



Kendal at Lexington

The Residents' Newsletter

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Canine Therapists Fill a Welcome Role

"Lily's job," says Heather Strong, Lily's owner and Kendal's Program Manager for Rehabilitation, "is to help people do their exercises and make it seem like fun."

Lily is an eleven-pound, nine year old gray and white Welsh corgi / Lhasa apso mix. She has the corgi facial expression, projecting sheer joy and good will, and the Lhasa apso fluffy tail curled over her back. Her favorite thing is to catch a ball, but she is versatile and will companionably lend moral support to patients who need encouragement in pedaling, pushing, stretching, lifting, or any of the other exercises available in the Borden therapy room. She comes in every day and goes at her work with maximum enthusiasm. Like all therapy dogs, though, she has learned to avoid feet and wheels, she never jumps on people, and she wouldn't dream of making a fuss.

Research has shown that interacting with therapy animals can lower patients' blood pressure, hasten healing, lessen depression and fatigue, increase happy brain chemicals like oxytocin and dopamine, and decrease unhappy brain chemicals like stress-related cortisol. Articles on the subject from the Mayo Clinic and Harvard Medical School, among many others, can be found on the Web.

Hands-on research in animal therapy has in fact been done by one of Heather's colleagues in the Borden therapy room. Ashley Strader, who received a degree in Animal Science from Virginia Tech in 2014, did a senior project involving her own dog, a pit bull mix named Bama, and residents at an assisted living facility in Blacksburg. She found that resident alertness and response increased dramatically whenever she was accompanied by Bama, even though she did the same things she had previously done without a canine companion. So far, Bama has not come to visit at Kendal, but Ashley hopes to start bringing her in.

(Heather and Ashley, incidentally, do not work directly for Kendal and don't appear in our organization chart or staff directory. All the Borden therapists are employed by Select

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A Warm Kendal Welcome to:

Heather and Hardin Marion, moving to 43 Sycamore Lane, from Lexington, Va.

Richard Corrington (Dick), moving to Apartment 315, Cox Hall, from Lexington, Va.

🎵 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.]

Oct. 1, Thu., 4:30 pm. The Historic Lexington Foundation presents a preview of *The Architecture of Historic Rockbridge*, by architectural historian J. Daniel Pezzoni. The book is published by the HLF and is the companion volume to *The Architecture of Historic Lexington*, by Royster Lyle and Pamela Simpson, first published in 1977. Speakers will include Skip Ravenhorst, HLF past president, and Don Hasfurther, HLF executive director. A Power Point slide presentation will show images from the book, which will be available in mid October. The retail price will then be \$49.95, but those reserving a copy before Oct. 15 will receive a 20% discount and will thus pay, after adding in the Virginia sales tax, \$42.12. An advance copy will be available for viewing at the program, and reservations for purchase can be made. Light refreshments will be served. Kendal Hall. **Free and open to the public.**

Oct. 2, Fri., 11 am. "There's No Business Like Show Business," program by the Kendal Singers under the direction of Don Taebel. Songs from Broadway musicals of the 1920's through the 1940's. Selections by Romberg, Gershwin, Rodgers and Hammerstein, and Irving Berlin. Jonathan Cook, pianist. **Free and open to the public.**

Oct. 2, Fri., 4:35 pm. Dress parade at VMI. Full corps of cadets, with the VMI band. Kendal

residents will be given priority seating in the front row. Free. VMI Parade Ground. [bus, 4 pm]

Oct. 5, Mon., 8 am. Monthly men's breakfast in the dining room. No reservation needed.

Oct. 6, Tue., 7:15 pm. The Marlbrook Chamber Ensemble will visit Kendal with a preview of their concert of Oct. 11 (see below). Music of Mendelssohn performed by W&L faculty members Jaime McArdle, violin; Timothy Gaylard, piano; Julia Goudimova, cello. Kendal Hall. **Free and open to the public.**

Oct. 7, Wed., 4:30 pm. Third meeting of the current Kendal College series on Verdi's operas, taught by Timothy Gaylard of the W&L music faculty. Open to Kendal residents and staff. Registration was held prior to the first two meetings in September. Kendal Hall.

Oct. 8, 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.

