by the Kendal Corporation -- such as respect for the individual, integrity, accountability -- are in line with the goals envisioned by the Lexington Retirement Community. And, both the Kendal Corporation and Kendal at Lexington are not-for profit organizations.

(cont. on p. 5)

🎵 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.]

May 1, Mon., 8 am. Men's breakfast. No reservation needed. Dining Room.

May 3, Wed., 4:30 pm. Presentation on the Chronic Disease Self-Management Program, led by Sybil Adams, Resident Services Coordinator, and Catie King, Health and Wellness Program Manager. (See story, p. 6.) Kendal Hall.

May 4, Thu., 7:15 pm. The Marlbrook Chamber Ensemble performs a preview (or pre-listen) of their concert the following Sunday. (See below, May 7.) Kendal Hall. **Free and Open to the Public.**

May 6, Sat., 10 am. Tour of five historical churches in Rockbridge County. (See story, p. 11.) [bus, 9:45 am]

May 6, Sat., 6:45 pm. Live telecast of the Kentucky Derby, at the Virginia Horse Center, 487 Maury River Road. Followed by Grand Prix show jumping as part of the Horse center's "Lexington Spring Encore" competition. No

charge to enter the Horse Center. Further details may be posted. [bus, 6:15 pm]

May 7, Sun, 3 pm. The Marlbrook Chamber Ensemble of W&L perform an afternoon of masterworks. Timothy Gaylard, piano; Jaime McArde, violin; Julia Goudimova, cello. No ticket required. Wilson Concert Hall, W&L. [bus, 2:30 pm]

May 9, Tue., 1 pm. Monthly meeting of Residents Council. Any Kendal resident may attend these meetings. Notify Karen Russell, Residents Association president, if you would like a spot on the agenda. North Parlor.

May 9, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. Sunnyside House.

May 10, Wed., 3:30 pm. Kendal's Computer Group sponsors a session on Voice Recognition. Learn the capabilities -- and convenience -- of using verbal commands with GPS map apps and digital assistants on smartphones and tablets. Taught by W&L's IT staff. All Kendal residents and W&L retirees are invited to attend. Kendal Hall.

May 11, Thu., 12 noon. Appreciation luncheon for volunteers at the Borden and Webster Centers. arranged by the Activities staff. Musical entertainment by staff members Laura Hotinger, Teresa Markham, and Tony Nix. Kendal Hall.

(cont. on p. 3)

Calendar Notes

(from p. 2)

May 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.

May 11, Thu., 4:30 pm. Talk by Philip Coulling, executive director of Nature Camp in Vesuvius, Rockbridge County. Nature Camp is a private, non-profit, residential co-ed summer camp for children in the fifth through twelfth grades, specializing in natural history and environmental science education. A visit to the camp for Kendal residents is planned for June; details forthcoming. Philip is the son of Kendal resident Mary Coulling and the late Sid Coulling. Kendal Hall. **Free and Open to the Public.**

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

May 17, Wed., 7:15 pm. Recital by string students of Jaime McArdle of the W&L music faculty. Kendal Hall. **Free and Open to the Public.**

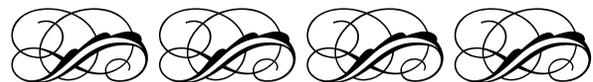
May 18, Thu., 10 am. Trip to the D-Day Memorial in Bedford. Bedford suffered the nation's highest per capita loss on June 6, 1944. Extensive grounds, numerous monuments.

Wear a hat and sunglasses. Bus fare, \$5; admission to the Memorial, \$8. Lunch at Liberty Station, restored railroad station, in Bedford. [bus, 10 am]

May 20, Sat., 11 am. Tour of the Masonic Theater in Clifton Forge. This three-story Beaux Arts brick building was constructed in 1905 as the Mason Hall and Opera House. It now belongs to the town of Clifton Forge and is being restored to its former glory by the Masonic Theatre Preservation Foundation. The tour is free, but donations are welcomed. Box lunch provided by Kendal for 7.5 dining points; eat at the Clifton Forge School of the Arts, and then tour the school. Bus fare, \$5. [bus, 10 am]

May 20, Sat., 6:30 pm. "Czech, Please!", a "pay what you wish" event at Garth Newel Music Center in Bath County, will feature emerging Czech pianist Tomas Kaco playing his own arrangements of classical, jazz, and Roma music. The 7 pm recital will be preceded by an open bar and followed by a reception for the artist. Contact resident Sarah Giddings with questions. Look for updates on the summer Garth Newel schedule in the June and July issues of this newsletter. There will be a concert by folksinger and songwriter John McCutcheon on June 3. [bus, 4:45 pm; return about 9:30 pm]

(cont. on p. 4)



Calendar Notes

(from p. 3)

May 23, Tue., 8 pm. W&L's University Singers present their final concert for the academic year, featuring favorite works selected by the seniors. Directed by Shane Lynch, Director of Choral Activities. No ticket required. Wilson Concert Hall, W&L. [bus, 7:20 pm]

May 25, Thu., 4:30 pm. Susan Mead, professor of sociology at Ferrum College (south of Roanoke) speaks on "Hope through Peacemaking in South Sudan." Kendal Hall. **Free and Open to the Public.**

May 29, Mon., 10:30 am. Memorial Day program by the Kendal Singers, focusing on the theme of memories. Directed by resident Don Taebel. Kendal Hall. **Free and Open to the Public.**

May 31, Wed., 4:30 pm. First meeting of the Kendal College course "Social Psychology: How Social Forces Affect Our Thoughts and Behavior," taught by Julie A. Woodzicka of the W&L Psychology Department. (See story, p. 7.) Kendal Hall.

