



KENDAL® at Lexington

Newsletter

5

Spring/Summer 2015



More FOR LESS

Modest floor plans with valuable amenities!

Simple Living for a Maximized Life

—by Alex Slaydon, Marketing Associate

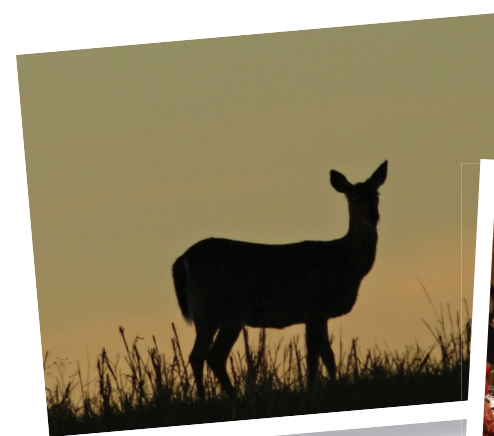
“Right size living” and micro apartments are nothing new in large cities, and are now becoming a more common trend among the environmentally conscientious and fiscally responsible singles in retirement living. A simple living space lends itself well to folks who would like to reduce stress, augment a frugal lifestyle, enjoy liberation from “stuff” and embrace the freedom that becomes a part of a custom lifestyle. Are you picturing a 4th floor NYC walk-up? Well, stop and think again!

An important factor to consider when envisioning Kendal as your home is to keep in mind that not only are you moving to a new residence, but you have access to all of the extended living spaces provided by the community. A smaller living accommodation can

actually free you up for a grand retirement experience!!

The whole campus would be your residence. Residents of Kendal host friends in the dining room or library, spend time in the fitness center or on the many walking trails that connect to downtown Lexington, invite friends and family to the restaurant and host overnight visitors in the well-appointed historic guest home. Residents use common spaces for gatherings, parties and events at little to no additional expense to them.

Please contact us to find out more about how we can help simplify your retirement living plans and help you embark on a new chapter of your life free of clutter with “smart space” design potential to maximize the efficiency of your new home.



KENDAL® at Lexington

Together, transforming the experience of aging.®

160 Kendal Drive
Lexington, VA 24450

KALEX.Kendal.org

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Together, transforming the experience of aging.®



Looking Forward to the Future—The Master Plan

“Exciting things are happening,” exclaims Mina Tepper, Executive Director of Kendal at Lexington. Spectrum Design, an architectural and engineering firm headquartered in Roanoke, Va., has been engaged to assist Kendal at Lexington in developing an updated Master Plan for the campus. The Master Plan will outline plans for future designs of the community. The entire Master Planning process is expected to take about 6 months, and much work has already occurred.

- Staff, residents, and some prospective residents have been asked to share their wish lists.

- Various Task Group recommendations to the Board of Directors have been reviewed.
- Marketing consultants have provided guidance and recommendations regarding the potential number, type and size of additional independent residences.
- Spectrum Design team members have spent many hours on the campus becoming familiar with the rhythms of resident life.

The creative and experienced Spectrum Design team will

synthesize this information. Working with a group representing residents, staff, and board members, they will develop campus design and planning solutions that will ultimately result in a complete Master Plan to guide the community into the future.

Stay tuned for updates.

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Friction, Energy and Light—Dick and Rae Are Resident Physicists At Play

KaLex residents Dick Minnix and Rae Carpenter have been wowing audiences of all ages with their fun and informative physics experiments for decades. The Dick and Rae Show grew out of demonstration lectures they gave as professors in the Virginia Military Institute (VMI) Physics Department. The idea was to give High School Physics teachers some resources in teaching Physics, which then led to Summer Workshops at VMI for those teachers. Dick and Rae took the show on the road to high schools and other places themselves. The show, sometimes with both guys, and sometimes with only one presenter, has even gone international, including to Canada, Japan, Australia and China.

