



The Residents' Newsletter

Kendal at Lexington

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Vol. 17, No. 6
JUNE 2017

Stars Are Twinkling On Sunrise Ridge

Reservations are now open for Kendal's thirty yet-to-be-built Sunrise Ridge cottages, and those of us already here have an easy way to watch these reservations come rolling in. Just look in the Anderson lobby, where a site plan has been placed on an easel near the main door to Kendal Hall. As each cottage is taken, it is marked with a silver star. And, as this newsletter goes to press, ten stars are already in place.

In order for financing for the project to proceed, "We need to have reservations for seventy per cent of the cottages by the end of September," says Jessica Buhler, Director of Marketing. The magic number thus becomes 21, and holders of the first 21 reservations have been given a tempting incentive; their entry fees are those set for 2017, even though they will not move in until the cottages are completed at some point in late 2018 or early 2019. (Completion time is an estimate.)

The Sunrise Ridge cottages will be built on the high ground of the northeastern portion of the campus, circled by a loop road, looking out on the rural scene we all love -- fields, trees, the mountain skyline. All have been designed with an emphasis on openness and light, with plenty of storage space.

There are ten duplex cottages of 1400 square feet; fifteen free-standing cottages of 1500 square feet; and five freestanding cottages of 1750 square feet. Each may be customized in many ways. Gas fireplaces can be installed, patios enclosed, garages enlarged (in some cases), bookshelves built in -- the list goes on. Spectrum Design of Roanoke is the architectural firm for the Sunrise Ridge cottages as well as for the renovation/expansion of our two health centers, expanded dining venues, an emergency access road, and other campus improvements, all part of Kendal's Master Plan.

How many new residents will we have, when the cottages are completed? According to

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🎵 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.]

June 1, Thu., 7:30 pm. "The Music Man" at Southern Virginia University, Buena Vista. Senior ticket \$9.30; can be reserved at 261-8464. The good news: SVU's musicals are typically very well done. The bad news: the auditorium in Chandler Hall is difficult to access: stairs (23 of them), no elevator, no provision for wheelchairs. People with mobility issues may prefer to give this one a miss. Bus fare, \$5. [bus, 6:45 pm]

June 2, Fri., 2:30 pm. Staff appreciation party in honor of our wonderful staff. This is our chance to personally thank our staff for all the things they do for us. Arranged by Residents Council. Contributions for the June distribution of checks are closed, as of May 29, but checks are always welcome and will be applied to the December distribution. Kendal Hall.

June 3, Sat., 6 pm. Folksinger/songwriter John McCutcheon performs at the Garth Newel Music Center in beautiful Bath County. McCutcheon is a multi-instrumentalist who has

produced 34 albums since the 1970's. Picnic at 6 pm, doors to the concert hall open at 7 pm, and the concert begins at 7:30 pm. Cost for picnic and concert is \$43 per person; bus fare, \$5. Contact resident Sarah Giddings with questions. [bus, 4:45 pm]

June 3, Sat., 7:30 pm. Concert at Lime Kiln Theater, not far from Kendal. Two groups perform: Will Lee, Danny Knicely, & John Flower join Rob Ickes and Trey Hensley. The sound is basically bluegrass, with lots of harmony vocals. Kendal at Lexington is the sponsor of this event. Ticket \$15 in advance (available online), \$20 at the door. Food, beer, and wine available. [bus, 7 pm]

June 5, Mon., 8 am. Men's breakfast. No reservation needed. Dining Room.

June 6, Tue., 5 pm. Kendal's own Mystery Dinner Theater presents "Death of a Volunteer," a World War II-era drama acted by Kendal residents (and one Kendal board member), and directed by Claire Moreschi, daughter of Marketing Associate Linda Moreschi. The audience will listen alertly, pick up the clues, and solve

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In Memoriam

Sylvia Zoecklein

Died May 16, 2017, in the Borden Center
Entered the Webster Center February 11, 2013

Calendar Notes

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the mystery. Dinner will feature the cuisine we remember from the duration (Spam in some form, yes indeed, though perhaps not as the main course) and will cost 20 dining points per attendee. In addition, a cash bar is available for wine and beer. World War II-style attire is encouraged. Couples and friends arriving together will not necessarily be seated at the same table, although seating swaps can be arranged. Space is limited, and reservations are almost complete as this newsletter goes to press. However, there will be a waitlist, with special consideration for new residents just moving in. Contact Dianne Herrick about waitlist tickets. Kendal Hall. (The regular weekly Wine and Conversation gathering is cancelled for June 6.)

June 7, Wed., 4:30 pm. Second meeting of the Kendal College course, "Social Psychology: How Social Forces Affect Our Thoughts and Behavior," taught by Julie A. Woodzicka of the W&L Psychology Department. Open to Kendal residents and staff, and to invited guests of the Marketing Department. The final meeting takes place on Wednesday, June 14. See the May issue of this newsletter for details; contact resident Sally Emory with questions. Kendal Hall.

June 8, Thu., 2 pm. Monthly meeting of the Dementia Caregivers Support Group. Open to all Kendal residents and staff, as well as to all Rockbridge area residents. For more information, contact Cathy Lewis, Kendal's Clinic RN, at 464-2609. Sunnyside House.

