

Kendal at Lexington

The Residents' Newsletter

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Lots to Look At -- Art on View at Kendal

Kendal's public spaces are filled with artwork. Some items have been donated to Kendal, while others are on indefinite loan from residents. In addition, we have two venues dedicated to temporary exhibitions -- one for work by Kendal residents, another for work by professional artists -- and both galleries have scheduled new shows that will hang from August until November.

The residents' art gallery, located in the corridor south of the dining area, is managed by residents Victoria Shelar and Trix Rumford, with help from Gene Shelar, Nancy Epley, and Jack Geikler. The current exhibition includes paintings and drawings in various media, photographs, jewelry, needlework, and other fabric arts. A special section honors the memory of the late Joe Wilson, a Kendal resident from the autumn of 2012 until his death this past May. Joe's beautiful landscapes are done in oil or watercolor, with two etchings among the ten works on display. Some of his subjects are familiar Rockbridge County scenes, while others record travels. Joe's last painting, an oil entitled "Shenandoah from Parkway," is included.

The art gallery inside The Restaurant, also located south of the dining area, is managed by residents Nancy Epley and Sally Holland. The two get in touch with artists whose work they like and ask if they would be willing to lend paintings for display on the restaurant walls. A price list, with information for contacting the artists, can be found on the glass shelf to the left as one enters. Sales transactions are arranged between the prospective buyer and the artist, without involving Kendal.

Paintings by Robert Stuart, a Staunton artist who has exhibited extensively during the past thirty years, will be on view in the restaurant gallery from August until November. These works differ from the landscape and still life paintings usually shown in this venue, in that they are much more abstract -- "a distillation of light, color, and surface," as Stuart says on his web page. Stuart's venture into abstraction followed a trip to Japan in 1996, when he saw a famous Zen temple in Kyoto with a raked gravel rock garden. Soon afterward, he writes, "I had a rare, clear dream (in color) of a large abstract painting. It was so vivid and convincing that I immediately set out to do the work." Stuart holds an MFA from James Madison University and a BFA from Boston University.

🎵 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.]

Aug. 1, Sat., 7:30 pm. "The Rigs," a quartet specializing in jazz, bluegrass, modern pop, and blues, perform at Lime Kiln Theater, the historic outdoor venue not far from Kendal. Kendal is a sponsor of this performance, so there's no charge for bus transportation. Ticket \$15 in advance, \$20 at the door. [bus, 7 pm]

Aug. 2, Sun., 3 pm. The Garth Newel Music Center in Bath County presents "Romantic Russians": chamber music by Sergei Rachmaninoff, Mikhail Glinka, Igor Stravinsky, and Alexander Glazunov. Adult ticket \$25; \$21 in a group of ten or more. Bus \$5. [bus, 1:15 pm]

Aug. 2, Sun., through Aug. 8, Sat. Library Committee's book sale, in the Alcove.

Aug. 3, Mon., 8 am. Monthly men's breakfast in the dining room. No reservations needed.

Aug 5, Wed., 4:30 pm. Talk on "Russia: Karelia and the White Sea," by Mary Ellena Ward, Lexingtonian who with her husband, Jim Slack, has recently visited a part of Russia seldom seen by Americans. Kendal Hall. **Free and open to the public.**

Aug. 6, Thu., 2 pm. Behind-the-curtain tour of W&L's Lenfest Center for the Arts. Rob Mish, director of the Center, will be our host. This

excursion involves walking, navigating narrow passages, etc., and is not suitable for the handi-capped. [bus, 1:45 pm] **(Are there other backstage tours of local venues that would interest you? Contact Dianne Herrick with suggestions.)**

Aug. 12, Wed., 10:00 am. Monthly meeting of Kendal's Photography Group. All are welcome. Contact resident Wil Stratton with questions. Staff Development Room, near the dining area.

Aug. 12, Wed., 4:30 pm. Residents Dianne Herrick and John South speak on "A Trip to Brazil," based on their own recent travel experience. Kendal Hall. **Free and open to the public.**

Aug. 13, 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.

