



Kendal at Lexington

The Residents' Newsletter

160 Kendal Drive
Lexington, Va. 24450

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www.kalex.kendal.org

Vol. 16, No. 8
AUGUST 2016

Watch a Fun Video -- And Help the SPCA!

A talented group of Kendal's canine residents have made their debut in a special "dog days" video, available on Facebook. And -- since the majority of the actors were originally rescue dogs -- Kendal has agreed to donate one dollar to the local SPCA every time a viewer of the Facebook video clicks "like," shares the video with a friend, or engages in any other Facebook contact.

To watch the video, just go to the Kalex website, www.kalex.kendal.org, scroll down past the photos at the top, and click on the blue "Facebook" button.

Starring in the show are Karen and Bill Russell's poodle mix, Fritzie, and Beth and John Knapp's terrier mix, Gracie. Fritzie, in the role of a resident dog, gives a "ground up walking tour" to Gracie, who plays a visitor. The focus is on the dogs; their accompanying humans appear mainly as legs. Professional actors speak the lines.

Fritzie and Gracie visit Kendal's library and dining room, explore the hallways, take a look at Sunnyside House, and arrive at the dog park at the Borden Center. On the way they

greet several Kendal dogs out enjoying our beautiful grounds -- Caroline and Tom Bridges' Jilly, Heather and Hardin Marion's Millard, and Shay and Phil Peters's Potter, as well as, in a brief indoor encounter, Ibis Chambers's cat Debby.

The video was made by Appeal Production, a Harrisonburg-based company specializing in television commercials and web videos. It is about two minutes long and was shown (twice, by popular demand) at the Residents Association meeting on July 20.

(For other doggy doings at Kendal this month, see p. 3 to read about the dog parade and show on August 26.)

A Warm Kendal Welcome
to
Burrell and Marty Fisher
Cottage 1006
(from Little Falls, 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 Ann John. "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 usual charge for bus transportation to and from an event in Lexington is \$2.]

Aug. 3, Wed., 4:30 pm. The Reverend Doctor Heyward Hunter Macdonald, an Episcopal priest and cousin of resident Lloyd Craighill, will speak on "Vietnam and American Public Policy." The Reverend Macdonald is the author of *Everything Changed: The Vietnam War and American Culture*. Kendal Hall. **Free and Open to the Public.**

Aug. 4, Thu., 6 pm. Dinner trip to House Mountain Inn, a beautiful venue thirteen miles from Lexington. Tapas plate, \$15, with beverages and desserts a la carte. [bus, 5:15]

Aug. 5, Fri., through Aug. 7, Sun. Weaving workshop sponsored by the Sunnyside Weavers. (See story, p. 5.) Kendal Hall. **Free and Open to the Public.**

Aug. 10, Wed. 4:30 pm. Lexingtonian Dick Halseth, President of the Board of the Miller's House Museum Foundation, will speak on "The Miller's House and Jordan's Point." The Miller's House Museum is dedicated to interpreting the transportation and industrial heritage of the Lexington area: roads, canals, railways, iron, and much more. (Traditional pronunciation: Jerrrdan's Point.) See follow-up tour of the museum, Aug. 11. Kendal Hall. **Free and Open to the Public.**

Aug. 11, Thu., 9 am for walkers; 10 am for bus passengers. Trip to the Miller's House Museum. Those wishing to walk to Jordan's Point via the Woods Creek Trail will leave Kendal at 9 am; the bus departs an hour later. Following the museum visit (guided tour by Dick Halseth), a box lunch picnic will be served at the Jordan's Point Pavilion. Lunches will be provided by Dining Services and deducted from participants' dining points. Those in the walking group may return on foot if they prefer, or may ride the bus, which will make two trips if needed. [bus. 10 am]

Aug. 11, Thu., 4:30 pm. Dr. Robert Holt, DDS, will speak on the importance of taking care of our teeth and gums as we get older. Dr. Holt is a W&L graduate whose major practice is in Florida, but who spends one week a month in Lexington. Arranged by the residents' Wellness Committee. Kendal Hall. **Free and Open to the Public.**

Aug. 14, Sun., 3 pm. Concert at the Garth Newel Music Center in beautiful Bath County. Beethoven's *String Quartet in E-flat Major, Op. 74*; Schumann's *Piano Quartet in E-flat Major, Op. 44*. Performers include pianist Jeanette Fang, whose rendition of the Chopin preludes delighted Kendalites this past June. Ticket \$25 for a group of less than ten, but \$21 for ten or more. Kendal is a sponsor of this concert, and there is no charge for bus transportation. [bus, 1:20 pm]

