

Kendal at Lexington

Vol. 14, No. 11

Kendal at Lexington

November 2014

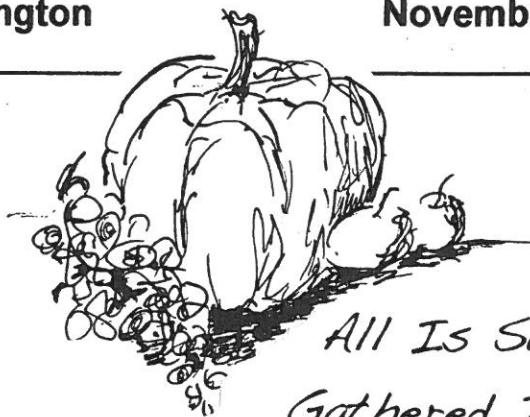
Residents Association Enhances Our Lives

While Kendal at Lexington residents have many ways to influence the decisions that affect our daily lives (residents serve on Kalex's Board of Directors, for example, and on Board committees), the most immediately accessible opportunity for participation is provided by our Residents Association.

There is no need to sign up for the Residents Association. All Kendalites in Independent Living or the Webster Center (assisted living) are automatically members.

The Resident Handbook (bright red binder) a copy of which has been given to each resident, includes in its Section IV a detailed description of the Residents Association. There have been changes in the Association's by-laws since its founding in early 2001, less than a year after Kendal opened, and more modifications may be forthcoming as our community continues to explore the best means for living harmoniously together. Fortunately, the by-laws provide means for changing the by-laws.

Fine-tuning adjustments notwithstanding, the goal of the Association remains the same: "To work in cooperation with the Administration, Staff, and Board of Directors

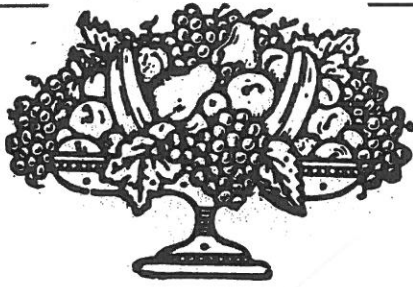


*All Is Safely
Gathered In . . .*

of Kendal at Lexington to establish a community in the true sense of the word, one in which the individual person is nurtured, and participation in the corporate body of residents and staff is enhanced . . . to act as a sounding board for residents' concerns and initiatives and as a channel for residents to communicate with the administration and the Kendal at Lexington Board of Directors." (From the current Handbook, p. IV.9.)

Perhaps the most basic level of participation in the Residents Association is simply to attend the meetings, held monthly (except for December), usually on the third Wednesday, at 9:30 am in Kendal Hall. These meetings are a major way to stay in the loop. Announcements, questions and answers, discussion, debate -- anything can come up. New residents, staff members, and Board members are introduced.

(cont. on p. 9)



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.

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

Nov. 1, Sat., 11 am to 7 pm. Traditional festive dinner at Collierstown Presbyterian Church, a beautifully scenic drive to southwestern Rockbridge County. Oysters, ham, turkey, trimmings. Price of meal varies but is not exorbitant. [bus, 10:45 am]

Nov. 2, Sun., 2 am. Daylight saving time ends; put clocks back one hour.

Nov. 2, Sun., 3 pm. Piano recital by Shuko Watanabe and Byron W. Petty of the W&L music faculty. Compositions by the sons of Johann Sebastian Bach; well-known plus seldom-heard pieces by four members of this famous family. No ticket required. Wilson Concert Hall, W&L. [bus, 2:30 pm]

Nov. 3, Mon., 8 am. Men's breakfast; no reservation needed. Dining Room.

Nov. 4, Tue., Election Day. Polls are open from 6 am until 7 pm. Sign up for bus transportation to the Effinger firehouse (a beautiful drive), where almost all Kendal residents vote. (The exceptions, occupants of two

cottages located on the other side of the line, vote in Lexington.) No charge for the bus. Questions about anything involving Virginia elections can be answered by resident Dick Minnix (463-5256).

