

## Kitchen Makeovers

For 2015, KaLex is on-track to complete 18 full apartment and cottage renovations for new and relocating residents. With that comes a variety of standard renovation options to choose from, as well as an opportunity to work with our team to create a space that truly reflects your needs and preferences. By helping you weave together cherished belongings from your previous home with your new renovated home at Kendal we can help you make your Kendal move exciting and fun.

Many residents see the kitchen space as a social part of the home. In turn, kitchen design and renovation has been much of the focus this year.



## Kitchen Trends & Design Tips:

### Neutral Painted Cabinets

White or natural wood finishes are still popular. However, when opting for painted cabinets, we're seeing color choices like off-white and light beige.

#### Tips:

- ◆ Explore antiqued finishing techniques like glazing that tints a painted cabinet a subtle color with contrast in the facing.
- ◆ Ensure that your hardware will match or compliment appliances and light fixtures. Metal finishes should be continuous, with exceptions for stainless steel.
- ◆ Consider adding or deleting cabinet spaces. Choose pull out drawers in lieu of bottom cabinets. Add a spice rack or Lazy Susan.

### Solid- Surface Counter Tops

A solid surface countertop that looks and functions like Corian is the standard option. Granite is a popular upgrade. Both options are attractive and durable.

#### Tips:

- ◆ Consider interesting design details and stray from the standard Square or Bullnose edge. An Ogee or DuPont edge is both subtle and elegant.

- ◆ Play around with the height for your backsplash. Consider having a custom tile piece for placement behind the sink.
- ◆ Choose a counter color that matches both the cabinets and flooring.

### Kitchen Islands

While not a standard option, this year we've seen residents add islands to the kitchen. Cottages with open kitchens make an island an attractive addition.

#### Tips:

- ◆ A custom designed island could include a stool where one can sit and still help with the preparation of meals.
- ◆ Add wheels so it can be moved over when more space is needed for a party or if the time comes that a wheelchair will be needed at the sink.
- ◆ Add a wine rack or drop-leaf into the island for use as a bar or Hors D'oeuvre table.

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## Fitness Center Review



—by Jo McMurtry,  
KaLex Resident

“I’m not a good sitter,” says resident Margaret Craighill. “If I’ve been sitting for awhile, I want to get up and move. The Fitness Center is open all the time, and a lot of the time that’s where I go.”

Margaret and her husband Lloyd are often seen using the Fitness Center’s exercise machines, in particular the treadmills, but they also do a lot of walking on Kendal’s outdoor trails and—since our trails easily connect with the outside world—sometimes right on into town. “We walk four times a week for at least an hour,” Lloyd says.

“And we really like the pool,” Margaret says. “It’s a lovely pool, and the water is kind to our joints.” The Craighills like to start the day with an early aquatic exercise class and have nothing but praise for the instructors. “They let us go at our own pace.”

Kendal’s pool is fifty by twenty five feet in size, with a depth sloping from three and a half to five feet. The water is kept at a pretty steady 86 degrees. Instead of the usual chlorine-based sanitation system, which devours swimsuits and turns hair green, Kendal’s pool uses a much gentler salt chlorination system.

The water has a hint of salt, but it’s not like the ocean.

The Fitness Center opened in February of 2009 as part of our Phase II building program. Besides the pool, the 7900-square-foot facility has an exercise classroom where a variety of classes are taught; a fitness room with exercise machines (sixteen at last count) as well as a weight bench and a set of hand weights, exercise balls, and much more; a massage studio; and changing rooms, lockers, showers, and restrooms. The large windows



bring in plenty of natural light as well as views of our beautiful campus.

Classes taught in the Fitness Center offer many choices—in the water and out of it, seated, standing, or sometimes lying on mats. In addition to those taught by Kendal’s fitness staff, some classes are sponsored by outside groups from the Rockbridge area; these are open to Kendal residents and staff free of charge. A monthly schedule of classes is posted on bulletin boards and placed in residents’ mailboxes. In addition, the fitness staff is happy to work with individuals to set up a tailored-to-order program. This capability is especially helpful for those transitioning from rehab.

As a special option, members of Kendal’s Priority Waitlist may sign up to use all of the Fitness Center facilities, at any time, and to participate in any of the classes for the payment of a monthly fee (\$30 as we go to press). To learn more about this opportunity, call the Fitness office at 458-0103.