Aug. 15, Mon., 4:30 pm. Bobby Berkstresser, a native of Rockbridge County and owner of the two mega travel plazas north of Lexington, White's Travel Plaza and Lee Hi Travel Plaza, will talk about his "Truck Stop Paradise," as television's Travel Channel called the Lee Hi in a program shown in March of 2013. Originally a Pure Oil truck stop, the Lee Hi opened in

(cont. on p. 3)

Kendal College Offers "The News About the News"

Three W&L journalism professors will lecture on "The News About the News," on August 17, 24, and 31, respectively. All lectures will be held on Wednesdays at 4:30 in Kendal Hall.

On August 17: Pam Luecke, "The End of Newspapers as We Know Them."

On August 24: Kevin Finch, "The New Golden Age of Television."

On August 31: Mark Coddington, "It's Complicated: How Twitter, Facebook, and Other Social Media Are Changing the Way We Communicate."

Kendal College lectures are open only to Kendal residents and staff who have registered for the course. Contact Sally Emory with questions.

Visiting in the Borden Center:

A Message from Two of Kendal's Independent Living Volunteers

We have been visiting regularly in Borden [Kendal's 60-bed skilled nursing facility, serving the Rockbridge area as well as Kendal residents] since the store cart was replaced about a year ago by the "visiting cart," now supplying such items as greeting cards and large print puzzle books for no cost. Laura Hotinger, Resident Life Activities Coordinator, and Sybil Adams, Resident Support Coordinator, held a few meetings to give us some hints about talking with dementia residents and the importance of confidentiality about their health challenges.

They gave us a list of Borden residents who they knew would welcome visits, especially those who don't have family living nearby. Contemplating visiting Borden residents we didn't know was a little daunting at first, but we soon discovered our comfort level and found true joy in these monthly visiting times. While the cart is a good ice-breaker, the real value is in the social interaction itself.

Our hosts have included some people in poor physical condition and some in various stages of dementia. One welcomes us enthusiastically and speaks at length of life experiences long ago, while occasionally revealing uncertainty about where he is and when meal-times are. Another seems delighted to see us, despite the fact that her living space is very small when two visitors look for seats. She paints cards with watercolors and loves to work in the crafts room down the hall. She has shared joyful memories of fishing at the shore.

It is truly a gift to be able to move past our fears of the future and our discomfort at the sight of people with significant challenges, and to find joy in socializing with the real human beings that we find when we walk through Borden. Many Independent Living residents have discovered the same thing -- by visiting regularly, reading poetry, helping bring people to activities like the Kendal Singers or Sunday vespers, or by being a friendly and supportive presence at other Borden activities.

We started with the cart thinking that we'd be "doing good" for others, but we've discovered that the real benefit is to us. We encourage you to contact Tony Nix, Resident Life Program Coordinator, who is now coordinating volunteer orientation and training at Kendal, if you might see yourself involved in any one of a number of ways in the Borden Center. Tony can be reached at 464-2627 or alnix@kalex.kendal.org.

-- Don and Kathy Holmes

Weavers at Work, Watchers Welcome

On the first weekend of this month (Friday, August 5, through Sunday, August 7), a workshop sponsored by the Sunnyside Weavers will be held in Kendal Hall. Twelve looms will be set up, manned (or womanned) by weavers both from the Rockbridge area and from farther afield. Kendal residents Sandra Stuart and Ruth Tafel will be among those warping and weaving.

According to Linda Wilder, president of the Sunnyside Weavers, all interested members of the general public are welcome to drop in and see what's going on. A feast of color can be guaranteed -- even for spectators who know nothing about weaving.

Kathrin Weber, from the Asheville, North Carolina area, will conduct the workshop and will teach her unique method of designing on the loom. She will use fiber that she dyes herself at her studio, "Blazing Shuttles." Kathrin Weber has been weaving and dyeing since 1975; as her web site explains, "color and the flow of color are the focus of my hand-dyed and handwoven work." She teaches extensively and belongs to a long list of craft councils and fiber guilds.

