



Kendal at Lexington

The Residents' Newsletter

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Dining Room Expansion: More Space, Less Noise

It won't happen right away, but Spectrum Design, the architectural firm in charge of Kendal's current Master Plan, has submitted drawings of a larger and quieter dining room, with a more efficient self-service flow.

Mina Tepper, our Executive Director, displayed and discussed the plans at the Residents Association meeting of September 21. "The design enhances privacy and sound reduction," Mina said. "It won't have that big mess-hall feel."

The plan enlarges our present dining room by expanding into the courtyard, providing space for 46 more diners. (We now have room for 106. This is fewer than the number of individuals in Independent Living and the Webster Center -- 160 as of early September-- but not everybody comes to every meal.) The extension and its attached patio would extend almost to the sidewalk that links the side entrances to Cox Hall and the South Building.

The sidewalk would not be changed, nor would the western half of the courtyard or the courtyard garden. The croquet wickets now occupying the closer-in part of the courtyard would need to migrate eastward, but the playing field would be the same size. Our gorgeous

skyline view would be just as visible. Also unchanged, in the interior and just south of the dining room, would be the residents' art gallery and The Restaurant.

The roof of the expansion would become a deck, accessible from the second floor of the Anderson Center through French windows in what is now the western wall. It would provide a place to relax, during good weather, and enjoy the skyline view. Two flights of stairs would lead

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A Warm Kendal Welcome
to

Elizabeth ("Bizz") Lineweaver
Apartment 228, Webster Center
(from Warrenton, Virginia)

Maureen Crandall
Apartment 12, South
(from Washington, D.C.)

Anne Wilson
Cottage 1016
(from Lexington, Virginia)

🎵 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.

The usual charge for bus transportation to and from an event in Lexington is \$2.]

Oct. 1, Sat., 8 pm. Instrumental ensemble concert, part of Parents and Family Weekend at W&L. The University Wind Ensemble and the University Jazz Ensemble will showcase their talents. No ticket required. Wilson Concert Hall. [bus, 7:20 pm]

Oct. 3, Mon., 8 am. Men's breakfast. No reservation required. Dining Room.

Oct. 5, Wed., 2 pm. Trip to the W&L IQ Center (IQ stands for "Integrated Quantitative Learning") to see a variety of state-of-the-art imaging equipment: 3-D printer, flying and photographing drone, and much else. David Pfaff, director of the center, will be our host. [bus, 1:45 pm]

Oct. 6, Thu., 6 pm. Annual dinner celebration of the Jeanne Kibbee Society. This year's theme is "How Each of Us Makes a Difference." If you have remembered Kendal in any of your planned giving (in your will, for example), you are eligible for this group. Contact Becky Edmondson, Executive Assistant (458-3782) to receive an invitation. The Restaurant at Kendal.

Oct. 6, Thu., 7:15 pm. The Marlbrook Chamber Players will present a preview of their concert of Oct. 9. (See below.) Kendal Hall. **Free and Open to the Public.**

Oct. 7, Fri., 6 pm. "Oktoberfest" trip to the Edelweiss Restaurant, near Greenville. Order

a la carte from the menu. Bus fare, \$3. [bus, 5:15 pm]

Oct. 8, Sat., 12:30 pm. Fairland Ferguson and her trick riding horses perform at the Virginia Horse Center, benefitting the VHC. Adult ticket \$15, available at the door. [bus, 10:50 am]

Oct. 9, Sun., 3 pm. The Marlbrook Chamber Players, composed of W&L music faculty members, present a program of chamber music. Jaime McArdle, violin; Julia Goudimova, cello; Timothy Gaylard, piano. No ticket required. Wilson Concert Hall, W&L. [bus, 2:20 pm]

Oct. 11, Tue., 9:30 am; return by 3 pm. Trip to Chiles Peach Orchard in Crozet, Virginia -- a versatile establishment not limited to peaches. To celebrate this season, pick your own pumpkin (smallish) and your own bag of apples (the size of the plastic bags used at WalMart). If you would like to bring your own plastic bag, the orchard would appreciate it. Cost per person, \$12, includes lunch. No charge for bus transportation. Arranged by the Fitness Department. [bus, 9:30 am]

Oct. 11, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. Sunnyside House.

Oct. 12, Wed., 4:30 pm. William F. Connolly, John K. Boardman Professor of Politics at W&L, will speak on "None of the Above: the 2016 Political Campaigns." Kendal Hall. **Free and Open to the Public.**

Oct. 13, Thu., 2 pm. Monthly meeting of the Dementia Caregivers Support Group. Open to all Kendal residents and staff, as well as to all Rockbridge area residents. For more information, contact Cathy Lewis, Kendal's Clinic RN, at 464-2609. Sunnyside House.