**Vespers for May**

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; Matt Paxton, convener.

May 7: Deb Klein (Lexington Presbyterian Church). Musician, Clyde Moore.

May 14: Paul Carter (Grace Presbyterian Church). Musician, Kay Horner.

May 21: Steve Cathcart (Timber Ridge Presbyterian Church). Musician, Jeannie Vaughn.

May 28: Punker Robertson (Fairfield Presbyterian Church). Musician, Lee Higgins.

Newsletter Statement and Staff

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

Staff: Helen Behrens, Maureen Crandall, Sally Emory, Sarah Giddings, Maury Hanson, Rae Hickman, Jo McMurtry (editor), Kay Quirk, Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Marje Sherrill, Rudie Terhune, Clara Belle Weatherman, Dick Werling.

The deadline for the June, 2017 issue is Monday, May 22, 5 pm.

Kalex and K-Corp (from p. 1)

Where are these other Kendals? Kendal Corporation has thirteen residential affiliates in eight states: Illinois (1), Maryland (1), Massachusetts (1), New Hampshire (1), New York (2), Ohio (3), Pennsylvania (3), and Virginia (1). Kalex is the farthest south of the lot. The earliest Kendal community was built during the 1970's at Longwood, Pennsylvania, with the help of a committee of the Philadelphia Yearly Meeting of the Religious Society of Friends. (The name was chosen to recall the English village where George Fox, an early founder of the Quakers, arrived in 1652 and was welcomed, along with his beliefs.)

Getting back to the ownership question -- then why would anyone think Kalex is owned by K-Corp? This assumption isn't unreasonable for people who don't happen to know the facts. Some retirement communities are entirely owned by their parent corporation.

As an affiliate, Kalex has what relationship with the Kendal Corporation? Basically, we purchase management services from the Kendal Corporation. These services take many forms. A highly visible example followed the resignation of Steve Jewell, Kalex's first executive director, in 2012, when K-Corp staff member Judy Braun served as interim director for several months during the selection process which brought to campus our current director, Mina Tepper. Currently, K-Corp's project director, David Jones, has been making numerous trips to Kalex to offer advice as plans develop for our coming expansion and renovation. And as an

ongoing thing, less visibly but very helpfully, K-Corp provides advice on many subjects based on its years of experience with senior communities. Fitch Ratings, the international agency which last August assigned Kalex the sound credit rating of BBB-, expresses it well. Fitch sees the K-Corp connection as "a positive credit factor," adding that K-Corp "provides guidance in the areas of finance, purchasing, marketing, human resources, as well as a recognizable brand name" (from the website of BusinessWire).

So, we pay a fee to the Kendal Corporation for all these good things. How much is it?

The 2017 Kalex budget lists \$477,110 as the "Kendal System Fee" and is based on budgeted expenses for the year. According to the hand-out distributed by Felicia Bush, Kalex's Finance Manager, at a meeting for residents this past December, these budgeted expenses total \$14,695,871. (For more on this year's budget, see the January, 2017, issue of this newsletter.)

Is Kendal at Lexington a Quaker-supported community? No. Kalex receives no financial support from the Society of Friends (Quakers), nor does the Kendal Corporation.

But don't many not-for-profit retirement communities get support from churches?

Yes, so it's understandable that people might jump to this conclusion about Kalex. Many religious groups have founded and continue to support retirement communities. Some of these accept as residents only members of their particular faith, or only members of a certain congregation or group of congregations. However, the

(cont. on p. 6)

Kalex and K-Corp

(from p. 5)

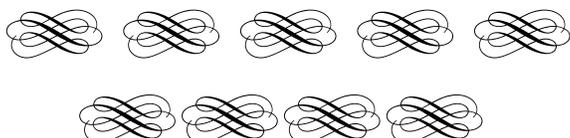
current trend among church-related communities is to become more inclusive.

If not Quaker *per se*, then what is the prevailing religion at Kalex? Kalex makes no inquiry about the religious beliefs -- if any -- of our residents, so no tabulation is possible. (Or desired.) However, many of the early supporters of the Lexington Retirement Community belonged to the congregations of local Presbyterian and Episcopal churches. Currently, the residential body appears to include Protestants of many varieties, Catholics, Jews, and the occasional Zen Buddhist. A number of Quakers do live at Kalex, and many of these were attracted here because they have had positive experiences with Kendal communities elsewhere.

Where can I learn more? Kendal Corporation has published a 26-page booklet, "Values and Practices" (2012 edition), which explains concisely yet in specific detail the application of Quaker ideals to the practicalities of maintaining retirement communities in the modern world. The booklet is available from the Marketing Department.