The Sunnyside Weavers were organized in the summer of 2014. Members share what they know about weaving and organize programs and workshops. During most of the year, the group holds monthly meeting at Sunnyside House. Most members are from the Rockbridge area, and newcomers are welcome.



Vesper Services in August

All are welcome to the Vespers services arranged by the Vespers/Religious Activities Committee, held every Sunday at 4 pm in Kendal Hall. The generosity of the volunteer officiants and musicians is much appreciated.

Aug. 7: Deb Klein (Lexington Presbyterian Church); pianist, Jean Eisenhauer.

Aug. 14: Steve Cathcart (Timber Ridge "Old Stone" Presbyterian Church); pianist, Kay Horner.

Aug. 21: Kris Peaden (Rockbridge Community Church of the Nazarene); pianist, Karen Fredenburg.

Aug. 28: Punker Robertson (Fairfield Presbyterian Church); pianist, Clyde Moore.

Newsletter Statement and Staff

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

Staff: Helen Behrens, Sally Emory, Sarah Giddings, Maury Hanson, Ned Henneman, Rae Hickman, Jo McMurtry (editor), Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Victoria Shelar, Rudie Terhune, Clara Belle Weatherman.

The deadline for the September, 2016 issue is Thursday, August 18, 5 pm.



Summer Olympics Just Around the Corner

August 5 through August 21 are the dates for the Summer Olympics in Rio de Janeiro, and for the general public the drama seems divided between the athletes' quest for higher levels of excellence (faster, farther, stronger) and Rio's quest for higher levels of peril: mosquitos with the Zika virus, untreated sewage and drug-resistant bacteria in Guanabara Bay (along with the occasional severed human foot), crime of many kinds, an underpaid police force

But, on the assumption that the games themselves will be the main event, at least for Kendalites switching on their TVs, this newsletter asked Jason Bunn, our Health and Fitness Program Manager and a dedicated sports fan, to list the American athletes he especially plans to follow. Names are from Jason, background facts are from your editor, so goof-ups are mine.

Golf. Of the American golfers who haven't (so far) pulled out of the Olympics because of the Zika virus, Jason is most interested in Bubba Watson, Rickie Fowler, Matt Kuchar, and Patrick Reed. Watson and Kuchar are in their late 30's; Fowler and Reed in their middle 20's. All have won numerous championships, but none has won an Olympic medal, for a good reason. Golf has been added to the Olympic line-up for the first time since 1904. And Thomas Bach, president of the IOC (International Olympic Committee), has been dropping hints about taking it out again because of the number of golfers deciding not to attend -- at least twenty, so far.

Basketball. Kevin Durant, 27 years old and 6'9" in height, was a star of the 2012 Summer Olympics in London and helped the United States team win a gold medal. He currently plays for the Golden State Warriors in Oakland, California. Durant is originally from Washington, D.C., and attended high school in Mouth of Wilson, Virginia.

Track and Field. Justin Gatlin, Galen Rupp, Ashton Eaton, and Allyson Felix. All four have won medals in previous Olympics. Gatlin is a 34-year-old sprinter; Rupp, a 30-year-old long distance runner; Eaton, a 28-year-old decathlete. Felix, the only woman on this list, is a 30-year-old sprinter and two-time silver medalist. She is recovering from an ankle injury but plans to go to Rio and may enter the 400 meter.

Swimming. Katie Ledecky and Michael Phelps. Ledecky, now 19, won a gold medal in the 2012 summer Olympics for the 800 meter freestyle. Phelps, 31, has won 22 medals in three Olympics. His specialty is the butterfly.

Gymnastics. Gabby Douglas and Simone Biles. Douglas caused a sensation as a gold medal winner in the 2012 Olympics. Biles is competing for the first time and has been described by Mary Lou Retton (1984 Olympic medalist) as the greatest gymnast she has ever seen. Both are young (Douglas is 20, Biles is 19) and diminutive (Douglas, 4' 11"; Biles, 4'9"). Both started in gymnastics at the age of six.

NBC is planning 6,700 hours of coverage on its main channel plus NBCSN and others (USA, MSNBC, the Golf Channel). One hundred seventy NBC commentators will be on the job, headed by Bob Costas for prime time. Schedule information can be found at www.nbcolympics.com, along with facts about the competitors and explanations of the events.

The Olympics will offer 306 gold medal events in 28 sports. Among them: archery, badminton, boxing, canoeing (both flat and white water), cycling, equitation (i.e., horses), fencing, field hockey, judo, rowing, rugby, sailing, soccer, tennis, volleyball (both indoor and beach), weightlifting, wrestling, and more.