Oct. 10, Sat., 8:45 am to 3:30 pm. W&L's Art Department sponsors a field trip to the Virginia Museum of Fine Arts in Richmond. Primarily for students, needless to say, but Kendalites can reserve seats on the bus as space allows. (Within participants' memories, there have always been some available seats.) Transportation cost, \$35. Contact resident Sarah Giddings to get on the list.

Oct. 10, Sat., 8 pm. W&L's Big Band plays music written and arranged by its members, coled by W&L faculty member Terry Vosbein and trumpeter Chris Magee of Lynchburg College. No ticket required. Wilson Concert Hall. [bus, 7:20 pm]

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Calendar Notes

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Oct. 11, Sun., 4 pm. The Marlbrook Chamber Ensemble performs Mendelssohn; see Oct. 6, above. No ticket required. Wilson Concert Hall, W&L. [bus, 3:30 pm]

Oct. 12, Mon., 6 pm. Annual dinner celebration of the Jeanne Kibbee Society. (See story, p. 5.) The Restaurant.

Oct. 13, Tue., 9 am to 3 pm. Kroger immunizations available to Independent Living and Webster Center residents. Flu and Prevnar 13 (pneumonia). Residents are asked to appear in alphabetical groupings (see times posted), but, says Clinic RN Cathy Lewis, "Come any time if you need to." The Clinic is on the second floor of Anderson, near the beauty salon and the interior entrance to the Webster Center.

Oct. 13, Tue., 7:30 pm. W&L Students perform "Desdemona: A Play About a Handkerchief." Ticket \$5 (box office 458-8000). Written by Paula Vogel and first performed in 1993, the play is a "modern take on the women in Shakespeare's *Othello*" and is advertised as "for mature audiences." Keller Theatre, Lenfest Hall. [bus, 6:50 pm]

Oct. 13, Tue., 8 pm. W&L's fall choral concert presents music by the University Singers, Men's Glee Club, and Cantatrici (women's voices). Traditional and modern compositions, including a shape-note singing arrangement. The evening closes with the W&L tradition, *Shenandoah*. Ticket free but required; supplied to passengers on the Kendal bus. Wilson Concert Hall. [bus, 7:20 pm]

Oct. 14, Wed., 4:30 pm. Final meeting of the Kendal College series on Verdi's operas. See Oct. 7, above.

Oct. 16, Fri., 11 am to 2 pm. Open house for anyone interested in moving to Kendal. Apartments and cottages with a variety of floor plans will be open for viewing. Harvest soup and light

refreshments will be served in historic Sunnyside House. Area businesses will be on hand with information on downsizing, interior design, moving, and selling. Invitations have been sent out, but residents are free to invite friends; pick up invitation postcards at the Marketing Department or ask your friends to consult the Kalex website (www.kalex.kendal.org). RSVP's may be telephoned (800-976-8303) or sent via the website. (However, since last minute impulses certainly happen, one does not need to have RSVP'd in order to attend.) Residents are asked to make our visitors feel at home -- "Be your wonderful charming selves," says Jessica Buhler, Marketing Director -- and to be patient should there be a midday parking squeeze. **Free and open to all those interested in moving to Kendal.**

Oct. 21, Wed., 4:30 pm. Robert Strong, William Lyne Wilson Professor of Politics at W&L, will speak on "What to Tell? Speech Writing for G.W.H. Bush." Prof. Strong is a specialist in foreign affairs and the American Presidency, and has given several talks at Kendal. Kendal Hall. **Free and open to the public.**

Oct. 23, Fri., 8 pm. Music of the Arab world performed by Simon Shaheen, a Palestinian-American violin and oud virtuoso, and his trio. (The oud is a musical instrument in the lute family.) No ticket required. Wilson Concert Hall, W&L. [bus, 7:20 pm]

Oct. 24, Sat., 7:30 pm. The Rockbridge Symphony Orchestra presents its fall concert: Elmer Bernstein's "Suite from *To Kill a Mockingbird*"; Grondahl's "Trombone Concerto," with trombone soloist Matt Schucker; Mahler's *Symphony No. 1*, movements 1 and 2; and Saint-Saens' "Dance Macabre." This group of local musicians was originally organized in 1975 and has been directed since 2005 by Mark

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Calendar Notes

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Taylor, professor and orchestra director at Southern Virginia University in Buena Vista. Tickets can be bought at the door; ticket price unavailable as we go to press, but in recent years it has been \$10. Lexington Presbyterian Church. [bus, 6:50 pm]