-- Jo McMurtry

[Thanks to Mina Tepper, Executive Director; Becky Edmondson, Executive Assistant; Felicia Bush, Finance Manager; and Jessica Buhler, Marketing Director, for help with this article.]



Chronic Disease Self-Management Program Under Way in May

Sybil Adams, Resident Services Coordinator, and Catie King, Health and Wellness Program Manager, will lead a Chronic Disease Self-Management Program on Tuesday afternoons beginning May 9 and continuing through June 13. The group will meet from 3 to 5 pm at a location to be determined. There is no cost to participants. A healthy and delicious snack will be offered during the short break for every class. Anyone who attends the class will also receive a free book that will be used throughout the program and that participants can continue to use at home.

On Wednesday, May 3, Sybil and Catie will give a presentation at 4:30 pm in Kendal Hall, discussing what the program is. All Kendal residents and priority waitlist members are invited.

This evidence-based program has been developed and licensed by Stanford University to help adults living with, or caring for someone with, a chronic disease such as asthma, arthritis, diabetes, heart disease, etc. Participants will learn tools to help them actively and effectively manage their conditions and take charge of their lives.

Sybil and Catie have been trained and certified as instructors in the program, as has Karen Jackson, Director of Resident Services.

Topics will include dealing with such problems as frustration, fatigue, and pain;

(cont. on p. 7)

Chronic Disease Program (from p. 6)

appropriate exercises; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments.

No medical advice as such will be given, and the course does not replace or conflict with participants' existing programs or treatments.

Mystery Dinner Theater : June 6 (D-Day)

Save Tuesday, June 6, for the Kalex Mystery Dinner Theater, "Death of a Volunteer." The actors in this murder mystery, set in 1944, will act out the scenes to portray the drama. YOU, the audience, will be the ones to figure out "whodunnit." The actors for the evening are several of our talented Kalex residents -- and one Board of Directors member. The players are already busy rehearsing their respective roles under the direction of Claire Moreschi, a junior at Rockbridge County High School and a daughter of Marketing Associate Linda Moreschi. (A high school student directing grandparent-aged folks? What fun!)

Besides the mystery drama, the evening will include beverages (cash bar) and World War II foods served buffet style. Working with Judy Kurtz, our Director of Dining Services, the committee for the event (a subcommittee of Culture and Entertainment) has selected a "memory lane" meal of the foods we ate in that era. (The essential Spam will be featured in a

Spam paté appetizer.) Your dining points -- twenty points -- will "pay" for the buffet meal served in Kendal Hall.

Next week, you will receive an invitation in your box to the Mystery Dinner Theater giving you more details. Seating is limited, so do sign up promptly to make your reservation -- and to give permission to use your dining points.

Judging from the fun that the subcommittee from the C&E Committee is having planning the event, the evening should be great fun for all.

-- Dianne Herrick and Meg Stackpole
with input from others

[Editor's note: Because of the limited space in Kendal Hall, the invitation list is limited to Kendal residents, and reservations will be first come/first served. The script and instructions for "Death of a Volunteer" were purchased as a kit from Host-Party.com, an online supplier of mystery party games, for approximately \$100, covered by the Culture and Entertainment Committee.]

Kendal College to Examine Social Psychology

"Social Psychology: How Social Forces Affect Our Thoughts and Behavior" is the title of a Kendal College course meeting on May 31, June 7, and June 14, all Wednesdays, at 4:30 pm in Kendal Hall. The instructor is Julie A. Woodzicka, Abigail Grigsby Urquhart Professor

(cont. on p. 8)

Kendal College (from p. 7)

of Psychology at W&L. There is no charge for the course, which is open to Kendal residents, Kendal staff, and invited guests of the Marketing Department. Registration forms will be distributed in late May.

Lecture topics will be: May 31, "Understanding Human Behavior"; June 7, "Gender and Communication"; June 14, "Prejudice and Communication."

Prof. Woodzicka began teaching at W&L in 2000 and has co-taught W&L's inaugural women and gender studies introductory course. Her research explores the interpersonal and social consequences of subtle prejudice and discrimination, most recently the effects of sexist and racist humor.

Contact resident Sally Emory if you have questions.

"You're Retired and You're Doing What?"

Saturday, March 25, dawned partly cloudy and pleasantly cool, a perfect day to clean up the accumulated trash on Enfield Road. Several years ago, Kendal residents participated in the Adopt-a-Highway program sponsored by the Virginia Department of Transportation (VDOT), but we haven't done so for several years. Well, we're back in the game once again. Seventeen residents, aged 73 to 92 (with an average age of 79) donned long pants, long-sleeved shirts, work

boots and gloves, and fashionable neon orange vests for a morning of ridding our assigned two miles of Enfield Road of unsightly garbage. We divided into teams and filled six VDOT orange trash bags.

Our vests and gloves are now stowed away, but I think a good time was had by all, and I for one look forward to continuing the program in the future. We've committed to cleaning up the roadside twice a year. Do join us in September.