June 9, Fri., 11 am. Trip to Natural Bridge State Park, 13 miles south of Lexington. Our

guide and interpreter will be Ed Spencer, pillar of the Rockbridge Area Conservation Council and an expert on Natural Bridge. Natural Bridge is the newest of Virginia's 37 state parks, having joined the list in September of 2016. The bridge itself is a 215 foot-tall limestone archway carved out over many eons by innocuous looking little Cedar Creek. According to resident John Gunn, who arranged this trip, the best view of the bridge is obtained by walking under it on the creekside trail, then turning and looking back. The same trail then leads on to a Monacan Indian Exhibit, with historical interpreters on site, a saltpeter mine, and an attractive waterfall. John warns Kendalites against walking the trail down to Cedar Creek from the Visitors Center -- steep and long -- and recommends taking the free Natural Bridge bus. The lunch room is open until 2 pm with sandwiches, pizzas, and (says John) "about ten brands of beer." Entry fee to the Bridge is \$8. [bus, 10:30 am]

June 10., Sat., Time TBA. Watch for postings about a possible bus to the Profiles of Honor mobile unit, an interactive exhibition arranged by the Virginia World War I and World War II Commission. VMI Parade Ground, 9 am to 4 pm. For more information, visit www.virginiawwiandwwii.org/tour.

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Calendar Notes (from p. 3)

June 12, Mon., 4:30 pm. Mack Smith, an owner of Smith Farms of Rockbridge County, and a member of the Rockbridge County Board of Supervisors between 2004 and 2012, talks about farming at Sunnyside. The multi-generational Smith family business has leased the Bartenstein farming property, adjacent to the Kendal campus, for many years. The cows, tractors, and hay bales that we see every day are theirs. Smith Farms owns or leases farming property all over the county and is noted for its use of modern technology. Come and learn about the practical considerations behind our beautiful scenery. Kendal Hall. **Free and Open to the Public.**

June 13, Tue., 1 pm. Monthly meeting of Residents Council. Any Kendal resident may attend these meetings. Notify Karen Russell, Residents Association president, if you would like a spot on the agenda. North Parlor.

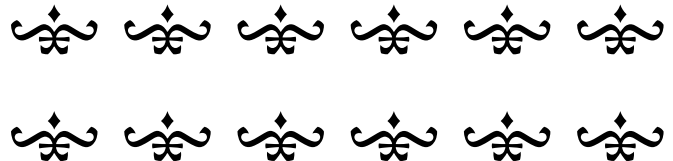
June 13, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. Sunnyside House.

June 15, Thu., 4:30 pm. Talk on aquatic therapy by Doris Moorman, PT, a physical therapist at Kendal. (See story, p. 9.) Kendal Hall. **Free and Open to the Public.**

June 21, Wed., 9:30 am. Residents Association meeting. All Independent Living and Webster residents are members of this body. Light refreshments before the meeting. Kendal Hall.

June 21, Wed., 10:30 am. Trip to Nature Camp in Vesuvius, Rockbridge County. This trip is a follow-up to the talk by Philip Coulling, executive director of the camp, this past May 11. Bus fare, \$5. [Bus, 10:30 am]

June 28, Wed., 4:30 pm. Talk, "The Faith of Robert E. Lee," by the Reverend David Cox, author of *The Religious Life of Robert E. Lee* (published April, 2017). This book has been described as "the first close examination of how Robert E. Lee's faith shaped his life." The Reverend Cox is one of the founders of Kendal at Lexington and served as rector of R. E. Lee Memorial Church between 1987 and 2000. This is the first of two talks at Kendal on this subject; the second is scheduled for July 5. Kendal Hall. **Free and Open to the Public.**



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 July, 2017 issue is Wednesday, June 21, 5 pm.

Sunrise Ridge Cottages (from p. 1)

Jessica, the ratio of single to double occupancy for residents entering Kendal is typically about fifty-fifty, and this pattern will presumably continue. So we're looking at approximately 45 new neighbors in Independent Living. Currently, Kendal has 156 Independent Living residents, plus twenty in the Webster Center (assisted living), and up to sixty in the Borden Center (skilled nursing care). Both Webster and Borden serve the Rockbridge area as well as Kendal's contract residents.

With our new total of 150 Independent Living cottages and apartments, Kendal will be in the ball park as far as optimum size is concerned. Smaller communities are less able to practice economies of scale -- an important consideration for Kendal's financial wellbeing in the long term. (And, of course, economies of scale may have a bearing on the monthly fees we residents are paying all along, both short and long term.)

To get out the word about the Sunrise Ridge cottages, the Marketing Department has recently sent out a large mailing and has begun extensive advertising. Several on-campus events have already been held for prospective residents, and another is planned for June 15, from 9:30 to 11 am in Kendal Hall. This informational session will include a tour of the site. Anyone who would like to come and who has not received an invitation may contact the Marketing Department (540-458-0117) and RSVP by June 9.

