



Kendal at Lexington

The Residents' Newsletter

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Kendal's Health Care Centers --

What's Up for the Future? And Why?

According to Charlotte Sibold, our Health Services Administrator, the lifestyle and care needs that were first envisioned for both the Webster Center (assisted living) and the Borden Center (skilled nursing care) have shifted since each facility was built -- Webster in 2000, Borden in 2002. The largest cause of this shift is the growing prevalence of dementia among both Webster and Borden residents. (This increase is in line with national and worldwide trends. People are living longer, brains are wearing out.) In addition, changes in hospital procedures have affected the number and kind of short-term residents who come to the Borden Center for rehabilitation. Buttonhole and laser surgery, for instance, require less rehab time than did the more invasive procedures of fifteen years ago.

This need for change is reflected in Kendal's Master Plan. Borden and Webster will continue to serve the greater Rockbridge community as

well as Kendal's contract residents; this won't change. Within the next two to three years, though, renovations to our health care centers will make life brighter and more homelike for their residents, while our wonderful staff will have the workplace they deserve.

Residents with dementia now live in either Webster or Borden, according to individual need, and this arrangement will continue. Residents who are in the early stages of dementia and

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A Warm Kendal Welcome to:

Cynthia and Terry Secker
54 Sycamore Lane
(from Glasgow, VA)

Marianne and Dan Bonner
Cottage 1010
(from Cranbury, NJ)

🎵 Calendar Notes 🎵

[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 charge for bus transportation to events in or near Lexington is \$2, unless otherwise noted.

Some events are arranged or publicized too late for inclusion here. Please check the bulletin boards.]

April 2, Sun., 7 pm. The Rockbridge Choral Society presents its spring concert, performing Rachmaninoff's *Vespers*. (See story, p. 6.) Ticket \$15, available at the door or from resident Ruth Woodcock. Lexington Presbyterian Church. [bus, 6:30 pm]

April 3, Mon., 8 am. Men's breakfast. No reservation needed. Dining room.

April 4, Tue., 8:15 pm. The University Wind Ensemble presents "New Horizons," pieces composed since 2010 for wind band. No ticket required. Wilson Concert Hall, W&L. [bus, 7:45 pm]

April 6, Thu., 4 pm. Dr. Alfonso D. Brochero, Medical Director for the Borden Center, will give a presentation on the difference between a TIA (Transient Ischemic Attack) and a stroke, and the symptoms of each. Arranged by the residents' Wellness Committee. Kendal Hall.
Free and Open to the Public.

April 6, Thu., 1 pm. Garth Newel planning meeting. (See story, p. 17.) North Parlor.

April 6, Thu., 8 pm. University Jazz Ensemble concert. No ticket required. Wilson Concert Hall, W&L. [bus, 7:30 pm]

April 7, Fri., 7 pm. W&L's Bluegrass Ensemble concert. No ticket required. Stackhouse Theater, W&L. [bus, 6:30 pm]

April 8, Sat., 9 am. Trip to the Taubman Museum of Art, in Roanoke, to see "American Impressionism in the Garden." Free general admission; "Garden" ticket, \$6 for seniors. [bus, 9 am; leaves Roanoke 2 pm]

April 11, Tue., 1 pm. Monthly meeting of Residents Council. Any Kendal resident may attend these monthly meetings. Notify Karen Russell, Residents Association president, if you would like a spot on the agenda. North Parlor.

April 11, Tue., 3:30 pm. Presentation by Kendal's Computer Group. (See story, p. 6.) Also April 18. Kendal Hall.

April 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.

April 12, Wed., 4:30 pm. First meeting of the Kendal College lecture series, "The Grand Strategy of Ronald Reagan," taught by Brigadier General Charles F. (Casey) Brower. (See story, p. 7.) Also meets on April 19 and April 26. Kendal Hall.

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Calendar Notes

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April 12, Wed., 7:15 pm. Music by the VMI Glee Club, directed by Shane Lynch. Kendal Hall. **Free and Open to the Public.**

April 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.

April 13, Thu., 4:30 pm. Presentation on fall prevention, arranged by the therapy department. Kendal Hall. (See story, p. 7.) **Free and Open to the Public.**

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

April 20, Thu., 4:30 pm. "Boxerwood: How One Man's Horticultural Pastime Inspires Us to Protect the Planet." Illustrated talk by local historian Mame Warren about the beginnings of nearby Boxerwood Woodland Garden and Nature Center. Ms. Warren will reveal Boxerwood's history, from the Robert S. Munger family's purchase of the wooded lot in 1951 to its transformation into a wonderland of rare trees and shrubs (in Dr. Munger's spare time from his medical practice) to its current mission as a natural classroom "inspiring people of all ages to become successful stewards of the Earth." Kendal Hall. **Free and Open to the Public.**

April 21, Fri., 4:30 pm. VMI's full dress parade. VMI parade ground. [bus, 3:50 pm]

April 25, Tue., 7:30 pm. L.A. Theatre Works, a radio theater touring company, presents Abby Mann's "Judgment at Nuremberg." This courtroom drama is set in 1948 and focuses on the trials of Nazi war criminals. Senior ticket \$25. (Box office, 458-8000). Keller Theatre, Lenfest Hall. [bus, 7 pm]

