

Kendal at Lexington

The Residents' Newsletter

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Catie King Joins Kendal's Fitness Staff

Kendal's Wellness/Fitness program is back at full strength as Catie King, Health and Wellness Program Manager, joins Jason Bunn, Health and Fitness Program Manager.

"I'm really excited about being here," Catie said at the Residents Association meeting on August 19. "Everyone has been very welcoming, and I look forward to seeing you in the Fitness Center."

Catie arrived in this area as a newlywed this past June when her husband, Jim, accepted a position with the Alleghany Highlands YMCA in Low Moor. Catie and Jim met as students at Appalachian State University in Boone, North Carolina, where both were studying health and nutrition. They now live in Millboro, Jim's home town.

Catie grew up in Asheville. She was so fascinated by a Zumba class she took in high school that she became certified as an instructor and taught Zumba classes at her first college, High Point University, near Winston Salem, before transferring to Appalachian State. Zumba, as many of us

probably know, is a dance fitness program influenced by Latin American dances. Zumba in a form modified for seniors has been popular at Kendal in the past, and residents look forward to benefitting from Catie's expertise. Catie also plans to hold "Aqua Zumba" classes in Kendal's pool. She is also interested in yoga and Pilates.

Catie is experienced in working with older adults, having worked with a cardiac rehabilitation center in Asheville.

The Health and Wellness/Fitness program will be updated during the month of September, so watch for postings. Both Catie and Jason may be reached at 458-0103.

A Warm Kendal Welcome to:

Elsa and Ted Burrowes, moving to 89 Sycamore Lane, from Fairfield, Va.

Arthur Adams, moving to Apt. 119 Cox Hall, from Lexington, Va.

Robyn and Nelson Potter, moving to 8 Sycamore Lane, from Clifton Park, N. Y.

🎵 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.]

Sept. 6, Sun., 3 pm. Concert at Garth Newel Music Center in Bath County. "String Extravaganza," with chamber music by Puccini, Bartok, Mendelssohn. Adult ticket \$25; \$21 in a group of ten or more. This performance is sponsored by Kendal, so there is no charge for bus transportation. [bus, 1:15 pm]

Sept. 7, Mon., 8 am. Monthly men's breakfast in the dining room. No reservation needed.

Sept. 9, Wed., 2 pm. "Back Stage at the Lime Kiln," tour of this much-loved outdoor venue, just around the corner from Kendal. Spencer McElroy, Executive Director of the Lime Kiln Theater, will be our host. [Bus, 1:45 pm]

Sept. 10, 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.

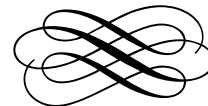
Sept. 15, Tue., 6 pm. The Blue Ridge Mountain Cloggers will perform in front of the Borden Center. Enthusiastic young people enjoy this traditional dance form. Arranged by Teresa Markham, Activities Assistant.

Sept. 16, Wed., 4:30 pm. First meeting of Kendal College course on Verdi's operas, taught by Timothy Gaylard of the W&L music faculty. (See story, p. 4). Kendal Hall.

Sept. 21, Mon., 7:30 pm. The New York Gilbert and Sullivan Players present "The Mikado." A traditional production with Japanese-style costumes. Full orchestra. Senior ticket \$35. (Box office, 458-8000.) Keller Theatre, Lenfest Hall, W&L. [bus, 6:45 pm]

Sept. 24, Thu., 4:30 pm. Hank Dobin, Professor of English at W&L, will speak on "Shakespeare at 400." Watch for a series of Shakespeare-related events at W&L this year, in commemoration of the Bard's death in 1616 at the age of 52. Kendal Hall. **Free and open to the public.**

Sept. 30, Wed., 4:30 pm. Second meeting, Kendal College course on Verdi's operas. (See story, p. 4) Kendal Hall.



Junior Crow

[Victoria Shelar, who with her husband, Gene, observes Kendal's wildlife from their Sycamore Lane cottage, writes her final column for this year -- but the column will return in the spring, we hope.]