Nov. 4, Tue., 8 pm. The University Wind Ensemble presents its annual fall concert. No ticket required. Wilson Concert Hall, W&L. [bus, 7:20 pm]

Nov. 5, Wed., 4:30 pm. Third in the Kendal College lecture series, "Making the Constitution," presented by Professor J. Holt Merchant. (See the October issue of this newsletter.) Kendal Hall.

Nov. 5, Wed., 7:45 pm. The Kandinsky Trio, a chamber group founded in 1987 and based at Roanoke College, performs at Gillis Theater, VMI. No ticket required. [bus, 7:15 pm]

Nov. 5 and 6, Wed. and Thu., 10 am -- 2:30 pm both days. AARP Smart Drivers Course offered at Kendal. Lunch provided both days. Cost, \$15 for AARP members, \$20 for non-members. Contact Ashley Brunty at the front desk (463-1910) to register or to obtain more information. Sunnyside House.

Nov. 6, Thu., 4 pm. Dr. J. Alfred Broaddus, President of the Federal Reserve Bank of Richmond from 1995 until 2002, will speak on "Monetary Policy in the United States." Dr. Broaddus, who graduated from W&L in 1962, has been a frequent lecturer at W&L. He has been described by the chief economist for Goldman Sachs as "the brain of the Federal Reserve." Kendal Hall.

(cont. on p. 3)



Calendar Notes

(from p. 2)

Nov. 6, Thu., 7:30 pm. Student production of Tennessee Williams' *The Night of the Iguana*. Set on the west coast of Mexico just before World War II. Senior ticket \$13. (Box office, 458-8000.) Johnson Theater, Lenfest Hall, W&L. [bus, 6:45 pm]

Nov. 7, Fri., 10 am. Monthly meeting of the Essential Tremor Support Group. Open to area residents as well as Kendalites. For information, contact Preston Boggess (a resident of Floyd County who often visits Kendal) at 540-651-6777. Sunnyside House.

Nov. 7, 10:30 am. The Kendal Singers present "Music Across America," songs from the states, cities, and towns of our country, with special reference to Veterans' Day (Tuesday, Nov. 11). The possibility exists of a dance routine (the Charleston) starring resident Jim Holland and Linda Krantz, former member of the Board of Directors and a frequent Kendal visitor. Another frequent visitor, vocalist Larry Evans (son of resident Betty Evans), plans a tribute to the soldiers of World War I, "Christmas in the Trenches." Kendal Hall.

Nov. 8, Sat., 8 pm. The University-Shenandoah Symphony Orchestra performs an "International Kaleidoscope." Senior ticket \$16. (Box office, 458-8000.) Wilson Concert Hall, W&L. [bus, 7:20 pm]

Nov. 12, Wed., 10 am. Photography group. All are welcome. Contact resident Wil Stratton with questions (463-3863). Staff Development Room, near the Dining Room.

Nov. 12, Wed., 10:30 am. Parkinson's Support Group; open to patients and caregivers in the Rockbridge area. Contact Lexington resident Christine Steen with questions (784-4519). Sunnyside House.

Nov. 12, Wed., 1:30 - 3 pm. Volunteer fall training event, arranged by Laura Hotinger, Resident Life Coordinator. For all Kendal volunteers, current and prospective. Review of volunteer training requirements by the Virginia Department of Social Services. Contact Laura (464-2627) if you would like to attend. Sunnyside House.

Nov. 12, Wed., 4:30 pm. Final meeting of the Kendal College series, "Making the Constitution." (See Nov. 5, above.) Kendal Hall.

Nov. 13, Thu., 2 pm. Dementia Caregivers Support Group. Open to all area residents. Contact Cathy Lewis, Kendal's Clinic RN, at 464-2609 with questions. Sunnyside House.

Nov. 13, Thu., 4:30 pm. Meeting of the Sunnyside Weavers, a group open to area weavers as well as to Kendalites. Contact Ruth Tafel (484-883-1043) for more information. Sunnyside House.

Nov. 14, Fri., 8 pm. Metropolitan Opera soprano Elizabeth Futral will sing a program of favorite songs and arias. Senior ticket \$15. (Box office, 458-8000.) Wilson Concert Hall, W&L. [bus, 7:20 pm]

Nov. 15, Sat., 8 pm. The Bluegrass Ensemble explores the traditional music of Appalachia. No ticket required. Wilson Concert Hall, W&L. [bus, 7:20 pm]

Nov. 19, Wed., 3 pm. Presentation on falls by Kendal's therapy team, Select Rehabilitation, Inc. Kendal Hall.

