



Kendal at Lexington
The Residents' Newsletter

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Miracle Monarchs At Kendal

by Don Holmes

A stunning example of the complexities of nature is the Monarch butterfly. Its fascinating transition from egg to caterpillar to chrysalis to butterfly features a complete reorganization of cells. The metamorphosis of this orange-and-black wonder will once again be on display in early August (or as soon as caterpillars become available) outside Judy Hopkins' apartment in the Webster Center (number 219, just past the nurses' desk on the right). Anyone is welcome to stop by and observe at any time!

Every year, Judy's daughter, Douglass Hopkins, a veterinarian based in Fairfield, begins looking for caterpillars as soon as the migrating adults begin to drift through Virginia. Once she finds a few, they will be installed on a milkweed plant which will appear in a glass enclosure on the shelf outside Judy's apartment. The caterpillars may be large or very small -- you'll need

to look under the milkweed leaves to find them! Possibly some eggs will also be present. Since the eggs are only about a millimeter long in any dimension, they are very hard to see, but Judy and Douglass have been surprised before by the appearance of an infant caterpillar in the glass tank when none was collected.

As the striped caterpillars grow and feed on the milkweed, they will shed (and eat!) their skin several times as they outgrow it. Once they are about thirty-five to forty millimeters long, they will attach themselves by their rear end to the bottom of a leaf or twig (or even to the top of the glass enclosure), and hang head down, in the shape of a capital letter "J." Roughly twelve hours after the "J" forms, the caterpillar, which has been motionless, will begin to flex and extend, eventually splitting the skin across the curve of the "J." Then, swiftly whirling around to discard the skin, the caterpillar will harden into a beautiful light green chrysalis.

Over the next ten to fourteen days, within this chrysalis will occur an astounding reorganization

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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.

Aug. 5. Sat., 7:30 pm. Performance of Shakespeare's *Comedy of Errors* by the Traveling Players Ensemble, a student group associated with the Madeira School in McLean, Va. Lenfest Center, W&L. Senior ticket \$10, available at the Lenfest box office. [bus, 7 pm]

Aug. 7, Mon., 8 am. Men's breakfast. No reservation needed. Dining Room.

Aug. 7, Mon., 2 pm. Curious about the latest construction on the W&L campus? Tom Kalesky, Director of Capital Projects at W&L, and his team will lead a tour of the new north campus facilities. We will visit The Village, the housing complex for third-year students which opened a year ago, and the Natatorium, a state-of-the-art water sports facility which opened last April. The tour will last ninety minutes, will involve lots of walking and stairs, and is limited to fifteen participants. [bus, 1:30 pm]

Aug. 8, Tue., 1 pm. Monthly meeting of Residents Council. These meetings are open to

all residents. This month, though, check with Residents Association vice president, Lew John, if you wish to attend; there has been some talk of an August recess. (Karen Russell, president, will be away.) North Parlor.

Aug. 8, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. Sunnyside House.

Aug. 10, 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.

Aug. 10, Thu., 4:30 pm. Resident Dick Minnix will give a program on Kate Smith (1907-1986), popular singer who is perhaps best known for her rendition of Irving Berlin's "God Bless America." Kendal Hall. **Free and Open to the Public.**

Aug. 15, Tue., 5 pm. "Murder Mystery Theater." (See story, p. 6.)

Aug. 16, Wed., 9:30 am. Residents Association meeting. All Independent Living and Webster Center residents are members of this body. Light Refreshments before the meeting. Kendal Hall.

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Calendar Notes

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Aug. 17, Thu., 4:30 pm. "The Back Story of the Land Owners Before the Virginia Horse Center: People of Rockbridge County." Arthur Bartenstein recently researched historical archives to find out about the owners of the land -- and the lives of their families -- who have lived on the land which is now the location of the Virginia Horse Center, north of Lexington on Maury River Road. In his talk, Arthur will show early images and tell the story of these families dating back to Revolutionary War times. Arthur Bartenstein is a landscape architect who laid out the site plan for Kendal at Lexington as well as the planting design. He is the son of Fred and Isabel Bartenstein, who donated this lovely site to Kendal. Kendal Hall. **Free and Open to the Public.**

Aug. 19, Sat., 4 pm to 9 pm. Twenty-ninth annual Palmer Ice Cream Supper at the Palmer Community Center, a converted rural school-house in southwestern Rockbridge County. Sponsored by the Effinger Ruritan Club. Home-made ice cream is the featured dish, but also available (in previous years and presumably this year) are hamburgers, corn on the cob, French fries, Polish sausage, chili, and possibly other goodies. Reasonable prices and live music. This event typically draws about 1500 people, coming and going. [bus, 4:30 pm]