April 27, Thu., 4 pm. "Wine and Walk" -- garden walk led by Mame Warren, Boxerwood VISTA associate. (Americorps, "Volunteers in Service to America.") See listing above, April 20. Explore fifteen acres of rare trees and shrubs with many in full bloom. Wear comfortable shoes and be prepared for uneven terrain underfoot. Refreshments will be served. Boxerwood is always **Free and Open to the Public.** [bus, 3:30 pm]

April 28, Fri., 8 pm. Piano recital by Lexington musician Jonathan Chapman Cook; works of Brahms and Chopin. No ticket required. Wilson Concert Hall, W&L. [bus, 7:30 pm]

April 30, Sun., 3 pm. Piano music by Betty Bond Nichols, well known at Kendal as our accompanist for the Kendal Singers, at the home of Linda and David Krantz, 151 Elliot's Hill Lane. (See story, p. 8.) Free. [bus, 2:15 pm]



Health Care Centers (from p. 1)

who have few or no physical problems live in Webster. For those who do have other conditions as well, Borden is the answer. Both Webster and Borden are secure environments in that, should a resident with dementia leave the premises, the staff will be alerted. Residents who do not have dementia and do not wear a location device (perhaps a bracelet) may, of course, come and go as they like.

Borden has had its monitoring system since it was built, but Webster's system was installed only in the fall of 2015, along with the addition of the glass doors in the corridor leading from the Anderson lobby. As Charlotte points out, caring for persons with dementia was not considered a problem when the Webster Center was designed. The assumption was that Webster residents could easily mingle with Independent Living residents, using the library and other common spaces and taking meals in the main dining room. For some Webster residents this scenario is still possible. But a person with dementia lives in a different world. An unsupervised person with dementia may wander into the library, then into the lobby, then through the front door, and then set out to walk a few blocks to the home he or she remembers (perhaps in Pennsylvania). The lesson is clear; for safety, we need our monitoring system.

Again, having meals in the main dining room is a pleasant occasion for a Webster resident who does not have dementia. All the things happening -- people hurrying about, many conversations going at once, sudden bursts of laughter -- add up to a sociable and jolly mix.

But for someone with dementia, who recognizes nobody and does not remember having been in this place before, this same dining room can be bewildering and frightening.

Quiet, small-scale places to eat are a priority for the renovations to both Borden and Webster. Both centers will embrace a "neighborhood" or "household" concept. For Webster, which has only twenty residents at top capacity, the household idea already has a good start. Residents have always had a small and homelike community kitchen which they can enter whenever they like and which is capable of turning out a good batch of fudge. Already, some meals -- breakfast every morning, and supper on Thursday evenings -- are prepared in the main kitchen in Anderson Hall and sent up to the common space adjacent to Webster's kitchen. This will be the procedure for all meals after the renovation, although Webster residents who prefer to eat in the main dining room may continue to do so.

For the Borden Center, with its sixty beds and its present large main dining room, the construction needed to create the "neighborhood" pattern will take place for the most part at the ends of corridors, thus causing less disruption to residents. Two neighborhoods (the present "400" and "500" halls) will be designed for residents with dementia, while the third (the present "600" hall) will provide for short-term rehab patients. Each of the long-term neighborhoods will have 24 residents, and each will have its own kitchen, dining, and living spaces. The kitchens, like the

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Health Care Centers

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one in Webster, will be accessible to the residents. Meals will be prepared in Anderson Hall's main kitchen and sent to the neighborhood dining areas, but the kitchens can provide simple snacks. "If somebody wants a grilled cheese sandwich, we can make it right here," Charlotte says.

Borden's corridors will be re-designed to have as few as possible dead ends. Instead, residents may walk in a loop pattern, and may often turn a corner and discover something that interests them.

"We want to encourage interactive wandering," Charlotte says. "There might be different objects set up on a cart, for instance -- maybe kitchen gadgets to be sorted. Or fabrics to fold, with different textures." Wandering is typical of dementia patients. They are trying to make sense of the world they find themselves in, and often they welcome finding something familiar or something that sparks their interest.

Besides enjoying a variety of places to explore indoors, Borden and Webster residents will be able safely to go outdoors whenever they like. Each neighborhood will have an enclosed courtyard with paved footing, attractive plantings, and comfortable seating. There is a scientific as well as an esthetic reason for this enhancement. "A lot of research has been done on circadian rhythms," Charlotte says. "It's been shown that natural sunlight can reset the body clock. Residents who are exposed to natural light during the day will be better able to sleep without medication."

Natural light will be plentiful indoors as well, with an emphasis throughout Borden and Webster on windows. The Borden Center is a step ahead here. The beautiful Borden sunroom already provides a light-filled place to gather and is much appreciated by residents. The sunroom was built in 2009, with the help of many generous donors.

Borden's "rehab" neighborhood will include twelve rooms for short-stay residents, modeled not so much on a permanent home as on a comfortable hotel. There will be a small dining area, although, Charlotte says, most rehab patients prefer to have meals brought to their rooms. "Socializing at mealtime is not a priority for them," Charlotte says. "They want to heal up and go home."

Many rehab patients will have already gone home, straight from the hospital -- a growing trend. For these, Borden will offer expanded outpatient facilities. Borden's present rehab room is across the hall from the present large dining room. When the dining room disappears, the rehab department can grow and will include an amenity we don't have at present -- an outpatient waiting room. Outpatients will also have a direct entry from the parking lot and will not need to negotiate Borden's hallways.

At this point in time, it is not possible to give an exact timetable for these improvements. But stay tuned . . .