Aug. 15, Sat., 4 to 8 pm. The 27th annual Palmer Ice Cream Supper will include hamburgers and hot dogs as well as homemade ice cream. Sponsored by the Effinger Ruritan Club; held at the Palmer Community Center, formerly a schoolhouse, in western Rockbridge County. Benefits the center's projects. [bus, 3:30 pm]

Aug. 16, Sun., 3 pm. The Garth Newel Music Center presents "A Must-Read," featuring Rob Patterson on clarinet. Music of Beethoven, John Mackey, Alexander von Zemlinsky. Adult ticket \$25; \$21 in a group of ten or more. Bus \$5. [bus, 1:15 pm]

Aug. 18, Tue., 4:30 pm. Concert by Kendal's Recorder Consort, preceding our weekly Wine and Conversation hour at 5 pm. Kendal Hall. **Free and open to the public.**

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Calendar Notes

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Aug. 20, Thu., 4:30 pm. Residents Margy and Dick Werling talk about and show photos of their "Iceland Adventure" -- just the thing for a hot summer afternoon. Kendal Hall. **Free and open to the public.**

Aug. 28, Fri., 7:15 pm. Members of the Christine Schadeberg Voice Studio present a concert of "Songs from the British Isles." Elizabethan songs by Purcell, Gibbons, and Dowland; songs and arias by honorary Englishmen G.F. Handel and Joseph Hayden; Gilbert and Sullivan; and folksong arrangements by Ralph Vaughan Williams and Benjamin Britten. Kendal Hall. **Free and open to the public.**

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.]

My last column discussed the probate process and mentioned ways in which the need for probate can be reduced or eliminated. Since probate is only necessary when the decedent owns property the title to which would pass by will, it is not needed when there is no such property. There are a number of ways in which the amount of property subject to probate can be reduced.

Probably the easiest and most commonly used way of avoiding or reducing the need for probate is by arranging for property to pass at death either by contract or, in the case of real

estate, by the manner in which the title is held. The most familiar way of doing this is by creating joint accounts or payable on death (POD) accounts.

The traditional joint bank account has been used for many years and has generally been created simply by agreement with a bank that money on deposit is to be held in the names of the depositor and another person. This agreement is usually expressed by a signature card bearing both names, and the card usually defines the rights of the parties.

Sometimes this kind of account was established simply as a matter of convenience, as a way of allowing someone to have access to the depositor's funds for the purpose of paying bills or managing the depositor's affairs. A power of attorney is now the much preferred way of accomplishing such a purpose.

Determining the rights of the parties to such an account caused much litigation. Was either party meant to have the right to withdraw funds? Were the rights of the parties on the death of either or the claims of creditors clear? Legislators dealt with many of these issues, usually at the request of banks that wanted protection from law suits.

One solution widely adopted has been the authorization of POD accounts. These make it clear that only the depositor has an interest in the fund until his or her death, at which time the bank is directed to pay whatever is left in the account to the beneficiary. These accounts are a popular means of directing the disposition of money or other financial assets at death, without the need for probate.

The popularity of this means of transferring cash led state legislatures, including that of Virginia, to enact statutes authorizing transfer

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Legal Perspective

(from p. 3)

on death (TOD) designations to be attached to other types of assets, often securities and brokerage accounts. In all these cases, the beneficiary has no rights in the property so designated until the owner dies, at which time the beneficiary can, on production of proof of identity and of the owner's death, obtain possession of the assets. Again, no probate.

Removing real estate from one's probate estate has been accomplished by taking title in joint and survivor names. Again, there has been litigation over the means of creating joint and survivor title and the rights of the parties and their creditors during their joint lives. In 2013, the Virginia legislature resolved many of these issues by authorizing TOD deeds of real estate. These deeds are signed and recorded presently but are of no effect until death, when title passes to the beneficiary with no probate necessary. Prior to his or her death, the owner may revoke the deed or sell the real estate.

Thus cash, securities, brokerage accounts, and real estate can be transferred at death without probate, simply by providing essential information to the person or institution holding these assets. Life insurance proceeds and retirement plan assets also may pass because of the terms of their contracts without the necessity of a will.