Trying to chum in some butterflies, we decided to create a garden of sorts on our back deck on Sycamore Lane. In two old half-barrels with many different sized pots ranged around them, we installed a variety of flowers: a floppy pink mandevilla vine, red and white zinnias, pink and purple and violet petunias, tall white veronicas, and orange and yellow Gerber daises. Topping it all off, one large salmon geranium in a heavy ceramic pot was set up front. We tucked this motley collection together opposite the large sliding glass doors of my studio, set two small dining chairs across the room, and sat down to observe whatever might show up.

Instead of butterflies, however, what made an appearance was a young crow accompanied by its doting father. We maintain a bird feeder on our deck which is attached to a picnic table. The feeder closes out large birds like crows, but small birds spill many seeds, and the crows come by frequently to scarf those up. The parent crow had brought his new offspring to initiate him into the fine art of dining at our particular fast food joint.

Senior Crow slowly paced back and forth along the deck rail while Junior Crow regarded the extensive array of potted plants below with the eye of a kid in a candy shop. Shortly, he decided to take the plunge and flew down to the deck to investigate the spread of empty sunflower seed hulls. He took no time at all deciding there must be better fare elsewhere.

Walking over to the salmon geranium, he hopped up on the pot's thick ceramic edge where he spied a small black hole between the back of the pot and the half-barrel behind. To make his way there, he had to clamber over the shaky and uneven terrain presented by the geranium leaves. Ever the young explorer, he held his head high while lurching drunkenly across to the other side of the pot. There, he peered down into the black hole. First one eye, then the other examined its depths. For a closer look, he teetered way over, pecking busily at whatever he found down there, his tail sticking straight up in the air like a dabbling duck and waving back and forth like a slow metronome.

When Junior rose back up, his bill was empty but he seemed undaunted as he staggered back across the geranium plant and stood a while on the edge of the pot mulling things over. He then turned and clambered back across the geranium to have a second go. Once there, he again teetered himself over and again came up empty. This time, he looked a little peevish as he bit off a geranium petal, shook it back and forth, then tossed it away in disgust. He next poked a hole in a nearby purple petunia but didn't seem any better satisfied, so once again he staggered back across the poor benighted geranium and jumped down to the deck.

I had been finding all this behavior amusing until Junior Crow, obviously unable to hatch a better plan, hopped back up onto the edge of the geranium pot. When he set out yet again for the dark hole, I jumped up, waved my arms, and yelled, "Enough!" Both

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Junior Crow (from p. 3)

crows instantly took flight and haven't returned for a repeat performance. Amazingly enough, despite Junior's trampling of my lovely salmon geranium, when I checked out its leaves for damage, I could not find one single puncture from the claws. Even if there had been, how could I fault him when later I saw the pair with Junior gripping a dead mouse in his beak, helping to control the local rodent population?

-- Victoria Shelar

[Pictures in the Alcove.]

Kendal College to Present Programs on Verdi's Operas

Timothy Gaylard of W&L's Music Department, a frequent and much-appreciated visitor to Kendal, will give four lectures on Verdi's operas during September and October. All will be held on Wednesdays at 4:30: Sept. 16, Sept. 30, Oct. 7, and Oct. 14. In addition, Kendal's monthly "opera night," falling on Thursday, Sept. 17, will be hosted by Prof. Gaylard.

There will be a charge of \$10 per person to register for any or all of this program. (The Thursday "opera night," however, is open to all without charge.) Registration forms will be put in residents' mail boxes in early September and should be returned to Sally Emory, who is the contact person. As is the Kendal College policy, the program is open to all residents and staff.

According to Prof. Gaylard, Verdi is the most popular of all Italian opera composers. The course will emphasize his characteristic

musical traits -- memorable melodies, vital rhythms, rich orchestral effects -- as well as his skillful depiction of vivid characters and his mastery of dramatic situations. Among the operas to be discussed are *Rigoletto*, *La Traviata*, and *Aida*.



Resident Address Changes

Kay Pless Glore: from the Webster Center to 53 Sycamore Lane. [A whole world of best wishes to residents Kay and Scott Glore, who were married August 15.]