Oct 25, Sun., 3 pm. Garth Newel Music Center in Bath County presents an "English Tea House" concert with the Garth Newel Piano Quartet: William Boyce's "Trio Sonata No. 9 in C major," Ralph Vaughan Williams' "Songs," Beethoven's "Piano Trio in D major, Op. 70, No.1, 'Ghost.'" English teas available. (Other Sunday concerts during October feature French and Asian teas, respectively.) A casual "Pay What You Wish" event. Bus fare \$5. [bus, 1:15 pm]

Oct. 26, Mon., 6 pm. Kendal's traditional party for residents ninety years old or better, with their spouses and other guests of honor. Arranged by Gordon Baker and Caroline Hemmings, on behalf of Residents Council. Kendal Hall.

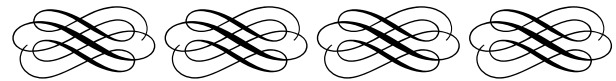
Oct. 27, Tue., 8 pm. "Chanticleer," the San Francisco-based twelve-man singing group, visits W&L. Original interpretations of vocal literature, from Renaissance to jazz and popular genres, as well as contemporary compositions. Senior ticket \$24. (Box office, 458-8000.) Wilson Concert Hall. [bus, 7:20 pm]

Oct. 28, Wed., 4 pm. Halloween trick or treating for "Kendal Kids," children and grandchildren of staff and residents. No scary masks, please. Gather in the Borden sunroom. Arranged by the Activities staff.

Oct. 28, Wed., 4:30 pm. Elliott King of the W&L art history faculty will speak on "Surrealism in Art." Prof. King has a special interest in Salvador Dali, about whom he has published

several works. Kendal Hall. **Free and open to the public.**

Oct. 30, Fri., 7:15 pm. Lexington pianist Jonathan Cook, a frequent visitor to Kendal, plays a recital of Mozart piano sonatas, plus one or more of his own compositions. Kendal Hall. **Free and open to the public.**



Vespers in October

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. October's officiants are:

Oct. 4 -- Deb Klein (Lexington Presbyterian Church); pianist, Karen Fredenburg.

Oct. 11 -- Jim Parks (Chaplain, VMI); pianist, Joanna Smith.

Oct. 18 -- John "Skip" Hastings (Collierstown Presbyterian Church); pianist, Mary Harvey-Halseth.

Oct. 25 -- Steve Cathcart (Timber Ridge Presbyterian Church); pianist, Lee Higgins.

Canine Therapists

(from p. 1)

Rehabilitation, a national corporation which partners with over 600 communities in 31 states. Select has been our therapy vendor since June, 2014.)

A potential animal-therapist-in-training is a three-month-old shih tzu puppy belonging to Sybil Adams, Resident Services Coordinator for the Webster Center. The puppy is already getting familiar with "wheelchairs and feet and legs," says Sybil.

Other creatures spreading cheer in Borden or Webster are the goldfish in the Borden outdoor pond, the lovebirds in a large cage near the Borden sunroom, and indoor fish tanks in several locations. Retired Borden staff member Brenda Srb visits occasionally with the sweet-natured blind kitten -- by now a cat, of course -- that has shared Brenda's life for some years.

A few Borden and Webster residents have their own pets (a cat in Borden, a dog and a cat in Webster) who live with them in their rooms and are cared for by their owners or, sometimes, by their owners' families.

Independent Living residents who think their dogs or cats have the potential to spread sunshine in the Borden Center (skilled nursing care) or the Webster Center (assisted living) should consult with Karen Jackson, Director of Resident Services, or Laura Hotinger, Resident Life Coordinator.

-- Jo McMurtry

Resident Address Change:

Thomas V. Litzenburg, Jr. (Tom), to Apartment 211, Webster Center; from the Borden Center.



Jeanne Kibbee Society Celebration!

For those of you who are new to the community, the Jeanne Kibbee Society is a group of residents and friends who have remembered Kendal at Lexington in their estate plans. Jeanne Kibbee was a founding resident whose enthusiasm, spirit, and zest for life was an inspiration to everyone she met! Jeanne was a very generous donor during her life, and she also remembered Kendal in her will with a gift that was significant to the building of the Borden Center.

Each fall we have a celebratory "thank you" dinner for those in the society. This year's celebration will take place on Monday, October 12, at 6 pm in The Restaurant. If you would like to become a member, nothing more is needed than to notify us of your intent to include Kendal in your future plans. No documentation, dollar amounts, or other formalities are required.