And the total number of countries competing? Good question. As we go to press, let's say 206-ish.

-- Jo McMurtry

Meet Our New Kendalites:**Christopher Stackpole ("Chris")
Margaret Stackpole ("Meg")**

Meg, who is resident David Emory's little sister, grew up on Long Island, New York, where she attended First Day School at Westbury Meeting. Chris comes from Williamstown, Massachusetts. Although formally introduced in 1971 by Meg's New York City apartment mate (who worked with Chris), the Stackpoles soon discovered they had actually been at Niagara Falls at the very same moment in July, 1954, when a rock ledge on the United States side collapsed into the river below. (Chris says he pointed at Meg and said, "That little girl did it.") They married in 1973.

Chris is a Williams College graduate and holds a Ph.D in biology from Tulane University. A postdoctoral position at Memorial Sloan-Kettering Institute in Manhattan led to his establishing his own lab at the SKI facilities in Rye, New York, where the Stackpoles moved in 1975 and remained for 41 years. Chris continued his research on the pathology, immunology, and therapy of melanoma models at New York Medical College, also in Westchester County, and later on spent his final working years as a medical writer in clinical oncology for the pharmaceutical industry.

Meg graduated from George School in Newtown, Pennsylvania, and from Brown University with a concentration in American Literature. After subsequently taking the Publishing Procedures Course at Radcliffe College, she worked in the juvenile editorial department at G. P. Putnam's Sons until moving to Rye. After her children started school, Meg began working at the Rye Free Reading Room as a children's librarian and publicist, a job she retired from this past April.

The Stackpoles have two children. Alison, who lives in Carrboro, North Carolina, is a speech and language pathologist in the Durham schools. Her main interest is training her six-year-old off-the-track thoroughbred horse for eventing competition. Son Tom lives in Plano, Texas, where he is co-founder of a game app company. His current avocation, however, is designing too-complicated-for-us board games.

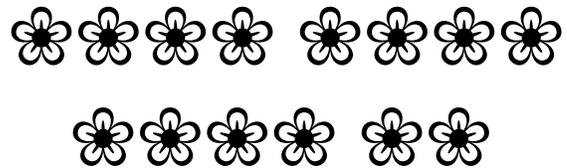
Chris was on the Conservation Commission in Rye and, in retirement, conducted a five-year study of the microorganisms in a local salt marsh to see if they could be used as indicators of the wetland's health. Meg has been active in a variety of community organizations, most recently as a member of a garden club with a lot of civic planting projects. Both she and Chris enjoy reading, gardening, and movies (as members of a Film Club) and have traveled a good bit in the United States and also Europe (often with college alumni groups). On a recent trip to England, Chris researched the origins of an antique microscope he owns and is writing about. On another trip, Meg learned more about and found the site in California where her great-great-grandparents survived a shipwreck, a compelling story that should also be written.

The Stackpoles look forward to joining in many Kendal activities and to gardening at 70 Sycamore Lane, their cottage after they move from their temporary quarters, Cottage 1016 in Cluster Four. They were drawn to Kendal through their visits over the years to David and Sally Emory, who moved here in 2001. Although their children are still at a distance, they will be closer and able to visit more often, a happy prospect.

-- Meg and Chris Stackpole



Kalex's Newest (and Smallest) Residents



Not content to wait for Phase III, several wee folk have just moved to Kalex. Alerted to Kendal's existence by resident John South's granddaughter, Abigail Sassi, who visits Kendal from New Jersey, and with enthusiastic reports on the Rockbridge area from the fairies' kin at Boxerwood, a contingent of fairies who prefer maintenance-free living to the all-natural-materials housing at Boxerwood's Fairy Forest have established a community near the pond in the enclosed area behind the Borden Center, and at least one of them (named Grace) has already moved in! Resident Heather Marion provides liaison services between the fairy folk and the staff and residents of Kendal in general and the Borden Center in particular.

And now that they've had a chance to get settled in a wee bit, the fairies would welcome visits from anyone in the whole Kendal community who will take them seriously, including young visitors such as grandchildren. Their community is a dynamic one and tasteful additions are welcome, though the fairy community Residents Association reserves the right to rearrange, remove, and make other changes to their space. Finally, this wee community does not yet have an official name! Suggestions for a name are welcome (give them to Heather) and Abigail will choose the final name from among all the names that have been submitted by August 31.