Judith Hopkins: from the Borden Center to the Webster Center, Apt. 219.

Harold ("Dusty") Smith: from Apt. 125, Cox Hall, to the Webster Center, Apt. 223.

Berneda ("Be") Hart: from the Webster Center to the Borden Center, Room 414.

Deo Boyland: from the Webster Center to the Borden Center, Room 410.

Millie Parsons: from the Webster Center to the Borden Center, Room 401.

Library Tidbits

Did you know our poetry section has two parts? On the left side of the library as you face the windows is the section for collections of poetry. And on the right are works by individual poets.

-- Sarah Giddings

Kendal at Lexington's Master Planning Update

Kendal at Lexington just celebrated its fifteenth anniversary! We are grateful to the visionaries whose creativity, determination, and hard work made Kendal the vibrant community it is today. As good stewards of their initiatives, the Board of Directors, working in consort with residents, management staff, and consultants, has been engaged in developing a Master Plan for the campus that will guide future campus growth and major renovations. A Building Committee has been appointed by the Board of Directors to evaluate planning options and make recommendations.

Additional independent living residences, an emergency access road, and renovations to the Benjamin Borden Health Center and the Webster Assisted Living Center are among the projects being evaluated. It is a long process, calling on the expertise of many disciplines, including architects, engineers, actuaries and financiers, marketing and health care personnel, and city and county planners.

The process is advancing with caution as we balance a desire for growth and the provision of model health care services while continuing to maintain Kendal at Lexington's signature scenic views and ambiance of hospitality, creativity, and community. As our Master Plan takes shape, we look forward to sharing our plans and providing opportunity for feedback from our residents, individuals on our waitlist, and the general community.

-- Mina Tepper
Executive Director



Vespers for September

An ecumenical Vespers service is arranged by the residents' Religious Activities/Vespers Committee (chaired by Shay Peters) every Sunday at 4 pm in Kendal Hall. All are welcome. The generosity of the volunteer officiants and musicians is much appreciated. September's officiants are:

Sept. 6 -- Deb Klein (Lexington Presbyterian Church); pianist, Jean Eisenhauer.

Sept. 13 -- Malcolm Brownlee (retired Presbyterian minister); pianist, Karen Fredenburg.

Sept. 20 -- Norman Tippens (Trinity United Methodist Church); pianist, Kay Horner.

Sept. 27 -- Paul Carter (Grace Presbyterian Church); pianist, Sharon Massie.

Groundhog Day Has Come and Gone . . .

. . . and will stay gone, if Kendal's Director of Operations, Bill Houff, has anything to say about it.

"Everything I do is based on health and safety," Bill says. Groundhogs (or woodchucks, another of their common names) are a threat to both, as Bill explained in an e-mail message sent to residents on August 10. These large members of the ground squirrel family are associated with a number

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Groundhogs

(from p. 5)

of parasites and diseases. They also chew tubing and wires, and their tunnels weaken the ground and make buildings unstable; in fact, they especially like to burrow around foundations or anything with a concrete slab.

The burrows are quite large and have chambers for various purposes, including a latrine for groundhog poop. Accordingly, Bill says, the indications of an active rather than an abandoned burrow are "fresh dirt and flies" near the entrance. Based on these criteria, the Kendal campus has turned out to have at least forty active burrows.

Trapping is currently under way. Blue Ridge Wildlife Management, a firm based in Roanoke and licensed by the Virginia Department of Game and Inland Fisheries, is setting and monitoring the traps. These are not live capture traps; instead, they shut like a very powerful mousetrap. Bill issues a stern warning: the traps "are dangerous and do not discriminate from your finger or the nose of your pet. Please avoid them."

Blue Ridge Wildlife Management will remove the dead animals and re-set the traps at frequent intervals. The job should be finished by the end of September.

Philanthropy at Kalex

Residents, friends, and families of Kendal at Lexington continued their outstanding generosity in the months of May, June, and July. The semi-annual Staff Appreciation drive in June provided over

\$40,000 to be shared by the non-management staff, and several gifts to the Fellowship Fund brought our yearly total to the fund to just over \$25,000.