What about personal property? The disposition of collectibles, works of art, jewelry, etc. can be made the subject of contractual or gift arrangements, but there is generally no specific statutory authorization of the types discussed above. Vehicles, however, can in Virginia be registered in TOD form, thus simplifying their transfer at death.

Reducing the amount of property subject to probate is thus increasingly easy and popular,

but be careful that family members understand what is being done and why, that they are content with the fairness of the arrangements made, and that the beneficiaries designated are chosen with care and understanding. Remember also that any assets disposition of which is not made prior to death, outright or in one of the described ways, will be subject to probate. Understand also that assets that pass to others pursuant to joint ownership or TOD designation will be subject to probate in the beneficiary's estate if the assets are still owned by the beneficiary at his or her death.

-- Ned Henneman

Spring Snapper, Part II

[This is the second of two articles on snapping turtles by resident Victoria Shelar, who observes Kendal's wildlife with a naturalist's eye.]

The first snapping turtle I saw at Kendal was in mid-May of 2009, in our Sycamore Lane backyard. Making its way uphill from Sunnyside Stream, it may have been the same one that nested behind my neighbor Trix Rumford's cottage a short way up the street. Opening her bedroom window blind early one morning in mid-May of 2009, she saw what appeared to be an unfamiliar rock. As soon as it moved, she recognized it as a muddy snapping turtle digging a nest in the newly-laid fill behind her cottage, which lies adjacent to the drainage ditch leading downhill to the stream.

Trix has reported to me that its shell was the size of a large dinner plate, maybe eleven inches long, and that the process was too slow for her to stay and watch. Later that day she returned to see the turtle gone and the ground smoothed over. It lay undisturbed all summer, so the eggs must not have developed, possibly because the summer was so hot and dry.

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Spring Snapper

(from p. 4)

In our area, a female snapper of that size laying eggs has to be about twenty years old, because females mature at about five years old but may only start laying when fifteen to twenty. Sad to say, the life history of snapping turtles is noted for a high rate of eggs laid (25-80) but a very low rate of eggs developed (fourteen per cent). When babies do emerge, they are only as big as a quarter and make easy prey for many predators: raccoons, skunks, foxes, crows, and hawks. As many as ninety per cent may perish. If the remainder make it to the slow streams they inhabit and manage to survive until their shells harden at about three inches long, they migrate downstream to larger bodies of water, where potentially they could live one hundred years or more.

However, several modern factors combine to reduce a snapper's normal longevity. Road traffic kills many today, especially females migrating to and from nest sites. Chemical pollutants in runoff interfere with reproduction success, and drainage of waterways removes habitat.

The final and most devastating blow, however, is harvesting. American snapping turtles have long been highly valued in China for both food and medicine, but not until the last few decades have there been enough people with sufficient income to afford turtle meat, a pricey gourmet item. A live snapper in China can now bring as much as \$200.

By the 1990's, the Chinese began to investigate the U.S. market for snappers. Trapping and harvesting to satisfy the demand in China has begun to affect snapper populations in the U.S. This species with its delayed maturity and high juvenile mortality cannot survive for long with export numbers to China that have now grown to *over 400,000 a year for over a decade*. Many of these are from farms, but unfortunately

most turtle farmers capture wild females for breeding stock, a particularly destructive practice.

Snappers have survived ice ages, continental drift, changing climates, habitat loss, and the draining of wetlands, but they cannot long survive these large reductions in numbers to satisfy an insatiable demand for turtle meat. Here at Kendal we have seen several more females over the years and, we hope, more will continue to seek out what well may be historic nesting sites for them. These successful survivors of an ancient time deserve our respect, and we consider ourselves privileged to have seen them.

-- Victoria Shelar

[Photos of Kendal snappers in the Alcove]

New Kendalites:**Laura and Bill Stearns
Apartment 207, South**

Bill and Laura Stearns moved to Kendal from a fine Victorian house on Houston Street, Lexington, where they had lived for many years. Neither of them is native to the area, although Laura has deep roots in Rockbridge County.