Aug. 20, Sun., 3 pm. Concert at Garth Newel Music Center in Bath County, "Keyboard Kaleidoscope 2." Music by Liszt, Schumann, Browne, Rzewski, Saint-Saëns and Lutoslawski for four pianists. This is the Kendal-sponsored

concert, and there is no charge for bus transportation. See postings for ticket information. [bus, 1:30 pm]

Aug. 23, Wed., 4:30 pm. Kendal has a number of residents who have lived in China, so that we have a special connection with the program on Nanjing to be given by Lexingtonians Morris Trimmer and Amy DeHart. Morris's grand-parents were Methodist missionaries in China from 1922 until 1950. His grandfather was a physician at the Nanking (now Nanjing) University Hospital, while his grandmother was a teacher and mother of two children. Dr. Trimmer helped establish the International Safety Zone in advance of the Japanese invasion and massacre in 1937, a time when perhaps 300,000 Chinese citizens were killed. Morris and Amy recently traveled to China as guests of the Chinese museum dedicated to the memory of these victims. They will share slides and stories of their visit. Morris Trimmer is Network Systems Administrator and Energy Specialist at W&L; Amy DeHart works for the Shepherd Higher Education Consortium on Poverty. The couple's daughter, Maya, may be remembered by Kendal residents, as she worked here as a waitress during 2011 and 2012, while a student at Rockbridge County High School. The program was arranged by Rae and Cleve Hickman, in conjunction with the Culture and Entertainment Committee. Kendal Hall. **Free and Open to the Public.**

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Calendar Notes (from p. 3)**Aug. 24, Thu., "A Night on the Town."**

Another evening for Kendal residents to dine in one of Lexington's fine dining restaurants. The Red Hen will offer a choice of two, two-course dinners for \$20. Beverages, desserts, tax, and tip will be additional costs. The reservation is for 5:30 pm, with the bus leaving at 5:15. Look for the menu choices and bus sign-up on the bulletin board nearest the stairs to the dining room. Capacity is thirty people. Note: there are two steps to get into the restaurant, but also a grab bar by the door. [bus, 5:15 pm]

Aug. 26, Sat., 8 pm. Robin and Linda Williams perform at Lime Kiln Theater, just up the road from Kendal. This popular singer-songwriter team has entertained Lime Kiln audiences for many years. The program will include one set of songs from "Stonewall Country," the musical based on the life of Confederate General Stonewall Jackson. (Jackson had been teaching at VMI when the war broke out, and is buried in the Stonewall Jackson cemetery on Main Street.) The musical ran at Lime Kiln for twenty years, ending in 2004. See the Lime Kiln website for ticket information. Food and drink are available before the show. Please note: the Lime Kiln Theater is a beautiful outdoor venue in an old quarry, with some ups and downs and possibly some tricky footing. [bus, 6:30 pm]

Aug. 27, Sun., 3:00 pm. Concert at Garth Newel, "String Extravaganza II." Music by Beethoven, Webern, and Dvorak, with the Enso

String Quartet. See postings for ticket information. [bus, 1:30 pm]

Aug. 28, Mon., 4 pm. Wine-tasting event at Kendal. (See story, p. 6). The Restaurant.

**Vespers for August**

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.

August 6. Deb Klein (Lexington Presbyterian Church). Pianist, Charlene Jarrett.

August 13. Steve Willis (Collierstown Presbyterian Church). Pianist, Kay Horner.

August 20. Steve Cathcart (Timber Ridge Presbyterian Church). Pianist, Joanna Smith.

August 27. Tom Crittenden (R.E. Lee Episcopal Church). Pianist, Clyde Moore.



Miracle Monarchs

(from p. 1)

as the caterpillar transforms into the familiar orange butterfly. The wings with their network of black veins and borders can be seen inside the chrysalis as the process reaches completion. Once the transition is complete, the butterfly will crack the chrysalis case and emerge to hang on the case for a few hours while it pumps fluid into its wings and dries them. At this point, the butterfly must be released back outdoors to begin its migration.

Care must be taken of the glass enclosure as the metamorphosis progresses. Since there is no central air conditioning in nature (nor rain inside of Kendal!), Judy will mist the interior daily to keep the caterpillars and chrysalides from becoming dehydrated. She will also remove detritus from the caterpillars at the bottom of the case.