The Fitness Center is open daily from 5 a.m. to 10 p.m. It is located in the southeast part of the campus, at the end of Sunnyside Drive. Parking is available in Lot Five.

## Kitchen Makeover Trends—continued from page 1

### Open Floor Plans

Residents are asking for open floor plans that flow from room to room. Removing walls or expanding kitchen pass-throughs are common trends.

#### Tips:

◆ If it does not impede the structural integrity or piping systems in the residence, choose to expand the pass-through opening or completely open the kitchen so you have direct sight lines to the living, dining and patio area.

- ◆ For open spaces, add high-backed barstools to counters. It accents the other design details in your kitchen and can pull the whole space together.
- ◆ Add additional small recessed lighting to kitchen pass-throughs.
- ◆ Remove doors to four-season patios.

For more information on current renovation options, contact the Marketing Office at [info@kalex.kendal.org](mailto:info@kalex.kendal.org).

## What is Lifecare?

All Lifecare communities offer a continuum of care. BUT, not all retirement communities are Lifecare communities. Kendal at Lexington offers a Lifecare program that allows people over of age of 65 to enjoy life to its fullest, knowing a safety net of care and services is in place for them and their families. Lifecare is the only financial structure under which residential services are provided to include long-term healthcare in the form of a predictable monthly fee.

Kendal at Lexington offers extensive Lifecare, referred to as a “Type A Contract,” and a modified “Type B Contract” that has some limitations on access to long term care. To learn more about contracts offered at KaLex, contact the marketing department and visit CARF.org for a broad overview of varying contracts types offered in CCRCs.

To truly benefit from Lifecare, you must move into a Lifecare CCRC while you are independent. Then, if your health needs should change over time, you have priority access to long-term healthcare services with no significant changes in monthly fees. Lifecare allows couples and close friends to continue to live on the same campus, even if one of them requires additional assistance or care.

When you choose Lifecare, you also give your family important gifts such as protecting your estate from unknown long term care costs and taking personal control of your care decisions so as not to rely on your family to make care decision in a crisis. Also, future time with family will be focused on enjoying family time, not on managing your household and care needs.

Lifecare also offers financial stability and predictability and has significant tax advantages. See the article below entitled “Tax Benefits with KaLex” for more information.



# TAX BENEFITS WITH KALEX

Is it true there is a tax deduction associated with joining a Lifecare community? The answer is yes! Some of the costs associated with joining a lifecare community may be allocated to the cost of providing medical services.

“Seniors.... should be aware that they may qualify for hefty tax breaks if they move into a retirement community that offers assisted living and skilled nursing support as part of what are considered lifetime care benefit”, (U.S News MONEY, July, 2013)

A portion of the non-refundable entrance fee is viewed by the IRS as a pre-payment expense for health care services and may be deductible according to the IRS ruling 76-481.

At the end of each year, KaLex's finance director calculates the percentage of medical expenses for the entire community and applies the percentage to the fees received. The 2014, the Lifecare deduction

for a single entry fee was \$61,500, and for a couple—\$100,500. The deduction for monthly fees was \$609 per month, per person. Many Kendal residents have found that these deductions significantly relieve their tax burdens.

Please recognize that different communities calculate the deductions differently. As you research retirement communities, inquire about the tax deductions and consult with your financial advisers or tax preparers to determine the best way to benefit from the tax deductions.

### Need more information?

Contact the Marketing Office at [info@kalex.kendal.org](mailto:info@kalex.kendal.org).

When Andrew “Uncas” McThenia moved to Kendal at Lexington about a year ago he wasn’t sure what a typical day would be like for him. He has settled

into a daily routine and believes moving to Kendal at Lexington has been one of the best decisions in his very accomplished life.

