

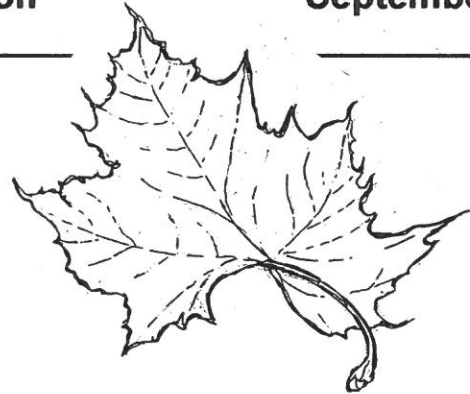
Kendal at Lexington

Vol. 14, No. 9

Kendal at Lexington

September 2014

Kendal's Support Groups Welcome Members



Three support groups hold meetings at Kendal, and each is open to members from the larger Rockbridge area as well as Kendalites. In reverse order of their founding, they are the Parkinson's Support Group, the Rockbridge Dementia Caregivers Support Group, and the Essential Tremor Support Group. The three have in common that each seeks to provide members with a sense of community, with practical help in developing coping strategies, and with information about recent research as well as about resources available online and elsewhere.

Speaking of autumn leaves, did you know that the sycamore (of which Kendal has a good many, especially on the eastern part of the campus near Woods Creek) is a member of the plane tree family? In England, the tree called a "sycamore" is actually a maple. The early English colonists saw a similarity in the leaves, so here we are.

The Parkinson's support group was founded in 2012 by Christine Treen, a Lexingtonian who moved here from Colorado with her husband, Mike, who has Parkinson's. The Treens had attended a support

group in their former home, and Christine set about forming one here. The group meets at Sunnyside House on the second Wednesday of each month, at 10:30 am.

**A Warm Kendal Welcome to
Andrew ("Uncas") McThenia
Apartment 106, South**

Parkinson's is a progressive disorder of the nervous system that affects movement and develops gradually. It is named for an English doctor, James Parkinson, who published a description of the "shaking palsy" in 1817.

(cont. on p. 4)



Calendar Notes

[See also pp. 12 and 13. With some exceptions, most of them specified, the activities listed here are arranged through the residents' Culture and Entertainment Committee, chaired by Dianne Herrick. "Borden" = Benjamin Borden Center (skilled nursing care); "Webster" = Webster Assisted Living Center.

Some events are arranged too late for inclusion here. Please check the bulletin boards for these and for other changes.

The charge for bus transportation to and from an event in Lexington is \$2.]

Sept 1, Mon., 8 am. Men's breakfast in the Dining Room. No reservations needed.

Sept. 3, Wed., 1 pm. Field trip for registered participants in the Kendal College course, "The Water Runs Through." (The two previous meetings were held in August.) Tour of the water filtration plant and the waste water treatment plant. Meet at the front door of Anderson Hall at 1 pm.

Sept 7, Sun. The residents' Library Committee holds a book sale in the second floor alcove, through Sat., Sept. 13.

Sept. 10, Wed., 10 am. The Photography Group meets in the Staff Development Room, near the dining room. Contact resident Wil Stratton (463-3863) for information.

Sept. 10, Wed., 10:30 am. Meeting of the Parkinson's Support Group; see story, p. 1. Sunnyside House.

Sept. 10, Wed., 3 pm. Talk by Bonnie Black, PTA (Physical Therapy Assistant) with Select Rehab, Kendal's therapy provider, on "Why Aquatics?" Come and find out how getting into the water can help you. Kendal Hall.

Sept. 11, Thu., 2 pm. Meeting of the Rock-bridge Dementia Caregivers Support Group; see story, p. 1. Sunnyside House.

Sept. 11, 4:30 pm. Meeting of the Sunnyside Weavers, a group open to area weavers as well as to Kendalites. (See story in this past August newsletter, p. 4.) Contact Ruth Tafel for more information. Kendal Hall.