Just as awesome as the changes from egg to Monarch butterfly is the transcontinental migration of the species as a whole. There are four generations of Monarchs each year. Let's follow one of the females released from Judy's group. She will likely be a member of the third generation and will fly north, eventually mating and laying her eggs on milkweed, perhaps in New York or New England. After a lifespan of only two to six weeks, she will die after laying her eggs. These will hatch in September or October, and the resulting butterflies will be members of the fourth generation. They will not die in a few weeks like the members of the other generations, but will fly many miles to one of a few spots in Mexico where they will hang in trees and

"hibernate" for the winter, alongside many colleagues. In February or March, they will revive and start the journey north into the United States, mate, lay eggs, and finally die. These eggs produce the first generation of 2018. In March and April, that group will fly farther north, mate, lay eggs, and die, and soon generation two will take to the air. Occasionally some of generation two reaches our area, allowing Judy and Douglass to populate their tank in mid-to-late July.

Now consider: In each tiny egg, about the size of a large grain of sand, is contained the entire program for the hatch, the caterpillar's behavior, how to change to a chrysalis, and thence to a butterfly. Not to mention the knowledge identifying their generation, where to go next and what to do. Lastly, somehow they also take along the information to the fourth generation about their very different role -- including exactly where and how to find the wintering spots from over a thousand miles away over territory they will never have seen. On balance, the Monarch butterfly must be one of the most wonderfully intricate creatures in our natural world.

Do come by Apartment 219 in Webster a few times during August and follow this part of the miracle life of the Monarch. Some pictures of the Monarchs will appear in the Alcove by the time this article appears. I offer my sincere thanks to Douglass and Judy for help with this article.

-- Don Holmes

Murder Mystery Theatre -- Tuesday, August 15

Back by popular request!

After participating in the solving of the mystery, seeing the talent of our actors, and dining on the memorable World War II food at the event of this past June, the Marketing Department asked if we would repeat the evening for folks on the wait list.

In addition to people on the wait list, a *limited* number of spaces are available for Kendal residents who were unable to attend before to join the fun and try to figure out "whodunnit." The "cost" is twenty meal points. If you would like to attend, please contact Meg Stackpole: 461-8912, or cstackpole@aol.com to sign up.

The Wine and Conversation cocktail party held at 5 pm on Tuesdays will be moved to a different location. Check the bulletin board for the alternative location as August 15 approaches.

-- Meg Stackpole and Dianne Herrick

Wine Tasting, Vineyard Tour With Rockbridge Vineyard

As the grapes ripen on the vines, we'll have a chance to sample wines from past harvests in The Restaurant. Wines will be supplied by Shep Rouse, owner of Rockbridge Vineyards in Raphine, Virginia, not far north of Lexington. In addition, we'll have a tour of Rockbridge

Vineyards in September, with a chance to see wine-making in progress and taste new wine to contrast with fermented wine. More details about the tour will be in the September issue.

A wine-tasting at Kendal has been arranged for Monday, August 28. Shep Rouse will bring four or five wines for us to sample as he talks about the wines and tells more about the process of making wine. We'll serve a simple selection of crackers, cheese, and fruit. The wine-tasting will be from 4 to 5 pm in The Restaurant. The charge will be \$13 per person. A notice to sign up will be in your box. Reserve and enclose a check payable to the Kendal Residents Association, with a note that this is for wine-tasting. Return to Dianne Herrick's mail box, 203, by Friday, Aug. 25.

-- Dianne Herrick

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), Shay Peters, Kay Quirk, Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Marje Sherrill, Rudie Terhune, Clara Belle Weatherman, Dick Werling.

The deadline for the September, 2017 issue is Monday, August 21, 5 pm.

On the Subject of Japanese Beetles

Common wisdom: when there are Japanese beetles defoliating the linden trees, you hang up a trap and they all get killed. Right? Well, maybe not. The scent that attracts male Japanese beetles is very powerful and attracts the bugs from a thousand feet away. The trap is not large enough to deal with all comers; they have to wait in line. Besides, new ones keep coming. End result -- the tree is more badly infested than before. The best place to hang a Japanese beetle trap is about one hundred feet away from their favorite food. For example, they like linden trees, they do not like maples -- ergo, hang a trap on a maple. (Except for Japanese maples; those they do like.)

Spraying the trees is tempting, but not really recommended. For one thing, at this point most of the eggs for next year probably are already in the ground. Most effective insect sprays are broad spectrum; they indiscriminately kill all insects, including many that our song birds depend upon. There are gentler, species-specific sprays available, but they have to be reapplied every week or so.