(cont. on p. 4)



Calendar Notes

(from p. 3)

Nov. 19, Wed., 7:15 pm. Folk music and golden oldies by Ray Blouin (local musician often to be found at the Maury River Senior Center) and friends. These performers are familiar figures on the Kendal stage. Kendal Hall.

Nov. 20, Thu., 4:30 pm. "Images of Non-Western Women," presented by Florinda Ruiz, a native of Spain (and married to Mark Rush, professor of political science at W&L). This past spring, Ms. Ruiz gave two illustrated lectures at Kendal on the history of the Moors in Spain. Kendal Hall.

Nov. 21, Fri., 7:15 pm. Piano recital by students of Jonathan Cook, Lexington pianist/ composer whose most recent appearance at Kendal occurred this past July. Kendal Hall.

Nov. 27, Thu., Two Seating Times TBA. Kendal's traditional and always delicious Thanksgiving buffet. Sign-up sheets will be put in mail boxes. Arrange your table (guests and/or fellow Kendalites) early to get the seating you prefer. Dining Room.

And in Early December . . .

Dec. 4, Thu., 2:30 pm. Staff Appreciation Party. See story, this page. Kendal Hall.

**Staff Appreciation:****Last Day to Donate, November 28**

Twice a year, in June and in December, Kendal residents have a chance to create some solid, tangible evidence of our appreciation of the wonderful staff who take such good care of us, every day in every way. Tipping of individual staff members is strictly forbidden at Kendal, as we all know, so let's write some generous checks. The season is appropriate. We can act upon our feelings of thanksgiving, and the staff will have some extra money for a merry Christmas.

Staff members will pick up their checks at the community-wide party on Thursday, Dec. 4, at 2:30 pm in Kendal Hall. This event is traditionally crowded and jolly, with residents serving treats (it's our turn this time) and taking the opportunity to chat with staff members and thank them personally. The party is arranged by Residents Council.

The fund is distributed to staff members according to hours worked and length of service, with top management excluded. Residents Council has suggested a sum of one to two dollars (or more) for each day of the six-month period since our last appreciation event. If our circumstances permit, let's begin with \$300 and wriggle upward if we possibly can. (Family members of residents often help with these contributions.) Remember, donations are fully tax deductible. Checks should be made out to Kendal at Lexington, with a memo for the Staff Appreciation Fund. Give your check to the accounting office or to any of the front office staff; or deposit it at any of the other locations specified in the letter from Residents Council to be placed in mailboxes during November.

Decisions, Decisions . . .



[Resident Victoria Shelar shares the view of the natural world that she and her husband Gene enjoy from their cottage on Sycamore Lane.]

A few days ago we heard the distinctive cries of Canada geese overhead, and when we looked out back, we saw a small flock arrayed in their classic v-shaped formation, winging by just above our rooftop on their way south. I've always found the sight thrilling, to think of these gallant birds navigating by means that are still not totally understood.

Unknown to many people is the fact that their movements are not controlled purely by that automatic force so long dubbed "instinct." In fact, migratory birds may travel by choice to their destinations, sometimes changing their minds and appearing in unexpected places, or not appearing in expected places.

Canada geese are well known for changing their migratory patterns. On the Outer Banks where we lived for so long, these geese always showed up on the Pea Island Wildlife Refuge for the winter. Years ago, a few decided not to bother with the hassle of migration: high winds aloft, storms, predators above and below, changing landscape, and unreliable food supplies en route. After awhile we had a small flock of year-round resident geese.

We lived just south of the Hatteras Lighthouse, adjacent to a small marsh on the south side of the island. A long, narrow boat canal was situated right behind the house, and we often enjoyed sitting next to it in our swing to watch the wildlife go by. One early spring afternoon, about a dozen Canada Geese began swimming up the canal. They were aligned single-file, paddling along at a leisurely pace

with their heads swiveling back and forth as they surveyed the scene. They were behaving so like a bunch of tourists enjoying an outing that we had trouble controlling our laughter. We wondered if they would stay for the summer, like the ones in the wildlife refuge.