Because Dick and Rae are so generous and innovative with their teachings, KaLex residents have often had the benefits of learning the principles of physics. Most recently they have been scheduling regular presentations in the Webster Assisted Living Center. Earlier,

when Rae was Residents Association president, those in attendance were treated to a demonstration or several at the beginning of each meeting. There is even a book to tell others how to do them. “I’ve known these guys for 57 years, and they do put on an entertaining and educational show,” states fellow resident Nanalou Sauder.



Dick and Rae then (left) and now (above).

Take a tour or be our guest and try out community life!

For information call (800) 976-8303, email info@kalex.kendal.org, or visit Kalex.kendal.org
A Not-for-Profit Continuing Care Retirement Community Serving in Quaker Tradition



‘Like’ Us on Facebook!

KaLex’s Facebook page provides a glimpse of day-to-day life here on campus and in the greater Lexington community. Find out what residents do in their free time, view photos of cottages and apartments, learn about upcoming events and see what goes on in historic Lexington. It’s an interactive way to see a more candid side of Kendal.

Share the Kendal experience at www.Facebook.com/KendalAtLexington.



From the Desk of the Marketing Director

Thank you for reading the Spring/Summer 2015 edition of Kendal at Lexington's semiannual marketing newsletter. As Director of Marketing for KaLex since fall of last year, I have come to truly enjoy getting to know the extraordinary residents, committed staff and those of you that hope to make Kendal your home in the future. My move from Boston to the Shenandoah Valley was a big one, but the feeling of welcome and community spirit that fills the air has very quickly made Lexington feel like home.

Kendal at Lexington features a beautiful campus with mountain views that cannot be matched. With 29 free standing cottage homes, 36 cluster cottages, and 55 apartments, the campus is dynamic and

picturesque. The community continues to be vibrant and full. For the most highly in demand residences, it's important to have your name on the priority list, when opportunities arise. The cottages and large apartments continue to be highly sought after; however, the apartments that have openings at the time that this newsletter went to press truly offer a great value and all that KaLex has to offer. For up to date information on independent living availability, visit <http://kalex.kendal.org/home/living-options/independent-living/>

Please feel free to contact me with any questions or to schedule a visit. We hope to see you soon!
Jessica Lee-Singleton Buhler

Announcing New Resident Video Testimonials

We are pleased to announce the release of six new "Resident Video Testimonials" produced for marketing and starring friends and residents Bill, Dianne, Paul, Lee, Pat, Winifred and Don (with cameos by other residents, staff, and pets).

Each testimonial is unique and attention-grabbing, as each one focuses on just a few things that people ask. Questions like: How will I manage to downsize? How will I make friends? What happens if I run out of money? How secure and supportive is the community?

The video footage also showcases the inside designs of our cottages and apartments and views from the gorgeous campus grounds. We hope you take a minute to take a look!

To view videos, visit kalex.kendal.org/home/lifestyle/resident-stories/

Kendal at Lexington CCRC uploaded a video
Kendal at Lexington CCRC Resident Testimonial- Winifred
by Kendal at Lexington CCRC

Kendal at Lexington CCRC uploaded a video
Kendal at Lexington CCRC Resident Testimonial- Paul and Lee
by Kendal at Lexington CCRC

Kendal at Lexington CCRC uploaded a video
Kendal at Lexington CCRC Resident Testimonial- Pat
by Kendal at Lexington CCRC

Kendal at Lexington CCRC uploaded a video
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Kendal at Lexington CCRC uploaded a video
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Kendal at Lexington CCRC uploaded a video
Kendal at Lexington CCRC Resident Testimonial- Bill
by Kendal at Lexington CCRC

JULY 17TH MARKS THE 15TH ANNIVERSARY OF KENDAL AT LEXINGTON'S FIRST RESIDENT JOINING THE COMMUNITY.

Happy 15th Anniversary

KENDAL AT LEXINGTON!