Bill grew up in Skaneateles, New York. Always interested in sports, he attended Springfield College, earning both BA and MS degrees in physical education. After teaching/coaching for two years in Rochester, he was appointed swimming coach at W&L, a position he held for thirteen years before his retirement in 1979 to pursue his interest in business, especially investment real estate.

Laura was born in Colon, Panama, where her father, a Rockbridge County native, was an

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Bill and Laura Stearns (from p. 5)

engineer working on the Gatun locks. She attended Trinity University in San Antonio, Texas, and the University of Texas at Austin, receiving a BA in history and political science and an MA in history. She began her long teaching career in Texas before moving to Buena Vista to teach history at what was then Southern Seminary College for Women.

At Southern Seminary, she became friends with the college librarian, Jill Huntley, whose husband was a professor of English at W&L. The Huntleys arranged for Bill to meet Laura on a blind date -- a lucky event, according to both.

The Stearnses have now spent most of their adult life in the Lexington area and have been active in community affairs. At R.E. Lee Episcopal Church, Laura has headed the Altar Guild and served for many years as treasurer for the Episcopal Church Women. Her hobbies include drawing, painting, and sewing, but she is most dedicated to historical research and writing. During the Bicentennial celebrations of 1976, Laura received a National Endowment for the Humanities grant to research and write a paper on *The American Dream*. In addition, she and two W&L scholars were supported by the Virginia Department of the Humanities to do research about the Rockbridge area during the Revolutionary era. She has written several papers for the Rockbridge Historical Society on the early history of Rockbridge County.

Bill is past president of the Lexington Rotary Club and has served on the boards of the Chamber of Commerce and of the Lexington Downtown Development Association. He managed the Rockbridge Historical Society's property for some years. Bill still enjoys swimming, is fond of travel, and says he is looking forward to becoming an active member of the Kendal community.

The Stearnses have two sons, Peter and Michael, and two grandchildren.

-- Nanalou Sauder

New Kendalites:**Barbara and Bob Griner**
182 Sycamore Lane

Barbara and Bob Griner heard about Kendal at an information session ("road show") held by the Marketing Department in Fairfax, Northern Virginia, back in 2011. The Griners had been planning to do some hiking in the Shenandoah National Park, and when they heard about Kendal's "Try It, You'll Like It" program, they decided to extend their trip. They had been looking at retirement communities near their home in Annandale, but Kendal's small town/rural atmosphere was something special, and they did indeed like it.

In the years that followed, the Griners visited Kendal several more times; as Barbara says, "We don't do things in a hurry." On each visit, they were charmed by the open skies, the fields with grazing cows, and -- at one point -- a full moon floating clearly in the sky without the light pollution of a populated area. They met many of their future neighbors and were pleased to find Kendalites an unpretentious bunch. "Nobody is trying to impress anybody," as Bob says. Looking back on their life and friends in Annandale, Barbara says, "The people we will miss. The traffic we won't miss."

This is a second marriage for both. The pair met at a dance organized by a Widowed Persons Support Group in the District of Columbia area. They found that they have much in common, including their enjoyment of hiking, and

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Barbara and Bob Griner (from p. 6)

they have now been married for fourteen years of happy trails.

Barbara grew up in Brooklyn, graduated from St. Joseph's College, and taught kindergarten for several years. She then did an internship at the University of Minnesota and returned for further graduate study in social work. Her career in social work focused on neglected and dependent children. She relocated to the Washington, D.C., area when her husband, a lawyer, took a job with the Treasury Department, specializing in foreign assets control. Their son, Richard Hollas, lives with his wife Caroline and their two children (ages three and six) in the Washington area.

Bob grew up in Kokomo, Indiana, and entered Purdue University as an engineering student. When World War II intervened, Bob was drafted in his junior year and found himself in New York City, working as an engineer on the Manhattan Project. In his spare time, he enjoyed many Broadway productions, as tickets were available for servicemen at the USO. Bob also worked in the production facility at Oak Ridge, Tennessee.