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Calendar Notes

(from p. 2)

Oct. 16, Sun., 2 pm. Concert by the Garth Newel Piano Quartet at Garth Newel Music Center in Bath County. Viennese composers, including Haydn and Schubert. A "Pay What You Will" event. See posting for additional details. [bus time, TBA]

Oct. 19, Wed., 9:30 am. Residents Association meeting. Kendal Hall.

Oct. 19, Wed., 4:30 pm. First meeting of the Kendal College course, "The Challenge of Thinkin' Like Lincoln," taught by W&L Professor of Politics Lucas Morel. (See story, p. 4.) Also meets on October 26 and November 2. Open only to Kendal residents and staff. Kendal Hall.

Oct. 20, Thu., 7:30 pm. This year's Robert O. and Elizabeth M. Bentley musical, "The Theory of Relativity," has been described as "a joyous and moving look at our surprisingly interconnected lives." The late Betty Bentley, who with her husband established the fund at W&L which makes these musicals possible, was a resident of Kendal. Senior ticket \$20. (Box office, 458-8000.) Keller Theatre, Lenfest Hall. [bus, 6:50 pm]

Oct. 21, Fri., details TBA. The Fitness Department plans a bus trip to the Peaks of Otter. Watch for postings.

Oct. 21, Fri., 1:30 pm. Ribbon-cutting ceremony for Harrington Waddell Elementary School (grades K-5), followed by tours of the school. The \$14 million school has a modern, open design with art studios, music facilities, etc. [bus, 1 pm]

Oct. 21, Fri., 6 pm. Kendal's annual dinner, arranged by Residents Council, honoring

residents who are ninety years old or better. By invitation. Kendal Hall.

Oct. 21, Fri., 8 pm. The Escher String Quartet performs with Jason Vieaux, guitarist. Based in New York, the Escher ensemble serves as Artists of The Chamber Music Society of Lincoln Center. Vieaux has performed with nearly a hundred orchestras. Senior ticket, \$20. (Box office, 458-8000.) Wilson Concert Hall, W&L. [bus, 7:20 pm]

Oct. 25, Tue., 8 pm. Fall choral concert at W&L. The University Singers, Men's Glee Club, and Cantatrici (women's voices) perform. Ticket free but required; supplied to riders on the Kendal bus. Wilson Concert Hall. [bus, 7:20 pm]

Oct. 27, Thu., 3 pm. Fall color trip on the Blue Ridge Parkway. Heading north from the entry on U.S. 60, with pauses at several overlooks and the sun behind us. (Think photo op.) Dinner at Mrs. Rowe's Restaurant in Staunton. Traditional American menu; bread and other take-away items for sale. [bus, 3 pm]

Oct. 28, Fri., 7:30 pm. The Rockbridge Symphony gives a concert at Lexington Presbyterian Church. Program and ticket information unavailable as we go to press. Lexington Presbyterian Church. [bus, 7 pm]

Oct. 29, Sat., 10 am to 2 pm. "Trinkets and Treasures," Antique Appraisal Fair. (See story, p. 5) Kendal Hall.

Oct. 30, Sun., 3 pm. Faculty piano recital at W&L. Timothy Gaylard and Shuko Watanabe will play Russian music for two pianos; works by Arensky, Borodin, and selections from Tchaikovsky's *The Nutcracker* ballet. No ticket required. Wilson Concert Hall. [bus, 2:20 pm]

Dining Room

(from p.1)

The lectures:

from the deck to the patio below. The effect is reminiscent of the deck, stairs, and patio at the rear of Sunnyside House -- a motif special to Kalex. Also showing the influence of Sunnyside House would be the addition's floor-to-ceiling windows and a lighter, brighter look.

Getting around in the dining room would become easier, according to Mina. "We would have a better defined walking path" among the tables; currently, we often have to wind in and out. And of special importance will be the reorganization of the serving line to eliminate bottlenecks.

No timetable has been set for the dining room expansion, as it is part of and dependent upon other projects in the Master Plan. But what would life be without a few visions? We have excellent food, beautifully prepared, and a wonderful staff in charge of it. Let's look forward to enjoying their efforts in a worthy setting.

-- Jo McMurtry

Kendal College Studies Lincoln

"The Challenge of Thinkin' Like Lincoln" is the title of the Kendal College course of October 19, October 26, and November 2, all Wednesdays, at 4:30 pm in Kendal Hall. The instructor is Lucas Morel, Professor of Politics at W&L and a popular figure here at Kendal.

The course is open only to Kendal residents and staff. There is a charge of ten dollars per person. Registration forms will be placed in residents' mailboxes about October 6.

Oct. 19: "Lincoln's Gettysburg Address." (Why is this the most famous political speech in American history?)

Oct. 26: "Lincoln's Second Inaugural Address." (Why is this the most unique or singular political speech in American history?)

Nov. 2: "Lincoln and the American Founding." (Why was the American founding so important to Lincoln?)

Contact resident Sally Emory with questions.