-- Ted Burrowes

In Memoriam

Bertha "Bert" Bozeman

Died July 21, 2016

Entered Kendal November 25, 2003

A Message About Vitalize 360

[Editor's note: For background information about Vitalize 360, a senior coaching and assessment program, visit www.vitalize360.org.]

Do you know how Vitalize 360 can support you in living your best life?

So, how does Vitalize 360 support individuals in living their best life? The tag line implies that the power of life is associated with being well. The Vitalize 360 program recognizes that health and wellness goes hand in hand and provides individuals with an opportunity to review the various aspects of one's lifestyle with wellness in mind.

Vitalize 360 refers to all aspects of one's life, including nutrition, physical and mental fitness, community activity, social connections, spirituality, sense of purpose, and lifelong learning. All of these components are important to consider when assessing overall health and wellness.

The Vitalize 360 Wellness Coaches are available to guide individuals through a process of creating a plan that supports their individual goals toward living their best life.

If this sounds of interest to you, please stop by to see Sybil Adams (Resident Support Coordinator) or Catie King (Health and Wellness Program Manager) in their offices to set up an appointment, or contact them by phone or email. Sybil: 540-458-3785 or sadams@kalex.kendal.org. Catie: 540-458-0103 or cgking@kalex.kendal.org.

-- Sybil Adams
Catie King



Digital Bytes



Welcome to the first Digital Bytes column, intended to help Kendal residents find answers to their questions about their digital devices. In addition to occasional updates at the monthly Residents Association meetings, the Kalex Computer Group will highlight sources so you can explore the wonders of the digital age.

In this month's column we recommend you check out the Goodwill Community Foundation of Eastern North Carolina website (see link below), which offers a wide range of bite-size (usually five minutes or less) youtube videos about important topics. We suggest you link to the site and check out any topics that are relevant to issues you have encountered or skills you want to learn about. In this age when safeguarding your personal information is so important, you should be sure to view the one entitled "Avoiding Spam and Phishing" to learn how to avoid opening your personal information to malicious hackers.

The website URL is gfclearnfree.org.

For a future column, we would like to hear about KaLex's most popular or most unusual Apps, so please tell one of the Computer Group members about yours.

Happy computing!

The KaLex Computer Group: Jack Geikler, Sarah Giddings, Dianne Herrick, Cleve Hickman, John South, Will Stratton, residents; Nathan Straub, Network Administrator.

Fitness Center Guest Policy

The summer months are a popular time for family to visit residents at Kendal. We hope that everyone's time spent together is enjoyable and meaningful. Working out together can be a fun and productive way to spend time. I do want to remind you of our guest policy in the Fitness Center.

- 1) Guests are permitted to use the Fitness Center at no charge.
- 2) Residents must accompany guests while they use the Fitness Center.
- 3) Guests and residents must sign the Guest Waiver Form once per calendar year. The forms are located by the sign-in sheets in the weight room and the locker room, and also in the classroom next to the office door. Completed waiver forms may be left with the sign-in sheets or in the box on the door of the fitness office.
- 4) Guests must sign in each time they use the Fitness Center.
- 5) All Fitness Center rules must be obeyed by guests. Recommended hours are 5 am to 10 pm.
- 6) **No children under the age of twelve may use the weight room.**
- 7) Remember, there is no lifeguard on duty at the pool. Please monitor children closely.

-- Jason Bunn
Health and Fitness Program Manager



From a Legal

Perspective

[Resident Ned Henneman, Associate Professor of Law Emeritus at W&L, continues his column on legal topics of interest to Kendalites.]

My interest in poorly planned estates, such as that of the entertainer Prince [see the July, 2016, issue of this newsletter], has been further stirred by reading about Jimi Hendrix, who, at one point the most highly paid entertainer of his time, died in 1970, apparently without a will. More than 45 years later, his family members and others are still litigating ownership of the rights to his music.

What is it about musicians that prevents their intelligent planning of the ultimate distribution of their valuable assets? Perhaps the rhythm of their lives does not coincide well with the rhythm of the usual estate planner's office. Who knows?