### What keeps Uncas busy on a typical day?

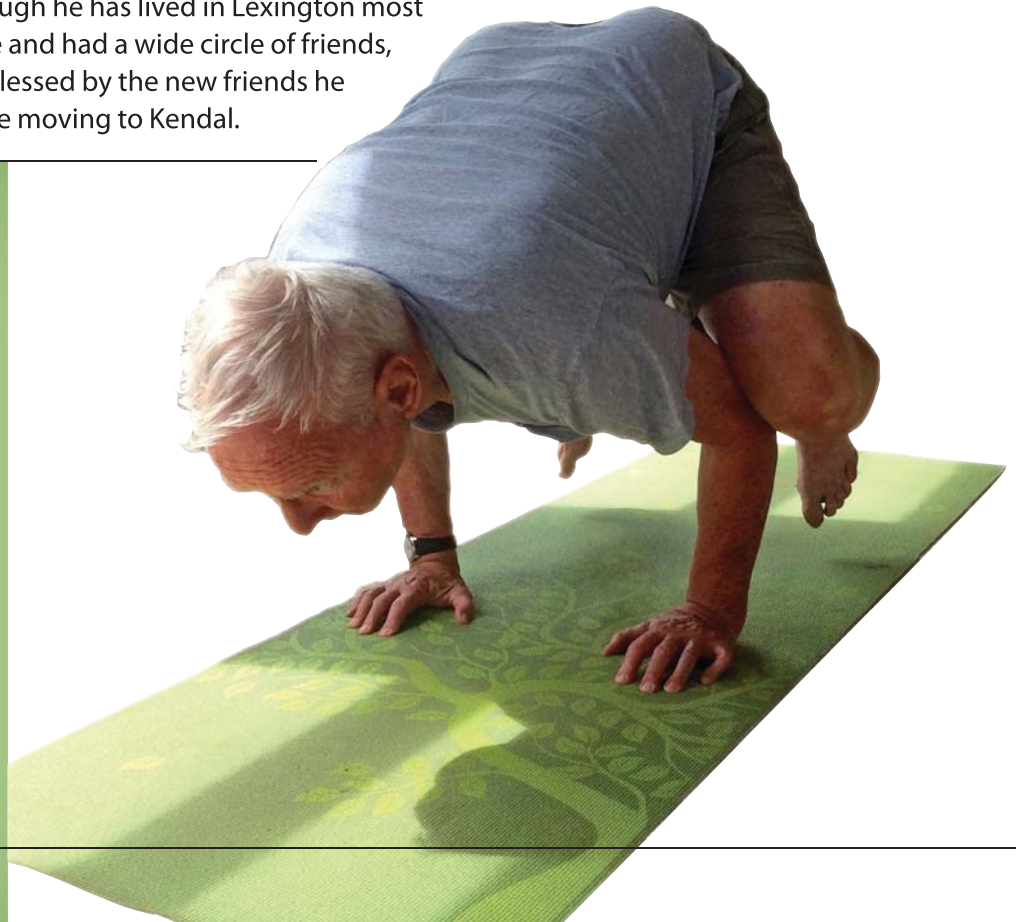
- 5:00 or 5:30 a.m.: Goes to our “beautiful” fitness center and usually swims for 30 minutes, followed by at least 40 minutes of Yoga.
- 7:00 or 8:00 a.m.: Enjoys yogurt and granola in his apartment. His 886 square foot one bedroom plus den apartment suits his lifestyle well.
- Mid-morning: Reads and sometimes does some meditative writing.
- 12:00 noon: Meets up with his “incredible” group of friends in the Dining Room for lunch. He’s watching his weight, so many days he has soup & a salad, but is often tempted by the hot buffet offerings. Among his lunch companions is 91 year old Louise, who he says is “the wisest person I’ve ever met.”

Mid-afternoon: Walks, bikes or reads during the afternoon hours. When his special friend, Sudy, is visiting from South Carolina, they typically spend their afternoons out and about in the county taking photos. Sudy is an accomplished artist with many paintings on display at Kendal of Lexington, and the beautiful scenery in Rockbridge County serves as a great resource for her.

6:00 or thereafter: Eats a light meal in his apartment, or he eats with a friend. His “dear, dear” friend Maury often invites Uncas to his cottage for a meal. Uncas has discovered the unexpected delight of having other single friends (he has been a widower for about 4 years) who like to explore the area and like to engage in intellectual discussions with him. Even though he has lived in Lexington most of his adult life and had a wide circle of friends, he feels very blessed by the new friends he has made since moving to Kendal.