Special gifts this year included the establishment of two challenge gifts: one for the maintenance of Sunnyside House and one for special care of those with dementia. Both of these wonderful gifts received some matching gifts in May, June, and July -- proving once more the generosity of our residents and friends!

Gifts to the General Fund included contributions to the Barbara Brown Staff Education Fund, a gift to cover the cost of the new projector in Kendal Hall, and an anonymous gift to be used for capital improvements.

In-kind gifts included two lovely area rugs, several types of wonderful art work (framed photographs, scrolls, paintings, and a woodcut print), medical equipment, and a deluxe Bingo game to be used by the Activities staff in Webster and/or Borden.

-- Becky Edmondson
Executive Assistant

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), Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Victoria Shelar, Marje Sherrill, Louise Tardy, Rudie Terhune, Clara Belle Weatherman.

The deadline for the October issue is Monday, Sept. 21, 5 pm.

New Kendalites:**Elsa and Ted Burrowes
89 Sycamore Lane**

Elsa and Ted Burrowes, now settling into cosy 89 Sycamore Lane, come to us from a geodesic dome home in Fairfield, northern Rockbridge County, but both were born in New Jersey in 1942. They met in the early 1960's as summer staff at the Silver Bay (New York) YMCA Conference Center, but went their separate ways until 1988, when they reconnected in Vienna, Virginia, where they lived until a 2002 move to Rockbridge County.

Elsa will share stories about her student years at Wilson College (Chambersburg, Pennsylvania), Ohio State, and Rutgers Universities, and her years as a reference librarian and library branch manager, mostly in Northern Virginia. Ted's connections are Wesleyan University (Connecticut), Oberlin College, and the University of Oregon, followed by a career in business computer programming, after a brief stint as a college math teacher (Otterbein College in Westerville, Ohio, and the College of Wooster, Ohio). And Ted's first marriage connects them to four kids (and four grandkids) in Ohio, Oregon, and California.

Both enjoy music and are members of the Rockbridge Choral Society. Both are also in a local book club, and both are volunteers -- Elsa with Hoofbeats Therapeutic Riding Center, Ted with Rockbridge Area Hospice. Both enjoy walking and travel, and Ted had a substantial vegetable

garden in Fairfield but is looking forward to a much smaller garden on Sycamore Lane.

The Burrowes' geodesic dome house was among seven "homes with unusual shapes" featured in the August 14, 2015, issue of *The Week* Magazine, which runs a weekly survey of "Best Properties on the Market" within the United States. Elsa and Ted worked with a Minnesota engineer to build the house in 2004.

They decided to move to Kendal, Ted says, because the property (36 acres) was becoming a bit much to care for, and they wanted to make the change while they were still active enough to enjoy their new life. In fact, Ted recounts a conversation with a friend his age, a steadfast member of the "I'll Never Leave My House" persuasion. Ted's friend recognized the wisdom of the Burrowes' choice and said, "You guys are making an adult decision that we aren't prepared to make."

Elsa will rarely turn down a cup of dark-roast coffee, and Ted is a sucker for a cookie or some ice cream. They come to Kendal already having a number of Kendal friends and having been involved in a number of Kendal activities/events in recent years. They are looking forward to making many new friends here.

-- Elsa and Ted Burrowes

Judy Hopkins Arrives in Webster Center



"I love to read," said Judith ("Judy") Hopkins, "and I've been amazed at the size of the Kendal library and the variety of books in it."

Judy grew up in Birmingham, then entered Hollins College and double-majored in English and French. "It was easy. The electives for the French major could be in English, and the electives for the English major could be in French."

Judy's late husband, Garland Hopkins, an engineer, founded G.J. Hopkins, Inc., now a Roanoke-based mechanical and electrical contracting business. The firm did work in the Middle East, and Judy accompanied her husband to the United Arab Emirates and Kuwait.

Judy came to Kendal several months ago as a resident of the Borden Center because, she explains, "they didn't have room for me in Webster at that time." Her farm in Craig County is next to that of her son, Garland Hopkins III. She has a daughter, Douglass, who lives in Fairfield.