It is not too late . . . a "head count" for the event is not required until the week of October 5. Please see Becky Edmondson should you wish to join the Jeanne Kibbee Society.

-- Becky Edmondson
Executive Assistant

Kendalites Can Take Course in Chronic Disease Management

Three Kalex staff members are now certified to teach an on-campus course in chronic disease self-management, according to Karen Jackson, Director of Resident Services. Besides Karen herself, the other two are Sybil

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Disease Management (from p. 5)

Adams, Resident Services Coordinator for the Webster Center, and Catie King, Health and Wellness Program Manager.

Chronic Disease Self-Management Education is a Stanford University evidence-based program for people with chronic conditions. These conditions include heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema, and other physical and mental health conditions. The course includes six weekly meetings of two and a half hours. The workshop-style meetings, focused on individuals, are highly participatory and build mutual support.

The course will be open to Kendal's Independent Living residents (including caregivers) at no cost.

Topics include dealing with such problems as frustration, fatigue, and pain; appropriate exercises; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments.

No medical advice as such will be given, Karen emphasized; "We aren't doctors." The class does not replace or conflict with participants' existing programs or treatments.

Details of time and place are yet to be worked out, but Karen hopes to offer the first session this fall. Watch for the sign-up sheet.

**Kalex Joins Kendal at Granville
For Road Show in Boston**

Kendal at Granville, in central Ohio not far from Cleveland, might well qualify as Kalex's sister community among the eleven full-service,

CARF-accredited CCRC's in The Kendal Corporation's affiliate family. KAG is about the same size (132 Independent Living residences; Kalex has 120) and about the same age, having opened in 2005 -- five years after Kalex. The town of Granville is about the size of Lexington and is the home of a small liberal arts school, Denison University. (Several Kendalites have connections with Denison University, among them Ilse Winter and John Miller, who were on the faculty.

It seems appropriate, then, that Kendal at Granville would take up a suggestion from Kalex Marketing Director Jessica Buhler to go shares in a "Road Show" luncheon and information session to be held October 31 in Boston. Both of the marketing directors will be in Boston anyhow, attending a three-day meeting and exposition sponsored by "Leading Age," an association of not-for-profit organizations devoted to the needs of older adults.

"If you have friends in the Boston area, be sure to suggest they come," Jessica says. "And if you're going to be there yourself, please join us! Nothing reaches prospective residents like talking to people who actually live here." Transportation to Boston would be on one's own, however; the budget doesn't stretch that far. "But you will be there in a way," Jessica says, "because we'll show pictures and videos, and especially the resident interviews that are already up on our Facebook page."

The luncheon and presentation will be held at Pine Manor College in Chestnut Hill, just outside Boston, in the Moncrief Library of the historic Dane Estate. Here the guests, who will have received invitations from a mailing list purchased by the two marketing departments, will learn about the delights of living in a traffic-free small college town while enjoying a milder climate.

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Road Show in Boston

(from p. 6)

"We have a lot of visitors stopping in from New England," Jessica says, "so it makes sense to do this."

The Marketing Department usually arranges two road shows a year and has previously stayed closer to home. But who knows how far our fame may be spreading?

-- Jo McMurtry

A Few Words from Mina:**A House on Rebel Ridge Road**

Have you heard the news? Kendal at Lexington has purchased the house at 101 Rebel Ridge Road. You might ask why we made this unusual purchase. Let me see if I can explain.

As you may recall, Kendal at Lexington has been eager to add a secondary road for emergency passage onto and off the campus that could be used when the Kendal Drive exit onto Enfield Road is not accessible. We originally thought that we could build a road onto the property directly off Ross Road. Unfortunately, the steep terrain and the existing bridge over Woods Creek cannot accommodate current emergency vehicles. It was recommended that Kendal consider building a road that comes off Rebel Ridge Road. The bridge on Rebel Ridge Road, which is maintained by the city, can accommodate the emergency vehicles, and the entry point from Rebel Ridge onto the Kendal property is partway up the slope, thus reducing the incline the emergency vehicles would have to traverse.

The house at 101 Rebel Ridge Road came onto the market this summer. It is the first house on the left as one proceeds from Ross Road up Rebel Ridge Road, bordering the

Kendal property and extending all the way down to Woods Creek. By purchasing the property, Kendal now has a direct access onto Rebel Ridge Road.