Respectfully submitted,
HRH the Queen of Roadside Trash
aka Robyn Potter

Trash Talk

It is quite obvious that cereal boxes are not corrugated cardboard. But where do we recycle them? Well, believe it or not, they are "Clean Paper." Yes, cereal boxes, cracker boxes, all of those light cardboard boxes go in the "Clean Paper" bin. They are very easy to flatten. First remove any liner that's in the box and throw it in your trash. You've already opened the top. Do the same thing to the bottom and there you have a flat piece to throw in the bin.

With this simple procedure you're one step closer to a cleaner environment.

-- Helen Behrens
for the Sustainability Committee

From Elsa Burrowes:

Volunteering at Hoofbeats Therapeutic Riding Program

"Okay, let's see, I need to groom Harry and Blueberry, put out the western saddle and blue-green reins for Blueberry, and the Passier saddle with child's stirrups and rainbow reins for Spirit, and . . . and I am to lead Blueberry for his first rider . . . got it."

So might begin a morning for me as a Hoofbeats volunteer. Hoofbeats Therapeutic Riding Center, located on the grounds of the Virginia Horse Center here in Lexington, provides recreational therapeutic horseback riding for people of all ages with physical or mental disabilities. Most of my involvement happens during the lessons in the riding ring, where I serve either as a "horse leader" (one who leads the horse for a rider incapable of controlling the horse unassisted), or as a "sidewalker" (one who walks at the horse's side to assist the rider in carrying out the instructor's directions; sidewalkers may also provide added security by bracing a rider's leg). For capable riders who have mastered the basic skills sufficiently to ride independently, I might still be needed in the ring, but as a "spotter," readily at hand, but prepared to interfere only in an emergency.

Riding lessons during the Hoofbeats season, April to October of each year, involve participants in a variety of activities on horseback designed to help them develop physical strength, and improve balance and coordination. For

those with behavioral or emotional issues, therapeutic horseback riding may work to build self-confidence and self-esteem, and may contribute to improving communication and social skills. For some special needs riders, improving the ability to focus on a task, or to process instructions appropriately, is the most beneficial aspect of the program. For some, though, the greatest benefit derives from the special relationship they develop with their large, fuzzy, warm, non-judgmental partners. There is a remarkable variety of ways in which therapy horses make a difference in the lives of people with special needs.

Lesson activities may include games such as "Red Light, Green Light" (an exercise in "whoa" and "walk on"), or Hoofbeats-style races (i.e. at the walk), such as "barrel racing" or "weaving poles" (for which steering is obviously key). Riders also develop basic skills in horsemanship by perfecting simple dressage routines at the walk, and for some at the trot as well. Sometimes groups of three or four riders perform set routines to music, something participants find especially enjoyable if wearing costumes is part of the deal! As a break from disciplined ring work, the instructor and volunteers sometimes lead riders on short trail rides, making use of the Horse Center's wonderful system of woodsy, hilly trails (sheer pleasure for the riders, but a bit wearing for those of us leading their mounts, as we must cover the distance on foot!).

If I'm lucky, in the course of a morning at the barn I might actually get to ride a horse, but most of my Hoofbeats hours are spent on my

(cont. on p. 10)

Hoofbeats

(from p. 9)

own two feet. Lessons happen in all weather, from chilly drizzle (picture mud-splattered slickers and mushy footing), to scorching summer heat (think sunburn, kicked-up dust, and biting insects!). But for me as a horse leader, there's also an underlying level of stress that can wear me down far more than any physical discomfort. For the duration of any riding lesson, I hold in my hands the welfare of a handicapped rider atop a thousand-pound animal that I am able to control only because the horse is willing for me to do so. Hoofbeats horses are very well mannered, experienced, and carefully trained, but each is still a horse with a horse's instinct to survive perceived danger. Once in a while something will scare my rider's mount, and when that happens I need to react quickly to halt and calm the horse. Although such incidents are rare, any time I have a rider in the saddle I cannot afford to let down my guard.

On the other hand, working as a Hoofbeats volunteer provides rewarding moments that are beyond price. It's heartwarming to witness a handicapped rider's delight in her new sense of empowerment, when she discovers she too can ride independently because she has mastered guiding the horse by holding both reins in her one good hand. Admittedly, by the end of the morning's last lesson I'm ready for a break. But I have to say that all my weariness and discomfort melts out of existence when I catch the wonderful smile on that last rider's face as she leans forward in the saddle to hug her pony.

-- Elsa Burrowes

[Note: Hoofbeats Therapeutic Riding Center was founded in 1993 by a partnership including Carol Branscome, currently director. Hoofbeats' connection with the Virginia Horse Center began in 2007. Visit www.hoof-beats.com for information on getting involved -- volunteering, donating a horse or gently used riding apparel, or, of course, making a tax-deductible gift. Hoofbeats has federal nonprofit status.]

Looking Around with Maureen:

Helping VMI Cadet Newcomers

If you are thinking about doing something both nice and interesting, why not consider serving as a local host to an incoming freshman "rat" at VMI, come late August? You get to know the student and you will both grow and thrive on the experience, and together enjoy some lively conversation.