Judy's apartment is decorated with photographs, including one of her doberman pinscher, Sissy, now living with her son. "Sissy is my fifth doberman," Judy says, "and they have all been good dogs."

An Episcopalian, Judy has been attending Kendal's Vespers services on Sunday afternoons. She enjoys meeting her fellow residents and has found that Kendal is "full of interesting people."

Indulge Your Inner Gypsy -- Travel to Another Kendal

Feel like spending a week or so in a different environment? Kendal Corporation is developing a "home swap" program through which you can temporarily trade living accommodations with a resident at one of our other affiliates.

"All our communities are located in great places," says Bill Silbert, Director of Marketing and Public Relations for K-Corp, who gave a presentation to Kalex residents on August 17. "They offer cultural opportunities, natural beauty, historical significance, good restaurants, and plenty of things to explore."

The "home swap" program, which will be rolled out in September or perhaps October, depends on a simple agreement between the residents involved in the swap; Kendal management will not act as an agent. Instead, residents will go to a secure online site, post the dates their own home will be available, and list the places they would like to visit during that time. (And, of course, while cruising the site you might serendipitously find a resident of exactly the place you want to go who is longing to visit Lexington.)

As we go to press, only four Kendal affiliates are on board for "Home Swap," but

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Home Swap

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more are expected to follow. Besides Kendal at Lexington, the others are the Admiral at the Lake, in Chicago; Crosslands, in Kennett Square, Pennsylvania; and Lathrop Communities, in Northampton and Easthampton, Massachusetts.

While many Kalex residents' questions were answered at the presentation of August 17, more information is available from Jessica Buhler, Marketing Director. Residents seeking advice on navigating the secure site may contact Becky Edmondson, Executive Assistant.

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.]

Probably the most common form of will for a married person provides that the testator's property is to pass at death to his or her spouse and, if the spouse dies before the testator, then to the testator's descendants. The manner in which those descendants are described and the shares each will take will vary with the testator's wishes, his or her family situation, and the drafter of the will.

Every state provides for the disposition of the property of one who dies intestate, that is without a will or with a will that is wholly or partially ineffective. Because will provisions for the benefit of a spouse or descendants are so common, and therefore generally

seem to reflect the desires of most property owners, state intestacy statutes typically are drafted to reflect that preference.

In Virginia, for example, the entire estate of one who dies intestate survived by a spouse passes to the spouse. If no spouse survives, the estate passes to the decedent's surviving children and their descendants in equal shares. Virginia has one fairly unusual provision. If I am survived by my spouse and by one or more children or descendants who are not children or descendants of my spouse, my spouse's share of the estate is reduced to one third, with two thirds passing to the surviving children or their descendants.

All of the above makes a certain amount of sense. Problems arise, however, in construing a statute or drafting a will when family relationships are less clear. As we all know, the nature of relationships and the way they are defined have changed over the years. The world is different now from what it was not too long ago. I may think I know who will be my grandchildren or other descendants when I die, but will the words of gift that I use in my will or trust agreement really be clear to others?

For example, suppose I want all or a part of my property to be distributed among my grandchildren or among the descendants of my children who are living at some defined time, or who survive someone else, such as my spouse. Consider some of the questions that I or my attorney need to consider to make the language in my will clear.

What does it mean to survive someone? Developments in modern medicine may well

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Legal Perspective

(from p. 9)

make determination of a time of death almost impossible. If my will states that someone takes property if they survive my spouse or the spouse of another, what do I mean by "spouse"? Is that term as clear as it once was? Do I want to use another, perhaps more inclusive, term such as "partner"?

What about class designations such as "issue" or "descendants" or "grandchildren"? Do I mean to include those who have been adopted? Probably so, but maybe not in all situations. Perhaps I am not thinking of persons who are adopted as adults, especially if there have been same-sex adoptions. What about one of my children's step-children?

How about persons born out of wedlock? How certain am I that the language used in my will includes children born of various types of assisted conception or as a result of surrogacy contracts?