After the war, Bob balanced his life between engineering and a growing interest in philosophy. He took philosophy courses at the University of New Hampshire and at CCNY. He then returned to Purdue to complete his degree in engineering. He worked for General Electric for a year; then, swinging back to philosophy, did graduate work in that discipline at Yale, where he remembers meeting Kendal resident Harry Pemberton as a classmate. He then returned to engineering ("I was offered jobs as an engineer but not as a philosopher"), spending ten years with G.E. before going to the Martin Marietta Corporation, which had become a leader in electronics and aerospace. At one point Bob was involved with the Skylab project,

NASA's first space station. He lived in Baltimore and Denver before moving to Washington, D.C., where he met his late wife, who was a native of England.

At Kendal, the Griners are currently concentrating on unpacking and settling in. Their Sycamore Lane cottage offers a close-up view of the local wildlife, including deer and ground hogs. Barbara has been attending St. Patrick's Catholic Church, quite near Kendal on Nelson Street, and both have found their neighbors welcoming. "People are reaching out to us," says Barbara.

-- Jo McMurtry

Memorial Book Review

The Wright Brothers, by David McCullough (Simon & Schuster, 2015) has been chosen by the Library Committee as the memorial book for Joe Wilson. Joe loved to fly, especially in a small plane with a friend, and he liked David McCullough's work, making this a logical choice.

We all know that the Wright Brothers made their first powered flights at Kitty Hawk, North Carolina. But did we know about the trials and tribulations that came both before and after that first flight? Did we know that most of the successful experimental flights took place in France? The United States government was very slow to realize the potential for the airplane, so the Wrights went to France for support.

David McCullough, in his usual meticulous, thoroughly researched and well-written fashion, has put life into the development of powered flight. If you are looking for the illustrations, they follow pages 114, 178, and 242, although there is no list.

-- Sarah Giddings

New Kendalites:

Anne and Tom Vinson

62 Sycamore Lane

As long-time Lexingtonians, Anne and Tom Vinson have found plenty of friends already living at Kendal. These include people whose interests they share through book clubs, choirs, and orchestras (Anne), as well as tennis, duplicate bridge, and barbershop singing (Tom). And that's in addition to the colleagues, students, and associates they met through their jobs. Tom taught mathematics and statistics at W&L for over forty years, while Anne was a middle school librarian with the Rockbridge County Schools.

Anne grew up in Jacksonville, Florida, and majored in education at Florida State University and at the University of Florida. Apart from her expertise as a librarian, the Rockbridge area has also benefitted from her love of music; she has sung in several choirs and has played the viola with two local orchestras. Currently, she serves on the 2014-15 Rockbridge Symphony steering committee.

Tom grew up in Atlanta and took his undergraduate degree in mathematics at Emory University, where Kendal resident Hank Sharp was his faculty mentor. He went to Virginia Tech for his Ph.D, then started teaching at W&L a few years before Hank joined the faculty as department chair -- a special reunion. Tom taught mathematics, statistics, topology, and calculus; his fields of specialty were general topology, statistical inference, and probability. (These studies may have something to do with his skill at the bridge table.) With the late W&L Robert S. Johnson, a W&L colleague, he is co-author of *Elementary Linear Algebra*, published by Harcourt Brace Jovanovich.

Anne and Tom, who have been married for 35 years following a previous marriage for each, have between them five children and seven grandchildren, and Anne has two great-grandchildren. Both are members of R.E. Lee Episcopal Church. When asked where this next stage in life's journey will take them, they say, "Depends."

-- Jo McMurtry

Vespers at Kendal

A Vespers service is arranged by the Vespers Committee every Sunday at 4 pm in Kendal Hall. All are welcome to these ecumenical services. The officiants and musicians are volunteers from the wider community, whose generosity is much appreciated. Officiants and pianists for August are:

Aug. 2: Deb Klein (Lexington Presbyterian Church); pianist, Joanna Smith.

Aug. 9: Malcolm Brownlee (retired Presbyterian minister); pianist, Jerri Keen.

Aug. 16: Tony Nix (Timber Ridge ARP Church; chaplain, Rockbridge Area Hospice); pianist, Jeannie Vaughan.