-- Jo McMurtry

Rachmaninoff Sung in Russian

The Rockbridge Choral Society will present Rachmaninoff's *Vespers* on Sunday, April 2, at 7 pm in the Lexington Presbyterian Church.

Eight Kendal residents have been rehearsing: Elsa and Ted Burrowes, Marty and Burrell Fisher, Caroline Hemmings, Wil Stratton, John Winfrey, and Ruth Woodcock. Christine Schadeberg, who is on the Kendal waitlist, is the featured mezzo-soprano. The Choral Society, with seventy-odd members plus guest performers, is drawn from Lexington and the surrounding area and is directed by Lexington musician/composer Bill McCorkle.

The title *Vespers*, according to Wil Stratton, is a mistranslation; a more accurate title is *All Night Vigil*. The composition is based on a service of the Russian Orthodox Church and makes extensive use of chant. The Choral Society will sing the work in its original Russian. Julia Goudimova, cellist with the Washington and Lee music department who was born in Moscow, has coached the singers on Russian pronunciation.

The piece frequently divides into six or more parts with beautiful harmonies. At one point, Wil says, there are eleven different parts. It is also known for its rich bass notes, descending to seemingly impossible depths.

Sergei Rachmaninoff left Russia in 1917, achieved worldwide musical fame, and died in California in 1943, having become an American citizen. He asked that the fifth movement

("Nunc Dimittis") of the *All Night Vigil*, which he had written long before in 1915, be sung at

his funeral.

Tickets are \$15, available at the door or from resident Ruth Woodcock.



Computer Learning Sessions

"IT Learning: How to Use Voice Commands" will be the topic of the computer learning sessions on April 11 and 18, both Tuesdays, at 3:30 pm in Kendal Hall.

Thanks to the IT folks at W&L, we residents of Kendal as well as W&L retirees are gaining in skills on our computers, tablets, and smartphones.

To date, we've had sessions on Security, Social Media, and Working with Images. In April, the sessions will focus on how to use Voice Recognition. Learn the capabilities -- and convenience -- of using verbal commands with GPS map apps and digital assistants on smartphones and tablets like Apple's Siri, Amazon's Alexa, and Microsoft's Cortana, as well as with writing (emails, letters, etc.) without the need for a keyboard.

Looking ahead, the KaLex Computer Group will be setting up a small computer desk in the

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Computer Sessions (from p. 6)

copier room. On a scheduled basis, there will be a volunteer available to help with specific skills on electronic devices.

If you need help with issues on your devices, including hooking up your TV, call someone in the Computer Group and they may be able to help you.

-- Dianne Herrick

Computer Group Members: Maureen Crandall, Elaine Emerson, Cleve Hickman, Dianne Herrick, John South, Helen Staley, Wil Stratton.

Kendal College In April

"The Grand Strategy of Ronald Reagan" will be the topic of a three-lecture Kendal College series on April 12, 19, and 26 (all Wednesdays) at 4:30 pm.

The instructor is Brigadier General Charles F. (Casey) Brower, professor emeritus of International Studies and Political Science at VMI, and a member of Kendal at Lexington's Board of Directors.

The three talks, respectively, are titled: "President Reagan: The Role of a Lifetime"; "Stranger in a Dangerous Land: Reagan and Lebanon, 1981-84"; and "Evil Empire and Worthy Adversary: Reagan, Gorbachev, and Ending the Cold War."

Watch for registration forms and other information in early April. There will be no charge. Kendal College programs are open to Kendal residents, staff, and invited guests of the Marketing Department. Please contact Sally Emory if you have questions.

From Our Therapists:

Fall Prevention Awareness

Kendal at Lexington will hold a presentation on Thursday, April 13, at 4:30 pm to raise awareness among older adults and their families, elder care professionals, and the general public about fall risks and ways to reduce them.

Among older adults, falls are the leading causes of injuries, deaths, unintentional injuries and hospital admissions for trauma. In 2010, in California alone, there were more than 74,000 non-fatal hospitalizations for falls among adults aged 65 years or older, with an estimated \$2.2 billion in medical costs. Falls can take a serious toll on older adults' quality of life and independence.

Although the risk for falls increases with age, falls are not inevitable. Falls can be reduced through interventions such as a fall risk assessment by a health care professional; regular physical activity to increase balance, strength, and

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Fall Prevention

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flexibility; and home assessment and modification. Older adults are encouraged to discuss possible fall risks with their doctor, get their vision checked, have their pharmacist review their medications, and contact a local senior center to see what services they offer.

It is important to take action once you begin to experience mobility difficulties, falls, or instability. Your doctor can provide a fall risk assessment or refer you to a physical therapist who can recommend appropriate exercises for you.

The old saying is true: "United we stand, divided we fall." Stand together with us to prevent falls!

-- Savleen Kaur

Special Piano Event

Betty Bond Nichols, Kendal Singers pianist, will be performing on Sunday, April 30, at 3 pm. There will be no admission charge. This will take place in the music room of the Krantz residence. The Krantzes live just outside of Lexington, at 151 Elliot's Hill Lane, and their home is handicapped accessible. The music program will last one hour fifteen minutes.

Here at Kendal we are all aware of Betty Bond's wonderful talent as a pianist. Betty was born and raised in Bedford, Virginia, and started piano lessons at age six. She is a graduate of Mary Washington College, where she received a

B.A. in the study of foreign languages. In addition to accompanying the Kendal singers, Betty Bond has performed with the former Bacchus players, the Little Town Players in Bedford, the VMI Theater, the VMI Glee Club, and Haywood's Piano Bar in Lexington.