As there are currently no immediate plans to build the emergency road, the house is being rented to a family. The construction of the emergency egress/ingress is one of our Master Planning initiatives along with many other projects that are being considered. Once the plans are completed, they will be shared with Kendal residents and other stakeholders. All necessary permissions will be obtained, and our neighbors will be kept informed of our plans.

-- Mina Tepper
Executive Director

Signing Up for Kendal Buses for Activities on the C&E Calendar

The Culture and Entertainment Committee arranges for our buses to take residents to many community performances and activities. The "Bus Bulletin Board" has sign-up sheets posted for activities about two to three weeks in advance. We will schedule a bus, meaning that we will find a driver for a bus, when there is a minimum of seven people signed up. There is a maximum of fourteen people on the bus. If we have a popular event, such as the Gilbert and Sullivan presentation at the Lenfest Center in September, we will arrange drivers for two buses. If there is not a minimum of seven people signed up by a few days before an event, we will *not* schedule a bus.

If you have signed up, you will get a reminder notice in your open mail box. Please come to the front lobby in Anderson Hall at least five minutes before the bus is scheduled to leave, with \$2 bus fare for a local event. In the event

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Bus Sign-Up

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that the trip is longer, the notice will state a higher bus fare. The bus will leave at the time designated on the notice.

If you find that you are *not* able to attend the event you signed up for -- please cross your name off the list so we know you will not be going.

We all appreciate the many years which Norm and Lolly Jones have arranged for the buses to the events in our community. Many thanks to Anne Preuss and Robert Sayre for taking up the task this fall.

-- Dianne Herrick, Chairperson
Culture and Entertainment Committee

More Accessible, Fixed Up, Clean and Tidy

The Fitness Center will become more accessible to those who really need it with the completion of a ramp leading from the parking area just east of the building, near the outdoor deck, to the corridor just outside the dressing rooms. According to Bill Houff, Director of Operations, the gently sloping ramp will replace three concrete steps and some 65 feet of currently level sidewalk.

The ramp is definitely in the offing. Still on the wish list and awaiting budgetary approval are additional parking slots to the east of the Fitness Center.

Bill reports a successful month of cleaning and tidying, both indoors and out. Outdoors, an underbrush-clearing operation near the north entrance to the Webster Center revealed a fire hydrant, fully operational, whose existence had

been forgotten. Indoors, carpet cleaning has made a difference, especially in the dining room, where, according to Bill, the carpet was relieved of "seven years' worth of crud."

Sunnyside House -- the crown jewel of Kalex, as Bill points out -- has undergone considerable renovation in the past year, much of it thanks to generous donors. And Maintenance is still on track to complete renovations of eighteen cottages and apartments by the end of 2015 -- double what was done last year.

News from Wellness/Fitness

Please consult the monthly fitness calendar for the schedule of classes. Copies are placed in your open mailbox each month and are also posted in the Fitness Center. Contact Catie King, Health and Wellness Manager, or Jason Bunn, Health and Fitness Manager, at 458-0103 with questions or suggestions.

Fitness classes taught by Catie or Jason will not be held on Thursday and Friday, Oct. 1 and 2, because both Catie and Jason, along with several members of the Maintenance staff, will be attending a training course to become Certified Pool Operators. The instructor is Gwen Taylor of SwimMetro Management, a company Jason has worked with in Roanoke. Classroom training, involving math and chemistry problems, will be held in Sunnyside House; practical training will involve testing water samples.

The pool will be open for residents to use on Oct. 1 and 2, and all classes (land or water) taught by outside instructors will continue as usual.

October fitness activities include a new venture, pickleball at the Lexington Golf and Country Club, on Wednesdays from 1 to 2 pm. Pickleball is similar to but less strenuous than tennis, and players with fragile shoulders may

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enjoy the game without strain. Contact resident Sarah Giddings for a fuller description. The bus will leave from the Anderson Center.

Walks to the Farmers' Market in downtown Lexington will continue on most Wednesday mornings through October. (Watch for postings.) Walkers depart at 10 am, shop for autumnal goodies, and return via the Kendal bus.

A trip to beautiful Crabtree Falls is tentatively planned for Wednesday, October 14, with a picnic and hiking. Again, watch for postings.

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.]