For more information, visit Kendal's website at www.kalex.kendal.org/expansion.. Here you can find a video photographed by a well-informed flying drone which explains, as we circle the site, which views can be seen from which cottages. (Well, perhaps the voice-over was added by a human.) This video shows the site as it presently exists; another, based on animation drawings, takes us into the future and moves around the three cottage designs, exterior and interior, as these will look when completed. As a change from all this swooping about, one can also look at some non-moving images: floor plans for the cottages, a campus trail map, and a form for requesting, via email, a schedule of fees for the Sunrise Ridge cottages.

-- Jo McMurtry

Resident Art Show June 2017

The June Resident Art Show will run from Monday, June 12, to Friday, October 6. The day to retrieve work and bring in new work is Friday, June 9, between 10 and 11:30 am and 2 and 3 pm.

For the object label posted beside each piece, please provide your name, a title, and the type of medium. Art Show notices will be distributed in early June that include guidelines to clarify what

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Art Show

(from p. 5)

to use for hanging, and a similar notice will be posted on the mailbox bulletin board.

With only two display cases, our space is limited for small unframed works. Please alert us ahead of time if you have such items, so we can plan the display (vg93shelar@comcast.net).

For anyone newly arrived at Kendal, please consider exhibiting in our gallery. We are always grateful to those of you who lend your work, which does not have to have been recently created but must have been made entirely by you.

The Residents' Art Gallery is located on Level One, just past The Restaurant and in the corridor leading toward the south elevator. The next art show will open October 9, 2017. The first art show in 2018 will open Monday, February 5. Please direct any questions to either Victoria Shelar or Trix Rumford.

-- Victoria Shelar

The Kalex, Volume 7

The *Kalex* is Kendal at Lexington's literary and artistic magazine. It was started in 2011, the godchild of Leland Goddard and friends, to publish by residents for residents "short fiction, non-fiction, reportage or commentary, poetry, sketches, photography, paintings"

Articles have included reminiscences by residents who have traveled widely, who have served in the armed forces, who have been missionaries in Taiwan and elsewhere, or who have provided us with fascinating tales of the local history of Lexington and Rockbridge County. Kendal residents include published poets and acclaimed artists.

The *Kalex* usually has 28 pages of text and four-color covers -- such as Pat Irons' striking photo of a yellow goldfinch, Duane Watson's stained glass eagle, and John Winfrey's acrylic painting of Sunrise.

The editors reserve the right to edit submissions, but authors are always given final approval before publication. We look forward to seeing your writing and artwork; please send them, preferably by email, to Marjorie Sherrill or Anne Preuss. The deadline is September 1. We plan to publish this autumn.

-- Anne Preuss

Garth Newel Summer Concerts

It is time to get out your calendars and mark bus trips to Garth Newel, our favorite chamber music venue in Warm Springs, Bath County. A small group of devotees has selected the following Sunday afternoon concerts for bus requests, in addition to the June 3 concert (a Saturday) early this month.

The dates are: July 9 (sponsored by Lexington Friends of Garth Newel), July 16, July 30,

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Garth Newel Dates (from p. 6)

August 20 (sponsored by us, Kendal at Lexington), August 27, and September 3 (the traditional final concert of the summer season).

There are concerts every Friday and Saturday evening and Sunday afternoon throughout the summer months. If you would like to attend any for which we don't have a bus scheduled, the chances are pretty good you could find others to drive with you.

For those of you who prefer to drive yourselves on bus days, we can include you in the bus count in order to get our tickets at a discount. We need ten participants for the discount.

In addition, the Emerging Artists concert here at Kendal is scheduled for July 19, a Wednesday evening. Don't miss it.

-- Sarah Giddings

Kendal Golf Team Finishes Near Top

The Lexington/Rockbridge Chamber of Commerce fielded 24 teams on Friday, May 19, in their annual Golf Classic at the Lexington Golf and Country Club. Many of the area's best golfers participated.

The Kendal resident/staff team amazed everyone (including themselves) by tying for third place. John South was away this year, so team captain Bill Russell had to go to our bench

for a replacement. His pick of Tom "One Putt" Maxwell was a huge plus, augmenting Bill, Jason Bunn (fitness staff), and Boo Rowsey (maintenance staff). Our team was fourteen under par.

Kendal at Lexington was one of the sponsors of this event.

-- Bill Russell

Looking Around with Maureen:**Trials and Tribulations of Personal Computer Use -- And Finding Help**

Within a few weeks of arriving at Kendal, I was the victim of a massive computer hacking attack. Somehow I found someone who recommended The Computer Doctor in Fairfield (540-377-9653), and off I went to get my old computer fixed, if possible. I was too new to know that there were other sources available, or who they were. (I had yet to find the Alcove! -- which has a list of sources of computer help, both within and without Kendal.) Nathan Straub, Kendal's IT Network Administrator, was instrumental in impressing upon me the seriousness of the matter, and luckily my bank account remained un-hacked. The Computer Doctor fixed my computer and cleaned it up, and I felt the \$90 was well spent. I think you can't go wrong with that shop. At the bank I had already shut down all my old bank accounts and opened new ones. I ordered new checks. I changed all

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Looking With Maureen (from p. 7)

my passwords and usernames, and generally started over, a tedious and time-consuming process.