Aug. 23: Steve Cathcart (Timber Ridge Presbyterian Church); pianist, Donna Mabry.

Aug. 30: Bill Klein (Lexington Presbyterian Church); pianist, Kay Horner.



Resident Address Change

Anne Preuss to Apartment 115, Cox Hall

New Kendalites:

Ann and Lew John Cottage 1025

So, a guy born in Waco and a girl born in Ann Arbor walk into a bar -- no, wait, that's another story -- A guy from Waco, Texas, and Olean, New York, and a girl from Ann Arbor and Grand Rapids, Michigan, meet on a ski slope in Norway. "It was a perfect place for people who can't ski," says Ann John of first seeing Lew, now her husband of 54 years but then traveling with another woman (as was she). "We were so far north and the days were so short we had time only to trudge up the mountain once and hurtle back down again before it was dark."

It was a break from classes at the University of Edinburgh, where both were spending a year, he a graduate of W&L on a Fulbright fellowship, and she a junior at Oberlin. (An aside here: an important mentor at W&L for Lew had been economics professor and now Kendal resident John Gunn.) Before traveling abroad, both Lew and Ann had sworn not to date any other Americans -- "What would be the point of that?!" she says, laughing -- and they didn't see each other again until the end of the school year.

Time to go home and Ann couldn't imagine returning to the U.S. without seeing more of Europe and especially Italy; however, a shoe-string budget meant she had to find someone to share expenses. Lew had promised to deliver a friend's car to Germany (of course, it was a VW Rabbit) and also was looking for someone to share expenses. Not knowing she was within his earshot, she raised her voice in a roomful of people to ask about a travel companion. Ergo, a few road trips and a few complications later, they became husband and wife, the parents of two sons, and the grandparents of five.

Scotland, Norway, Italy were only appetizers for the feast of travel that followed, but first came military service for Lew (to their dismay, the most exotic port of call for them was Philadelphia). Next came a return to W&L, where Lew became an assistant dean of students and eventually decided to pursue a Ph.D. More education was on Ann's radar as well, and Syracuse University proved to be a perfect fit: a master's degree in library science for her and (eventually) a Ph.D in public and international affairs for him. Then, back to Lexington, where Lew was to become W&L's dean of students and a professor of politics. Ann accepted a position at the W&L library, where she managed the materials budget and collections. She used the name "Annette" at work, although her family had always called her "Ann."

There followed busy years filled with raising children, enjoying the professional and social life of town and gown, and finding not a lot of extra time for travel. But, "we always had itchy feet," says Ann, and Lew's work included opportunities for teaching and studying abroad, mainly in England. W&L had a reciprocal policy with University College, Oxford; and there was a period of time when Lew spent six weeks in London every other year, discussing British government with W&L students. He became Dean of Students at W&L in 1969, remaining in that position for 29 years, and continued to teach one class every term and to travel the world with Ann as time allowed.

"When the dean business failed," Lew became a full time faculty member before easing into retirement brought the usual relaxed timetable for both the Johns. They have been making a point of staying connected with the W&L community by auditing classes and attending cultural events on campus. At Kendal, Ann looks forward to working on her bridge game and creating new garden spaces outside the many windows of their cottage. Lew is staying abreast of not only his fantasy sports league

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Ann and Lew John

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(to the uninitiated, it's complicated) but also of his "seminar in applied probability theory," aka the oldest established permanent floating poker game in Lexington, now in its 35th year.

Meanwhile, travel is still definitely in the mix. Malaysia, Fiji, New Zealand, Egypt, Jordan, and Turkey, this last represented by beautiful rugs in their home. Years ago, says Ann, she fell in love with a Turkish rug and thought she had to have it until Lew reminded her that they had just bought a house and a car. So no rug then, but in Turkey again thirty years later, he bought a small rug, saying, "I just like to surprise you." Ann remembered her long-ago love and -- "My turn now!" -- found a similar rug, which has pride of place in their new living room and which is only one of many treasures from all those globetrotting years.