There will be a bus scheduled.

-- Elbie Raisbeck

Trash Talk

Do you recycle? It is important that you do, and we want to encourage everyone to do so.

Do you know what is allowed in the trash rooms? Let's start with just one item. Corrugated Cardboard. Cartons that you get goods delivered in are usually corrugated cardboard. Cereal boxes are not corrugated cardboard. Corrugated cardboard is usually in three layers and an edge view looks something like this:

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It can be a nuisance to do but it would be helpful if you could flatten it before bringing it to the trash room.

Stay tuned for more trash talk in next month's newsletter.

-- Helen Behrens
for the Sustainability Committee

New Kendalite:**Charlene Jarrett,
Apartment 125, Cox Hall**

Charlene Jarrett was born and reared in Chandler, Oklahoma, but she considers Lexington her home, having lived here for over fifty years. She attended public schools and Oklahoma College for Women (now co-ed), and earned a bachelor's degree from the University of Oklahoma.

She married her childhood playmate, Marshall Jarrett (W&L 1952), in 1954. Charlene and Marshall and their two boys moved to Lexington in 1963, when Marshall joined the history faculty at his alma mater, and Charlene quickly became active in the community, including work with Lexington Presbyterian Church, the League of Women Voters, and Total Action Against Poverty. With others, she established a Mother's Club for women who needed to acquire skills in child care.

Charlene's musical abilities led her to begin studying piano and singing in a junior choir at age five, and music has been a major part of her life ever since. Indeed, she has taught piano in Lexington for over fifty years, as well as being active in the musical life of the Presbyterian Church.

As a child, she longed to have the opportunity to attend a camp that taught all the fine arts and their relationship to each other. In 1971, that vision led Charlene to create a summer Fine Arts

Workshop for Rockbridge area youth. It had classes for those from elementary school years through high school. This Fine Arts Workshop provided programs for children in drama, dance, music, and the visual arts. In the following years, Charlene's activities expanded to include sponsorship and administration of many groups, adding the Rockbridge Chorus (later to become the Rockbridge Choral Society), the Rockbridge Symphony, Rockbridge Ballet, Modern Dance Company, and Footlight Productions. In the early 1980's, it became more structured, renamed itself FAIR (Fine Arts in Rockbridge), and began to solicit contributions and support in a more extensive way -- a very successful effort. Charlene's leadership as administrator for these arts groups for nearly a quarter of a century is witnessed by the success of many of these programs that still continue. For her service and leadership in providing arts education to the youth of the community, the W&L chapter of ODK (Omicron Delta Kappa, national leadership honor society) elected Charlene to honorary membership in 2001.

Marshall and Charlene were fortunate to be able to travel as Marshall pursued his research in European History, the Enlightenment, and the French Revolution. They particularly enjoyed the year they spent in England, where Marshall was an exchange professor at the University of Oxford. Marshall died in 2010.

Both Jarrett sons live nearby, Charles in Buchanan and David, with his wife Deborah, in Rockbridge County. Charlene has two grandsons.

-- Nanalou Sauder

Trip to Monterey

If you have ever wanted to see lambs frisking (and they do frisk), you would have been thrilled by the sight of twenty or more racing around, following a leader on a mountaintop farm. Thanks to Catie King, our Wellness Program Manager, and her husband Jim, who gave up a day of work to show us around, we saw the sights in Highland County.

Saturday, March 11, was a cold but beautiful day as the Kendal bus and following cars climbed ever higher. The little town of Monterey, almost in West Virginia, was holding its annual Maple Festival in the Monterey elementary and high schools and in the streets. The festival was enormously popular, serving maple syrup with pancakes, maple doughnuts, and maple milkshakes. Also, about fifty vendors were offering handmade soap, knitted caps, wooden ware, metal flowers, and much more. I had a delicious maple milkshake to benefit the high school.

Back on the bus, Catie took orders for lunch, to give us more time, and we drove upward to Jim and Catie's white Victorian cottage, known as Fireside Farm. Jim gave us a rundown on raising baby chicks to broilers (they are "processed" at ten weeks). He has built a large cage on wheels for the layers that moves across the grass so that the hens always have fresh grass. We greeted Kevin and Bacon, two friendly pigs, and drove up to the pasture where Jim is taking care of cattle belonging to Chuck and Lou Ann Neely, owners of Riven Rock Farm, with whom they are partnering. Belted Galloway cattle,

with coarse, thick hair, were toasty warm no matter what the weather.

Up, up again, colder and colder, we came to Riven Rock Farm on the mountaintop. Here we saw the ewes and lambs. The mamas are so busy grazing that they pay no attention to their offspring gallivanting around. The animals are guarded by two Maremma sheepdogs, similar to the Great Pyrenees with a very thick white coat.

And back to Kendal on a nice warm bus, with appreciation to Catie and Jim for a marvelous day.