Since then, I discovered that Sharon Sherrard, of Millboro in Rockbridge County, is one local source of computer help of whom residents might need to be aware. This past May, I finally reached my breaking point in the face of ads, ads, and more ads, interrupting whatever I was working on. Sharon comes to your unit, charges \$40 an hour, and I haven't seen a single ad since she visited me. I think many of you may already know her, or of her. I have heard nothing but praise for her efforts from other Kendal residents, who call her a gem, and I agree. I have an old Hewlett Packard PC, but she can address problems on either a PC or on an Apple, and it is an added huge plus that she makes house calls here. So the next time you are ready to tear your hair out or throw the machine out the window, think about giving her a call at 540-997-9183, or email her at sssherrard@gmail.com. She comes as soon as she can, and keeps her appointments on time.

-- Maureen Crandall

How About Trying a Meatless Monday? -- A Suggestion from the Wellness Committee

"Meatless Monday" is an international campaign that encourages people to not eat meat on Mondays to improve their health and the

health of the planet. Meatless Monday is a non-profit initiative of The Monday Campaigns, Inc., in association with the Johns Hopkins Bloomberg School of Public Health Center for a Livable Future.

Kendal's dining room features one vegetarian entrée every day . . . and we can take a small but significant step by trying them! And if Monday's item doesn't appeal to you or there's a particular favorite item involving meat, there's always Tuesday! Or Wednesday . . . Just try cutting out meat one day a week and you're likely to find delicious, healthy alternatives available in our dining room even if you're a confirmed carnivore.

-- Kathy Holmes

Trash Talk

Newspapers have a way of piling up. They are disposed of in a separate bin in the Trash Rooms. The important thing is to keep the newspapers in the bin in a neat pile. Our maintenance people pick up the trash twice a week, and it's much easier for them to pick up a neat pile of newspapers, all lying in the same direction, than to have to cope with a bin full of papers thrown in there willy-nilly. So make their job easier by stacking all of your newspapers in a neat pile, all laid in the same direction. Our maintenance people will appreciate the little effort you take to make their job easier.

-- Helen Behrens



Cat's Corner

(conducted by Shay Peters)

This will be a new monthly addition to our newsletter. We enjoy hearing from Missy (Kay Quirk's canine companion) about all the dogs on the Kendal campus, but we didn't want the cats living here to be forgotten.

My first special cat belongs to Elinor Denney, who is 101 years young. Her beautiful black cat, "Luke," is sixteen years old. When Elinor moved to Kendal in 2000, she came with an older cat named "Kitty." When Kitty died, Elinor and her daughter, Suzanne Carmichael of Lexington, went to the local SPCA and found two adorable kittens about six weeks old. Suzanne kept the female, while Elinor kept the male, and they named him "Cool Hand Luke" (called "Luke") because he was so full of himself. He has mellowed and continues to be a wonderful companion for Elinor, who now lives in the Webster Center. He sleeps on her bed with her and loves to sit and watch the activity outside her window. He also likes to play with the yarn balls when Elinor crochets her many beautiful projects.

Watch for the next "special cat" living at Kendal in the July issue.



Could You Benefit From Aquatic Therapy?

Please join us Thursday, June 15, at 4:30 pm in Kendal Hall to discover how aquatic therapy/exercise can benefit you. Aquatic therapy is the practice of physical therapy by a trained therapist within the environment of a water filled pool. Kendal residents are privileged to have a 50 x 25-foot warm water (87 degrees) pool on site. Aquatic therapy is available to you at the Kendal pool with a doctor's referral.

Water has many unique physical properties which offer an environment for exercise that is beneficial for a wide range of medical diagnoses or impairments. Many of the same activities performed on land can be done in the water with increased freedom of movement, with less pain, and without the fear of falling. In addition, warm water enhances relaxation of tense muscles and decreases joint stiffness. We will be discussing the properties of water, the benefits of aquatic therapy, and who would be appropriate for water exercises on June 15.

Doris Moorman, PT, a physical therapist at Kendal, specializing in aquatic therapy, will present a short overview of aquatic therapy and answer any questions you might have regarding the aquatic program at Kendal. Please come and learn about this unique and beneficial form of exercise. Your body will be glad you did.

-- Doris Moorman

D-Day Memorial Trip



On a hot sunny day in May, eighteen of us traveled to Bedford, 45 miles from Lexington. After a delicious lunch at the Liberty Station restaurant, we divided into three groups for a tour of the D-Day Memorial.

This is the only D-Day Memorial anywhere in the world, and includes a wall with the names of the over 4400 people who lost their lives on the day of the invasion. Bedford was chosen as the site for the Memorial as it suffered the severest per capita D-Day loss of life in the nation.

Bedford had a population of just over three thousand (half of what it is today) on June 6, 1944. Nineteen Bedford soldiers died on or near Omaha Beach, Normandy. Originally, they had been volunteers with their local National Guard, which earlier in the war had become part of the 116th Infantry Regiment, 29th Division.

The walking tour lasted about 45 minutes, with plenty of places to stop and sit in the shade while our excellent guide described the areas devoted to the planning of the invasion, the invasion itself, and the forty-four foot Overlord Arch, commemorating the end of the operation.