These students come from all over the country, and are often out of their element their first semester, as they face a rigorous academic and non-academic environment. They could use the extra bit of hospitality and encouragement that you as a pseudo-grandparent could provide. You do this in ways that you and the student both enjoy, e.g., a meal at Kendal as often as the student finds time for, maybe a ride offered for student errands, attending church services together, a movie in town, and/or attending the student's home sports or musical events.

(cont. on p. 11)

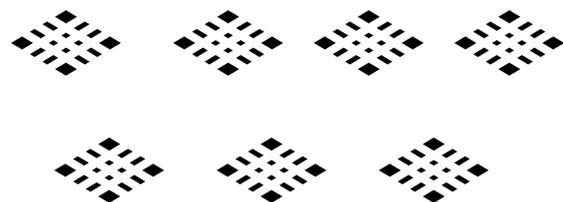
VMI Cadets

(from p. 10)

You can arrange this link-up through just about any of the local churches. Call the church office and ask to be put on the list of hosts for VMI's incoming students, specify whether you are interested in a male or female student, and also indicate if you have a preference for what part of the country the student hails from. You might want to adopt two -- this way they can entertain themselves and get to know a fellow classmate that they might not otherwise meet during their cadetship. You should hear back from the church office with a name or two in late August or early September.

Generally, the cadets do not need your support after the February breakout of their first year. This means that as a volunteer, you are much less likely to hear from them as their first year moves toward its end. Sometimes the cadet and you will remain in touch for all four years, and sometimes not. Some volunteers most enjoy starting over each year with a new incoming cadet. Those Kendalites who volunteer to host cadets could compare notes as the new academic year begins and moves along, and try to figure out ways of making these relationships even better.

-- Maureen Crandall
(with contributions by Felicia Bush,
Finance Manager and VMI Host Mom)



Along Buffalo Creek: Historic Churches, Cemeteries

The Historic Lexington Foundation is sponsoring an open house tour of five churches in southern Rockbridge County on Saturday, May 6, from 10 am to 1 pm. Kendal's Culture and Entertainment Committee has scheduled a bus. (See "Calendar Notes," p. 2.) Watch for postings of further information about this trip.

These five churches, all of them located in beautiful rural settings, are:

Falling Spring Presbyterian Church, founded in 1746; present brick Gothic-revival style building completed in 1865. Cemetery.

Cedar Hill Baptist Church, built in 1874 for local black families of various faiths, though predominantly Baptist. The small building also served as a school and is on the National Register of Historic Places. Cemetery.

Oxford Presbyterian Church, established in 1758; present brick Greek-Revival style church built in 1869. Cemetery.

Collierstown Methodist Church, organized in 1837. Main block of this church dates from 1840. Tower and steeple added in the twentieth century.

Collierstown Presbyterian Church, established in the early 1840's. Greek Revival-style building dates from 1856. Cemetery. Lunch available if desired; cost not determined as we go to press.

(cont. on p. 12)

Historic Churches

(from p. 11)

The Historic Lexington Foundation is also publicizing a series of free events connected with May, 2017, as National Preservation Month. Among these are:

Saturday, May 13, 2-4 pm. Walking tours of Lexington's main street. Tours begin every half-hour from Old Courthouse Square. First Baptist Church, 103 N. Main St., will hold an open-house. In collaboration with W&L's Sociology/Anthropology Department.

Sunday, May 14, 2-3 pm: Open House at Beechenbrook Chapel, built in 1873 by Lexington Presbyterian Church for workers at Jordan's Point. Nearby Miller's House Museum at Jordan's Point will be open 1-3 pm.

Saturday, May 20, 1-3 pm: A Preservation Month discussion of the area's African-American heritage, held at Hillel House on the W&L campus. Presentations by Erin Schwartz, W&L 2012, on the enslaved community at Buffalo Forge, and by Allison Bell, W&L 1991, on African-American burying places in Lexington and Rockbridge County. In collaboration with the W&L Sociology/Anthropology Department.

"March Madness" Winner -- Meg Stackpole

"You win nothing," cautioned Jason Bunn, our Health and Fitness Manager, as he named Meg Stackpole champion of the Kendal Bracket Challenge. It is true that our attempts to predict



this year's NCAA men's basketball tournament involved no material prizes. But, Meg replied, she did win something: "Fun and excitement. Thanks for doing our brackets!"

The University of North Carolina's win over Gonzaga on April 3 put Meg, Nanalou Sauder, and Chris Stackpole ahead of Ann John, who had been leading when the final game began. Ann was the only Kendal participant who correctly picked the teams in the final game. "Of the millions of brackets filled out on ESPN," says Jason, "only 4% have this final game."

Scores when the last game was over, as tabulated by Jason, were: Meg Stackpole, 120; Nanalou Sauder, 119; Chris Stackpole, 115; Ann John, 115; Lloyd Craighill, 112; Tom Strickland, 111; Jerry Massie (staff), 80; Sarah Giddings, 79; Lew John, 74; Jim McMillan, 71; Beth Knapp, 63; Laura Hotinger (staff), 63; Blair Nicely (staff), 63; Ned Henneman, 62; Bill Russell, 59; Jo McMurtry, 58; Bev Nedrow (staff), 57; Sally Emory, 56; Ted Chapman, 55; Louise Pope, 46; Jason Bunn (staff), 43.