Sept 13, Sat., mid-morning to mid-afternoon. Kendal's traditional antique car show, with food and entertainment. Members of several area car clubs will be bringing their beautifully restored vehicles to our campus. Arranged by Teresa Markham, Activities Assistant. Front parking lot.

Sept. 17, Wed., 4 pm. Lewis John, retired professor of politics at W&L, will speak on the Scottish Independence Referendum, an event taking place the following day across the Atlantic. Scottish citizens will vote on the question, "Should Scotland be an independent country?" (Scotland and England have been officially united since the Act of Union in 1707.) Professor John specialized in the British political system during his forty-year academic career; earlier, he studied at the University of Edinburgh as a Fulbright Scholar. Kendal Hall.

Sept. 19. Fri., 7:15 pm. The Kendal Singers present "Broadway Highlights from the Fifties: My Fair Lady, The Music Man, and The Sound of Music." Guest artist(s) are a possibility. Kendal Hall.

(cont. on p. 3)

Calendar Notes (from p. 2)

Sept. 22, Mon., 7 pm. The Aquila Theatre Company, which presents a season of classical plays at New York University and also tours nationally, presents its version of Emily Bronte's 1847 novel *Wuthering Heights*. (Who can forget Heathcliff and Catherine?) Keller Theatre, Lenfest Hall, W&L. Senior ticket \$25; box office 458-8000. [bus, 6:20 pm]

Sept. 23, Tue., 4:15 pm. Kendal's Recorder Consort in recital, with music from the Renaissance as well as compositions of Bach and Handel. Becky Edmondson, Kendal's Executive Assistant, will also perform on the harp. Precedes our regular weekly Wine and Conversation hour at 5 pm. Kendal Hall.

Sept. 25, Thu., 4:30 pm. Dr. Daniel Wubah, Provost of W&L, will speak on "Current Leadership Challenges in Higher Education." Dr. Wubah is a native of Ghana. His field is biology. He was a vice president at Virginia Tech when he accepted his present position. Kendal Hall.

Sept 25, Thu., 8 pm. "Around the World in 80 Minutes." Harpist Grace Bauson of the W&L music faculty takes the audience on a musical adventure loosely following the route of the fabled balloonist Phileas Fogg. Wilson Concert Hall, W&L. No ticket required. [bus, 7:20 pm]

Sept. 27, Sat., 1:30 pm. Laura Sassi, daughter of resident John South and the late Martha South, will sign copies of "Goodnight Ark," her newly published book for children ages four to eight. Illustrated by Jane Chapman. Arrangements can be made to purchase signed copies. The Kendal library has a copy of this book, which has received enthusiastic reviews. ("It's bedtime on Noah's ark, but the animals can't sleep. Two by two, they crowd into Noah's bed . . .") Event sponsored by the Marketing Department. Sunnyside House.

Sept. 27, Sat., 8 pm. "Sonoklect," W&L's modern music series, presents cellist Alan Harrell and pianist Brad Blackham. On the program is the premiere of a work written for them by W&L professor Terry Vosbein. Harrell is a member of the Cleveland Orchestra, and Blackham is on the faculty of Hillsdale College in Michigan. No ticket required. Wilson Concert Hall, W&L. [bus, 7:20pm]

And in Early October

Oct. 1, Wed., 7:45 pm. The Lark Quartet, an all-women touring group based in the New York City area, presents an evening of chamber music. No ticket required. Gillis Theatre, VMI. [bus, 7:15 pm]

Oct. 4, Sat., 8 pm. Pianist and composer Jonathan Cook, currently living in Lexington, plays works by Bach, Chopin, and Cesar Franck, as well as the premier performance of his own first piano etude. Jonathan Cook has been very well-received when playing at Kendal. Wilson Concert Hall, W&L. No ticket required. [bus, 7:20 pm]

A Message from Norm Jones

[Editor's Note: Residents Lolly and Norm Jones have arranged Kendal's bus transportation for many years. Their work is greatly appreciated!]