The price of admission (\$10 per adult, according to the Bedford Memorial's web site) includes the walking tour, and there are carts and wheelchairs available for use also. This would make an interesting expedition for visiting family and friends.

-- Sarah Giddings

Vespers for June

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.

June 4: Deb Klein (Lexington Presbyterian Church). Musician: Jean Eisenhauer.

June 11: Chaplain Bob Phillips (VMI). Musician: Clyde Moore.

June 18: Nat Davidson (Grace Presbyterian Church). Musician: Sharon Massie.

June 25: Rachel Clark (New Monmouth Presbyterian Church). Musician: Chris Coleman.

Convener for June: Renate Chapman

Weight Watchers Session to Begin

Kendal's staff, residents, and family members are invited to join the Weight Watchers session beginning June 20, according to Margaret Hager, Director of Human Resources.

There will be twelve meetings, each on a Tuesday and each beginning at 11:30 am in the

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Weight Watchers (from p. 10)

staff development room (next door to The Restaurant) and lasting usually 45 minutes. Margaret suggests that anyone "undecided but interested" attend one of the final meetings of the current session, June 6 or June 13, to see how it works.

The cost of the program is normally \$156. For staff members who attend on a regular basis and lose their goal weight (goal is determined by the individual), Kendal will reimburse the cost of the program at the end of the session. "This is a great deal on a great program," Margaret says.

The current session has had approximately twenty members attending. "We have lost weight, learned from each other, supported each other through the challenges and generally had a fun time together," Margaret says.

Weight Watchers International is an American company that offers products and services to assist weight loss and maintenance. The company was founded in 1963.

Party Primaries on June 13

Both the Democratic and the Republican parties will hold primary elections for Virginia's governor and lieutenant governor, respectively, on June 13. The polling place for almost all Kendal residents, living as most of us do in Rockbridge County, is the Effinger firehouse, ten or so miles from our campus. The Kendal

bus will make at least two trips; watch for the sign-up sheet. There is no charge for this bus ride.

Occupants of the two cottages built on the other side of the city/county line vote in the City of Lexington, in the Piovano Building (formerly the Life Saving Crew Building), 350 Spotswood Drive. Kendal does not provide transportation to the Piovano Building, but the future may bring a change. Occupants of the thirty yet-to-be-built Sunrise Ridge cottages will in fact be residents of the City of Lexington.

Whichever your polling place, bring a valid photo ID, and ask for either the Democratic or the Republican ballot. (Can't do both.) You need not prove party affiliation -- your word is sufficient.

Curbside voting is available for anyone over 65. Just send someone into the polling place to make the request, and the precinct officials will bring voting equipment out to you.

Democratic contenders for governor are Ralph S. Northam and Tom S. Perriello; for lieutenant governor, Justin E. Fairfax, Gene J. Rossi, and Susan S. Platt.

Republicans running for governor are Edward W. "Ed" Gillespie, Corey A. Stewart, and Frank W. Wagner; for lieutenant governor, Bryce E. Reeves, Glenn R. Davis, Jr., and Jill H. Vogel.

Sample ballots have been posted in the Alcove. Resident Dick Minnix, who can answer just about any question about election procedures, is available for consultation.



Welcome to New Kendalites!

Dan and Marianne Bonner, Cottage 1010

Arriving from: Cranbury, N.J. Have also lived in New York, Connecticut, many other places.

Education and Careers:

Marianne: BA, St. John's University; Ph.D, Rutgers. Special interest: history, especially the impact on education that the influx of immigrants had at the end of the nineteenth century.

Dan: Ph.D, Rutgers. Retired from Bristol Myers Squibb as Director of Microbiology. His work has been largely in antibiotics.

Hobbies: Music, traveling.

[Note: a much fuller background story for Dan and Marianne, with a photo, has been distributed to residents as a page to be placed in our Blue Book. If you didn't receive your page, contact Karen Miller, receptionist.]

Alerting and Monitoring -- A Word from Karen Jackson

Lots of PETs on campus, and I don't mean furry ones . . .

SARA (Situation Awareness and Response Assistance) is an alerting and monitoring system which enables the Kendal staff to monitor a wide

variety of alarms, such as: pull cords, mobile pendants (or PETS, personal emergency transmitters), door entry, motion detectors, and critical system failures. It also monitors our fire system, including smoke detectors and fire panels.

Many residents first encounter SARA when they hear her robotic voice on the telephone answering system. When residents fail to file an "Away from Kendal" notice or happen to sleep unusually late, this system detects the lack of motion in a residence and alerts staff to that fact. SARA telephones the resident to determine whether there is a problem. If there is no response to the SARA call or to a follow-up manual phone call, a staff member will be dispatched to the residence.

SARA is not an early warning system. It will not automatically broadcast NOAA (National Oceanic and Atmospheric Administration) weather alerts or Rockbridge County emergency services messages. It is tailored specifically to the Kendal environment.

Mobile pendants (PETs) are devices kept by residents who desire the security of having another means to alert staff in the event of a fall or medical emergency. The PET is generally worn on a necklace, with a clip, or kept in a pocket or purse. When the button on the PET is pushed, Kendal staff receives a message on a pager that indicates who you are, your approximate location, and your telephone number.