Jason's low score has brought him under the suspicion of Tom Strickland and Bev Nedrow, among others, who think he may have "chosen low-odds teams on purpose to make us believe we are more knowledgeable than we are." Could it be?



Library News

The Library Committee has chosen two new memorial books.

For Nancye Shelton:

An Event in Autumn, by Henning Mankel.

Kurt Wallander, played by Kenneth Branagh in the PBS mystery series based on Mankel's books, is looking for a house in the country. Just as he thinks he has found the ideal place, he discovers a skeleton hand in the garden. The ensuing investigation takes him into the past.

Wallander is a complex character. His relationships and interactions with his daughter and his colleagues are nearly as engrossing as the mystery of the corpse buried in the garden.

-- Sarah Giddings

For Marian Minnix:

Hillbilly Elegy: A Memoir of a Family and Culture in Crisis, by J. D. Vance.

"One of the best books I've ever read . . . the most important book of 2016," wrote Rod Dreyer of the *American Conservative*.

J. D. Vance was born in eastern Kentucky coal country, but his grandparents, like many

other mountain people, migrated to industrial Ohio, where the grandfather found work with Armco Steel. The extended families of his, and other transplanted families, tended to live in enclaves, but home was always Kentucky.

The families brought other characteristics -- love of feuding and fighting, addiction and alcoholism, as well as sequential marriages producing a host of half and step siblings, aunts, uncles, nieces, and nephews. Every time his mother, an addict, remarried, Vance moved to a different school with a new stepfather.

What saved him was his maternal grandmother, "Mamaw," who pushed him to get an education. After high school and a stint in the Marines, he went to Ohio State on the G.I. Bill, and then to Yale Law School. He discovered another world without guns and knives and shouting, and had to learn how to decipher an elaborate table setting.

Are there sociological solutions for us? No. Without a personal mentor there is no hope of escaping from this cycle.

Now in the library: *The Underground Railroad*, by Colson Whitehead, winner of the Pulitzer Prize for fiction. Not the factual underground railroad, but surrealistic, magical, and horrifying.

-- Anne Preuss

From the Wellness/Fitness Staff --

Market Walks And Much More

The Farmer's Market Walks will get under way in May. Participants will walk into town on Wednesday mornings, enjoy visiting the market, and then -- laden with goodies, perhaps -- hop on the Kendal bus for the return trip. Walkers will meet in the fitness center at 8 am. The distance is about half a mile. Wear good walking shoes, sun-screen, and a hat. Carry a water bottle; the temperature will be cool in the morning, but it is always important to stay hydrated. The weekly Lexington Farmers' Market takes place from 8 am to 12:30 pm in McCrum's Parking Lot, behind the Southern Inn. For sale: local produce, plants, eggs, baked goods, hand-crafted goods, and more. The bus will leave to return to Kendal at about 9 am. The day will still be young, and you've had some exercise and some fun.

The wellness/fitness staff, Catie King and Jason Bunn, would like to remind everyone of the importance of trying a new fitness class. It's great for the body to try something new, something that your muscles may not be used to doing.

The time for the Core Stretch class has been changed to Tuesdays and Thursdays from 11:45 am to 12:15 pm, in the group fitness room. Catie and Jason hope that people will attend the class and be reminded to have healthy eating habits as they continue on to lunch right after class.

Catie and Jason want to remind those who wish to increase their cardio and are considering the Zumba Gold class that the class doesn't have to be a "higher impact" activity if you don't want it to be. The class is designed for creating your own movements based on the leader's movements. There are many substitutions for some of the "jumping, twisting, and shouting" that we may do! Those who currently attend the class love the increase in heart rate while staying safe in their movements. Please contact the fitness center if you have more questions on making the class just right for your needs. The class meets Wednesdays and Fridays, 9:30 to 10:15 am, in the group fitness room.

And another reminder, this one about guests. Fitness Center policy requires that all guests sign a waiver before using the pool or any equipment. You must accompany your guests whenever they are in the Fitness Center. With those requirements checked off, you and your guests may relax, enjoy our beautiful facilities, and stay healthy.



In Memoriam

Wally Fogo
Died April 14, 2017
Entered Kendal November 12, 2013

Staff Appreciation Party Friday, June 2, 2:30 pm

Last Day for Donations
Monday, May 29

Be Generous --

We Have the Best Staff in the World!

Staff Appreciation events take place twice yearly, in June and December. At those times, checks are distributed to staff, with the amount depending on length of service and number of hours worked. (Top management is excluded.)

The Staff Appreciation Fund is completely emptied out at each event; it doesn't accrue. So it's up to us, right now, to enhance the coming summer for our wonderful staff. Help send a kid to camp. Add some extra fun to a much-deserved vacation.

Residents Council, which arranges this event, suggests an individual contribution of \$1.50 to \$2 per day for this six-month period. Let's say \$275, and maybe wriggle it up a bit.

Checks should be made out to "Kendal at Lexington," with "Staff Appreciation" on the memo line. Bring your

check to the Accounting office, or just hand it to any member of the front office staff in Anderson Hall, the Borden Center, or the Webster Center. (If you're using an envelope, write "Staff Appreciation Fund" on the outside; don't leave it mysteriously blank.)