If you are planning to order tickets for the W&L Repertory Dance Program scheduled for 3/30, 3/31, and 4/1 of 2015, the bus will be scheduled on Monday, 3/30, NOT on Tuesday, 3/31, as stated in my letter of Aug. 14, 2014. This is necessary to correct a conflict with the 3/31 Easter Symphony. I apologize for the inconvenience.

Support Groups

(from p. 1)

"Parkinson's is different for every person," Christine says. "Each person is diagnosed differently, and each exists on a different cocktail of drugs."

At a recent meeting of the Parkinson's group in August, the eleven participants included both caregivers and patients, and came both from Kendal and from the surrounding area. Brochures and other printed information were available -- "We've got a lot of homework for you," Christine said to a newcomer -- and conversation was lively, with much sharing of tips such as useful web sites.

Several participants spoke of resources available at Kendal. Classes in yoga and in Tai Chi Chih are taught in the Fitness Center; contact the wellness/fitness staff at 458-0103. Also, speech therapy is available (with a doctor's prescription) at the Borden Center and is helpful not only for speaking but for problems with swallowing.

Christine can be reached at 784-4519. The group's next meeting is scheduled for Wednesday, September 10, at 10:30 am in Sunnyside House.

The Rockbridge Dementia Caregivers Support Group was founded in 2010 by Cathy Lewis, Kendal's Clinic RN, who has remained the group's facilitator. Attendance is open to all Rockbridge County residents involved in dementia caregiving.

The group is endorsed by the Virginia chapter of the Alzheimer's Association. However, Cathy explains, the group offers

support for caregivers of persons with any kind of dementia. According to Cathy, there are thirty or forty causes of dementia, but, she says, "all caregivers deal with the same typical behaviors."

"Your journey will be long and ever-changing," Cathy says she tells caregivers. "You will have to learn new coping strategies as you go along." When interacting with dementia patients, it is important not to argue. "We have to get into their world and be there with them. We can't expect them to stay in our world."

Caregivers learn to tell what Cathy calls "moral fiblets" -- little lies that make life easier. If your patient is anxious because she is waiting for a visit from a friend (who in fact has been dead for years), don't insist on the truth; just suggest that perhaps the friend is stuck in traffic. "People have trouble with this," Cathy says, "because they feel it's dishonest and disrespectful. But it's the best thing to do."

Cathy has found that the younger staff members in the Borden Center (skilled nursing care) and the Webster Center (assisted living) often have a natural understanding of their dementia patients. Dementia is now so prevalent in our society, she says, that Kendal's newly-hired nurses and aides "took care of their grandparents, and now they know what to do."

Cathy can be reached at 464-2609. The next meeting of the Dementia Caregivers is scheduled for Thursday, Sept. 11, at 2 pm in Sunnyside House.

(cont. on p. 5)

Support Groups

(from p. 4)

The first of Kendal's support groups, the Essential Tremor Support Group was founded by resident Mary Barker in 2003. Essential tremor resembles Parkinson's in that the shaking is involuntary, but (unlike Parkinson's) it typically does not affect muscles which are at rest. Also, essential tremor does not usually affect life expectancy.

At present, meetings of the Essential Tremor Support Group are held irregularly, but Mary Barker (who is temporarily in the Borden Center) remains the contact person for the group.

-- Jo McMurtry



Rockbridge Choral Society To Begin Fall Rehearsals

Kendal residents who enjoy choral singing have an excellent opportunity here in Lexington. The Rockbridge Choral Society is a community organization of about eighty people that accepts all interested persons and does two concerts a year: a holiday-themed concert in December and a more challenging concert from the choral literature in April. The RCS is blessed with an extraordinarily talented director, Bill McCorkle. Weekly rehearsals are on Monday evenings from 7:30 to 9:30. A number of Kendal residents enjoy singing with this group, and more are warmly welcomed to join.