About fifteen minutes later they had reached the end of the canal; then they returned, paddling by in similar fashion, taking their time, looking around, and scouting the territory. When they reached the beginning of the canal where they had entered, they turned toward the sound, began honking, and took flight. Presumably we'd flunked the test, either not enough food or not enough safety from our prowling raccoons (who love birds' eggs), or maybe just not enough room for the flock.

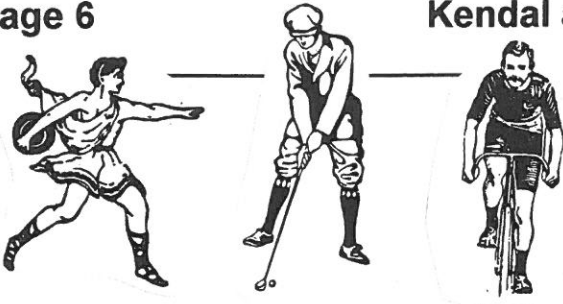
The birds had been within twenty feet of us, and every black and white marking and shiny eye was bright and clear. We were dazzled to see them so close and to get a chance to witness their lively intelligence at work as they seemed to be pondering their decision. Geese can present many problems when their needs conflict with those of people, and when they do they are usually considered pests. Nonetheless, after this enjoyable encounter with them, we developed a soft spot for these elegant birds and always keep our ears cocked and our eyes peeled for them when the seasons change.

-- Victoria Shelar

[Photos in the alcove.

This is Victoria's last column for 2014, but she expects to return in the spring.]





Speaking of Wellness . . .

On October 19, the residents' Wellness Committee met with members of the therapy staff, Select Rehabilitation, Inc., to learn what they do and how.

Although a referral from a medical provider is needed in order to receive hands-on treatment, anyone can request a screening to determine if therapy is needed. Once you bring in a referral, therapy staff will do screening and evaluation before starting treatment.

There is one physical therapist, one occupational therapist, and two assistants for each. A full time speech therapist will join the staff in November. The therapy pool is again being used. Therapists focus their attention on the individual. Traditionally, occupational therapy focuses on self-care, activities of daily living, and cognition. Physical therapy concentrates on lower body, larger muscles, and gait. Physical therapists look to see what the joints are doing. Speech therapy concentrates on swallowing, speech, and cognition at a more advanced level than where OT is involved. Cognition help may be needed to develop ways to compensate for memory loss.

The therapists serve residents in the Borden Center (skilled nursing care), the Webster Center (assisted living), and Independent Living, as well as members of the greater community. The goal for short-term residents in Borden is to help them get strong and functional enough to return home. For Borden's long-term residents, the services work to manage pain and to improve movement, so that they have a better quality of life and are safe. Therapists can work on both residents of Borden and

outpatients in the therapy room at the same time.

After a patient has had at least three nights in a hospital, Medicare covers therapy for up to 100 days per illness. The patient then needs to have at least sixty wellness days before Medicare will cover therapy for the next illness. Medicare Part B (medically necessary services) therapy sets a maximum payment for therapy services. For occupational therapy, the maximum is \$3,700; for speech and physical therapy combined, the maximum coverage is \$3,700.

At the start of therapy, both short- and long-term goals will be set. It is possible to reach a plateau and be discharged from the service when the patient is no longer making progress toward the goals. For continued service, it may be appropriate to transfer the patient to a wellness program. If pain continues, it may be appropriate to follow up with the medical doctor to determine if therapy should be extended.

The question was raised concerning the sort of referral one wants if one wants additional therapy several months after completing a round of therapy. Stop by the Clinic and talk with Clinic RN Cathy Lewis to ask her to request a doctor's referral to submit to the therapy staff.

The therapy staff and the fitness staff work closely together. Therapy will assist Rebecca Wilder with fitness testing during the first two weeks of November.

Charlotte Sibold, Health Services Administrator, called Select Rehabilitation one of the strongest teams she has seen in her twelve years at Kendal and complimented their open, transparent communications. The word we have been hearing from numerous residents is that this group of therapists is very competent and is doing a good job.