Sunnyside House Marks Its First Decade of Hospitality

On October 18, 2006, a dedication ceremony was held to officially open the newly-restored Sunnyside House, at that time and since a jewel of the Kalex campus. Speakers included Farris Hotchkiss, at that time chairman of Kalex's Board of Directors, and Fred Bartenstein, who with his wife Isabel had given to the Lexington Retirement Community the 85-acre Sunnyside Farm upon which Kendal was built.

The oldest part of Sunnyside House was built in the 1790's, and it has been added onto through the years by a succession of owners. Many generous donors, including the Bartenstein family, well-wishers in the Rockbridge area, and residents of Kendal, have made possible the restoration work (a continuing project), the furnishings, the sidewalks, the patio, and much else. Resident volunteers have overseen the care of Sunnyside since its 2006 opening.

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Sunnyside House

(from p. 4)

Sunnyside serves as our guest house and is often filled up, especially around holidays. In addition, it is a popular venue for meetings, receptions, and other gatherings. It is on the National Register of Historic Places; it was open for the Garden Club of Virginia's Historic Garden Week in 2013 (sponsored in Lexington by the Blue Ridge Garden Club); and it has twice been a stop on the Lexington/Rockbridge Studio Tour, in 2014 and 2016.

Tours of Sunnyside House will be available as part of Kendal's "Trinkets and Treasures" Antiques Appraisal Fair on Saturday, October 29. (See story, following.)

"Trinkets and Treasures" Coming to Kendal

An antique appraisal fair, similar in format to public television's "Antiques Roadshow," will be held in Kendal Hall on Saturday, October 29, from 10 am until 2 pm. The public is invited to buy tickets, bring an item or two they've been wondering about, and get a verbal appraisal from an expert. Ticket holders can also view and bid on articles in a silent auction.

Residents Nancy Epley, Trix Rumford, Dianne Herrick, and Ann John are coordinating the event, with help from the Marketing Department. Proceeds will benefit Kendal's philanthropic programs. Distribution will be decided by the Board of Directors' Philanthropy Committee.

Marcy Molinaro, a professional appraiser based in Lexington, and a team of appraisers from Freeman's Auction House (Philadelphia) and Heritage Auctions (Dallas) will provide

expert valuations of fine paintings, jewelry, luxury goods, documents, furniture, and decorative arts. (There will be no appraisers specializing in guns, stamps, dolls, or collectibles.) All items, including furniture, must be sufficiently lightweight to be carried in and out.

Guided tours of Sunnyside House, our beautiful guest house now marking the tenth anniversary of its restoration, will be available to ticket holders.

Tickets are priced as follows: \$5, general admission for those who want to watch the goings-on, have access to the silent auction, and take a tour of Sunnyside, but who will not be having items appraised; \$30, morning or afternoon appraisal ticket, limit of two items, first come-first served; \$50, VIP ticket, includes a continental breakfast to mingle with appraisers and be one of the first in line to be appraised.

Tickets for appraisals are limited because the appraisers can give their attention only to so many items. Appraisal tickets must be purchased by credit card online at www.kalex.kendal.org/events. General admission tickets can be bought online or at the door.

Kendal residents, priority waitlist members, and Kendal staff may purchase tickets online or, if they prefer, by cash or check directly from the marketing office.

For questions about the silent auction, contact Nancy Epley or Trix Rumford. For questions about ticketing, contact Jessica Buhler, Director of Marketing.



New Kendalites:**Marty and Burrell Fisher
Cottage 1006**

Martha ("Marty") and Burrell Fisher come to Kendal from Little Falls, New York, near the Adirondack Mountains. A third member of their moving party of autumn, 2016, is Marty's mother, Edna Moon, now a centenarian-plus, who is living comfortably in the Borden Center.

Marty was born in Morenci, Arizona, and moved to Saranac Lake, New York, as a young teen. "These were the perfect years to enjoy canoeing and hiking in such beautiful country." She earned a B.S. in nursing at Russell Sage College in Troy, New York, where she met Burrell, who grew up in Little Falls and was then studying engineering at Rensselaer Polytechnic Institute in Troy.

Burrell's engineering expertise led him to a job with Sheldon Jackson College in Sitka, Alaska. Sitka is situated on a beautiful island with weather that is not bitterly cold -- "Seattle weather," the Fishers explain. Marty joined him there, where they were married, and worked for the U.S. Public Health Service and as campus nurse for S.J.C. Their daughter, Beth, was born in Sitka; son Robert was born after the Fishers moved to Little Falls. Burrell worked for a structural steel fabricator and machine shop in Utica. After that he worked for Cherry-Burrell Corporation in Little Falls, as a design and quality control engineer. When the plant was sold, Burrell became a consulting engineer, working at home for eighteen years.

Beth now lives near Pittsburgh with her husband, Ken, and son Nate. Robert lives in Round Rock, Texas, just north of Austin.