The holiday concert this year will be on Dec. 6 in the Lexington Presbyterian Church (with soloists, accompanist Josh Harvey, and traditional audience participation). The spring concert on April 19 will feature Handel's *Judas Maccabeus*, one of the composer's most popular oratorios, and will be performed in Wilson Hall, W&L, with outstanding soloists and an orchestra.

Recent Kendal participants in the Choral Society include Renate Chapman, Caroline Hemmings, Matt Paxton, Wil Stratton, John and Barbara Winfrey, and Ruth Woodcock. If you are interested in participating, see any of these folks for more information (and for a ride to the first rehearsal). Rehearsals begin on Monday, Sept. 15.

-- Wil Stratton

Martha South's Birds Alight in the Webster Center

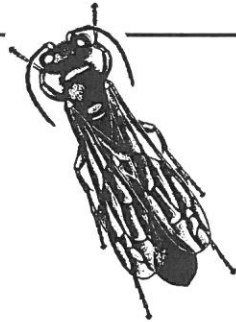
The vivid blue walls of the Webster Center's Activity Room have been further brightened by the addition of enlarged prints of six of the late Martha South's delightful bird drawings. The stylish and amusing creatures are depicted quilting, gardening, painting, playing Scrabble, and parading as a fashion diva!

The prints were produced locally by James Allen Printing and framed by Kendal resident Lloyd Craighill. Associated costs were covered by John South and by the Furnishings and Interiors Committee.

--- Trix Rumford

Blue Devils (Part One of Two)

[Victoria Shelar continues her reports on Kendal's wildlife.]



Wasps are well known for delivering a nasty sting. When I first saw one starting to build a nest on the stone facing near the front door of our Sycamore Lane cottage, I was torn between fascination and a case of nerves. After my husband Gene and I identified it as a female organ pipe mud-dauber wasp, fascination won out. She was about one and a quarter inches long with a narrow waist and an all-over iridescent blue-black color that prompts some to call these wasps "blue devils." She appeared nervous, flicking her wings every few seconds, but since she totally ignored us as she worked, I was greatly reassured.

Only the female constructs the nest, and supposedly, if you venture close enough, you can hear her "sing" as she labors. She digs the clay with her jaws, gathers it into a ball, and flies with it back to the site. Feeding it out bit by bit in slender strands, she creates a group of adjoining cylindrical tubes four to six inches long. These are built cell by cell, and into each one she carries small paralyzed spiders, usually of the orb-weaving variety, that she has stung into submission, packing them in to serve as fresh provender for her larval offspring. In catching these, the female's timing has to be just right or she can wind up as the spider's dinner. Unlike a bee, she can sting again and again, so that if she isn't totally successful with her first shot, she has more arrows in her quiver.

Hanging out at the nest site, the male does not assist in her efforts, but he will arrive to mate with her and will sometimes

stand guard so as to prevent parasites from sneaking into the nest, the only male wasp known to do so. The female is often absent, since her hunting efforts are so time-consuming; she must capture eight to ten spiders per cell, and a nest may contain as many as a dozen or more cells. Once she has enough spiders in a cell, she will lay a single egg, then seal the brood chamber with clay, and proceed to create another cell, thus lengthening the tube.

The nest our female was building aptly reflected her name, looking more and more like organ pipes as she added each additional descending cylinder out of three different colored clays. Mud-daubers favor high-quality clays and have sometimes led potters to serviceable deposits.

(To Be Continued. Photos in the Alcove.)

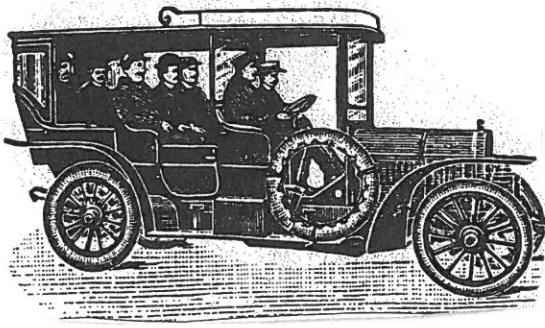
— Victoria Shelar

Resident Address Changes

Kay Pless, from the Borden Center to Apt. 211, Webster Center.