The appropriate court in Minnesota appointed a bank to administer the estate in the absence of anyone chosen by Prince to do so. Lucky bank. Poor Prince successors. The compensation of the administrator, at the expense of family members or others Prince might have wanted to benefit, will likely be enormous. How easy it would have been for Prince to choose his own administrator.

Think of your own estate. Even if you believe that you do not need a will to dispose of your property, which probably is smaller both in value and in complication than that of Prince or Hendrix, you might want to choose your own designee to manage and distribute it. You can and should do that by will, and not leave the choice up to state law.

Many estate planners recommend that property be held in joint and survivor names

rather than in joint ownership. They often do that to reduce the amount of property that is subject to probate. In many states, avoidance of probate makes a good deal of economic sense. But in others, such as Virginia, the probate process is pretty simple and cheap. In such states, probate avoidance is not essential.

For a married couple, it may make good sense for the spouses to hold the family residence and at least one bank account in joint and survivor names. It may not, however, be wise to hold all property that way. What will happen on the death of the first to die? At that point, the surviving spouse will have the absolute power of disposition over all the property previously held jointly. This may or may not be what the parties want. The use of joint ownership reduces the possibility of planning for change. It takes away each party's ability to plan for the future.

A will provides insurance against changed circumstances. Drafting and executing a will are easy steps to take. A valid will assures that one's wishes are carried out rather than the state's estate plan. Be sure you have one.

-- Ned Henneman

How to Get Up from a Fall

Continuing last month's article ("Falls Prevention," in the July newsletter, p. 8, by Ashley Brunty, Borden Admissions Assistant, and Heather Strong, Therapy Manager) we will now discuss how to get up from a fall. If you are alone during a fall, follow these tips on how to get up from the floor by yourself.

- Locate a sturdy piece of furniture.
- Roll over on your side.
- Push your upper body up.

(cont. on p. 11)

Getting Up from a Fall (from p. 10)

- Crawl on your hands and knees.
- Put your hands on the chair seat.
- Slowly rise from your kneeling position.
- Turn your body to sit in the chair.
- Regain your composure.

What if, after following the tips provided, you still can't get up?

- Try yelling out.
- Bang away.
- Slide over to a telephone.
- Use your emergency call device/PET.
- Get into a comfortable position and wait.

To prevent this from happening to you, utilize the wellness center by joining a regular exercise program. Participate in exercises that build balance and strength in the lower body. These exercises reduce falls by 33 per cent. Tai Chi and Yoga are great exercises used to strengthen balance. Core exercises are also important to increase strength in deep stabilization muscles in the trunk.

We want to keep you safe in your home. Please contact Heather Strong, therapy manager (464-2638) or Ashley Brunty, Borden Admissions/Marketing Assistant (464-2630) if you have any questions.

-- Ashley Brunty

"Water? Juice?" Help Webster Residents Stay Hydrated!

We all know how important it is to drink enough liquids, and the Webster staff sends round a "hydration cart" at about 10 am each morning. This is a busy time for the staff, however. Volunteers are much appreciated!

The work is easy. Just push the cart to residents' rooms and offer water or juice. The Webster Center (assisted living) has a population of twenty residents at most. A volunteer might choose one day a week -- or whatever calendar arrangement is most convenient.

To help out in this capacity, or in any other capacity for that matter, contact Tony Nix, Resident Life Program Coordinator, at 464-2627 or alnix@kalex.kendal.org.

Out and About in August

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

The Staunton Music Festival runs from August 12 through August 21 and presents a dazzling array of chamber music performances, usually several each day. The artistic director is Carsten Schmidt, and some sixty guest musicians will participate. Bach's *Mass in B Minor* closes the festival. Other composers include Beethoven, Mendelssohn, Schubert, Mahler, and many others. Venues include Trinity Episcopal Church, Faith Lutheran Church, Central United Methodist Church, and the Blackfriars Playhouse. Daytime events are typically free. Ticket prices for evening concerts (along with programs and much other information) can be found at stauntonmusicfestival.org. Senior tickets for most events are \$20, but sometimes \$24. Staunton is just under forty miles north of Lexington.

Aug. 27, Sat., 9 am to 3 pm. The Rockbridge Community Festival is an annual downtown arts and crafts event. Food and drink, entertainment by local musicians and other groups, as well as arts and crafts vendors. Sponsored by the Lexington/Rockbridge Jaycees and the Lexington Rotary Club. Funds benefit area charities.