Rain Barrels Help Preserve Our Natural Resources



Kendal Charitable Funds awarded Kendal at Lexington a \$5,000 grant to be used for the purchase of rain barrels. The project addresses many Kendal goals: sustainability and environmental stewardship, financial responsibility, community service, and community involvement. The barrels will be placed in the common areas of the campus, in residents' yards, and in the community-at-large. The use of rain barrels decreases the demand on the city/county water supply, which saves money. Garden plants also prefer rain water that doesn't have the chemicals used to treat public water.

The project has truly become a community effort. Kendal at Lexington is providing



the supplies for the wooden platforms to be constructed by students in Parry McCluer High School's cabinet-making class. In addition, funds from the grant will be used to provide for two scholarships that will be granted to the best essays on sustainability issues and water usage. Barrels are being offered to other local non-profits, such as the Maury River Senior Center, local public schools, and Boxerwood Nature Center.

Jo's Top Four Reasons to Love Lexington, Virginia

—by Resident Jo McMurtry

As an active resident, I would find plenty to do if I never left the Kendal campus. But it's good to have a choice! Here are some things I love about this whole area.

- 1. No traffic.** Lexington (population 7,170, excluding Washington and Lee University students and Virginia Military Institute cadets) is Rockbridge County's closest thing to a metropolis. My friends and I drive wherever and whenever we like -- no sitting in gridlock breathing fumes. And our temperate climate (USDA planting zone 6b) means the outdoors is comfortable as well as beautiful.
- 2. Great people.** Kendal residents are welcome wherever we go. In the seven years I've lived here, I've enjoyed singing in my church choir, playing duplicate bridge with the Lexington Bridge Club, and exhibiting artwork in various venues. Other Kendalites belong to the country club (golf, tennis), volunteer as docents at historic sites, work with Rotary and other civic clubs, audit classes at W&L, support projects sponsored by W&L or VMI . . . the list goes on.
- 3. Great medical care.** I've had both hips replaced since I moved to Kendal, done by a top-notch surgical team at a hospital 45 minutes away, and I couldn't be happier with the results or with my rehab at Kendal. Our Lexington hospital is small but provides good care and can take patients to Roanoke via helicopter. (When this happens, everybody in town looks up and wonders who's aboard. Word soon spreads. It's that kind of town.)
- 4. Easy hospitality.** Lexington is 190 miles from Washington, D.C., 410 miles from New York City, 475 miles from Atlanta. Friends and family pop in any time, swim in Kendal's pool, and dream up excursions. How about the Appalachian Trail (ten miles away)? Natural Bridge (thirteen miles)? Zebras at the Virginia Safari Park (twelve miles)? Or maybe the George C. Marshall Museum, across town at VMI? There's always more to do, and visitors keep coming back.



PHOTO GALLERY



"The Restaurant at KaLex" Review



"The Restaurant has charm and always seems inviting. I liked the food, atmosphere, the company and conversation," expressed board member Hardin Marion* as he offered his review of the "The Restaurant" on the Kendal campus. With seating for 50, the ambiance is quaint and beautiful, as the walls feature artists' works that rotate frequently. Hardin joined his wife, Heather, and other guests for dinner at the Restaurant in February and shared with us his thoughts and praise.

"The Restaurant has charm and always seems inviting. I liked the food, atmosphere,

"That atmosphere was delightful with new art displays on the wall." "Our waitperson was flawless. She was well versed on the menu and was efficient and unobtrusive."

"To complement the surf and turf, I tried Chardonnay and Merlot. Both were smooth, and I enjoyed the taste." "The dessert, cheesecake with a scoop of ice cream, was outstanding!"

Kendal at Lexington's Restaurant is open to residents and their guests. Head Chef, Mark Chittum, designs a sophisticated and comforting menu with specials that vary each week. Would you like to experience it for yourself? Contact the marketing office to see how!

KENDAL® at Lexington



*Hardin is the retired managing partner of his law firm, Tydings and Rosenberg LLP, in Baltimore, MD. He has a bachelors and a law degree from Washington & Lee University (WLU) and served on the WLU Board of Trustees from 1991-2001. He was Chair of the KaLex board from 2008-2014.