-- Margy Werling
Chair, Wellness Committee

Trips -- Travels -- Journeys: A New Column To Be Coordinated by Dianne Herrick

A few days ago, Jo McMurtry, editor of this Kendal newsletter, and I fell into a conversation about her recent trip to Paris. Jo came back with sketchbooks filled with images of statues and buildings that she saw while there -- all evocative of the Parisian ambiance. Flying back over the ocean, Jo reflected on her trip, and about other Kendal residents who are off on trips to different parts of the United States or of the world. "Wouldn't it be interesting to read about the trips that these folks have taken? What are some insights from these travels?"

"Indeed!" I responded. "Some of the residents present slide shows from their trips -- so why not have people write about these trips for the newsletter?" So -- I agreed to coordinate a new section for the newsletter. (An hour later I thought, "I said I'd do that? Really?" But it will be interesting to hear people's stories.)

As I thought further about writing about "trips," my mind explored similar words like "travels" and "journeys." Each of these words carries somewhat different meanings, with "journey" encompassing the broadest meaning. We hear folks say, "Life is a journey," as they talk about chapters in their lives. Whatever it is called, "journeys" are interesting to hear about.

We'd like to ask *you* to think about a trip -- or journey -- which you have taken and would be willing to share in this newsletter. Maybe your trip is out a county road to look at fall leaves. Maybe your trip is to a sick friend's house. Maybe your trip is across the country to visit a child or grandchild. So

in the coming months, I will ask some of you whose trips have already provided interesting mealtime conversations to write about these trips. Or -- please let me know if you would be willing to write about a trip or journey you have made -- or are going to make. One of the able writers for this newsletter will help with the writing if that is a sticking point.

We look forward to reading more about "Trips, Travels, and Journeys" in the coming months.

-- Dianne Herrick
463-6962
dianne@rockbridge.net

Jason Bunn Joins Fitness/Wellness Staff

Jason Bunn, our new Health and Fitness Program Manager, will begin his duties on Monday, Nov. 10. Jason will work in tandem with Rebecca Wilder, Health and Wellness Program Manager. Both will be based in the Fitness Center.

Jason comes to us from the Botetourt Athletic Club in Roanoke, an affiliate of Carilion, where he was fitness manager for the club's medical membership program. He holds a Master of Science in Exercise Science from Old Dominion University, in Norfolk, and a bachelor's degree in Health and Human Performance from Roanoke College.

According to the Botetourt Athletic Club's website, Jason has experience with older clients, including cardiac, pulmonary, and diabetic patients.



Vespers Officials For November

Kendal's Vespers services, held at 4 pm each Sunday in Kendal Hall and arranged by the Religious Activities Committee, will be led this month by the following clergy and musicians. All are welcome to these ecumenical services, and the volunteer leaders are much appreciated.

Nov. 2 -- Bernard Bangley (retired Presbyterian minister); pianist, Kay Horner.

Nov. 9 -- Punker Robertson, (Williamsville Church); pianist, Jean Eisenhauer.

Nov. 16 -- Deb Klein (Lexington Presbyterian Church); pianist, Karen Fredenburg.

Nov. 23 -- Steve Cathcart (Timber Ridge Presbyterian Church); pianist, Jerri Keen.

Nov. 30 -- Bill Klein (Lexington Presbyterian Church); pianist, Jeannie Vaughan.

New Show in Residents' Art Gallery Opens November 10

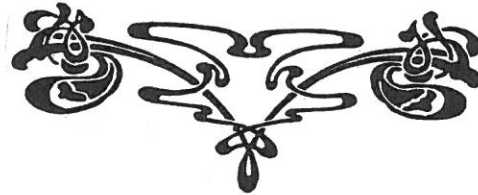
The day to retrieve current artwork from The Art Gallery and bring in new work is Friday, Nov. 7. The show will be hung that weekend and will open Monday, Nov. 10. All arts and crafts are welcome.

For a label, we will need your name, a title, and the medium. We cannot display your work without this information.

The Art Gallery is located on Level 1, just past The Restaurant and in the corridor leading toward the south elevator.