With last month's start of a new school year and the frequent articles about the increasingly high cost of a college education, I return to my annual worry about my children's ability to provide such an education for my grandchildren should they want it. This is, I believe, a concern for many people my age, not only those with grandchildren or other descendants but those with any younger generation relatives or friends.

My first decisions must be whether I can afford to help my children pay those anticipated costs and whether, assuming I can, I think that doing so is a good idea. Perhaps there are no such expenses ahead for my family members, or there are other future expenses that I think are more deserving of my help.

But if I want to help with my grandchildren's college costs, how should I do it? The simplest way is just to make outright gifts of cash or securities to each grandchild, or to each of their

parents. Making gifts to some of my family members and not others may cause fairness concerns, but I think I can deal with those one way or another.

Making outright gifts to minors is generally not a good idea. In most states, they cannot legally make contracts or otherwise deal with money or property. If I make gifts to their parents with no strings attached other than an expression of my wishes, the property may end up being used for purposes in which I have no interest or of which I actively disapprove.

Perhaps the best alternative is to enroll in a state's 529 Plan (so named because of an applicable provision in the Internal Revenue Code). I think that virtually every state has such a plan. Fortunately, Virginia's is widely recognized as one of the best.

There are four types of such plans. One provides for pre-payment of tuition for higher education; the others allow for periodic contributions that will be invested until needed for payment of tuition or other expenses of higher education. Income earned by the contributed funds and their accumulation is either tax deferred or income tax free. Virginia allows the donor to deduct up to \$4000 in contributions from income annually. All such contributions are deductible for donors over seventy.

Up to \$350,000 may be accumulated in an individual account. Withdrawals may be made to meet various expenses of higher education. If the person for whom the account is established chooses not to pursue higher education, or is unable to do so within a fairly substantial number of years, another beneficiary may be substituted. The donor may cancel the account and withdraw accumulated funds if she wishes, but there are income tax penalties for doing so. The donor may transfer ownership of the account to another family member if he desires to do so.

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Legal Perspective

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The 529 Plan seems to be generally desirable, but, if I plan to set aside a considerable amount for a family member's future educational expenses, and if I do not want to give up control of those funds, I can create a trust, naming myself and probably a reliable successor as trustee, funding the trust now and through later gifts, and directing that the trust income and principal be used as I direct. The disadvantage of this is that I may not want to make a gift large enough to warrant creation of a trust, and the trust I have described does not qualify for the gift tax exemption available for outright gifts.

The latter problem can be to some extent resolved by creating one or another type of specialized vehicles for investing funds for minors. Among these may be a gift under Virginia's version of the Uniform Transfers to Minors Act, or a 2503(c) trust described in that numbered section of the Internal Revenue Code, or a so-called "Crummey" trust about which you really don't want to learn any more at this time. These and other possible ways of providing for younger generation friends or family have a number of tax consequences and require the services of an attorney or financial advisor, thus adding to their costs. Simplicity is often a good plan.

-- Ned Henneman

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 November issue is Wednesday, Oct. 21, 5 pm.

... Bits and Pieces ...

¶ **Occupancy Update** -- A delightful though unofficial statistic was offered by the Marketing Department at the Residents Association meeting of September 16. By the end of 2015, if we add to our current tally all reservations by newcomers who plan to move in during the interim, our Independent Living occupancy rate will stand at 98.3 per cent.

¶ **Want to learn conversational Hebrew?** A weekly class is in the offing at W&L's Hillel House, tentatively scheduled for Thursday afternoons, 3 to 4 pm, beginning October 8. There is no charge, but a donation is suggested of \$90 per semester, or \$180 per year. Contact Hillel House Director Megan McLean, www.hillel@wlu.edu.

¶ **Projectionists are needed** to show movies in Kendal Hall. Learn to use our zippy new equipment, provided by a generous donor and recently installed. Novices will receive training from our resident experts: Peyton Craighill, David Emory, Cleve Hickman, Norm Jones, Phil Peters, Wil Stratton, and Dick Werling. Contact any of these gentlemen to volunteer. (Ladies welcome.)

¶ **Golfing for the D-Day Memorial in Bedford**, Kendal residents Tom Maxwell, Bill Russell, and John South, with Jerry Tepper (husband of Executive Director Mina Tepper) participated in a fundraising tournament held at the Cascades course of the Omni Homestead Resort in late September. According to Jerry, they did very well, finishing in the top ten.