Burrell enjoys woodworking, while Marty likes knitting and spinning. (She once rescued and restored several spinning wheels she found in Burrell's family home.) Their special hobby is choral singing, in which pursuit they met Elsa and Ted Burrowes some twenty years ago. The Burroweses, who moved to Kendal from Fairfield in 2015, "led us to Kendal," says Marty, who goes on to describe Ted as "the fountain of all coincidences." The Fishers have already begun singing with the Rockbridge Choral Society.

-- Jo McMurtry

**"Meals for Shut-Ins"--
A Kendal Tradition**

In 1981, a group of Lexington residents who had been engaged in delivering food to neighbors who had difficulty caring for themselves decided that a corporate structure would give a more permanent and better organized structure to their project. Being independent-minded Lexingtonians, they decided not to affiliate with other existing organizations, such as Meals on Wheels, but to form their own entity.

Accordingly, they formed a Virginia not-for-profit corporation named "Meals for Shut-Ins." The original incorporators were Mary Coulling, the late Charlotte Gunn, and Ned Henneman, all subsequently residents of Kendal. The connection between Kendal residents and the Meals program remains strong thirty-five years later. Eight Kendal residents currently drive weekly routes delivering food. At least that many of today's residents have previously been drivers. The last two presidents of the corporation live here. And some of those to whom food has been delivered have at times been forced to

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Meals for Shut-Ins

(from p. 6)

leave their homes and move to Kendal's health care facilities.

The Meals program delivers a hot, nourishing midday lunch every week day during the year (except on rare occasions when weather prevents driving) to residents of Lexington who, because of age or disability, are unable to provide adequately for themselves. Most live alone; all are required to have a referral from a physician in order to receive the service. But there are no other requirements, financial or otherwise, except that the drivers do deliver meals to clients of the Valley Program for Aging Services (based in Waynesboro) who live in Lexington and meet that organization's requirements.

The meals are prepared at Carilion Stonewall Jackson Hospital and are picked up there by volunteer drivers. There are now forty-one people to whom meals are delivered. Each day, there are five delivery routes. Drivers participate one day each week. The usual route has six to ten recipients and takes a little less than an hour to complete.

There is always and, recently, an increasing need for volunteer drivers. Those who participate generally find it a rewarding experience, as they get to know people they would not otherwise see and fill a recognizable social need. Newcomers to Kendal would, in addition to other benefits, find it a way to get to know parts of Lexington not ordinarily featured on carriage rides. Anyone interested in being a driver should call the Meals program's cell phone -- 460-2152.

-- Ned Henneman

Kendal's Borden Center Serves the Wider Community

A surprising number of people don't know that the Benjamin Borden Center, our skilled nursing facility, admits many more Rockbridge area residents than it does Kendal contract residents. There are sixty beds, usually filled. Kendalites typically occupy fewer than ten of these, for longer or shorter stays, as the case might be.

Rockbridge area patients pay via private pay, Medicare, or Medicaid. Approximately forty per cent of Borden residents are on Medicaid. We are the only not-for-profit skilled nursing facility in the area, and our acceptance of Medicaid patients is appreciated by many local families.

Our community involvement is a natural one because the Borden Center is the direct descendant of an earlier area facility. When, in 2001, Stonewall Jackson Hospital (now Carilion Stonewall Jackson Hospital) decided to discontinue its extended care unit, Kendal's Board of Directors voted unanimously to endorse a proposal to build a nursing home on the Kendal campus. (Kendal had opened in July of 2000 with provision on site only for Independent Living and Assisted Living residents.) A great deal of planning had to be done, with the cooperation of the Rockbridge County Planning Commission, the Commonwealth of Virginia, and numerous other authoritative and regulatory bodies.

These hurdles were leapt, ground was broken in August of 2001, and the Borden Center opened its doors in late September of 2002. The October, 2002 issue of this newsletter reports the arrival of forty four patients from the Stonewall Jackson facility, transported



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Borden Center

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"by ambulance, van, and private car." Kendal resident volunteers met the newcomers and helped them settle into their quarters. The whole operation, says the newsletter, "moving with near-military precision, was completed by noon, after which residents, volunteers, and nursing staff enjoyed a bounteous luncheon together."

During the fourteen years since its opening, the Borden Center has continued its close relationship with the Rockbridge area. Rockbridge residents are admitted as patients, some for short stays, some for the remainder of their lives. Rockbridge families come to visit, come to play music and sing in the sun room, come with their dogs to provide pet therapy.

Time runs on, though, and the Borden Center is showing its age. Renovation is needed and is part of Kendal's current Master Plan. Apart from wear and tear, the planners have taken into account a number of changes in Borden's clientele. We now have a larger number of dementia patients, for example, and in this we are not alone. Dementia care is a national and in fact world-wide concern of the twenty-first century.