At this point in their life cycle, not too much can be done anyway this year. They will reach the end of their lifespan as feeding adults pretty soon. The next generation -- eggs into grubs into beetles -- will live underground until about June of 2018. And here is a chance to intervene: apply Milky Spore. This looks like a white powder, but each particle is a living creature that moves into and through the soil in search of

grubs, whom they infest and destroy. And from a dead grub hundreds of new little Milky Spores will spread to a larger area. Our Maintenance Department has Milky Spore on hand and plans on spreading it on the area early in the fall.

And, by the way, this infestation this year will not kill the affected trees. They may be somewhat weakened, but they will recover. We have had a reasonable amount of rainfall; also, Kendal plans to fertilize all our trees later this season. Next year, we hope, after Milky Spore, fertilizer, and a wet winter, the trees should be just fine.

Yes, there is a great wide world full of beetles out there, and we can never eradicate them all. Nor should we try to. The best we can do is to protect our own environment to the extent possible.

-- Renate Chapman



Memorial Book Now in Library

It is not always easy to choose an appropriate memorial book for Kendal residents. The book chosen by the Library Committee to memorialize Adelaide Simpson is an especially felicitous one. Since she was a devout Episcopalian, a devoted friend of author David Cox (formerly rector of R. E. Lee Memorial Episcopal Church, of which Adelaide was a member), and a loyal Southerner, David Cox's recently published *The Religious Life of Robert E. Lee* is the perfect book to remember her by.

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Memorial Book

(from p. 7)

Over the years since his death, hundreds of books have been written about Lee. So why another one? David Cox's biography looks at Robert E. Lee from a new perspective, viewing Lee's life against the backdrop of his understanding of the Anglican faith. David Cox, as a long-time Episcopal priest steeped in his denomination's theology and a conscientious scholar with access to thousands of letters and other documents to, from, and about his subject, is ideally suited to his task.

The book is divided into twenty-one chapters, plus a personal epilogue by the author specifically analyzing Lee's view of slavery. Each chapter is headed by a quotation from the *Book of Common Prayer*. Adelaide, who for years led a group of worshippers in weekly morning worship at Kendal, using the Prayer Book's "Order for Daily Morning Prayer," would have approved.

Robert E. Lee's personal religious beliefs and practices evolved during a volatile time of religious upheaval in America. Essentially, there were two main thrusts in Anglican thinking about God during the late eighteenth and nineteenth centuries. On the one hand, there was the notion that God was like a master clock worker; having made the world and set it in motion, God for the most part left it alone to operate eternally. Man's responsibility was to fit into that Divine scheme by behaving honorably and doing one's duty. This was the Deist view of George Washington, Thomas Jefferson, and Robert E. Lee's own father, "Lighthorse" Harry Lee. The

other aspect of Christian thinking was popularized by preachers like John Wesley and religious teachers like Cardinal John Henry Newman, who believed in a close personal relationship between God and man, a relationship between an all-loving God and inherently sinful man (and woman), involving their need to come into a right relationship with the Almighty and His compassionate forgiveness. This was the view held by Lee's mother, Ann Carter Lee, and more importantly, by the young woman Lee married, Mary Anna Custis.

Through selected quotations from hundreds of letters, the author shows how Robert E. Lee's religious thinking gradually changed through his life. Never wavering from a strong sense of duty and a belief in personal honor inculcated in him through letters from his father, Lee came to a much more evangelical perspective under the influence of his wife and mother-in-law, as he began to emphasize his own sense of unworthiness and need for God's forgiveness.

In choosing to side with the Confederacy, Lee followed his sense of duty to Virginia rather than loyalty to the Union. When he spoke about slavery, Lee hoped for what he called "gradual emancipation," which, he anticipated, would come about "in God's good time." When the South lost the war, Lee believed the outcome was God's providence. As a way of submitting to what he now understood to be God's will and as if atoning for earlier sins, Lee accepted the position of president of Washington College, in an attempt to heal the wounds of war he had been such an important part of, and to bring about a new vision of peace.

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Memorial Book

(from p. 8)

Despite the stern self-discipline by which he kept his feelings private, General Lee seems to have been haunted by the dreadful consequences his military decisions had brought about. Perhaps this ever-present memory is why his favorite hymn was "How Firm a Foundation," a hymn chosen by his widow to be sung at his funeral. That "firm foundation" was his sense of religious principles -- honor, duty, trust in God, a sense of personal unworthiness and need for atonement. Listen to the second verse of that hymn:

"When through the deep water I call thee to go,
The rivers of woe shall not thee overflow,
For I will be with thee, thy troubles to bless,
And sanctify to thee thy deepest distress."