Owing to accidents, Gallery security now requires that pictures in frames be equipped on the back with two screw eyes or "D-rings." For drawings, watercolors, and photos, glass is preferred.

-- Victoria Shelar
464-1527



In Memoriam

Mary Lyle

died September 27, 2014
entered Kendal July 14, 2007

Betty Glore

died October 11, 2014
entered Kendal August 8, 2008

Jane Stubbs

died October 19, 2014
entered Kendal August 6, 2008

Charlotte Gunn

died Oct. 21, 2014
entered Kendal August 26, 2008

Residents Association (from p. 1)

Administrators share behind-the-scenes information about our finances, occupancy, plans for the future. In short, the meetings of the Residents Association embody Kendal's commitment "to value participation, transparency, and consensus building" as set forth in the Kendal Corporation's booklet *Values and Practices* (copyright 2012; p. 4).

A considerably more intense level of participation, commitment, and sheer generosity (in the sense of willingness to spend time and energy in furthering the smooth operation and the welcoming specialness of our home) is achieved by the seven members of Residents Council, the Association's executive arm.

A detailed overview of Residents Council -- officers and members at large, with the limitations on the number of terms each may serve (consecutively or non-consecutively) -- can be found in Section IV of the Residents' Handbook. Residents Council meets monthly, usually on the second Tuesday. Meetings are open to any resident, although it is a good idea to notify the president in advance if you want a spot on the agenda.

Residents Council handles the Association's money, which comes from periodic fund drives; no dues are assessed for Residents Association membership. Council then disperses funds to the Association's standing committees, to various interest groups and task groups, and for various other purposes. (Some examples: off-campus speakers invited by the Culture and Entertainment Committee are offered honoraria; furniture donated for Kendal's common areas may be re-upholstered under the auspices of the Furnishings and Interiors Committee; the Library Committee buys books in memory of residents who have died.) Council also deals with a myriad of residents' concerns (the need or lack thereof, for example, for additional handicapped parking spaces) and runs special

events, such as next month's Staff Appreciation Party (see story, p. 4).

Prospective members of Residents Council are identified, contacted, and offered the opportunity to serve by the Association's hard-working Nominating Committee. This task of persuasion can be strenuous and is not always immediately successful. Kendalites are *retired*, for heaven's sake. No matter how good we may once have been at Residents Council-type jobs, we can easily feel that enough is enough and it's time for some self-indulgence. (However, the rumors one hears of potential nominees fleeing in panic from the Nominating Committee are exaggerated. Nobody has actually hidden out in a shelter on Woods Creek.)

This year's Nominating Committee -- Rae Carpenter, Dianne Herrick, Matt Paxton, Trix Rumford, and Natalie Wellman -- have done their job well and will present their slate for approval at the Residents Association meeting on Nov. 19. Each of the four officers for 2015 (Winifred Hart, president; Gordon Baker, vice president; Nanalou Sauder, secretary; Wil Stratton, treasurer) served on Council in 2014, all but one of them (Gordon Baker) in the same capacity. The three members at large for 2015 are Tom Strickland, Margy Werling, and Harrison Bicknell.

All these people deserve our gratitude and would appreciate a word of thanks when you next see them. And why not consider this level of service yourself? You might attend a few Council meetings to get the hang of it -- then, if the idea seems to click, gladden the hearts of the 2015 Nominating Committee by letting them know of your willingness to be considered.

-- Jo McMurtry

[Note: Kendal's standing committees and other groups also offer a chance to use your skills and make a difference. An article on these bodies is planned for a future issue.]

Library Tidbits with Sarah Giddings



As a special treat for all of our P.G. Wodehouse (and Jeeves) fans, we now have an entire shelf in the "bus stop reading room" on the Terrace Level of the South Apartment Building devoted to these books. And for our Rex Stout (Nero Wolfe) fans, a large selection of these excellent mysteries is now on the book shelf on the first floor of Cox Hall, at the foot of the Webster elevator.

Reviews of Memorial Books

For Jack Hemmings: "The Appalachian Trail: Creating America's Hiking Trail" was published in 2012 to celebrate the seventy fifth anniversary of the founding of the Trail in 1937. This volume, which contains hundreds of gorgeous photographs in its 334 pages, was put together by the Appalachian Trail Conservatory.