Since research has shown that dementia patients are happiest in a setting that reminds them of their homes -- small-scale living rooms they can relax in, kitchens they can walk into, easy access to the outdoors -- the Master Plan calls for a reconfiguration of Borden's current floor plan. Special attention will be given to providing plenty of natural light, which has been scientifically proven to combat depression. (And intuition has told us just that, all along.) Borden's beautiful sun room, made possible by generous benefactors and opened in the fall of 2009, serves as an indicator of things to come.

-- Jo McMurtry

New Kendalite:**Elizabeth Carter Lineweaver ("Bizz")
Apartment 228, Webster Center**

Bizz was born in Warrenton, Virginia, and lived there until 1929, when, after the death of her mother, she went to live with an aunt and uncle in Washington, DC. She remained in DC until she enrolled in Westhampton College of the University of Richmond. Prior to attending Westhampton College, she attended American University in DC.

In 1943, she married J. Willard Lineweaver (Bill). Bill served as Warrenton's respected mayor for twenty four years, following fifteen years as a town council member. They had three daughters, Babs, Bitsy, and Beth Knapp, who now lives with her husband John in apartment 116 South, Kendal at Lexington. Bill died in 2012, after a brief stay in Kendal's Borden Center.

Bizz and Bill traveled extensively, visiting most of the fifty states, including Alaska and Hawaii, numerous countries in western Europe, China, the Caribbean, and other interesting and exotic locations.

Besides traveling, Bizz enjoyed gardening until she moved from her home in 2012 and is a lifetime member of the Frances Fauquier Garden Club in Warrenton. She became interested in genealogy and spent years tracing her Carter lineage. As a result of her research, Bizz is a member of the United Daughters of the Confederacy, the Daughters of the American Revolution, Colonial Dames, and the Jamestown Society.

As "first lady" of Warrenton, Bizz was responsible for many beautification projects,

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"Bizz" Lineweaver

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including the planting of the now mature trees on Broadview Avenue, Warrenton's original bypass. In 1996, Bizz found at her doorstep a loose-leaf notebook containing the names, units of service, and dates of death of 520 Confederate soldiers believed to be buried in the mass grave beneath the monument to the six hundred "Defenders of Virginia" in the Warrenton Cemetery. Feeling strongly that everyone deserves a grave marker and that these now-identified fallen soldiers should be given proper and permanent recognition, she sought the help of a local landscape architect and of the Black Horse Chapter of the UDC. The "To Name the Fallen" undertaking was launched. Through their dedication and determination, a granite wall with the engraved name of each soldier, his unit, and date of death was erected around the original memorial. After eighteen months of fundraising, planning, and construction, the "To Name the Fallen Memorial Wall" was dedicated on May 24, 1998.

Around 1985, upon learning that the U.S. Postal Service was planning to move the post office out of downtown Warrenton, Bizz, having ownership in the adjacent property, initiated the negotiations which kept the post office from leaving Main Street, thus insuring that downtown Warrenton would remain a thriving central business district where people would continue to shop, dine, and live. Bizz feels this effort was her greatest gift to Warrenton.

Bizz is the world's largest collector of miniature sculptures by renowned artist Mary McGrath. These sculptures, collected over a period of fifteen years, depict birds, small animals, and other wildlife, and are truly remarkable in their detail and realism.

-- Beth Knapp

**Digital Bytes**

[Brought to you by the Kalex Computer Group]

Fun and Games! An article in the September AARP Bulletin (p. 38) entitled "Video Games Aren't Just Kid Stuff Any More" reports that gaming is very popular with seniors. Forty-one million seniors play video games regularly; among seniors over sixty, forty three per cent play video games daily.

Seniors play games for the same reasons as everyone else. They are fun; allow little breaks from the real world; enhance our digital skills; and they can be good exercise for the mind.

In fact, AARP is exploring how gaming with others might help combat loneliness and social isolation. And games can connect the generations.

The following game sites are usually free. Surf them and try the games that interest you.

-- The **AARP Games Website** offers a range of computer games: <http://games.aarp.org>.

-- We especially like the Daily Puzzles at jigzone.com, which you can play in a variety of shapes, from six to 247 pieces.

-- jigsudoku.com. --- choose how much challenge you want.

-- **The Apple Store** lists a plethora of games. For example, a free version of "Full Deck Solitaire" offers 63 different versions that can be

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Digital Bytes

(from p. 9)

played on your Mac. App store for Mac: <http://www.apple.com/osx/apps/app-store/> for iPhone and iPad: App Store icon on your device.

Tell us some of your favorite apps. And consider joining our group of enthusiasts -- we still need more participation by PC/Android users.