Weekly Scheduled Activities

Sundays (7, 14, 21, 28)	4:00 pm	Vespers	Kendal Hall
Mondays (1, 8, 15, 22, 29)	1:30 pm	Needleworkers	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (2, 9, 16, 23, 30)	1:00 pm	Recorder Consort	Kendal Hall
	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (4, 11, 18, 25)	10:00 am	Bible Study with the Rev. Tom Crittenden	Staff Devel. Rm.
	3:30 pm	Tea Served	Dining Room
	7:00 pm	Movie	Kendal Hall
Fridays (5, 12, 19, 26)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (6, 13, 20, 27)	3:00 pm	Movie	Webster

Bits and Pieces

☞ Ruth Woodcock, speaking for the residents' Wellness Committee, reminds us that Velocity-Care Carilion, at 110 Houston St., specializes in "urgencies that are not emergencies" and is a better destination than Carilion Stonewall Jackson's emergency room for some problems -- a sprain, for example. VelocityCare can do X-rays, useful in the above case should the sprain also involve a fracture. A doctor, physician's assistant, or nurse practitioner is always on hand. No appointment is needed, and the hours are 8 am to 8pm Monday through Saturday, 10 am to 6 pm Sunday. The telephone number is (540) 463-2227.

☞ Seeking jigsaw puzzles? Besides the puzzle table set up in the Webster Center, primarily for Webster residents although Independent Living Residents aren't thrown out if they sit down to find a piece or two, there is usually a puzzle going in the lounge area of "G" level, South Apartments. Just follow the corridor. A large collection of boxed jigsaw puzzles can be found there as well, so feel free to borrow one to take home.

☞ Feel like a game of croquet? The wickets are usually left set up in the courtyard at this time of year, and the mallets and balls live in a large bin at the courtyard entrance to Cox Hall. The courtyard is beautifully cool and shady in late afternoon, even after a hot day.

☞ JoAnn Wilson expresses her thanks to the volunteers who help dispatch buses for outings arranged by the residents' Culture and Entertainment Committee. She could use a few more, however, especially as she plans to set up a list of substitutes. Contact JoAnn to learn more about this not-difficult job.

☞ The Recorder Consort would like to invite all interested musicians to join our group. We have instruments and instruction available. We meet at 1:00 pm on Tuesdays in Kendal Hall. Contact Don Taebel or Sarah Giddings with questions.

☞ We're glad to see our waitlist members at Wine and Conversation, our Tuesday evening (5 to 6 pm) cocktail party in Kendal Hall. (Cash bar, not exorbitant). Keep on coming out!

August Activities Calendar

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

1, Mon.	8:00 pm	Men's Breakfast	Dining Room
3, Wed.	* 4:30 pm	Heyward Macdonald, Talk on Vietnam	Kendal Hall
4, Thu.	6:00 pm	Dinner trip to House Mountain Inn	[bus, 5:15]
5, Fri., through 7, Sun	* Weaving Workshop		Kendal Hall
9, Tue.	1:00 pm	Residents Council Meeting	North Parlor
10, Wed.	* 4:30 pm	Dick Halseth, "Miller's House & Jordan's Point"	Kendal Hall
11, Thu.	9:00 am	Jordan's Point Museum, hike, and picnic	[bus, 10:00 am]
	* 4:30 pm	Dr. Robert Holt, "Care of Teeth and Gums"	Kendal Hall
14, Sun.	3:00 pm	Concert at Garth Newel	[bus, 1:20 pm]
15, Mon.	* 4:30 pm	Bobby Berkstresser, "Travel Plaza"	Kendal Hall
16, Tue.	Morning	Hike and Picnic at Natural Bridge	[buses TBA]
17, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
	4:30 pm	Kendal College, "The News about the News"	Kendal Hall
20, Sat.	4:00 - 9:00 pm	Palmer Ice Cream Supper	[bus, 5:00 pm]
21, Sun.	3:00 pm	Concert at Garth Newel	[bus, 1:20 pm]
24, Wed.	4:30 pm	Kendal College, "The News about the News"	Kendal Hall
26, Wed.	9:30 am	Parade of dogs on the Kendal trails	Kendal Trails
	* 10:30 am	"Dog Days" Dog Show	Borden Dog Park
31, Wed.	4:30 pm	Kendal College, "The News about the News"	Kendal Hall

* Free and Open to the Public

Kendal at Lexington

The Residents' Newsletter