All of these questions can probably be satisfactorily addressed by carefully worded definitions in my will. Most have been considered by state legislatures, but the statutory language used may not be as clear and complete as one would wish. What is important is to think of these and similar problems and to address them with care and consideration for the feelings of all concerned.

-- Ned Henneman

Rockbridge Choral Society Welcomes Kendalites

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 a very talented director, Bill McCorkle. Weekly rehearsals are on Monday evenings from 7:30 until 9.

The holiday concert this year will be on Saturday, December 5, in Lexington Presbyterian Church (with soloists and including traditional audience participation). The spring concert on Sunday, April 24, will feature Mendelssohn's great oratorio *Elijah* (sung in English) and will be performed in Wilson Hall, W&L, with professional soloists and a chamber orchestra.

Current Kendal participants in the Choral Society include Helen Behrens, 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 residents for more information (or for rides to rehearsals). Rehearsals begin on Monday, September 14.

-- Wil Stratton



In Memoriam

Joan Guthrie

died June 27, 2015

entered Kendal in October, 2008
moved to Maine in November, 2011

[for more information, contact Caroline
Bridges of the Bereavement Committee

Bits and Pieces . . .

¶ **Social Services Support** in the Borden Center has been enhanced, according to Karen Jackson, Director of Resident Services. Shana Colwell, who has a masters degree in social work, joins the team as Resident Services Coordinator for the Borden Center. Sybil Adams also has the title of Resident Services Coordinator and will support Assisted Living and Independent Living residents who move through the continuum of care. Brittany Camden, who just completed a bachelor's degree in social work, will continue to serve as Admissions/Marketing Coordinator for both Borden and Webster but will also dedicate some time to social services. Karen points out that "Although it may appear that we have add-ed positions, in reality we have realigned the department to gain resources where the need was greatest at this point in time, and we were able to do so while remaining within the department budget."

¶ **From the Fitness Center:** "New residents are encouraged to get active in the Fitness Center as soon as they are ready. Jason and Catie are available for orientation and tours, as well as personalized fitness programs to address individual needs. Please call the Fitness Center at 458-0103 with any questions."

¶ **Washington and Lee Hillel** invites everyone in the community to join activities for the High Holidays. Services are led by a student rabbi from the Hebrew Union College in New York, with participation from W&L and VMI students and staff. There is no charge to attend, but donations to W&L Hillel are welcome. Contact Megan McLean, Director of Hillel, for more information: 458-8443 or mmclean@wlu.edu. Services include:

Sun., Sept. 13, Erev Rosh Hashanah Service, 7 pm.

Mon., Sept. 14, Rosh Hashanah Morning Service (and sounding of the shofar), 10 am; picnic lunch at noon; Tashlich at Woods Creek, 12:45 pm

Tues., Sept. 22, Kol Nidre Service, 7 pm.
Wed., Sept. 23, Yom Kippur Morning Service, 10 am; Yizchor Service, 6:15 pm; Ne'llah Service followed by Break-the-Fast, 6:45 pm.

¶ **Residents Council Replacement:** Bick Bicknell has resigned his position as member-at-large, according to Winifred Hart, Council president. Marje Sherrill has agreed to fill out the rest of his term, ending in December.

¶ **If you're going to be away** for a few days or longer, might the Marketing Department show your residence to visitors during your absence? If so, contact Jessica Buhler, Marketing Director, or Marketing Associates Alex Slaydon or Linda Moreschi. Tours for prospective residents are often arranged on short notice -- people stop by when passing through Lexington, for instance -- and, says Jessica, "It's great to have places we can go right into."

¶ **The residents' Horticulture Committee**, chaired by Renate Chapman, asks Kendal gardeners to fill out and return a form to help the committee and staff members in their task of keeping the grounds beautiful. The easy-to-read form specifies how much gardening maintenance you wish to do (all of it? all but trimming shrubbery? etc.?); asks for information on any outside contractors you may have hired at your own expense, and gives several options for mulching. Please complete the form by the end of September and return it to Bill Houff, Director of Operations. (You may leave it at the receptionist's desk.)

¶ **Occupancy** remains high, with only two Independent Living apartments, each a one-bedroom, available as we go to press. These would be good places to move into before the winter storms begin.