-- Marje Sherrill

And you may have noticed that we have changed the book sign-out sheet to include a column for your comments on the books you read. This is also a reminder to sign your books out.

Our final tidbit is to remind you that there are jigsaw puzzle tables available, one in Webster and the other on the ground floor of the south apartment wing. These are there for your pleasure.

Thanks to a Generous Donor -- A New Dementia Care Fund

As we are all too well aware, the incidence of dementia is on the rise. The problem is expected to mushroom in the coming years, and Kendal at Lexington is urgently pursuing the latest research and model care practices.

To help Kendal at Lexington provide state-of-the-art programming and engagement for those among us with dementia, resident Jack Geikler has offered a very generous challenge gift. This gift is being used to provide extensive staff training opportunities and improved programming for residents with dementia. Having had the experience of caring for his wife, Pat, for many years, Jack encourages Kendal at Lexington to become the place that provides state-of-the-art services for persons with dementia.

You may have seen several results of this wonderful gift around our campus. Each week, fresh flowers, arranged by residents, adorn the tables in the dining room of the Borden Center (skilled nursing care). The flowers not only beautify and improve the dining experience, but they provide an activity for those residents who enjoy working with flowers. Independent Living volunteers purchase the flowers each week and

Library Tidbits with Sarah Giddings

It is time for another of our fabulous Book Sales. In the Alcove (lobby level, across from the dining room elevator), for the first week in August, you will find a truly fine selection of mysteries, as the Library Committee is doing a thorough weeding of this section to make room for the fairly constant influx of new mysteries. So stock up your own mystery shelves. Lots of other good finds, too.

Also, we want you to be aware of some new ways of sharing opinions about the books we read. In the Alcove, underneath the Birthday Calendar, you will find a poster asking for book recommendations. It has been there for about a month, and there are several good ideas there already.

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Dementia Care Fund (from p. 10)

spend time with the residents putting the arrangements together. A win-win situation for everyone! New large-screen televisions and accompanying paraphernalia have been installed and are in operation for residents of both the Borden Center and the Webster Center (assisted living). And because staff training is such an integral part of the culture change we desire, Jack has provided new A/V equipment for that purpose in several locations around the campus, including the Staff Development room and the Borden Conference Room.

In addition to continuing to fund the expansion of the existing iPod music program for dementia patients, another project being funded by the challenge gift is our "Arts Fusion" program, a project of the Central and Western Virginia Alzheimer's Association and the recipient of the Commonwealth Council on Aging's 2014 Best Practices Award. The mission of Arts Fusion is to pro-mote creative expression, interpersonal connections, and enjoyment for persons with dementia. The program "fuses" a variety of forms, including art viewing, art making, storytelling, poetry, music, and more. It serves participants from diverse backgrounds and at all stages of dementia, and focuses on remaining strengths and abilities.

We have already received several gifts made in response to Jack's challenge. If you would like to help us make Kendal the premier provider of services for those with dementia, you may want to consider making a gift. Donations should be made to Kendal at Lexington, with a notation on the check for the Dementia Care Fund.

-- Becky Edmondson, Executive Assistant

with input from
Mina Tepper, Executive Director

Bits and Pieces . . .

¶ **Occupancy on a Roll.** According to Jessica Buhler, Marketing Director, Kalex has only one apartment available for immediate reservation as we go to press. This is a very nice one-bedroom unit on the third floor of Cox Hall, with all the amenities and -- need we add -- excellent neighbors. Seven previously available residences have now been reserved, and move-ins will take place during the fall.

¶ **A Capital Reserve Study** is being carried out to provide a comprehensive inventory of our major capital investments, Executive Director Mina Tepper explained at the Residents Association meeting of July 15. The inventory will not include furniture or other movable items but will include roads, HVAC equipment, roofs, kitchen equipment, apartment and cottage appliances, and much more. The purpose is to estimate the lifespan and the future cost of replacement, so as to be budgetarily prepared to replace them and not find ourselves unpleasantly surprised.