Behind his "marble" facade, Robert E. Lee, until his death, remained a deeply conflicted -- and very human -- man.

-- Mary Coulling

[Editor's note: Mary Coulling is the author of *The Lee Girls* (John F. Blair, 1987), focusing on General Lee's four daughters.]

A Rewarding Year in Finance

It has been a true pleasure to have served on the Kalex Board of Directors' Finance Committee for the past eight years. Thanks to our management team, staff and employees, Kendal at Lexington has made astounding financial progress.

2016 was especially gratifying. We re-financed our \$29 million bond obligation at exactly the right time, October 5. We had been paying an average rate of 5 and a half per cent, and this move brought our rate to just under four per cent. Since the bonds have some twenty years to mature, this change will save us more than nine million dollars, over the life of the bond.

This is a big deal for all of us.

-- Bill Russell

[Editor's note: It is Kalex policy to include residents on the Board of Directors and on the committees of the Board. Bill is both a Board member and a Finance Committee member.]

**Cat's Corner**

(conducted by Shay Peters)

"Tiger," another handsome yellow male, belongs to John Tucker, who lives across the hall from Miss D., Pick, and Max. [See "Cat's Corner" in the July issue of this newsletter.] He moved with John to his apartment this year after living in a cluster cottage since 2013.

He was born in August, 2013, and arrived with his mother and father along with two other kittens at the home of Charlotte and Sam Sibold.

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Cat's Corner

(from p. 9)

Charlotte and Sam kept the parents, along with one kitten, and gave the other two kittens to Steve Freeman (who works at Kendal) and Anne and John Tucker. Tiger hid in the cottage for several days and finally decided that the Tuckers would make nice parents.

Tiger is allowed out only on a tether, but he occasionally manages a quick escape without the tether. He used to prefer being out after dark, but now he seems to enjoy the daytime hours.

**Missy's Musings**

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

Missy is on vacation this month. She wants us to know, however, that she is saddened by the loss of her friend, Gus Holland. Gus was one of the "Three Black Dogs" that Missy featured in her column for May, 2017.

**Kendalites on the Road:
Corps Physical Training Facility**

It's big. It's REALLY big. It's the Corps Physical Training Facility at VMI, and it's the last word in modern construction methods. A group of Kendalites visited it on July 10, with another group going on July 24.

But the amazing thing is that it doesn't actually feel that big, in part because the acoustics

are so good that there's no echo and in part because of the thoughtful way it has been put together.

Our host, Captain Isaac Slone, Building Director of the Facility, offered to let us try some of the obstacle course training machines, but got no takers. Especially for the High Ropes Course, which is just what it sounds like -- ropes and planks and telephone poles suspended high in the rafters (I neglected to find out how high, but believe me, it's high), which the cadets are encouraged to master. Isaac has a group of assistants who make sure no one gets so terrified that they "freeze" up there in the sky.

The 34-foot rock-climbing wall, and the hydraulic track which can be banked to compensate for the speed of the runners, are other examples of the amazing equipment in the building.

It cost 84 million dollars to build and was funded by the state of Virginia. For this reason, it isn't and cannot be considered an athletic facility. It is strictly for physically training the cadets. Women seem to have to fulfill the same requirements as the men. And they have an exciting new facility in which to do so.

-- Sarah Giddings

Correction: The July issue of this newsletter unintentionally shrank the square footage of the Sunrise Ridge duplexes. The correct duplex size is 1400 square feet. The two other Sunrise Ridge floorplans, both for freestanding cottages, offer 1500 and 1750 square feet, respectively. Optional additions are possible for any of these residences. For more detail on Kendal's planned construction, contact the Marketing Department and/or visit kalex.kendal.org.

Looking Around with Maureen:**Driving and Awareness**

Many older people are quite capable of driving and running their own errands, thus maintaining their independence and freedom of movement and choice. But some of them need to be reminded to look thoroughly first, particularly when attempting to back up, and then make their movement choices.

When you back out of a Kendal parking lot space, turning to the left before moving forward, do you look to see if someone else, to your left, two spaces away, is simultaneously backing out and turning to the right? If you don't, you are setting the stage for a rear-end collision. No excuses about cricks in your neck. Residents here have pointed this out several times, and have avoided collisions by returning their car to the original parked position, to let the other car get out first.