The Kalex Computer Group: Jack Geikler, Sarah Giddings, Dianne Herrick, Cleve Hickman, John South, Wil Stratton (residents); Nathan Straub (Kendal's IT Network Administrator)

Occupational Therapy and Sleep

Complaints of sleep problems are common among older adults. In a National Institute on Aging study of over 9,000 persons aged 65 years and older, over one-half of the men and women reported at least one chronic sleep complaint. As we age, we often experience normal changes in our sleeping patterns, such as becoming sleepy earlier, waking up earlier, or enjoying less deep sleep. However, disturbed sleep, waking up tired every day, and other symptoms of insomnia are not a normal part of aging. Appropriate rest is important to older adults because it helps improve concentration and memory formation, allows your body to repair any cell damage that occurred during the day and refreshes your immune system, which in turn helps to prevent disease. Research shows that older adults who don't sleep well are more likely to suffer from depression, attention and memory problems, and excessive daytime sleepiness. Furthermore, insufficient sleep can also lead to serious health problems, including an increased risk of cardiovascular disease, diabetes, weight problems, and breast cancer in

women. There is good news, though. Did you know Occupational Therapy (OT) can help address sleep issues? How can OT help you?

- OT uses knowledge of sleep physiology, sleep disorders, and sleep promotion practices to evaluate and address the functional concerns of sleep disorders.

- Provide education on sleep terminology, misconceptions, and expectations.

- Preventing secondary conditions that may diminish sleep quality (eg, decreased range of motion, depression, anxiety).

- Encouragement for smoking cessation, reduced caffeine intake, a balanced diet, adequate exercise, etc.

- Establishment of routines, including regular times for waking and sleeping. Management of pain and fatigue.

- Support for activities of daily living, particularly for bed mobility and toileting.

- Individualized sleep hygiene routines (eg, habits and patterns to facilitate restorative sleep).

- Modification of environment, including noise, light, temperature, bedding, and technology to use in bed.

- And much more.

To learn more, please contact Heather E. Strong, Rehab Program Manager, at 464-2638.

-- Heather E. Strong

Musical Opportunity

Have you ever heard of the Bowed Psalter? It is a very easy-to-play stringed instrument, and the Recorder Consort just happens to have one that needs someone to play it with us. Please contact Don Taebel or Sarah Giddings if you would like more information about this great opportunity.

-- Sarah Giddings

Pioneer Home Swappers Report Positive Experience

Dianne Herrick and John South, of Kendal at Lexington, and Betty and Bob Warner, of Kendal at Longwood (in Kennett Square, Pennsylvania, near Philadelphia) have become the first to try the "home swap" program set up by Kendal Corporation.

For a week in September, each couple enjoyed a change of scene, did some sightseeing, met new friends, and learned about a community similar to yet different from their own -- all the while staying in a comfortable cottage at no cost. (They did pay for their meals, however. Kendal affiliates have so many different meal plans that direct payment has seemed the best solution.)

"The most wonderful thing about Kendal communities is the people," said Bob Warner. Bob, a retired pharmacist at Abbot Laboratories, and Betty, a biology teacher (among other things, in both cases), found much in common with Kalex residents and became popular figures in the dining room and the restaurant.

Dianne and John were also wined and dined in their new milieu. "Folks could not have been more welcoming and friendly," Dianne says. The differences between Kalex and a considerably larger community (more than twice as many Independent Living residents) was especially evident in the variety of activities. "There are just more people to do things."

Dianne adds that she especially appreciated seeing the "neighborhood" concept in the health care section, since this design concept is part of the Kalex Master Plan.

And did the visit have a down side? "We didn't get to meet the Warners, after all the

emails of planning our swaps. Oh well, another time."

Of Kendal Corporation's thirteen residential communities, participation in the "Home Swap" program is not yet complete but has been growing. It operates through a Web-based portal, similar to a bulletin board, with a secure login. Dianne and John, who are cyberspace wizards, will be happy to help Kalex residents navigate the "Home Swap" portal.

Lexington Golf and Country Club Seniors Finish Satisfactory Season

Our local golf club has a senior team (fifty and older) that plays sixteen matches, home and away, up and down the valley. This year's record of nine wins and seven losses was the best anyone could remember. Four Kendal residents (John South, Tom Maxwell, John Winfrey, and Bill Russell, along with Jerry Tepper, husband of Mina Tepper, our Executive Director) contributed to this success. We look forward to new residents joining us.

- Bill Russell

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, Penny Henneman, Rae Hickman, Jo McMurtry (editor), Kay Quirk, Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Victoria Shelar, Rudie Terhune, Clara Belle Weatherman.

The deadline for the November, 2016 issue is Wednesday, October 19, 5 pm.

Resident Address Changes

Clarke Babcock, to Apartment 220, Webster Center.

Elinor Denney, to Apartment 214, Webster Center.

Wally Fogo, to Apartment 218, Webster Center.

Audrey Salb, to Apartment 227, Webster Center.

Chris and Margaret Stackpole, to 70 Sycamore Lane.