-- Anne Preuss
(with input from Catie King)

In Memoriam

Marian Minnix
Died March 5, 2017
Entered Kendal August 22, 2008

Nancye Shelton
Died March 8, 2017
Entered Kendal July 15, 2011

Audrey Salb
Died March 14, 2017
Entered Kendal May 1, 2007

New Kendalite:**Carolyn Bailey Dunlap
Apt. 224, Webster Center**

Carolyn Bailey Dunlap has lived in Lexington for much of her life, and on moving to the Webster Center she found that she already knows many of the people at Kendal. She is a longtime member of New Monmouth Presbyterian Church in Kerrs Creek, while her family also has many associations with Oxford Church on Buffalo Creek. Her son, Robert Walter Dunlap, and his family now live in the house that Carolyn and her late husband built on White Rock Road, below House Mountain. Carolyn also has a daughter, Karen Price, who lives with her family in Richmond, and two grandchildren "whom I adore."

Carolyn was born in Richmond and moved to Lexington when she was twenty, after studying business at Mary Washington College (in Fredericksburg) and the Pan American Business College (in Richmond). "Those were the days when all secretaries learned shorthand and typing," she says. Carolyn had a number of office positions in this area, including work at VMI, at Southern Seminary in Buena Vista, and at *The News-Gazette* in Lexington.

Carolyn's mother was from this area, and, upon coming to Lexington, Carolyn lived for a short time with her mother's brother, Dr. Frank Leech, and his family. Dr. Leech was a surgeon who was also known for raising much-esteemed Hereford cattle. When her uncle sent a bull to an auction, Carolyn says, "that auction would be

well-attended." Descriptions and photographs of several properties belonging to the Leech family and their genealogical connections can be found in the Reverend Horace Douty's *History Lessons from a Country Church*, focused on the past 250 years at Oxford Church.

After they had dated for a few years, Carolyn married Walter McCown Dunlap, an electrical engineer and graduate of VPI (Virginia Polytechnic Institute in Blacksburg, now usually called "Tech" but then firmly referred to as "VPI"). The couple moved to Virginia Beach, where the two children were born. Walter worked for the Virginia Electric and Power Company (VEPCO), and the family lived in several other places, including Richmond and Clifton Forge, before returning to the Lexington area. Walter died in 2004 and is buried in the New Monmouth Presbyterian Cemetery.

Carolyn has traveled to many places in the mainland United States as well as to Canada, Europe, Hawaii, and Venezuela. Her great travel love, however, has always been cruises, especially to the Caribbean. She has taken at least thirty of them, in the company of various family members and friends. Her son, Walter, says jokingly, "She used to abandon us when we were kids -- just dump us at the farm and take off on a cruise."

"I enjoy living at Kendal, close to my family and friends," Carolyn says, taking a sip of white wine and looking around at Webster's weekly wine-and-cheese party in full swing. "All the people are so nice."

-- Jo McMurtry



Library Tidbits

Kudos to Tom Bridges and Ibis Chambers, who have created and printed three Library Catalogs for our use. We now have updated Author and Title catalogs, but in addition there is a catalog by Genre. Our great hope is that you will find these very useful as you use our Kendal Library.

-- Sarah Giddings

Bon Appetit!

(A Few Words from the Director of Dining)

We here at Kendal at Lexington strive to provide a large cross section of foods prepared for you and your loved ones. Food and menu selections are based on the time of year, the season, and the availability of the freshest product possible. We follow market trends and are always updating weekly menus and menu mixes.

Did you know we get two deliveries a week from our main purveyor? US Foods works closely with the Chefs here at Kendal to maintain the quality and availability of product for all residents, guests, and family members on site on any given day -- 365 days a year, three meals a day. Then, just to keep it interesting, we also provide snacks, food for activities, special events for Borden and Webster residents,

memorial services, an onsite Restaurant, and outside catering.

You may wonder why our menu starts mid-week on a Wednesday? The answer is quite simple. Our trucks run on Tuesday and Friday, with the purchases we need.

The Borden Center is very special to us, and the remainder of this article is addressed to Borden residents, their families, and their friends. We send the weekly menus to Borden on Friday in an attempt to get some accurate numbers as to what your loved ones prefer, so we can have the appropriate food hot, ready, and good to go for breakfast, lunch, and dinner -- and YOU can help! Many of our Borden folks require assistance in filling out their weekly menus. If that is YOU, please drop the menus in the box on the wall near the office of Brittany Camden, Resident Services Coordinator (600 hall). If you do this on Sundays, we can tally them up and double check to make sure we are preparing the correct quantity and quality for ALL when we order on Monday for Tuesday's delivery. Whether you are in the Borden Center short term for rehab, or long term, we here in Dining want to make your stay enjoyable. Can you help us out?

-- Judith K. Kurtz
Director of Dining Services

Resident Address Changes

Julie Krentzlin to Apt. 211, Webster Center

Louise Pope to Room 402, Borden Center

Memorials Chosen by Library Committee

For Jim Holland:

We all remember Jim Holland as Kendal's song and dance man. He often said that *1776* was his favorite show that he ever appeared in.

So the Library Committee has chosen the DVD of *1776* as the Memorial to Jim. This musical tribute to the Declaration of Independence takes place in Philadelphia in late June and early July of 1776, when John Adams and Ben Franklin try to coerce all of the delegates to agree to Thomas Jefferson's wording. While there are no very catchy tunes, the music complements the story nicely.

Jim played the part of James Wilson of Pennsylvania, and was always very proud of his role as the man who cast the deciding vote in favor of Independence.

-- Sarah Giddings

For Pat Leach:

Nop's Trials, by Donald McCaig

"Nop! Nop! Way to me!" "Come by!" "Stand!" These are the words of life, words of joy to Nop, as he works the sheep (his "woolies") with his master, Lewis Burkholder. Nop is a champion border collie, who in his young life has already won several competitive trials. Soon he will endure other trials, far less pleasant than the ones he works with Lewis.