It begins with "Fashioning the Dream," mostly by the New England forester Benton MacKaye in the early twentieth century, helped along by independent trail clubs in New England and New York until, in the 1930's, organizations from Maine to Georgia joined together. By 1981, over one thousand people walked the entire trail each year, and overuse became a problem in some spots.

Almost half the pages contain local photographs from North to South, including towers, bridges, and incredible vistas. A full-size map of the Trail is included.

-- Anne Preuss

For Clentis Gupton: *Unruly Places*, by Alastair Bonnett (Houghton Mifflin, 2014). I never knew geography and history could be so much fun.

Professor B. intertwines times and places with his own brand of dry humor. Some places shown on maps and charts never existed, while others were not wanted on maps. You have only to get as far as page five to read the tale about an island which was recently "stitched over" by Google Earth.

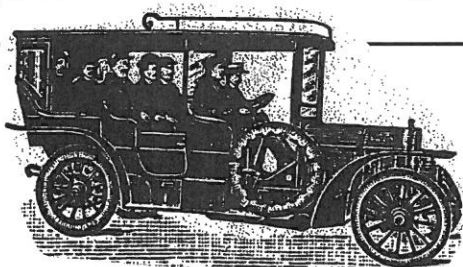
Half-remembered tales about underground labyrinths, floating islands, urban foxes, and fake cities-on-fire are told with new insight, alongside many stories of places about which you never heard or dreamed. Oh, by the way, Google Earth coordinates are provided for most of the places discussed, in case you want to visit or check your maps.

What could be more British and more charming than a book by a professor named Alastair Bonnett who teaches something called Social Geography at Newcastle University and lives in Newcastle upon Tyne? Newcastle University was founded in 1834 and became independent in 1963. It has almost 23,000 students, including post-graduates.

-- Don Giddings

For Audrey Todd: *The Sleeping Dictionary* by Sujata Massey (Gallery Books, 2013). Set in the last days of the Raj and the Indian struggle for independence, this fine novel makes an interesting companion to Vikram Seth's magnificent *A Suitable Boy*. The protagonist, known by several different names in the course of the book, starts her life as a poor peasant girl. In the course of her life she lives in several Indian locations, ending up in Calcutta (now Kolkata) and befriending several female freedom fighters. The fight for independence and the maturing of this remarkable young woman are beautifully intertwined by this best selling Quaker author. The occasional appearance of members of the Society of Friends makes this a particularly suitable choice for Audrey Todd.

-- Sarah Giddings



Out and About in November

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

Nov. 3, Mon., 7 pm. Lecture and concert featuring the Henry Erben organ in the Lee Chapel, W&L campus. Erben was a well known nineteenth century organ builder. Free.

Nov. 3 and 4, Mon and Tue. At VMI, conference on the Ronald Reagan presidency. Panels featuring scholars and Reagan administration officials. Sponsored by the John A. Adams '71 Center for Military History and Strategic Analysis and the VMI Center for Leadership and Ethics. Information and registration online, www.vmi.edu/reagan conference.

Nov. 12, Wed., 7 pm. A trio (violin, cello, piano) consisting of students and faculty from the summer program of the Heifetz Institute, based at Mary Baldwin College in Staunton, will perform classical works. Reservations are available online at www.heifetzinstitute.org/heifetz-on-tour. Through what appears a complex procedure, though no doubt navigable by the cyber-savvy, one makes an online donation (amounts from \$10 to \$50 are suggested) and one's name is placed on a list held at the door. Lexington Presbyterian Church.

Nov. 22 and 23, Fri. and Sat, 2 pm and 6:30 pm both days. The Rockbridge Ballet presents "Peter Pan & Where the Page Meets the Stage." Artistic director, Jessica Pyatt Martin; novice to advance level students. Adult ticket \$12. Lenfest Center, W&L.

... Bits and Pieces ...