¶ **"Our Monarch Mission"** is the way Douglass Somers, a veterinarian who lives in Fairfield and daughter of resident Judy Hopkins, describes the hobby she and her husband have developed of collecting monarch butterfly caterpillars from fields and roadsides. (They simply

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Bits and Pieces

(from p. 10)

pick the milkweed the caterpillars are feeding on.) Caterpillars and milkweed are then installed in a glass terrarium and given to elementary schools. Luckily for Kendal, Douglass brought a terrarium for her mother, and it is on display outside Judy's apartment in the Webster Center. Each caterpillar forms a chrysalis -- an amazing process -- which hangs from the glass ceiling like a small talisman or ornament. Some eight or so chrysalis were on view in late September. After a week or ten days, the transformation is complete and the chrysalis hatches. The butterflies -- three so far, as we go to press, but probably more by the time you read this -- are released at the outside entrance to Webster, to the delight of the onlookers, and flutter away. There is plenty of buddleia in bloom on campus, ready for snacking, but what we could use is more milkweed. Monarchs are not having an easy time as the human population grows and habitat shrinks. (Coincidentally, Douglass says, she and her husband learned all about monarchs from Elsa and Ted Burrowes, who lived in Fairfield at the time but have recently moved to Kendal.)

¶ **Be the first to greet** prospective Kendalites. Resident Helen Head is seeking volunteers to man the front desk on weekends, when staff are away. This is the time when people interested in retirement communities are likely to pop impulsively in from the interstate. ("You're right, I did hear something about a place in Lexington, let's check it out.") If they find an empty lobby and nobody to talk to, Helen points out, they may well go away unimpressed and forever. The job involves two hours once a month and could hardly be more peaceful; when not chatting with interesting people, catch up on your reading. Contact Helen at 463-3370.

¶ **Would you be interested** in a "Game night," and, if so, what games would you like to see offered? Dianne Herrick, chair of the Culture and Entertainment Committee, is looking for

ideas. "It's been tried before and hasn't lasted," Dianne says, "but we have lots of new people and maybe now is the time." Contact Dianne with your ideas. (Gisela Telnaes has suggested a poker game. Is there a second?)

Out and About in October

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

Oct. 2, Fri., 5 to 7:30 pm. "First Friday" Gallery Walk in downtown Lexington. Visit the art galleries on Washington Street, enjoy wine and light refreshments, chat with artists. Free. A Lexington institution.

Oct. 2, Fri., 7:30 pm. Linda and David Krantz will host a Rockbridge Symphony fund raiser to pay for the purchase and rental of music for the orchestra. Popular local groups and soloists (possibly including some Kendalites) perform in a program planned by Jack Bissett, head of the Symphony's steering committee. Suggested tax-deductible donation is \$20. Informal dress. The Krantzes' music room, a purpose-built part of their hilltop home at 151 Elliot's Hill Lane, is an experience in itself. Space is limited; make a reservation by Oct. 1. Telephone 463-3333 or email ldkrantz@gmail.com.

Oct. 3, Sat., 7:30 to 10 am. Members of the Rockbridge Bird Club invite bird enthusiasts to join them at Boxerwood Gardens, 963 Ross Road, on the first Saturday of every month. Meet in the Nature Center parking lot to learn what the birds are up to in October. Free. (For more activities of the Rockbridge Bird Club, Google its website. Resident Maury Hanson is a member.)

Oct. 3, Sat., 9 am to 4 pm. The Cyrus McCormick Farm, in Raphine, holds its "Farm

(cont. on p. 12)

Weekly Scheduled Activities

Sundays (4, 11, 18, 25)	4:00 pm	Vespers	Kendal Hall
Mondays (5, 12, 19, 26)	1:30 pm 7:00 pm	Needleworkers Movie	North Parlor Kendal Hall
Tuesdays (6, 13, 20, 27)	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (1, 8, 15, 22, 29)	10:00 am 1:00 pm 7:00 pm	Bible Study with the Rev. Tom Crittenden Recorder Group Movie	Staff Devel. Rm. Kendal Hall Kendal Hall
Fridays (2, 9, 16, 23, 30)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (3, 10, 17, 24, 31)	3:00 pm	Movie	Webster

Out and About

(from p. 11)

Day" celebration. Museum displays, tours of farm buildings, a walk along Marl Creek trail. Learn about nineteenth-century farm life and especially about the McCormick reaper, invented on the premises, the predecessor of the combine harvester and thus a game-changing transformer of agriculture. The farm is owned by Virginia Tech. Free.