Jim McMillan, from 182 Sycamore Lane to Apt. 216, Webster Center.

Did you know that a complete file of the Kendal newsletters, beginning with the first issue in February 2001, can be found in the Library's "Mystery Nook"? A binder on the same shelf contains a very useful index to the newsletter, prepared by Mary Coulling and frequently updated.



Out and About in September

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

Sept. 5, Fri., 4:45 pm. VMI full dress cadet parade, a feature of Friday afternoons during the academic year. Entire Corps of Cadets, marching in full formation. Free. VMI parade ground.

Sept. 6, Sat., noon to 5 pm. Twentieth annual Rockbridge Beer & Wine Festival, sponsored by the Chamber of Commerce serving Lexington, Buena Vista, and Rockbridge County. Virginia wineries, craft beer, local culinary establishments. Musical entertainment by several local groups. Ticket \$20 at the gate, \$15 in advance (online, lexrockchamber.com, or at the chamber office, 100 East Washington St.). Designated driver non-taster ticket, \$10. Leashed and well-behaved dogs welcome. Virginia Horse Center, Maury River Road.

Sept. 27, Sat., time TBA. Fall family festival at Boxerwood Gardens, 963 Ross Road, not far from Kendal. Apple cider pressing, children's and family activities.

Fall Season at the Blackfriars Playhouse, home of the American Shakespeare Center in Staunton, includes productions of

Macbeth, Comedy of Errors, and Pericles. Non-Shakespearean offerings include Christopher Marlowe's *Edward II* (c. 1592) and Edmund Rostand's *Cyrano de Bergerac* (1897). Consult the website, AmericanShakespeareCenter.com, for dates and ticket prices, or telephone the box office at (540) 851-1733. This reconstruction of a seventeenth century indoor theatre is awesome, as students would say, and the repertory company does an outstanding and thoroughly professional job.

Newsletter Statement and Staff

Kendal at Lexington is published by and for the residents of the Kendal retirement community at Lexington, Virginia.

Staff: Margaret Craighill, Sally Emory, Sarah Giddings, Maury Hanson, Jo McMurtry (editor), Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Marjorie Sherrill, Louise Tardy, Rudie Terhune, Clara Belle Weatherman.



In Memoriam

Robert ("Captain Bob") Peniston
died August 2, 2014
entered Kendal September 15, 2009

Audrey Todd
died August 16, 2014
entered Kendal September 8, 2005

John Buster "Jack" Hemmings
died August 23, 2014
entered Kendal February 2, 2002

**Looking Back, with Dianne Herrick:
Early Days of the Lexington
Retirement Community
Part Eleven: Marketing Kalex**

By the beginning of 1997, all the pieces were in place to move forward with the concept of a CCRC in Lexington. The big question before us was to find the answer to the all-critical question, "Were there enough people willing to sign a contract to become a resident of the proposed community, in order to begin construction?"

To find out the answer to this question, Elizabeth Harralson was selected as the Director of Marketing. Yet again, a remarkable piece of good fortune played a part in Kendal at Lexington's story with Elizabeth in this role. Along with her skills and personality and attention to the mountain of details, she knew the area and people. She was an invaluable asset as we moved forward.

Elizabeth, with the able assistance of Barb Parsons and Jeff House from the Kendal Corporation, developed a marketing plan and determined the steps to implement the plan. There were so many details to pursue from print materials, public informational meetings, meetings with individuals, development of the contracts -- and the least favorite part, calls to prospective residents. In 2005, Elizabeth wrote a detailed account of the marketing and early days of Kendal at Lexington. Her story is in a notebook called "The History of Kendal" in the Mystery Nook section of the Kendal library. Her account is well worth reading to learn more about the early days of Kendal at Lexington. ("First Resident" and early board member Adelaide Simpson also wrote a History of Kendal at Lexington, which is in the library.)