Rebecca Wilder, Health and Wellness Program Manager, will post details for several November events as these develop. Fitness Assessments (in partnership with the Therapy Department) will be given during the first two weeks of the month. A "Meet and Greet" for our new Health and Fitness Program Manager, Jason Bunn (see story, p. 7) will be arranged shortly after Jason's arrival on Nov. 10. And a "Turkey Trot 2K Walk," to be held on the Kendal grounds, is in the works for a date near Thanksgiving.

Update on Resident Authors: Jim Morgan's co-authorship of *Keydet Grey and Gary Owen: The Horse at VMI* should be included in our list of resident authors.

Teresa Markham, Activities Assistant at Webster, can use volunteers for practically anything, often at times suiting the volunteers' convenience. Would you like to conduct a crafts session to make Christmas decorations, for example? (All supplies provided.) Contact Teresa at 464-2612, or Laura Hotinger, Resident Life Coordinator, at 464-2627. And don't forget the volunteer fall training event, Nov. 12. (See p. 3)

Newsletter Statement and Staff

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

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

Deadline for the December issue: Wednesday, Nov. 19, 5 pm. The newsletter timeline is posted each month in the Information Alcove.

November Activities Calendar

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

1, Sat.	11:00 am	Traditional Meal, Collierstown Presb. Church	[bus, 10:45 am]
2, Sun.	2:00 am	End of Daylight Saving Time	Eastern Time Zone
	3:00 pm	Faculty Piano Recital, W&L	[bus, 2:30 pm]
3, Mon.	8:00 am	Men's Breakfast	Dining Room
4, Tue.		Election Day -- Sign Up for Buses to Polling Place	
	8:00 pm	University Wind Ensemble, W&L	[bus, 7:20 pm]
5, Wed.	4:30 pm	Kendal College, "Making the Constitution"	Kendal Hall
	7:45 pm	Kandinsky Trio at VMI	[bus, 7:15 pm]
5, Wed., and 6, Thu.,	10 am - 2:30 pm	AARP Smart Drivers Course	Sunnyside
6, Thu.	4:00 pm	Talk, "Monetary Policy in the U.S"	Kendal Hall
	7:30 pm	<i>The Night of the Iguana</i> at W&L	[bus, 6:45 pm]
7, Fri.	10:00 am	Essential Tremor Support Group	Sunnyside
	10:30 am	Kendal Singers, "Music Across America"	Kendal Hall
8, Sat.	8:00 pm	USSO Concert, W&L	[bus, 7:20 pm]
11, Tue.	1:00 pm	Residents Council	North Parlor
12, Wed.	10:00 am	Photography Group	Staff Development Room
	10:30 am	Parkinson's Support Group	Sunnyside
	1:30 pm	Volunteer Fall Training Event	Sunnyside
	4:30 pm	Kendal College, "Making the Constitution"	Kendal Hall
13, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside
	4:30 pm	Sunnyside Weavers	Sunnyside
14, Fri.	8:00 pm	Elizabeth Futral Concert, W&L	[bus, 7:20 pm]
15, Sat.	8:00 pm	Bluegrass Ensemble at W&L	[bus, 7:20 pm]

(cont. on p. 13)

Activities Calendar (from p. 12)

19, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
	3:00 pm	Presentation on Falls, by Select Rehab	Kendal Hall
	7:15 pm	Ray Blouin & Friends -- folk and golden oldies	Kendal Hall
20, Thu.	4:30 pm	Talk, "Images of Non-Western Women"	Kendal Hall
21, Fri.	7:15 pm	Piano Recital, Students of Jonathan Cook	Kendal Hall
27, Thu.	Seatings TBA	Traditional Thanksgiving buffet	Dining Room

And in Early December

Dec. 4, Thu.	2:30 pm	Staff Appreciation Party	Kendal Hall
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Weekly Scheduled Activities

Sundays (2, 9, 16, 23, 30)	4:00 pm	Vespers	Kendal Hall
Mondays (3, 10, 17, 24)	1:30 pm	Sewing Circle	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (4, 11, 18, 25)	10:30 am	Poetry Group	North Parlor
	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (6, 13, 20,27)	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 (7, 14, 21, 28)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (1, 8, 15, 22, 29)	3:00 pm	Movie	Staff Development Room

Fitness Classes Currently Offered

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



Kendal at Lexington

Newsletter