*Andrew “Uncas” McThenia has a BS from W&L, an MA from Columbia, and a JD from W&L School of Law. He also received an honorary doctorate from the Virginia Theological School. Uncas has a daughter, two sons and three granddaughters. In 2002, he participated in an instructional DVD for astranga yoga, and he proudly relates that the Yoga Journal’s review of the DVD stated that “Perhaps the most interesting aspect of this program is the older grey-haired man who does the practice with grace and dignity.”*



# Experience KENDAL®

*Together, transforming the experience of aging.®*

## TAKE A VIRTUAL TOUR

These short videos highlight:

1

### 2000 Sq.Ft Stand-Alone Cottage (Floor Plan U)



Kendal at Lexington - Cottage

This stand-alone cottage is two thousand square feet plus an enclosed sunroom porch. It features two bedrooms, a den, a kitchen that opens to the dining room, laundry, living room, two car garage, and a deck that overlooks a private garden and beautiful field.

2

### 1600 Sq.Ft Cluster Cottage (Floor Plan R):



Kendal at Lexington - Town Home Cottage

This cottage is a single level, town home style end unit with access to a covered walkway to the main building. It features two full baths, hardwood floors, a designer kitchen open to the dining room or sitting area and a gas fireplace all in sixteen hundred square feet plus the extra space in 2 enclosed patios.

4

### Community Amenities



Kendal at Lexington - Amenities

Experience KaLex through “Virtual Tours” now posted to our website. Visit [kalex.kendal.org](http://kalex.kendal.org) to take a behind the scenes tour of three residences, the exterior grounds, and campus amenities.

With many floor plans to choose from, KaLex offers a maintenance—free lifestyle that leaves you free to enjoy it all.

Want a personal tour? Try-Us for a visit. Current occupancy is nearing 100%, with waitlists for many floor plans. There is limited immediate availability (with incentives) for some modest size floor plans.

Email [info@kalex.kendal.org](mailto:info@kalex.kendal.org) for more information.

3

### 886 Sq.Ft Apartment (Floor Plan C)



Kendal at Lexington - Apartment

This apartment is just under nine hundred square feet. It features one bedroom, a den, one full bathroom, hardwood floors, upgraded kitchen plus an extra enclosed patio with direct access to the outdoors and easy access to all community amenity spaces.

- Dining room, Formal Restaurant and Café Grill with a flexible dining plan
- Kendal Hall—Entertainment and educational meeting space seating for 120
- Fitness Center and Indoor Pool
- Tutwiler Library—at the center of Anderson Hall
- Nature Trails on 85 acres of fields and woodlands

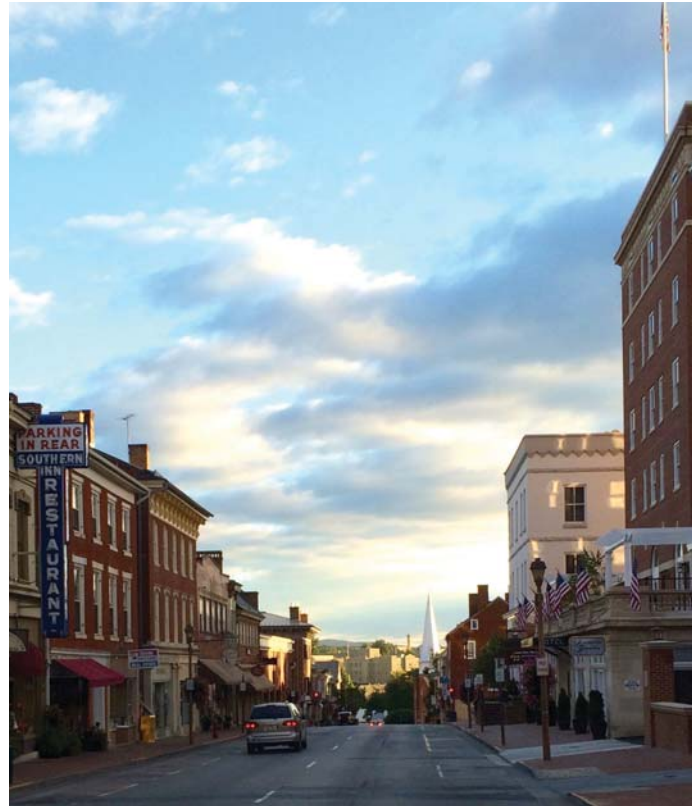
## Loving Downtown Lexington

By Dianne Herrick, KaLex Resident

On the coldest night of the winter, thirty-five hearty Kendal residents set off on two buses for a night on the town. Combining history, and entertainment, the residents toured two newly renovated, historic buildings in Downtown Lexington. “The Georges,” named after two famous men with major connections to Lexington, George C. Marshall and George Washington, are now two of the city’s new boutique hotels, right on Main Street. The buildings, one dating back to the 18th C, were behind scaffolding for many months as they both benefitted from major renovations. Residents, eager to see the results, learned some of the history of the two buildings, and visited the beautiful new rooms.