PETs cover cottages, apartments, and all common buildings as well as the exterior areas

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Alerting

(from p. 12)

of the Kendal campus within thirty yards of buildings. If you are further away, it is wise to carry a cell phone in case of emergency. PETs will also work in the shower, though not in the pool.

When a PET button is pushed, staff will first attempt to contact you by telephone to get a description of your situation. Sometimes the PET has been accidentally activated and the initial telephone call from staff will alert you to this. If you accidentally activate your PET, you will be asked to come to the Borden Center so that it can be deactivated and reset.

In the event of an emergency (or if no one answers your telephone or your telephone is busy), a nurse will respond to your location. The nurse will assess your needs, administer first aid or other medical assistance if necessary, call 911 if indicated, or advise you of what you can do to help yourself. All residents are assigned PETs on arrival and encouraged to wear them. Webster Center residents are expected to wear a PET at all times as the primary means for contacting Webster staff when assistance is needed. There is no fee for your first PET or a replacement in the event of a malfunction. A fee will be charged to replace a lost PET.

Lastly, should you determine that your PET is not working appropriately or if a part of the PET is broken, immediately put in a work order using WorxHub. If you do not have Worxhub, then alert Karen Miller, Receptionist, or Karen Jackson, Director of Resident Services, either of

whom can enter a work order for you. Please do not leave a phone message or a "sticky note." Maintenance will push any PET issues to the top of the list, ensuring immediate response.

-- Karen Jackson
Director of Resident Services

Thanks to the Red Bookers!

An updated edition (the seventh) of the Red Book, one of the two three-ring binders comprising the Residents Handbook, was issued to residents this past May 17. Residents simply brought their current binder to the Anderson lobby, handed them over to volunteers busily replacing the old pages with updated ones, and picked them up shortly afterward. Volunteers doing this switch-out included Ruth and Tony Tafel, Louise and Tom Hasselmann, and Margy Werling. According to this group, the Kendalites who during the past few months accomplished the Herculean task of establishing and putting together the revised text are Ruth Tafel, Kathy Holmes, and Margaret Sayre.

If you were away on May 17, or for any reason didn't get your updated pages, contact Karen Jackson, Director of Resident Services.

The other volume of the handbook, the Blue Book, consists of a binder with biographical information and photographs of Kendal residents -- one page per household. Like the Red Book, it is issued to residents when they move in. Unlike the Red Book, it is kept up to date in a

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Red Book (cont. from p. 13)

piecemeal fashion, by the separate publication of new pages as newcomers arrive. These new pages are distributed via the open mailboxes to residents who then, presumably, add them to their binders.

The Red Book contains well-organized chunks of information pertaining to many aspects of life at Kendal. There is a great deal of practical information -- what to do in emergencies, how to contact staff, all about the dining points system, and much, much more. A good way to get an overview of the Red Book's scope is to turn to the index (section VIII, p. 1), skim the headings, and look up any items you aren't clear about. This may take some time. (Example: try the list of various bulletin boards on pp. 19-21 of Section V.) Who knew living as a community could be so complicated?

-- Jo McMurtry

**Missy's Musings**

[Missy Quirk, canine protectress of resident Kay Quirk, keeps us up to date on her doggy friends.]

Having heard that there are three Jack Russell terriers living here, I set off to find these elusive girls, Ellie Hammond, Molly Byrd-Krusinski, and Cassie Blanton.

Ellie is our senior citizen at fifteen. She's a lively lady who came from Buena Vista as a puppy to join the older Jack Russell in Patti Hammond's household. When her companion died, she was very lonely, but, upon coming to Kendal, Patti was the first resident to get approval for an invisible fence in the back of her cottage. Ellie loves the smells back there where the wild life visits. She doesn't see or hear very well at all now but her nose is in top form! For a treat, she can still sit up. Bonne Sante, Ellie.

Just two doors away, Molly Byrd-Krusinski is at home with Lee Byrd and Paul Kruzinski. Molly is only five and was a lucky girl to be found through the Jack Russell rescue group in Radford. She was brought to them as a lost dog when only about eight months old. I had never met her because her humans had been in Boston or Maine for months. Molly hopes that Paul will be back to Kendal in the near future. Upon returning to Sycamore Lane, who was there to greet her but her bestie, Fritzzi, whose humans are Karen and Bill Russell. It was a joyous reunion on the front lawn. Molly has a couple of fascinations, chasing a laser pointer like a cat and going "sunny fishing." The latter she does at her home in Maine. It is done in shallow pools of lake water where she tries in vain to catch a sunfish after staring intently at them while in chest deep water. Molly loves babies, children, and her human neighbors, Helen and Alan Staley.