Lewis and Beverley Burkholder own a sheep and cattle farm in the Shenandoah Valley. Their daughter Penny and Penny's new husband, Mark, live with them. The two shepherds, Nop and the Stink Dog, complete the household. Stink is also a champion border collie, who worked the farm with Nop until she was maimed by an enraged cow. Now she spends her days soaking up the warmth of the big stove. One day Nop is stolen, and so begins his ordeal as he bounces from owner to owner, some greedy and sadistic, some merely bumbling and clueless. All of them are just trying to make a few dollars at Nop's expense. We meet some truly revolting characters along the way. One of the worst is Sourball, a killer dog who almost finishes off poor Nop. The Gumm brothers, who steal Nop out of greed, are shiftless and mean.

There are plenty of good people, too, kind and responsible dog owners, the Burkholders' friends and neighbors, and the Burkholders themselves. This is a solid, devoted family. They are devastated by the loss of Nop, and Lewis will move heaven and earth to get him back. He and Mark storm sheriffs' offices, put up posters (\$500 reward), and grill the neighbors. In true dog story fashion, everything will turn out okay, and Penny and Stink will have a glorious moment.

This is Nop's story, but it is also the story of the Burkholder family and how they cope with the tensions and troubles that come with the loss of Nop and Lewis's obsession with finding him. One of the pleasures of the book is discovering occasional references to places in our valley. Roanoke plays an important role in the story.

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Readers will learn much about sheepdog trials and the magnificent dogs who bend the "woolies" to their will by sheer determination, by their fierce stare and menacing posture. Dog lovers may cringe at some of the abuse in this story, but through it all Nop bears up in true shepherd style: patient, optimistic, and fearless. In the end we're happy to see wonderful Nop return to the trials for which he was born.

-- Caroline Hemmings

Looking Around with Maureen:

Traffic Issues in Lexington

Have you ever set out in your car at 4:30 or later of a Friday afternoon? What did you find? Did you experience congestion, defined by Wikipedia as "slower speeds, longer trip times, and increased vehicular queueing"? Is the latter particularly evident and indicative of patience-trying road conditions in Lexington? If you use Routes 11 and 60, there will certainly be other errand-runners out and about, but a slower speed does not seem to be the issue, given the low posted speed limits prevailing at all hours. Increased vehicular queueing is a clever turn of phrase, but relative to what and how do you measure it?

A clear candidate for blame for whatever elements of congestion you face at that time of day is the timing of the traffic signals that confront you on either of these routes. The signals seem extremely poorly timed, designed

to back up cars block by block, rather than to keep traffic moving slowly and steadily. A red light at the next intersection can result in cars being stopped all the way back to the light at the previous intersection, which allows no space for those turning into these larger arteries from side streets. This peculiar signals timing, with the resultant stop-and-go and then stop again, can certainly add to your total trip time. Traffic engineers, dust off your old plans and decisions of decades ago and take a new look at the Lexington of today, with an eye to improving the timing to foster smooth progress of vehicles! Some have said that this odd timing of signals is done purposefully to benefit the local shop-keepers, who now have the attention of potential customers as drivers sit unmoving in vehicular queues. Conditions of queued traffic might even lead to demonstrations of road rage, but observations of that in Lexington, where nearly all drivers are courteous and patient, are rare.

How does this traffic matter compare to similar issues in other locations? Here it all depends on your perspective and your personal history. If you in the past commuted to Washington, DC, at rush hour from Virginia or Maryland, you were almost certain to have faced huge delays in your total trip time, compared to the time required to travel the route in off-rush-hour times. Inbound and outbound backups on I-66, I-395, and Route 123 have been legendary. Larger cities have begun to take steps to try to mitigate their traffic problems by assessing fees on rush-hour travel to discourage non-essential travel, or by reversing lanes to accommodate the volume of vehicles, or by establishing car pool

(cont. on p. 15)


Looking with Maureen (from p. 14)

lanes, and/or by restricting street parking to open up another lane. Some of these might not suit Lexington, since the main routes and the historic buildings that line them do not lend themselves to construction of additional lanes, and restriction of street parking might draw the ire of local businesses.

So minimize your complaints and do your errands in non-rush-hour times. Stock up on your patience, allow extra time, and think about other things that are really worth complaining about!

Addendum to last month's column, on funeral expenses: If you select a traditional funeral, know that you are not compelled to buy your casket from the funeral home. Both wooden and metal caskets are on the websites of Amazon and Walmart, for example. You can have one shipped to yourself or to the funeral home, where there may be a storage fee. At Amazon, metal caskets range from \$895 - \$1,500, and wooden caskets from \$550 - \$1,637. At Walmart, the range for metal is \$1,362 - \$3,794, and for wood is \$888 - \$2,355. The prices of both vendors are substantially lower than those for caskets sold through funeral homes.

-- Maureen Crandall

 **Where's Missy?** -- Missy Quirk, canine protectress of resident Kay Quirk and a popular columnist for this newsletter, is taking a vacation this month.



Vespers for April

All are welcome to these ecumenical services, held each Sunday at 4 pm in Kendal Hall. The volunteer officiants and musicians are much appreciated. Arranged by the residents' Vespers Committee.

April 2: the Rev. Deb Klein (Lexington Presbyterian Church); musician, Mary Harvey-Halseth.