Nowhere is this better illustrated than in the Kroger parking lot. From the street, you enter a downward-sloping lot in front of the store, followed by a rising walking path to the store itself. Parking spaces are set perpendicular to the left and right of the main driveway. Drivers seem to have no problem entering a spot, but leaving it is another story entirely. Backing up is the issue since it is hard to see what your parked neighbors are about to do or what new traffic has entered the lot. In addition, hold tight to your cart as you walk downhill from the store to your parked car -- a runaway cart is a dangerous

thing, and can cause accidents to both pedestrians and cars.

Many Kendal residents are fully aware of these matters, and some have chosen to avoid them by shopping at Food Lion a bit farther away. There the parking lot is flat, with parking spaces set at an angle to the main drive. Caution, as always, is unfailingly in order, so use your mirrors, crane your neck, and look long and hard whenever you back up. If you are in the market for a new or slightly used vehicle, check whether your proposed purchase has a camera to give a view behind you when you shift into reverse gear.

If you look before you move, you and your car will be uninjured good friends for years to come.

-- Maureen Crandall

From Our Therapists:**Speech-Language Pathologists**

Speech-language pathologists (SLPs) work to prevent, assess, and treat speech, language, social communication, cognitive-communication, and swallowing disorders in children and adults.

- Speech disorders occur when a person has difficulty producing speech sounds correctly or fluently (e.g., stuttering is a form of disfluency), or has problems with his or her voice or resonance.

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Speech-Language

(from p. 11)

Additionally, SLPs:

- Language disorders occur when a person has trouble understanding others (receptive language), or sharing thoughts, ideas, and feelings (expressive language). Language disorders may be spoken or written and may involve the form (phonology, morphology, syntax), content (semantics), and/or use (pragmatics) of language in functional and socially appropriate ways.

- Social communication disorders occur when a person has trouble with the social use of verbal and nonverbal communication. These disorders may include problems in (a) communicating for social purposes (e.g., greeting, commenting, asking questions), (b) talking in different ways to suit the listener and setting, and (c) following rules for conversation and story-telling. All individuals with autism spectrum disorder have social communication problems. Social communication disorders are also found in individuals with other conditions, such as traumatic brain injury.

- Cognitive-communication disorders include problems organizing thoughts, paying attention, remembering, planning, and/or problem solving. These disorders usually happen as a result of a stroke, traumatic brain injury, or dementia, although they can be congenital.

- Swallowing disorders (dysphagia) are feeding and swallowing difficulties, which may follow an illness, surgery, stroke, or injury.

- Provide aural rehabilitation for individuals who are deaf or hard of hearing.

- Provide augmentative and alternative communication (AAC) systems for individuals with severe expressive and/or language comprehension disorders, such as autism spectrum disorder or progressive neurological disorders.

- Work with people who don't have speech, language, or swallowing disorders, but want to learn how to communicate more effectively (e.g., work on accent modification or other forms of communication enhancement).

-- written by Caitlyn Rogers, MS.CCC. SLV, member of American Speech-Language-Hearing Association.
Submitted by Savleen Kaur Juneja, PT, DPT/L. Rehab Program Manager, Kalex.

Heads Up -- Document Shredding

As a service to the Rockbridge community, the Main Street Group (financial advisors) will sponsor a free document shredding day on Saturday, September 9, in the parking lot of Rockbridge County High School. Kendal has in the past arranged for documents to be transported from the campus; residents need only bring them to a central collection spot. Since sorting through documents and deciding what to shred can take time, it might be a good idea to get started a bit early. (Thanks to Maureen Crandall for this suggestion.)

Hooray for Our New Residents!

Everybody agrees -- we're lucky to be getting so many wonderful new residents in recent weeks. Now, how do we identify them, and how do we find out more about them? Obviously, if we see one or more new faces, we can go up to them and start a conversation. And, also obviously, keep an eye out for moving vans in your neighborhood.

Another thing to watch is the main bulletin board near the mailboxes, where announcements of new Independent Living residents are posted by the Marketing Department, usually a day or so before move-in.

More complete printed information arrives a bit later. Eventually, the new residents' Blue Book page will appear in our open mailboxes, already hole-punched and ready to be added to our individual Blue Book binders. This page contains both a background story and a color photo. The photo is taken by one of our excellent resident photographers, unless the newcomers prefer to use one they already have. The background story is written either by the newcomers themselves, or by a resident writer. While this draft is in preparation, the newcomers have a chance to approve both story and photo before the page goes to press.