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Newsletter Statement and Staff

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

Staff: Sally Emory, Sarah Giddings, Maury Hanson, Jo McMurtry (editor), Trix Rumford, Nanalou Sauder, Margaret Sayre, Victoria Shelar, Marje Sherrill, Louise Tardy, Rudie Terhune, Clara Belle Weatherman.

The deadline for the September issue is Wednesday, August 19, 5 pm.

Weekly Scheduled Activities

Sundays (2, 9, 16, 23, 30)	4:00 pm	Vespers	Kendal Hall
Mondays (3, 10, 17, 24, 31)	1:30 pm 7:00 pm	Needleworkers Movie	North Parlor Kendal Hall
Tuesdays (4, 11, 18, 25)	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (6, 13, 20, 27)	10:00 am 1:00 pm 7:00 pm	Bible Study with the Rev. Tom Crittenden Recorder Consort Movie	Staff Devel. Rm. Kendal Hall Kendal Hall
Fridays (7, 14, 21, 28)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (1, 8, 15, 22, 29)	3:00 pm	Movie	Webster

Bits and Pieces . . . (from p. 11)

¶ **Jason Bunn, our Health and Fitness Program Manager**, reported at the Residents Association meeting of July 15 that Kendalites are staying active and compare well with other people of our age. Of the participants in the recent round of fitness testing, nineteen per cent scored below average while forty percent were average and 41 per cent were above average. The test, which measures upper and lower body strength and flexibility, usually takes about fifteen minutes, and Jason will run you through it any time. (And speaking of Jason -- resident Bill Russell, one of our several golfing aficionados, informs us that Jason won the biggest event of the year at the Lexington Golf and Country Club, the member-guest tournament this past June. Go, Jason!)

¶ **As we go to press**, word is out (but not confirmed) that the position of Health and Wellness Program Manager has been filled. This staff member will work in tandem with Jason Bunn to

bring us an even larger and more varied array of fitness/wellness activities in the near future. The wellness/fitness class schedule will be posted; be alert for changes as opportunities develop. Classes are held in our beautiful pool, in the fitness classroom, and elsewhere on campus -- the Webster Center, for example. And the fitness/wellness staff can help you design an exercise program just for you, perhaps using equipment in the weight room.

¶ **The new projector in Kendal Hall** has been installed and is making life easier for all the people who preside over Power Point presentations and movies. Anything on the screen can now be seen without having to completely darken the room. Movies are brighter and sharper with a wide screen format that minimizes distortion. Resident Wil Stratton, speaking at the Residents Association meeting of July 15, gave credit to Bill Houff, our Director of Operations, for his perseverance during the installation. The projector was bought with funds provided by an anonymous donor, whose generosity is much appreciated.

August Activities Calendar

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

1. Sat.	7:30 pm	Lime Kiln Theater, "The Rigs"	[bus, 7:00 pm]
2, Sun.	3:00 pm	Concert at Garth Newel	[bus, 1:15]
2, Sun., through Aug. 8, Sat.		Kendal Library Book Sale	Alcove
3, Mon.	8:00 am	Men's Breakfast	Dining Room
* 5, Wed.	4:30 pm	Talk on Russia, Mary Ellena Ward	Kendal Hall
6, Thu.	2:00 pm	Tour, W&L's Lenfest Center	[bus, 1:45 pm]
11, Tue.	1:00 pm	Residents Council	North Parlor
12, Wed.	10:00 am	Photography Group	Staff Development Room
	* 4:30 pm	Talk on Brazil, Dianne Herrick, John South	Kendal Hall
13, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside
15, Sat.	4:00 pm	Palmer Ice Cream Supper	[bus, 3:30 pm]
16, Sun.	3:00 pm	Concert at Garth Newel	[bus, 1:15 pm]
* 18, Tue.	4:30 pm	Concert by Kendal's Recorder Consort	Kendal Hall
19, Wed.	9:30 am	Residents Association	Kendal Hall
* 20, Thu.	4:30 pm	Talk on Iceland, Margy and Dick Werling	Kendal Hall
* 28, Fri.	7:15 pm	Concert, Christine Schadeberg Voice Studio	Kendal Hall

* = Kendal event, free and open to the public; no reservation needed.