April 9: the Rev. William A. Mills (Buena Vista Pentecostal Holiness Church); musician, Clyde Moore.

April 14: Good Friday Service at 11 am in Kendal Hall. Centered on the Seven Last Words of Christ from the Cross. Conducted by Kendal resident Renate Chapman.

April 16, Easter: the Rev. Jason Grimes (High Bridge Presbyterian Church); pianist, Eve Loudermilk; trumpet, Kendal resident Don Taebel.

April 23: the Rev. Robert C. Gordon (Timber Ridge Associated Reformed Presbyterian Church); musician, Jerri Keen.

April 30: the Rev. Bill Klein (Lexington Presbyterian Church); musician, Jean Eisenhauer.

March Madness Competition Under Way

Sixteen residents and five staff members have entered the "March Madness" bracket competition arranged by Jason Bunn, our Fitness Program Manager, and consequently are following this year's NCAA men's basketball tournament with special interest. The elimination of Duke, chosen by six participants as national champion, Villanova, chosen by three, and Arizona, chosen by two, just goes to show you never can tell. Here are our standings, scored by Jason, as this newsletter goes to press. A perfect score would be 64.

Ann John, 51; Ned Henneman, 50; Beth Knapp, 47; Jo McMurtry, 46; Lew John, 46; Bev Nedrow (staff), 45; Nanalou Sauder, 43; Jim McMillan, 43; Tom Strickland, 43; Laura Hotinger (staff), 43; Chris Stackpole, 43; Meg Stackpole, 40; Jerry Massie (staff), 40; Sally Emory, 40; Lloyd Craighill, 40; Bill Russell, 39; Ted Chapman, 39; Jason Bunn (staff), 39; Louise Pope, 38; Sarah Giddings, 35; Blair Nicely (staff), 35. Watch for the final results in the May issue of this newsletter.

Fellowship Fund Looks to the Future

Contributions may be made to Kendal's Fellowship Fund at any time, but this month has been chosen for special emphasis. Residents have received a message from members of the

Board of Directors' Philanthropy Committee giving details of the fund and describing a number of ways (often with tax advantages) that donations may be made.

Please consider a generous gift. The fund is designed to benefit residents who, through no fault of their own, are no longer able to meet their monthly fee obligations. In today's uncertain economy, and with the longer lifespans that have become typical of our society, this situation is one to which any of us may some day wake up. The goal of the fund is to make certain that no resident of Kendal will be asked to leave.

Occupancy Update

For a brief and shining moment in February, Kendal had 100 per cent occupancy-plus-reservations in Independent Living. A flurry of internal moves then made ten IL cottages and apartments available. As we go to press, eight of these have been reserved and are being renovated for their future occupants. Two residences are available for immediate reservation: a one-bedroom cluster cottage, and a two-bedroom-with-den apartment.

Meanwhile, the Marketing Department is spreading the word about the thirty yet-to-be-built cottages that will occupy the hill to the northwest of the main building. Members of our current waitlist have been contacted in order to give them first choice. Reservations will begin in the coming weeks.

(cont. on p. 17)

Linda Moreschi and Terri George, Marketing Associates, tell us that eleven reservations are in process so far this year and that five households (doubles or singles) have joined the waitlist in the past month.

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, Maureen Crandall, Sally Emory, Sarah Giddings, Maury Hanson, Rae Hickman, Jo McMurtry (editor), Kay Quirk, Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Marje Sherrill, Rudie Terhune, Clara Belle Weatherman, Dick Werling.

The deadline for the May, 2017 issue is Wednesday, Apr. 19, 5 pm.

Bits and Pieces . . .

Save the Date -- Murder on June 6. The Kendal Players invite you to enjoy a "wartime" meal and solve a murder at "Death of a Volunteer," a 1940's mystery set on the American home front during the age of Swing, Big Band, and the Second World War. Details will follow in the May newsletter, but you may also call Meg Stackpole at 461-8912. (The date is easy to remember -- June 6, a Tuesday, is D-Day.)

"**Help us to know what's working well and what isn't,**" said Mina Tepper, our Executive Director, as she reminded residents to expect the

current Resident Satisfaction Survey forms in their mailboxes in early May. "Please be honest and candid." This survey is taken two years and is administered by Holleran Consulting, a research firm specializing in senior communities. Residents' responses are not sent directly to Kendal's administration. Holleran prepares a summary, and no residents' names are used.

Planning for Garth Newel Trips: Kendal customarily makes a number of bus trips to summer concerts at Garth Newel Music Center, a long-established (since 1973) chamber music venue near Hot Springs in Bath County. To choose which of this summer's concerts we wish to attend, Sarah Giddings will hold a meeting on Thursday, April 6, at 1 pm in the North Parlor. Come and make your preferences known.

"**Good news and bad news**" was resident Hardin Marion's introduction to his report, given at the Residents Association meeting of March 15, on the progress of the capital campaign for the renovation of the Borden Center. The good news: the total contributed or pledged at that point was \$994,472. The bad news: this sum was so tantalizingly close to a million dollars -- almost there, but not quite. But wait . . . according to Becky Edmondson, Executive Assistant, who keeps the tally on this fund, "at the end of the meeting, a resident stepped forward to pledge that additional \$6000."