Elizabeth says that the heroes of the successful story of Kendal at Lexington, are the first people who bravely signed contracts to say they would put their trust -- sight unseen -- into a place that was still only a dream. I agree wholeheartedly with her. During those early years, we met and worked with so many wonderful people, both local residents and, as the word about Kendal at Lexington spread, with people beyond the local area.

This month marks the twentieth anniversary of the first meeting of the group that became the board of directors for Kendal at Lexington. During these past months I've enjoyed sharing memories of those early days of Kendal at Lexington. Recalling the remarkable convergence of people and events continues to be an inspirational story to me. Now, perhaps some of you "Founder" residents would share some early memories from the first years. You are the heroes. We got the building built, but *you* are the ones who have made Kendal the splendid community that it is today. Thank you!

-- Dianne Herrick



**Library
Tidbits**

with Sarah Giddings

The Library Committee is setting up another of our fabulous book sales. This will take place in the main level alcove across from the dining room elevator, from Sunday afternoon, Sept. 7, through Saturday, Sept. 13, and will include a wide variety of books and videotapes.

From a Legal Perspective ...

[Resident Ned Henneman, Associate Professor of Law Emeritus at W&L, continues his column on legal topics of interest to Kendalites.]

A resident often asks whether she needs a new will or if her will executed in another state before her move to Virginia will still be effective. Happily, the answer is that one moving from another state to Virginia need not make a new will, assuming that her present will was executed in conformity with the law of the state where she then lived. It is important, though, that the provisions of the existing, out-of-state will should be reviewed to be certain that these provisions still represent the testator's wishes and that the law of Virginia, where the document will be probated, does not significantly differ from the law of the former state. This is particularly true if the resident has moved here from a community property state (these being primarily in the West) to Virginia, which is a common law state.

Even though an existing will is valid, or even if a new Virginia will is created, there always may be reasons why a will may be contested, thus delaying or preventing its admission to probate and its provisions being effectively carried out.

A will contest may be brought by one whose financial interest may be adversely affected by the provisions of the will. Thus, if my father's will leaves me with less than I would take if he died without a will, or if his will gives me less than I would have received under a prior will, I may contest the probate of his will. Aggrieved family members are the most common contestants.

There are a number of grounds on which the validity of a will may be challenged. One is improper execution. Each state has its own rules governing execution of wills. Generally, it is not difficult to meet these requirements, but there nevertheless is a tremendous amount of litigation over the issue of proper execution.

The common grounds for contest of a will are that the testator lacked the mental capacity to make a will, that the will was the product not of the testator's wishes but of undue influence exercised upon her by some other party, or was the product of fraud worked on the testator to the extent that the will truly does not represent her wishes.

Lack of capacity may be caused by mental deficiency or mental derangement. In the first case, the testator lacks the mental ability to express his wishes in a coherent fashion and therefore cannot make a will. In the latter case, the testator suffers from some insane delusion that caused the will or a part of it to be executed as it was. In this case, the whole will may be invalid or only the part of it that was caused by the delusion.

The standard for capacity to make a will is very low. It requires more capacity to make a contract or to do practically any other legal act than it does to make a will. The testator need only have a general understanding of what she is doing and why she is doing it, know the nature and extent of her property and the natural objects of her bounty, and have the ability to form an orderly plan. In an old Virginia case, the testator's sister and her lawyer obtained in

Legal Perspective (from p. 9)

the morning a court order appointing a guardian for the testator on the ground that she was incapable of taking care of her property and managing her estate. In the afternoon, the lawyer supervised the testator's execution of her will. At her death, a contest of the will based on her lack of capacity failed. She might not have been able to manage her affairs, but she could make a will. Something might be said about the conduct of the lawyer.