Missy's Musings

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

This month's interviews, I really have to call "Three Black Dogs." After spotting numerous black dogs around campus, all about the same size, I decided I needed to get to know them individually, as from afar they all look alike to me.

Having been here five years, but a frequent visitor before hand, Gus Holland and I are friends, but he is quite selective in choosing his canine friends. I'm one of the lucky ones! He loves most people and has neighbors fighting over who gets to board him when his human, Sally Holland, is away. He even spent a few hours in my apartment while I chased him around. Having had a Jack Russell mother, he's fast! Gus will be ten years old this month and loves all treats. Going for a ride in the car would be the perfect present, as would be a good squeaky toy. Gail, his groomer out in the country, keeps him trimmed and shiny.

(cont. on p. 16)

Missy's Musings

(from p. 15)

Kohl Wilson, whose human is Anne Wilson, is the newest Kendal black dog and lives just about next door to Gus. While Kohl and Gus are friends, Kohl really loves Millard and Daisy Marion (whose humans are Heather and Hardin), because they love to play. Kohl is very lively and fast for an eleven-year-old. He's a silky terrier and miniature poodle mix, quite a change for Anne, who always had big dogs. Unlike Gus, Kohl finds the car makes him quite anxious, as does being shut up in a room. His best memories are of the beach at Hilton Head. Getting old now, he's a bit challenged by failing eye sight, but it has no effect on his activity level. Betsy at Blue Ridge is his groomer.

Fletcher Hemmings, whose human is Caroline Hemmings, is quite the prince at Kendal, as he is a handsome miniature poodle. He arrived here about five years ago, having come from a rescue group. Poor boy had badly infected teeth and gums, but had a complete personality transformation once he was pain free. It's a guess to say he's ten years old, sharp as a tack. He knows the names of all the Kendal dogs. He loves vigorous play with Baley Thompson (in the household of Beth and Joe Thompson). His other good friend is Gracie Allen, the movie star terrier mix who lives with John and Beth Knapp. That said, he's not friendly with all dogs. (I'm one of the lucky ones he likes.) I can tell he loves Caroline, as his favorite resting place is her lap. He is very alert to noises outside apartment 201, but most welcoming to visitors. Fletcher is forever grateful to Dr. Carls, who changed his life and personality, and to Kelly McCown at Brickwood for the nice hair cuts. Riding in the car is not a treat,

lots of drooling! He tells me he has cataracts and bumps into things; however, I never suspected it. Like many other dogs, he fears thunder and hides under things. I, on the other hand, don't mind at all.

Say hello to my friends Gus, Kohl, and Fletcher if you see them out and about.

-- Missy Quirk

Trip to the Taubman Museum of Art

On a beautiful spring morning in April, twelve of us took the Kendal bus through roads lined with blooming redbuds to Roanoke and the Taubman Museum. There we had the great privilege of seeing the lovely exhibition entitled *American Impressionism in the Garden*. Works by Childe Hassam, Henry Twachtman, and others highlighted the beauties of gardens all over the world.

There is no café in the museum any more, but the City Market and many other restaurants are right outside the door. My small group enjoyed a delicious Thai meal, followed by some leisurely shopping in the adjacent street markets.

There was so much interest in this trip that a second group went the following week. Reports are that they had as lovely a time as did the first group.

-- Sarah Giddings

Bits and Pieces

From the Marketing Department -- Much is going on. According to Jessica Buhler, Marketing Director, we now have 100 per cent occupancy, counting reservations, in Independent Living. And that's just our existing residences; the yet-to-be-built Sunrise Ridge cottages are another matter, and a briskly evolving matter at that. The Marketing team has been working with prospective occupants of these thirty hilltop havens, as reservations have already begun.

Resident Satisfaction Surveys are coming up for all residents -- Independent Living, the Webster Center (assisted living), and the Borden Center (skilled nursing care) -- to be filled out between May 8 and May 29. If you are interested in helping Borden and/or Webster residents fill out their surveys, please contact Ashley Brunty, Borden Center Admissions, at adbrunty@kalex.kendal.org or 464- 2630.

Can we bring out-of-town guests on bus trips arranged by the Culture and Entertainment Committee? Yes -- C&E policy welcomes family and friends staying with you. Just be sure to sign them up so they'll have a seat.

Karen Jackson, Director of Resident Services, passed her nursing home administrator exam on April 10. Karen completed 426 Administrator in Training hours under Charlotte Sibold, our Health Services Administrator, and completed a course of study through the National Association

of Long Term Care Administrators Board. She is now a Licensed Administrator. "It has been a long journey," Karen says.

Movies in the Stackhouse Theater -- Resident Kay Quirk, who is in charge of Kendal's Monday and Thursday movie showings and who knows a lot about the cinematic arts, wants us to know about two films being shown during May in the Stackhouse Theater, part of Elrod Commons (Student Union) on the W&L campus -- "up above the parking deck, to the left, across the pedestrian bridge." "La La Land" will show Friday, Saturday, and Sunday, May 5-7; Friday and Saturday showings are at 7 pm, Sunday at 2 pm. "Sing" will show May 12-14, Friday-Sunday, same times. The movies are sponsored by the Student Activities Office, and admission is free. For more information, consult Kay, Patti Hammond, or Heather Marion.