Help Alleviate the Parking Problem -- Donate A Car

Parking can be a problem for Kendal residents, and with future new cottages proposed, the problem has potential to escalate. Let's think about doing our part as residents to alleviate the situation. Many of us came with two cars, which we find are no longer needed -- one car fills the bill. In our case, our two cars were very old, so we decided to trade them both in for one new car that will be our "last." However, there are other ways to get rid of a second car that can benefit organizations and provide a tax deduction to the owner.

Rockbridge County High School accepts cars as a learning tool for appropriate students. They can work on all parts of a car -- body, parts, and engine -- and when finished it is auctioned off, which provides maximum benefit for the donation. Steven Wilder at 463-5555 (RCHS number) oversees that program.

Rockbridge Area Transportation System -- RATS -- is also eager to accept car donations and will provide details of the donation process when called at 463-3346. RATS transportation services provides door-to-door, non-emergency rides to health care providers in and beyond Rockbridge County. Clients are those who are elderly, have special needs, or have no other means of transportation. Fares are based on a sliding scale according to the riders' ability to pay.

Cars have also been donated to Kendal for use as extra vehicles. To discuss that possibility, contact Herbie Martin, Director of Operations at Kendal. He

is aware of Kendal's needs and can determine whether a donated car, and its condition, will fit those needs.

For those who would like to check it, the internet offers some web sites with information about how to donate a car and what that donation will support. The process to follow is also outlined. Two such web sites are www.npr.org and www.donateacar.com.

All of the above information also pertains to residents who are no longer driving and find themselves with a car that is no longer needed.

Each resident with more than one car is encouraged to consider whether the additional car is really needed, and, if it is not, to weigh the options for donating it to local or national organizations. Could be a definite "win, win" situation, and one way to help the Kendal parking issues.

-- Penny Henneman
for the Facilities Committee

[Note: Becky Edmondson, Kendal's Executive Assistant, points out that cars may also be donated to Project Horizon, a Rockbridge agency dedicated to reducing domestic and sexual violence. The cars are used by Project Horizon's clients (abused women) to drive to a job.]

Bits and Pieces . . .

Occupancy Update: In the past few weeks several large-ish residences have become available and have immediately been snapped up, and as we go to press Kendal has only one apartment that is neither occupied nor reserved. This is the very nice one-bedroom that has been mentioned in previous newsletters. Surely there's somebody out there who sees the beauty of living compactly and can make this apartment feel that somebody loves it.

(cont. on p. 13)

Bits and Pieces

(from p. 12)

Living with a Chronic Disease? Sybil Adams, our Resident Support Coordinator, and other staff members are planning a series of Chronic Disease Self-Management Workshops. This will be the third time Kendal has hosted this series of six weekly sessions. There is no cost to participants. Details have not been finalized; watch for postings.

Policy for Bus Trips: JoAnn Wilson, who coordinates bus trips for the Culture and Entertainment Committee, tells us the following: We must have at least seven people to sign up in order to use the Kendal bus to go to an activity. If, two days before the planned activity, fewer than this number of people have signed up, then we will cancel the bus. After you sign up, check the sign-up sheet two days before; if the trip did not "make," then "Bus Cancelled" will be written across the sheet. However, if someone cancels at the last minute, we will go ahead and have the bus since the driver will be scheduled already.

Spotlight on Fitness/Wellness: The new "Core Stretch" class is taught by Catie King, Health and Wellness Program Manager, and meets on Tuesdays, 3 pm to 3:30 in the Group Fitness Room (GFR). If you attend either the Senior Balance or the Strength & Stretch class, Catie says, you have a start on some of the moves.

The Deadline for Registering to Vote is October 17, as resident Dick Minnix reminds us. Dick can supply information on this and many other things electoral, including absentee voting.

Jason's Sports Preview:**It's World Series Time**

[Jason Bunn, Health and Fitness Program Manager and all-round sports fan, shares his thoughts on the month to come. Would you like to share yours? Contact the newsletter editor, Jo McMurtry, with your comments on sporting events -- local or televised -- that residents are likely to follow in November.]

Baseball was my first love as a kid. Long before I cared about girls, I had dreams of playing in the big leagues. I was confident after my first year of tee

ball that I would eventually be the starting catcher for the Los Angeles Dodgers, and maybe even pitch when needed. My first memory of watching baseball is the 1988 World Series, when Kirk Gibson hit a homer and limped around the bases, helping the Dodgers beat the heavily favored Oakland Athletics. My uncle was a Dodgers fan back in the '40s, and taught my mother, who taught me. My mother routinely stays up past 1 am watching the Dodgers, and then sends me messages about the game that I receive in the morning.

The Dodgers have been noticeably absent from the World Series for many years now, but this could be their year. Clayton Kershaw is the ace of the pitching staff, and hopes to overcome his October blues this postseason. Other strong contenders in the National League are the Chicago Cubs, led by Kris Bryant, and the Washington Nationals, led by Bryce Harper (Lew and Ann John's team). The wild card teams will most likely be two of these three: the New York Mets (the Hennemans' team), the Saint Louis Cardinals, and the San Francisco Giants.