A New Jersey case, decided almost seventy years ago, illustrates a court's use of the insane delusion doctrine to invalidate a will. Testator had lived a full and fairly routine life. She was unmarried and childless. Her will devised her entire estate to the National Women's Party, in which she had been an active member and volunteer for twenty years. Among other things about men, her will stated that "My father was a corrupt, vicious, and unintelligent savage, a typical specimen of the majority of his sex." The court found that she was deluded about men, that her entire will was the product of that delusion, and was therefore invalid.

-- Ned Henneman

Kendal Authors in Library

Another of our brilliant residents has published a book and generously donated a copy to our library. Charlotte D. Gunn's fine, thoughtful novel, *Ashes of Aerie* (Mariner Media, 2014), is now available. With the premise that miscellaneous thoughts written down by an elderly friend can help younger generations find their way in the world, the

book introduces us to an interesting assortment of friends, neighbors, and relatives.

When you finish this novel, you might want to look up some of the rest of our resident author collection: fiction by Lee Byrd; poetry books by John Miller and Dabney Stuart; biographical reminiscences by Elinor Denney, Polly Curry, Louis Harlan, and Adelaide Simpson; non-fiction by Cleve Hickman, Jo McMurtry, Trix Rumford, and Rae Carpenter/Dick Minnix (co-authors); biographies of James Thurber by Harrison Kinney, of the Lee daughters by Mary Coulling, and of Booker T. Washington by Louis Harlan.

If this list has missed something you contributed to the Library, please let the Library Committee know.

-- Sarah Giddings

**New Marketing Director
To Begin September 3**

Kendal's new Marketing Director, Jessica Buhler, will begin her duties on Wednesday, Sept. 3. Jessica has extensive experience in public relations and communications. She most recently worked with the Citizen's Housing and Planning Association in Boston, Mass. She holds an MS in management and organizational leadership from Antioch University and a BA in public policy from Goddard College.

Jessica recently moved to Lexington with her husband, who has joined the faculty at W&L.

Bits and Pieces . . .

☞ Resident Helen Head coordinates the volunteers who sit at the front desk on weekends, and she could use a few more for this peaceful task. "It's very pleasant; talk to people, read a book." The commitment is for two hours, once a month. Contact Helen at 463-3370 to add an interesting and helpful dimension to your life.

☞ Debbie Curry-Lee, our new Director of Nursing, has her RN and BSN from Jefferson College of Health and Science. She comes to Kendal from Brian Center Nursing Care in Allegheny, where she served as Director of Nursing.

☞ From the Recorder Consort: "Have you ever played a musical instrument? Would you like to play a musical instrument? The Kendal Recorder Consort would welcome you. We have an assortment of instruments you may use. No experience necessary; the recorder is very easy to learn. Other complementary instruments are also welcome to join the Recorder Group. Contact Sarah Giddings or Don Taebel for more information."

☞ Resident Bill Russell has pointed out a need for clarification of the figures on Kendal's finances as presented in the July issue of this newsletter (p. 1). While the auditors' report for 2013 does show a net gain of \$696,886, as stated in the newsletter, \$319,000 of this amount was a refund of a health insurance premium and \$209,000 was realized capital gain. The significant figure, Bill explains, is that of

\$169,000 revenue over expenses. The message is the same: Kendal is in very good financial shape.

☞ Renate Chapman, speaking for the horticulture/landscaping committee, asks that residents start thinking about rain barrels. Rain water from residents' roofs will water our gardens and save Kendal eleven cents a gallon. It is also excellent water for this purpose. Currently, the horticulture/landscaping committee is in the process of choosing the best barrels; many types are on the market. Residents will be asked to purchase the barrels, and Kendal will install them and connect them to downspouts. Details will be published and posted as available.

☞ Kendal's "Little Free Libraries" project, instituted in 2012 with a grant from Kendal Corporation, has been a successful example of community outreach. The books need re-stocking from time to time, and at present picture books are needed. Gently used picture books, perhaps outgrown by your grandchildren, may be given to Sarah Giddings of the Library Committee or to Alex Slaydon, Marketing Associate.