And it is during this rather drawn-out process that delays can occur. New residents are busy people; choreographing their Blue Book page may not be their highest priority. Newcomers must unpack mountains of boxes, sell the house

they just moved out of, fight with Comcast, help the dogs adjust to their new home, travel to New Orleans for a granddaughter's wedding which just happens to occur at this time . . .

Meanwhile, this newsletter will continue to publish a monthly list of new residents whose Blue Book pages are still in the offing. Some of these people may have been listed before, and others will not arrive until later this month, but here's an overview of our great bunch of newbies as this newsletter goes to press:

John Boardman, Cottage 1009. From Roanoke, Va.

Miss D and Pick Penick, Apartment 103 South. From Lexington, Va.

Cynthia and Terry Secker, 54 Sycamore Lane. From Glasgow, Va.

Pat and Don Thomas, 166 Sycamore Lane. From Kerrs Creek, Va.

Lynn and Tom Williams, Apt. 324, Cox Hall. From Lexington, Va.

-- Jo McMurtry



Victoria Forman Joins Kendal's Fitness Staff

"I'm really excited to be here," Victoria Forman says as she begins her new job as Health and Fitness Program Manager.

Most recently, Victoria worked as a personal trainer and as a group exercise instructor at the Rockbridge YMCA. She has worked in the fitness industry for fifteen years while living in Mississippi, California, and Colorado. Her mission, she says, has always been the same: "to inspire others to live their best life."

Victoria came to Lexington in May of 2016 when her husband, Dave Forman, was named Director of Strength and Conditioning at VMI.

The Fitness staff expects to add a part time position in the near future. (Catie King, until recently our Health and Wellness Program Manager, has resigned for health reasons.)

A Peek into the Past -- Kalex in 2007?

What was going on at Kendal ten years ago? One area of interest seems especially familiar. Residents in the summer of 2007 were much interested, as we are today, in the prospect of new construction on campus. In the offing were the 35 Sycamore Lane cottages, the fourteen new apartments to be added to the south wing of the

main building, a new auditorium (Kendal Hall), renovations to the dining area, and the Fitness Center, as well as other improvements. A ground breaking ceremony was held in June.

Later in the summer, a beautiful old maple in the front lawn of Sunnyside House had to be taken down because of age and disease. Residents gave the tree a creative farewell: a sketch of it by John Winfrey and a poem by John Miller ("Maples, Oaks, and Other Trees") appeared on the front page of the residents' newsletter for August.

Popular activities in the summer 2007 sound familiar as well. Residents attended a number of chamber music concerts at Garth Newel as well as the Palmer Ice Cream Supper.

National Wildlife Federation Encourages Natural Habitats

After cheerfully acknowledging her introduction as Kendal's resident tree-hugger, Robyn Potter gave attendees at the Residents Association meeting of July 19 an update on our progress in the National Wildlife Federation's Community Wildlife Habitat Certification Program.

The program encourages communities large or small to plant gardens which provide food, water, and cover for wildlife, along with a place to raise their young. For certification, twenty Kalex residents will need to become individual members, meeting the criteria above and posting

(cont. on p. 15)

Wildlife Federation (from p. 14)

a sign adjacent to their residences. Other Kendal activities will count toward certification as well, and some of these we are already doing -- picking up trash beside Enfield Road through the Virginia Department of Transportation's "Adopt a Highway" program, for example.

Kalex is now registered with the Community Wildlife Habitat program, but will seek certification during the next couple of years. The registration fee of \$100 has been met by the Residents Association, and the Horticultur and Sustainability Committees.

In answer to residents' questions, Robyn explained that the Wildlife Federation wants us to become good stewards but does not seek perfection. Should we have a repeat of the Great Groundhog Invasion of several years back, for example, the groundhogs would be eliminated.

Robyn will keep us up to date as the project continues, and anyone may contact her to express interest or ask questions.

As this newsletter goes to press, sixteen of our thirty yet-to-be-built Sunrise Ridge cottages have been reserved. Detailed information on these cottages can be found on the Kalex website (www.kalex.kendal.org/expansion).