Last but not least is the Jack Russell who is very shy, so we talked on the phone. Cassie Blanton, whose human is Sandy Blanton, is

(cont. on p. 15)

Missy's Musings

(from p. 14)

twelve and a half and came from the local shelter about eleven years ago. She loves her neighbor, Harrison Kinney, and hops right on his lap when she can. If it's cocktail time, she expects a special dish of treats, which she relishes with enthusiasm. She also loves her vet, Dr. Sherryl Carls, but shies away from all people and other dogs. She's not aggressive but terribly shy, actually terrified! So don't be offended if they go the other way when out for the daily long walk around the campus. As a youngster she bounced off the walls, and now at twelve and a half she looks forward to that one long walk each day. The Jack Russell prey instinct is alive and well, so, like Molly, she glories in ripping the stuffing out of toys. Previously, she tried to find the long gone woodchucks in the numerous holes on the property. What a laugh.

I enjoyed being in contact with all three of these highly amusing Jack Russell terriers!

A Suggestion from The Welcoming Committee

New residents -- do you feel shy about entering the dining room and wondering where to sit? Asking a group at a table if you may join them usually works fine, but sometimes the group is saving seats for friends by previous agreement, and it can feel awkward to be turned away. Tom Hasselmann, chair of the Welcoming Committee, has a suggestion.

"Don't sit at a small table by yourself if you want to get to know your fellow residents," he

says. "Try going to the dining room a little early and sitting at a larger table." You'll be surprised at how easily the table fills up. People want to talk with you, and if they aren't headed for some pre-arranged meeting they'll be glad to take the opportunity.

And don't forget to turn up at the weekly Wine and Conversation gatherings, Tuesdays at 5 pm in Kendal Hall. Here you'll meet longtime residents as well as your fellow newbies, and also future Kendalites, people on the waitlist who haven't moved in yet but are always welcome to drop in on Tuesday evenings.

Capital Campaign Moves Along

Resident Hardin Marion reported at the Residents Association meeting of May 17 that well over a million dollars has been given or pledged in Kendal's current capital campaign, in support of the renovation and expansion of the Borden Center and the Webster Center. "Money and pledges are still coming in," Hardin says. Donations are very welcome.

The current total does not yet include money to be added from a bequest of \$514,000 left to Kendal by resident Mary Barker, who died in April of 2016. The Board of Directors' Executive Committee will decide how much they wish to designate of this generous gift to the Fellowship Fund, which helps Kendal residents who have run out of money through no fault of their own. However, Hardin says, it is planned that those funds from Mary's bequest which do go to the capital campaign will be used to enhance the gardens of the Borden and Webster Centers.

Out and About in June

[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.]

June 2, Friday, 5 pm. Opening reception for the Nelson Gallery's annual SPCA Art Show, "Art for Arf." Kalex is one of the sponsors of this event. Participating artists have bought one or more 12" x 12" gessoed canvases from the Nelson Gallery and have used them to portray any animal(s) they wish. All works are for sale, priced by the artist, as a benefit for the Rock-bridge SPCA. Artists of all ages take part. The show will hang through June.

June 9 and June 23, Fridays, 6:30 pm. "Music in the Garden," summer series at Boxerwood Garden, near Kendal at 963 Ross Road, continues into the summer. June 9, Letitia VanSant (indie-folk, Americana); June 23, Cross-Eyed Cats (rock and blues). Kalex is one of the sponsors of this series. Free entry; pass-the-hat proceeds go to the musicians, who donate their performances. Bring lawn chairs, picnics, children.

June 10, Saturday, 9 am to 4 pm. See p. 3, above, for information on the "Profile of Honor" mobile exhibition.

June 10, Saturday, 5 to 10 pm. "Rock the Bridge," a fundraiser for the volunteer organizations Main Street Lexington and LexCollective, focused on supporting business, art, and culture in Rockbridge. The Nelson Street

bridge, east of Main Street, will be the scene of beer, wine, and cider tasting, as well as live music and games. Lots of activities for children, who are admitted free. Tickets for those over 21 are \$5. Kalex is one of the sponsors.

June 16, Fri., 8 pm. Sergeant Pepper's Lonely Hearts Club Band opened its show fifty years ago. (Can it have been that long?) The album's anniversary will be celebrated at the Harvester Center, 450 Franklin St., Rocky Mount, VA, eighty miles from Lexington. Music by Abbey Road Live, which bills itself as "not your typical Beatles tribute band." The band will perform all the songs on the album, with orchestral accompaniment: violin, sitar, cello, clarinet, trumpet. General admission, \$19; gold section, \$37. Doors open at 7 pm. Telephone (540) 484-8277.

June 24, Saturday, 7 pm. The Heifetz International Music Institute is a nonprofit organization that runs a summer program for young musicians and is headquartered in Staunton. Heifetz will give a free concert at the Sunspots Pavillion, corner of Byers Street and Middlebrook Avenue, Staunton. The concert is billed as a preview of the forty-plus events that Heifetz students and faculty will present this summer, most of them in July. These concerts take place in various venues, at various prices; information is not complete as this newsletter goes to press but will probably jell before long and can then be found via Google. Heifetz students have performed chamber music on at least one occasion at Kendal and have been very well received.

Open Board Meeting

Kendal residents had the chance to watch our Board of Directors at work during an open meeting May 18 in Kendal Hall.