¶ **The Maintenance Department** will have renovated, by the end of 2015, some eighteen residences, more than twice the average for a

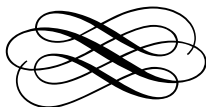
(cont. on p. 12)

Weekly Scheduled Activities

Sundays (6, 13, 20, 27)	4:00 pm	Vespers	Kendal Hall
Mondays (7, 14, 21, 28)	1:30 pm	Needleworkers	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (1, 8, 15, 22, 29)	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (3, 10, 17, 24)	10:00 am	Bible Study with the Rev. Tom Crittenden	Staff Devel. Rm.
	1:00 pm	Recorder Group	Kendal Hall
	7:00 pm	Movie	Kendal Hall
Fridays (4, 11, 18, 25)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (5, 12, 19, 26)	3:00 pm	Movie	Webster

Bits and Pieces (from p. 11)

typical year. This turnover results from new residents moving in and also from internal moves by current residents, perhaps from a cottage to an apartment. In either case the units are updated and sometimes extensively modified. As a result of all this activity, residents' routine maintenance requests must be put into the system and prioritized. (Stopping a maintenance employee in the hallway and describing your problem will not suffice, regardless of the amount of detail you go into.) Request forms can be found at the receptionist's desk, or e-mail work order@kalex.kendal.org. (Emergency maintenance will be done at once, needless to say.)



Out and About in September

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

Sept. 11, Fri., 6:30 to 8 pm. Boxerwood Nature Center and Woodland Garden, near Kendal at 963 Ross Road, presents its final "Music in the Garden" concert of the summer. The Coprolite Band (check out the definition at your peril), made up of VMI professors, will play "dinosaur rock," oldies of the 1970's through the 1990's.. Bring picnics, lawn chairs, grandchildren. Free.

Sept. 12, Sat., 12 noon to 5 pm. Twenty-first annual Rockbridge Beer and Wine Festival, sponsored by the Rockbridge Chamber of Commerce and held this year at Lime Kiln Theater, 607 Borden Road. Four local breweries and five wineries, with food vendors Buffalo Creek Beef and Kind Roots Café. Music by Fatty Lumpkin and the Love

(cont. on p. 13)

September Activities Calendar

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

6, Sun.	3:00 pm	Concert at Garth Newel	[bus, 1:15]
7, Mon.	8:00 am	Men's Breakfast	Dining Room
8, Tue.	1:00 pm	Residents Council	North Parlor
9, Wed.	2:00 pm	"Back Stage at the Lime Kiln"	[bus 1:45 pm]
10, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside
15, Tue.	6:00 pm	Blue Ridge Cloggers	Borden Front Entrance
16, Wed.	9:30 am	Residents Association	Kendal Hall
	4:30 pm	Timothy Gaylard, "Verdi" (1st of 4 programs)	Kendal Hall
21, Mon.	7:30 pm	"The Mikado" at W&L	[bus, 6:45]
24, Thu.	4:30 pm	Hank Dobin, "Shakespeare"	Kendal Hall
30, Wed.	4:30 pm	Timothy Gaylard, "Rigoletto" (2nd of 4 programs)	Kendal Hall

Out and About (from p. 12)

Hogs (rock and blues) and the Downbeat Projects (variety of styles). Ticket \$25, available via the Chamber of Commerce website (lexrockchamber.com) or from the Chamber's office at 18 E. Nelson St., Suite 101. Telephone 463-5375.

Sept. 26, Sat., 9 to 5. The Stonewall Jackson House, 8 East Washington St., is participating in "Museum Day Live!" hosted by *Smithsonian Magazine*. Visit www.stonewalljackson.org for information on down-

loading free tickets. The regular admission charge for an adult is \$8, with Triple A discounts. (Incidentally, resident Winifred Hart currently volunteers as a docent at the Jackson House and encourages other Kendalites to do the same. Volunteers are also needed for the historic garden. New volunteer training starts Thursday, Sept. 10, at 10 am. For information, call Michael Lynn at 464-7704.)