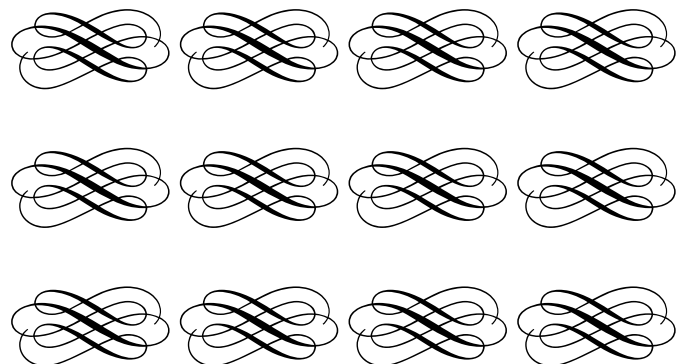
Meanwhile, the Marketing Department is undertaking a series of "road shows," bringing information about Kendal to areas where we may not be well known. Anyone living in a chosen area who is already on our mailing list gets an invitation, while other invitations derive from lists that Kendal has purchased and that are keyed to location, age, and demographics. Road shows are typically held in a comfortable venue and include a buffet lunch as well as a presentation with audio-visuals and printed material.

For a late July road show in Arlington, Virginia, nineteen invitees had accepted by the day before the event. Of these, seventeen were new to the Marketing Department. The median age in this group was early seventies -- on the front line of the post-World War II Baby Boomers.

Next up is a road show in Falls Church, Virginia, on August 10.

**High Occupancy,
Popular Road Shows**

Jessica Buhler, Director of Marketing, reports that Kendal's occupancy for Independent Living still stands at one hundred per cent, counting reservations for arrivals in the near future.



Weekly Scheduled Activities

Sundays (6, 13, 20, 27)	4:00 pm	Vespers	Kendal Hall
Mondays (7, 14, 21, 28)	1:30 pm	Needleworkers	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (1, 8, 15, 22, 29)	12:45 pm	Recorder Consort	Kendal Hall
	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (3, 10, 17, 24, 31)	10:00 am	Bible Study	Staff Devel. Rm.
	7:00 pm	Movie	Kendal Hall
Fridays (4, 11, 18, 25)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (5, 12, 19, 26)	3:00 pm	Movie	Webster

Out and About in August

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

Aug. 11-20. The Staunton Music Festival is in its twentieth year of presenting classical music by renowned performers. Thirty events, all in historic downtown Staunton. Ticket prices vary; some performances are free. More information at www.stauntonmusicfestival.org.

Sat., Aug. 26, 9 am to 3 pm. 41st annual Rockbridge Community Festival in downtown Lexington. Arts and crafts vendors, as well as food. Music by local bands. Free admission. Sponsored by the Lexington-Rockbridge Jaycees and the Lexington Rotary Club. Proceeds benefit local charities.

Volunteers Needed for Front Desk

"What could be easier?" Karen Russell, Residents Association president, asked at the meeting of July 19. Just sit at the receptionist's desk in the lobby for a couple of hours on a weekend -- but not every weekend; there's a rotation. Read, relax, and do a good deed by greeting strangers who walk in. Many of these need direction to someplace else on campus -- the Borden Center, frequently -- and very much appreciate your help. You don't need to answer the telephone, nor in fact should you; calls are automatically sent to Borden.

A sign-up sheet is posted on the main bulletin board.

August Activities Calendar

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

5, Sat.	7:30 pm	<i>Comedy of Errors</i> at W&L	[bus, 7:00 pm]
7, Mon.	8:00 am	Men's Breakfast	Dining Room
	2:00 pm	Tour of W&L construction	[bus, 1:30 pm]
8, Tue.	1:00 pm	Residents Council Meeting	North Parlor
	6:30 pm	Sunnyside Weavers	Sunnyside House
10, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside House
	* 4:30 pm	Dick Minnix, program on Kate Smith	Kendal Hall
15, Tue.	5:00 pm	Murder Mystery Play, Encore	Kendal Hall
16, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
17, Thu.	* 4:30 pm	Talk by Arthur Bartenstein on the Va. Horse Ctr.	Kendal Hall
19, Sat.	4:00 pm	Palmer Ice Cream Supper	[bus, 4:30 pm]
20, Sun.	3:00 pm	Concert at Garth Newel	[bus, 1:30 pm]
23, Wed.	* 4:30 pm	Program on Nanjing, China	Kendal Hall
24, Thu.	5:30 pm	A Night on the Town -- Red Hen Restaurant	[bus, 5:15 pm]
26, Sat.	8:00 pm	Robin and Linda Williams at Lime Kiln	[bus, 6:30 pm]
27, Sun.	3:00 pm	Concert at Garth Newel	[bus, 1:30 pm]
28, Mon.	4:00 pm	Wine-Tasting Event	The Restaurant

* Free and Open to the Public

Kendal at Lexington
The Residents' Newsletter