The strongest American League teams are the Boston Red Sox, the Cleveland Indians, and the Texas Rangers. The Toronto Blue Jays and the Baltimore Orioles (Phil Peters' and my dad's team) are leading the wild card standings, but the Detroit Tigers and the Houston Astros are right behind.

My prediction is a Dodgers vs. Orioles World Series, and the Dodgers win!

[Note: Nanalou Sauder, while proofreading this article, wishes to go on record as an Orioles fan.]

In Memoriam

Louise Gorelick

Died September 10, 2016

Entered Kendal August 1, 2002

Margaret Williams

Died September 15, 2016

Entered Kendal November 18, 2011

Weekly Scheduled Activities

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

Missy's Musings

A Note from the author (Missy Quirk, canine): It is my hope that during the coming months, I will have a chance to interview all of my fellow canine residents here at Kendal.

Let me introduce you to Layla Sauder, who may be the oldest of the approximately eighteen canine residents.

Sweet Layla, who is a purebred cocker spaniel, came to Nanalou about fifteen and a half years ago from a breeder in Dublin, Virginia. While this sweet girl is deaf and nearly blind, she manages to recognize her best buddy, Baley, constant companion of Beth Thompson. Layla does miss her kitties who lived with her her whole life.

Her favorite treats are bread, goldfish, cheese, and licking a dinner plate!

A few personal questions revealed that she likes her vet, Dr. Carls at Lexington Animal Hospital, and her groomer, who is way up in Staunton at VIP Groomers. But while she likes her pretty bows, she hates the car ride because it hurts her old arthritic back. In her younger days, she loved going to a friend's house on Smith Mountain Lake.

She hates it when Nanalou ignores her, misses sleeping on Nanalou's bed because it's just too high, but knows that she won't be replaced, and that makes her secretly happy.

-- Submitted by Kay Quirk
on behalf of Missy

Vespers Services in October

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

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

Oct. 9: John Pearson (Grace Presbyterian Church); pianist, Karen Fredenburg.

Oct. 16: Nat Davidson (Grace Presbyterian Church); pianist, Jerri Keen.

Oct. 23: Jason Grimes (High Bridge Presbyterian Church); pianist, Laura Hotinger.

Oct. 30: Bill Klein (Lexington Presbyterian Church); pianist, Lee Higgins.

October Activities Calendar

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

1, Sat.	8:00 pm	Instrumental Ensemble, W&L	[bus, 7:20 pm]
3, Mon.	8:00 am	Men's Breakfast	Dining Room
5, Wed.	2:00 pm	Trip to W&L's IQ Center	[bus, 1:45 pm]
6, Thu.	6:00 pm	Jeanne Kibbee Society Dinner	Restaurant
	* 7:15 pm	Marlbrook Chamber Players	Kendal Hall
7, Fri.	6:00 pm	"Oktoberfest" at Edelweiss Restaurant	[bus, 5:15 pm]
8, Sat.	12:30 pm	Trip to the Virginia Horse Center	[bus, 10:50 am]
9, Sun.	3:00 pm	Marlbrook Chamber Players, W&L	[bus, 2:20 pm]
11, Tue.	9:30 am	Trip to Chiles Orchard	[bus, 9:30]
	1:00 pm	Residents Council Meeting	North Parlor
	6:30 pm	Sunnyside Weavers	Sunnyside House
12, Wed.	* 4:30 pm	William Connolly, Presidential Campaign	Kendal Hall
13, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside House
16, Sun.	2:00 pm	Concert at Garth Newel	[bus, TBA]
19, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
	4:30 pm	Kendal College, "Lincoln"	Kendal Hall
20, Thu.	7:30 pm	"Theory of Relativity," Musical, W&L	[bus, 6:50 pm]
21, Fri.	Time TBA	Trip to the Peaks of Otter	[bus, TBA]
	1:30 pm	Ribbon-Cutting at Waddell School	[bus, 1:00 pm]
	6:00 pm	Dinner for Ninety-Pluses	Kendal Hall
	8:00 pm	Escher String Quartet, W&L	[bus, 7:20 pm]
25, Tue.	8:00 pm	Fall choral concert, W&L	[bus, 7:20 pm]
26, Wed.	4:30 pm	Kendal College, "Lincoln"	Kendal Hall
27, Thu.	3:00 pm	Fall Color Trip, Blue Ridge Parkway	[bus, 3:00 pm]
28, Fri.	7:30 pm	Rockbridge Symphony concert	[bus, 7 pm]
29, Sat.	10:00 am -- 2:00 pm	Antique Appraisal Fair	Kendal Hall
30, Sun.	3:00 pm	Faculty piano recital, W&L	[bus, 2:20 pm]

* Free and Open to the Public

Kendal at Lexington
The Residents' Newsletter