After the tours, the group gathered for drinks, dinner and music at Haywood’s Piano Bar on the first floor of one of The George’s. The lively group filled every seat in the comfortable and attractive place. Dinner included a plate of three delicious tapas followed by gourmet desserts. During dinner, a popular pianist played Golden Oldies on the piano and Kendalites sang along to the familiar tunes. Residents enjoyed the camaraderie of chatting with their fellow residents.

The evening was so popular that the Resident’s Association’s Culture and Entertainment Committee



(Program Committee) scheduled a second visit the next month. And – residents are eager to have a tour and dinner at another recently restored historic building in the months ahead.

For more information about Downtown Shops and Restaurants, visit the new Lexington, VA Tourism Website at [lexingtonvirginia.com](http://lexingtonvirginia.com).

## Kendal at Lexington’s Master Planning Update

Kendal at Lexington just celebrated its 15th 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 the 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 opportunities for feedback from our residents, individuals on our waitlist, and the general community.

## July 17, 2015, marked our 15th Anniversary



This summer, residents, friends and special guests joined together for a beautiful celebration to rejoice and commemorate the past.

*".....What we could not have imagined, that evening fifteen years ago, was just how beautiful our campus would become - all the trees planted over the years now looking as if they had been here forever, the rose garden, the rolling terrain and curving sidewalks of Phase 2, and the carefully cultivated*



*garden plots of individual residents. Nor could we have envisioned what a vibrant and interesting place our retirement community would become, with residents from all parts of the country sharing their varied talents and enthusiasms which have resulted*

*in a lively and interesting place to live, exemplified by our energetic committee structure; our resident-generated Kendal College with its 70 wide-ranging offerings ranging from local history to Broadway musicals to atom proliferation; music and lectures provided by residents and outside groups; our well-written and informative resident*

*newspaper; our handsome Kendal literary magazine; our resident art gallery; and our library overflowing with books, magazines, and newspapers" remarked Mary Coulling (one of the first residents) at the 15th Anniversary Celebration.*

## Nancy Epley Quilt Artist Presentation Held at KaLex

Kendal at Lexington had the opportunity to host the "Nancy Epley—Quilt Artist" event, which was cosponsored with the Rockbridge Pieceworkers' Quilt Guild. Nancy Epley, a Kendal at Lexington resident, charmed the audience in Kendal Hall as she recounted her artistic journey using fabrics to create uniquely personal quilts. Approximately 100 residents and guests from the community enjoyed refreshments and the presentation. Owners of quilted jackets, designed and quilted by Nancy, modeled them for the audience and Nancy's family and friends walked the aisle showcasing quilted wall hangings and blankets.

One quilted jacket, made for Nancy's friend and fellow resident Lee Byrd, featured scenes from Lee's Maine summer home, her dog Mollie, and Lee riding her horse. Nancy also displayed some of the wall pieces that adorn the walls of the common areas at KaLex. One features a scene from Venice; another depicts wild flowers. Additionally, the audience experienced a feeling of warmth and comfort viewing the blanket style quilts made for children with storybook characters like Winnie-the-Pooh and Eloise.

Nancy's jackets are true works of art. One of the experienced quilters from the quilt guild said that



*Nancy, six Kendal residents and others, model quilted jackets showing Nancy's broad talent.*

seeing Nancy's creative jackets was the high point of her quilting life. Guild members praised Nancy's technique, creativity and artistry. Kendal at Lexington thanks Nancy for allowing us to showcase her talents.



## KALEX.Kendal.org

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Kendal at Lexington is accredited as a full service continuing care retirement community by CARF/CCAC, an international body that accredits organizations aspiring to excellence.

## Marketing Team Members Have Fun at "Paint Night" in Downtown Lexington:

*From left to right:  
Alex Slaydon, Ashley Brunty,  
Jessica Buhler, and Linda Moreschi.*



For information call (800) 976-8303, email [info@kalex.kendal.org](mailto:info@kalex.kendal.org), or visit [Kalex.kendal.org](http://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](http://www.Facebook.com/KendalAtLexington).