☞ Sam Sarafandi is our new dietary manager at the Borden Center. Sam worked at Kendal as a cook between 2005 and 2007. He holds a Certified Dietary Managers Certificate.

☞ This is a good time of year for butterflies, and the Library Committee plans to place a binder of resident/photographer Gene Shelar's butterfly photos on the round table in the library. We can probably anticipate beautiful flowers as well.

Weekly Scheduled Activities

Sundays (7, 14, 21, 28)	4:00 pm	Vespers	Kendal Hall
Mondays (1, 8, 15, 22, 29)	1:30 pm	Sewing Circle	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (2, 9, 16, 23, 30)	10:30 am	Poetry Group	Kendal Hall
	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (4, 11, 18, 25)	10:00 am	Bible Study with the Rev. Tom Crittenden	Kendal Hall
	12:45 pm	Recorder Group	Kendal Hall
	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	Staff Development Room

Fitness Classes Currently Offered

Please see bulletin board and other postings for fitness classes offered during September. If you have questions, contact Rebecca Wilder, Health and Wellness Program Manager, at 458-0103, or Karen Jackson, Resident Services Coordinator, at 458-3785.

Best Wishes to Courtney! . . .

Courtney Hobson, who has been Kendal's Health and Fitness Program Manager since April of 2013, has accepted a position with the Augusta County school system as a Health and Physical Education teacher.

"I have grown so much and have enjoyed broadening my horizons here," Courtney said in an e-mail to residents on August 12. "I've enjoyed working with you and managing a fun and successful fitness program with Rebecca."

Courtney is certified to teach Health and Physical Education in the Virginia school system. She has done substitute teaching and coaching in the local schools.

And a Request for Patience

The Wellness Committee asks for your patience and understanding as the Fitness staff goes through this transition. As conscientious, energetic, and thorough as she is, Rebecca Wilder will not be able to offer all the classes that she and Courtney offered. There will be changes to the class schedule. Karen Jackson and Rebecca are planning the next steps and working out a schedule for the interim time.

Let's give Rebecca and Karen the patience and support they need to continue to offer as much of the wellness and fitness program as possible during this time, but realize changes will have to be made.

Thank you!

- Margy Werling
Chair, Wellness Committee

September 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.	1:00 pm	Field trip for Kendal College, "The Water . . ."	[bus, 1:00 pm]
7, Sun.	Afternoon	Kendal Library Book Sale (through Sept. 13)	Alcove
9, Tue.	1:00 pm	Residents Council	North Parlor
10, Wed.	10:00 am	Photography Group	Staff Development Room
	10:30 am	Parkinson's Support Group	Sunnyside
	3:00 pm	Talk, "Why Aquatics?"	Kendal Hall
11, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside
	4:30 pm	Weavers' Group	Kendal Hall
13, Sat.	Mid.morning	Antique Car Show	Front Parking Lot
17, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
	4:00 pm	Talk by Prof. Lewis John, "Scottish Referendum"	Kendal Hall
19, Fri.	7:15 pm	Kendal Singers, "Broadway Highlights"	Kendal Hall
22, Mon.	7:00 pm	Aquila Theatre's "Wuthering Heights" at W&L	[bus, 6:20 pm]
23, Tue.	4:15 pm	Concert by Kendal's Recorder Group	Kendal Hall
25, Thu.	4:30 pm	Talk by Dr. Daniel Wubah, "Higher Education"	Kendal Hall
	8:00 pm	Faculty Harp Recital at W&L	[bus, 7:20 pm]
27, Sat.	1:30 pm	Book Signing, Laura Sassi	Sunnyside
	8:00 pm	Sonoklect concert at W&L	[bus, 7:20 pm]

And in Early October --

1, Wed.	7:45 pm	Lark Quartet at VMI	[bus, 7:15 pm]
4, Sat.	8:00 pm	Jonathan Cook, pianist, at W&L	[bus, 7:20 pm]