Weekly Scheduled Activities

| | | | |
|------------------------------|----------|---|---------------------|
| Sundays (2, 9, 16, 23, 30) | 4:00 pm | Vespers | Kendal Hall |
| Mondays (3, 10, 17, 24) | 1:30 pm | Needleworkers | North Parlor |
| | 7:00 pm | Movie | Kendal Hall |
| Tuesdays (4, 11, 18, 25) | 12:45 pm | Recorder Consort | Kendal Hall |
| | 5:00 pm | Wine & Conversation | Kendal Hall |
| Thursdays (6, 13, 20, 27) | 10:00 am | Bible Study with the Rev. Tom Crittenden | Staff Devel. Rm. |
| | 7:00 pm | Movie | Kendal Hall |
| | 10:30 am | Kendal Singers | Kendal Hall |
| Saturdays (1, 8, 15, 22, 29) | 3:00 pm | Movie | Webster |

Out and About in April

[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.]

April 1, Sat., 1-5 pm. The eleventh annual Bull & Oyster Fest, benefitting the Rockbridge Area Health Center, will be held at the Virginia Horse Center, 487 Maury River Road. Oysters and barbeque, with music by Graham Spice and Friends. Ticket \$45, available online and at Hamric & Sheridan, Jewelers.

April 2, Sun., 2:30 pm. Illustrated talk on "The Heyday of Natural Bridge Station," by Steve Beck, president of the Rockbridge Historical Society, at Natural Bridge Elementary School, 42 Natural Bridge School Road. The presentation is sponsored by the Rockbridge Historical society; refreshments to follow. Free admission.

April 22, Sat., 10 am to 5 pm. Lexington's day during Historic Garden Week, sponsored by the Garden Club of Virginia and including house and garden tours statewide, April 22 through 29. Local sponsors are the Augusta and the Blue Ridge Garden

Clubs. Included are six properties, homes and gardens, most of them on South Main Street, as well as the home and studio of the late artist Cy Twombly at 207 Barclay Lane. Details can be found at www.vagardenweek.org. Advance ticket \$25, available at the Lexington Visitor Center; day-of ticket \$30, available at any of the properties.

April 28, Fri., April 29, Sat., 7 pm; April 30, Sun., 2 pm. Rockbridge County High School students perform Tennessee Williams' *The Glass Menagerie*. This play premiered in 1944 and has become a classic of American theater. Ticket \$5 at the door. 143 Greenhouse Road. Claire Moreschi, daughter of Marketing Associate Linda Moreschi, plays the part of Laura Wingfield.

April 28, Fri., 7:30 pm; April 30, Sun., 3 pm. Opera Roanoke presents Carlisle Floyd's *Susannah*. The opera has an Appalachian setting, is based on the "Susannah and the Elders" story in the Biblical Apocrypha (Book of Daniel, chapter 13), and is directed by Scott Williamson. Tickets start at \$26 and go to \$105. Shaftman Performance Hall at the Jefferson Center, downtown Roanoke.

April Activities Calendar

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

| | | | |
|----------|-----------------------------|---|------------------------------------|
| 2, Sun. | 7:00 pm | Rockbridge Choral Society Spring Concert | [bus, 6:30 pm] |
| 3, Mon. | 8:00 am | Men's Breakfast | Dining Room |
| 4, Tue. | 8:15 pm | University Wind Ensemble | [bus, 7:45 pm] |
| 6, Thu. | * 4:00 pm 1:00 pm | Talk by Dr. Alfonso Brochero Garth Newel Planning Meeting | Kendal Hall North Parlor |
| | 8:00 pm | University Jazz Ensemble | [bus, 7:30 pm] |
| 7, Fri. | 7:00 pm | Bluegrass Ensemble, W&L | [bus, 6:30 pm] |
| 8, Sat. | 9:00 am | Trip to Taubman Museum of Art | [bus, 9:00 am] |
| 11, Tue. | 1:00 pm | Residents Council Meeting | North Parlor |
| | 3:30 pm | Computer Group | Kendal Hall |
| | 6:30 pm | Sunnyside Weavers | Sunnyside House |
| 12, Wed. | 4:30 pm | Kendal College, taught by Casey Brower | Kendal Hall |
| | * 7:15 pm | VMI Glee Club | Kendal Hall |
| 13, Thu. | 2:00 pm | Dementia Caregivers Support Group | Sunnyside House |
| | * 4:30 pm | Presentation on Fall Prevention | Kendal Hall |
| 18, Tue. | 3:30 pm | Computer Group | Kendal Hall |
| 19, Wed. | 9:30 am | Residents Association Meeting | Kendal Hall |
| | 4:30 pm | Kendal College | Kendal Hall |
| 20, Thu. | * 4:30 pm | Talk by Mame Warren about Boxerwood | Kendal Hall |
| 21, Fri. | 4:30 pm | VMI Dress Parade | [bus, 3:50 pm] |
| 25, Tue. | 7:30 pm | "Judgment at Nuremberg," W&L | [bus, 7:00 pm] |
| 26, Wed. | 4:30 pm | Kendal College | Kendal Hall |
| 27, Thu. | 4:00 pm | Trip to Boxerwood Garden | [bus, 3:30 pm] |
| 28, Fri. | 8:00 pm | Piano Recital, Jonathan Cook, W&L | [bus, 7:30 pm] |
| 30, Sun. | 3:00 pm | Piano Music by Betty Bond Nichols | [bus, 2:15 pm] |

* Free and Open to the Public

Kendal at Lexington
The Residents' Newsletter