Would you like to send the residents' newsletter -- the publication you're now reading -- to family or friends? Contact Becky Edmondson, Executive Assistant, and she'll arrange it. You may choose either the email or the hard copy (U.S. Mail) form of sendout.

Our Capital Campaign to help fund the renovations to the Borden and Webster Centers has reached \$1,644,000, according to resident Hardin Marion at the Residents Association meeting of April 19. Hardin stressed that this campaign has nothing to do with the building of the thirty new cottages, although both are part of Kendal's Master Plan.



Weekly Scheduled Activities

Sundays (7, 14, 21, 28)	4:00 pm	Vespers	Kendal Hall
Mondays (1, 8, 15, 22, 29)	1:30 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	Staff Devel. Rm.
	7:00 pm	Movie	Kendal Hall
Fridays (5, 12, 19, 26)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (6, 13, 20, 27)	3:00 pm	Movie	Webster

Out and About in May

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

May 12 and May 26, Fridays, 6:30 pm. "Music in the Garden," summer series at Boxerwood Garden, near Kendal at 963 Ross Road. May 12, bluegrass with Shester, Datz, and Newhall; May 26, Americana mix of rock, blues, and country with the Red Hill Band. Kendal is one of the sponsors of this series. Free entry; pass-the-hat proceeds go to the musicians, who donate their performances. Bring lawn chairs, picnics, children.

May 13, Sat., 12:30 pm. Live high-definition transmission of the Metropolitan Opera's production of Richard Strauss's *Der Rosenkavalier*. At the State Theater in downtown Lexington; call 463-3424 for ticket price and other information.

May 13 and 14, Sat. and Sun., 10 am to 5 pm. Sixth annual Lexington Rockbridge Studio Tour. Nine private artists' studios will be open, showing works by eighteen guest artists in addition to the hosts. The tour is free, while works on view are for

sale: paintings, pottery, jewelry, wood crafts, sculpture, and much more. Kendal is one of the sponsors and has in the past (2014, 2016) served as a host studio. Visit "lexingtonrockbridgestudio.com" for more information and directions.

May 13 and 14, Sat. and Sun. Watch for information in the local media about two events connected with the Hoofbeats Therapeutic Riding Center: "Dressage with a View" and "Hear the Beat Horse Show." Held at the Virginia Horse Center, 487 Maury River Road. (See story on the Hoofbeats Center, p. 9).

May 20, Sat., 7:30 pm. The Lime Kiln Theater presents Larry Keel, acoustic guitar flatpicker, and the Honey Dewdrops, husband-and-wife singer/songwriters. Ticket \$15 in advance, \$20 at the gate. All advance tickets are "will call"; purchase online at eventbrite.com. Bring a picture ID to claim your ticket. Beautiful outdoor location near Kendal, 607 Borden Road.

May 29, Mon., 10 to 10:30 am. Memorial Day ceremony, Veterans Plaza on Main Street. Musical entertainment, wreath laying, patriotic remarks.



May Activities Calendar

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

1, Mon.	8:00 am	Men's Breakfast	Dining Room
3, Wed.	4:30 pm	Presentation on Chronic Disease Program	Kendal Hall
4, Thu.	* 7:15 pm	Marlbrook Chamber Ensemble	Kendal Hall
6, Sat.	10:00 am	Tour of 5 Churches in Rockbridge County	[bus, 9:45 am]
	6:45 pm	Kentucky Derby telecast, then show jumping	[bus, 6:15 pm]
7, Sun.	3:00 pm	Marlbrook Chamber Ensemble at W&L	[bus, 2:30 pm]
9, Tue.	1:00 pm	Residents Council Meeting	North Parlor
	6:30 pm	Sunnyside Weavers	Sunnyside House
10, Wed.	3:30 pm	Computer Group	Kendal Hall
11, Thu.	12:00 noon	Volunteer Appreciation Luncheon	Kendal Hall
	2:00 pm	Dementia Caregivers Support Group	Sunnyside House
	* 4:30 pm	Philip Coulling, talk on Nature Camp	Kendal Hall
17, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
	* 7:15 pm	String students of Jaime McArdle	Kendal Hall
18, Thu.	10:00 am	Trip to D-Day Memorial, Bedford, VA	[bus, 10:00 am]
20, Sat.	11:00 am	Trip to Masonic Theater, Clifton Forge	[bus, 10:00 am]
	6:30 pm	Concert at Garth Newel in Bath County	[bus, 4:45 pm]
23, Tue.	8:00 pm	University Singers Commencement Concert	[bus, 7:20 pm]
25, Thu.	* 4:30 pm	Talk by Susan Mead on South Sudan	Kendal Hall
29, Mon.	* 10:30 am	Memorial Day program, Kendal Singers	Kendal Hall
31, Wed.	4:30 pm	Kendal College, taught by Julie Woodzicka	Kendal Hall

* Free and Open to the Public

Kendal at Lexington
The Residents' Newsletter