The agenda included reports by Karen Russell, president of the Residents Association, and by Mina Tepper, our Executive Director; a "board education" talk by Judy Kurtz, Director of Dining, giving an overview of Kendal's dining services; committee reports (Executive, Audit and Oversight, Finance, Philanthropy, Strategic Planning); and various other comments and observations.

Several of these comments dealt with the progress and prospects of our ongoing Master Plan for renovation and expansion. On display were architects' renderings of spaces in the Borden and Webster Centers, as they will look when work is completed. Mina pointed out how plentifully the design brought light into the interiors.

Frank Friedman, Pamela Luecke, and Joan Robins, all of whom are retiring from the Board, were commended for their years of faithful service. Three new members of the Board will be announced after formal approval at the July meeting.

The Board currently includes three Kendal residents: Hardin Marion, Trix Rumford, and Bill Russell.

Officers include Robert Glidden, chair; Linda Wilder, vice chair; Trix Rumford, secretary (replacing Pamela Luecke); and Jim Adams, treasurer (replacing Trix). Other members are Marylin Alexander, Harlan Beckley, Charles Brower, David Ellington, Jack Page, Chris Russell, Carol Wheeler, and Sally Wiant.

All our Board members are unpaid volunteers. Their knowledgeable and dedicated efforts on our behalf are much appreciated.

Recycling Room Volunteers Needed

Would you be willing (and able) to visit on a fairly regular basis a recycling room near you and do a few things like flattening boxes, squaring up newspapers in their container, and correcting any other obvious problems? Some of us are not able to perform all necessary preparations for recycling and would appreciate help.

Please let resident Don Holmes know if you are willing to "adopt" a room. Any amount of help would be appreciated.

Resident Change of Address: Clara Belle Weatherman to Apartment 102, South.



Weekly Scheduled Activities

Sundays (4, 11, 18, 25)	4:00 pm	Vespers	Kendal Hall
Mondays (5, 12, 19, 26)	1:30 pm	Needleworkers	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (6, 13, 20, 27)	12:45 pm	Recorder Consort	Kendal Hall
	5:00 pm	Wine & Conversation (except June 6)	Kendal Hall
Thursdays (1, 8, 15, 22, 29)	10:00 am	Bible Study	Staff Devel. Rm.
	7:00 pm	Movie	Kendal Hall
Fridays (2, 9, 16, 23, 30)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (3, 10, 17, 24)	3:00 pm	Movie	Webster

Occupancy Report: We're Still Full Up

According to Jessica Buhler, Marketing Director, Kendal's Independent Living residences are still one hundred per cent occupied, counting reservations for move-ins in the near future. This figure does not include the yet-to-be-built Sunrise Ridge cottages (see story, p. 1).

Linda Moreschi and Terri George, Marketing Associates, report a busy schedule of visitors. They have a special request: if you're going to be traveling, and don't mind your apartment or cottage being shown in your absence, would you let the Marketing Department know? It is a great convenience to be able to show a residence on the spur of the moment, without the need for prior arrangement.

From the Fitness Center

Large umbrellas have been set up on the deck outside the swimming pool; we can relax, chat, and enjoy the view without getting more direct sun than we might wish. Cushions for the deck furniture are kept in the large bin next to the wall. Jason Bunn, Health and Fitness Manager, asks that residents return the cushions to the bin when leaving the deck; they'll last longer if they aren't out in the weather.

Wendy Orrison, co-owner of the Center of Gravity Yoga and Pilates Studio in downtown Lexington, has taught several special classes at Kendal (yoga, for example), and may be offering other bonus classes during June. Watch for postings.

June Activities Calendar

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

1, Thu.	7:30 pm	"The Music Man," at SVU	[bus, 6:45]
2, Fri.	2:30 pm	Staff Appreciation Party	Kendal Hall
3, Sat.	6:00 pm 7:30 pm	Trip to Garth Newel, picnic and concert Concert at Lime Kiln Theater	[bus, 4:45 pm] [bus, 7:00 pm]
5, Mon.	8:00 am	Men's Breakfast	Dining Room
6, Tue.	5:00 pm	"Murder Mystery" Dinner Theater	Kendal Hall
7, Wed.	4:30 pm	Kendal College	Kendal Hall
8, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside House
9, Fri.	11:00 am	Trip to Natural Bridge	[bus, 10:30 am]
10, Sat.	Time TBA	Possible trip to the "Profiles of Honor" exhibition	[bus, TBA]
12, Mon.	* 4:30 pm	The Smith Family, "Farming at Sunnyside"	Kendal Hall
13, Tue.	6:00 am to 7:00 pm	Democratic and Republican Primary Elections	[buses, TBA]
	1:00 pm	Residents Council Meeting	North Parlor
	6:30 pm	Sunnyside Weavers	Sunnyside House
14, Wed.	4:30 pm	Kendal College	Kendal Hall
15, Thu.	* 4:30 pm	Talk by Doris Moorman on Aquatic Therapy	Kendal Hall
21, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
	10:30 am	Trip to Nature Camp	[bus, 10:30]
28, Wed.	* 4:30 pm	David Cox, "The Faith of Robert E. Lee"	Kendal Hall

* Free and Open to the Public

Kendal at Lexington
The Residents' Newsletter