Oct. 17, Sat., 10 am to 5 pm. Apple butter festival at Wade's Mill in Raphine. Lots of locally-made goodies to taste and buy. Apple butter, cooked as you watch (you can help stir); wines from Rockbridge Vineyard; maple syrup; freshly baked bread; farmstead cheese; local crafts. Blue grass music. Wade's Mill is a working grist mill, open year round. The shop sells stone-ground flours produced at the mill, gourmet cookware, and much more. Free entry. Visit www.wadesmill.com or telephone 800-290-1400 for more information.

Oct. 17, Sat., 10 am to (? -- closing-time information not available as we go to press).

"Kenney's Classic Cruise-In," a fundraiser for the Rockbridge Area Hospice, at Rockbridge County High School, 143 Greenhouse Road, Lexington. A donation to Hospice is your entry fee. See beautiful classic cars, trucks, and motorcycles, competing for prizes in various categories. Live music, raffle, local vendors. Hosted by Goad's Body Shop; sponsors include Magic City Ford Lexington and Pro-Line Trailers.

A SOLEMN REMINDER:

PLEASE MAKE RESERVATIONS EVERY
TIME YOU WISH TO DINE AT THE
RESTAURANT! AND TRY NOT TO CALL
THE DINING ROOM NUMBER BY
MISTAKE. THEY ARE DIFFERENT.

-- A HEARTFELT PLEA BROUGHT
TO YOU BY THE RESIDENTS' FOOD
AND DINING SERVICES COMMITTEE

October Activities Calendar

(See pp. 2-4 for details. Please watch the bulletin boards for changes, additions, etc.)

* 1, Thu.	4:30 pm	Program by Historic Lexington Foundation	Kendal Hall
* 2, Fri.	11:00 am	Kendal Singers, "Show Business"	Kendal Hall
2, Fri.	4:35 pm	Dress Parade, VMI	[bus, 4:00 pm]
5, Mon.	8:00 am	Men's Breakfast	Dining Room
* 6, Tue.	7:15 pm	Marlbrook Chamber Group from W&L	Kendal Hall
7, Wed.	4:30 pm	Kendal College, Verdi's Operas	Kendal Hall
8, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside
10, Sat.	8:45 am - 3:30 pm	W&L Art History Trip	[See Sarah Giddings]
10, Sat.	8:00 pm	Big Band Concert, W&L	[bus, 7:20 pm]
11, Sun.	4:00 pm	Marlbrook Ensemble, W&L	[bus, 3:30 pm]
12, Mon.	6:00 pm	Annual dinner of the Jeanne Kibbee Society	The Restaurant
13, Tue.	9:00 am to 3:00 pm	Flu and pneumonia shots	Clinic
	1:00 pm	Residents Council	North Parlor
	7:30 pm	"Desdemona," W&L	[bus, 6:50 pm]
	8:00 pm	Choral concert, W&L	[bus, 7:20 pm]
14, Wed.	4:30 pm	Kendal College, Verdi's Operas	Kendal Hall
** 16, Fri.	11:00 am to 2:00 pm	Open House	Campus-Wide
21, Wed.	9:30 am	Residents Association	Kendal Hall
	* 4:30 pm	Prof. R. Strong, Speechwriting for GHW Bush	Kendal Hall
23, Fri.	8:00 pm	Simon Shaheen, Music of the Arab world, W&L	[bus, 7:20]
24, Sat.	7:30 pm	Rockbridge Symphony Orchestra	[bus, 6:50 pm]
25, Sun.	3:00 pm	Concert at Garth Newel	[bus, 1:15]
26, Mon.	6:00 pm	Party Honoring Kendal's Ninety-and-Betters	Kendal Hall
27, Tue.	8:00 pm	"Chanticleer" at W&L	[bus, 7:20 pm]
28, Wed.	4:00 pm	"Trick or Treat" for Kendal Kids	Borden Sunroom
	* 4:30 pm	Elliott King, "Surrealism in Art"	Kendal Hall
* 30, Fri.	7:15 pm	Jonathan Cook, Piano recital	Kendal Hall

* Free and Open to the Public

** Free and Open to the Public; RSVP requested

Kendal at Lexington

The Residents' Newsletter

