



The Residents' Newsletter

Kendal at Lexington

160 Kendal Drive
Lexington, Va. 24450

(540) 463-1910
www.kalex.kendal.org

Vol. 17, No. 7
JULY 2017

More Parking Spaces Are On the Way

July 10 will see the start of the construction of additional parking spaces in front of the Anderson (main building) and the Borden Center entrances. A total of 37 spaces will have been added when the project is finished, in August or early September if all goes as planned.

Mina Tepper, Kendal's Executive Director, described the project at the Residents Association meeting of June 21. Work will be done under the supervision of Herbie Martin, Director of Operations.

"This is not the beginning of our major renovation and expansion," Mina emphasized. The renovation/expansion project, a real biggie, is scheduled for 2018 and 2019, and will involve much work in both our health care centers (Webster and Borden), the construction of thirty new Independent Living cottages, an expansion of the main dining area, and various other improvements. See earlier issues of this newsletter

for information on these future developments, all part of Kendal's Master Plan.

In answer to a question from a resident about timing, Mina explained that the new parking spaces will be available well before the major construction gets under way. As a result, any resident or staff member whose usual parking spot has been blocked by renovation/expansion equipment (a cement mixer, say) will have a place to go. The period between the Fourth of July and Labor Day was chosen for the parking project because the campus typically has fewer visitors during these weeks.

All the work on the parking expansion will take place on the Rockbridge County section of the campus, not over the line into the City of Lexington. The new spaces will be located in and around the one-way circle near Sunnyside House and in front of the main building. The affected area, much of which is currently under grass, will be leveled, retaining walls will be built, and storm drainage will be taken care of.

(cont. on p. 4)

🎵 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.]

July 2, Sun., 2 pm to 10 pm. "Fireworks & Festival," at the Virginia Horse Center, 487 Maury River Road. (There will not be a Fourth of July celebration at the VMI Parade Ground, as in previous years.) Food, art, and craft vendors; beer garden; music by Sara Jane McDonald and Sweetfire, and by the WannaBeatles (a Beatles tribute band). Fireworks at 9:15 pm. Sponsored by the Virginia Safari Park and Rotary International. Free and open to the public; parking \$5 per car. [bus, 6:30 pm]

July 3, Mon., 8 am. Men's breakfast. No reservation needed. Dining Room.

July 4, Tue., 10:30 am. The Kendal Singers present a special program of patriotic music. (See story, p. 5.) Kendal Hall. **Free and Open to the Public.**

July 4, Tue., 6:30 pm. Fourth of July celebration in the Kendal courtyard. (Dining area if it rains.) Casual ice cream social, with live music by Scott Berger and "So Diverse."

July 5, Wed., 4:30 pm. "Robert E. Lee: The Transformational Presidency of Washington College." Second of two talks by the Reverend David Cox, author of *The Religious Life of Robert E. Lee*. General Lee served as president of what was then Washington College from 1865 until his death in 1870. Kendal Hall. **Free and Open to the Public.**

July 9, Sun., 3:00 pm. Concert at Garth Newel Music Center in Bath County. "I Have Always Loved You," chamber music by Arthur Foote and Johannes Brahms, performed by the Garth Newel Piano Quartet. See bulletin board posting for ticket and other information. [bus, 1:30 pm]

July 10, Mon., 1:30 pm. Tour of the Corps Physical Training Facility, VMI's vast new building at the corner of Main and Diamond Streets. The facility opened this past spring after being under construction since the summer of 2014, cost \$84 million, and includes a hydraulic banked running track, a 34-foot rock climbing wall, a high ropes course, seats for over 1400 spectators, and much more. [bus and car pool, 1:15 pm]

(cont. on p. 3)



Calendar Notes (from p. 2)

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

July 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.

July 12, Wed., 4:30 pm. "Talkback panel" about "The Complete History of America (Abridged)," to be produced at Lime Kiln Theater by the Endstation Theatre Company of Lynchburg. (See below, July 16). This "Intergenerational Talk Back Series" has been developed, with the help of grants from several sources, by the Virginia Theatre Association, headquartered in Lynchburg. The idea is to present programs in senior living communities geared around local theatre productions. Kendal Hall. **Free and Open to the Public.**

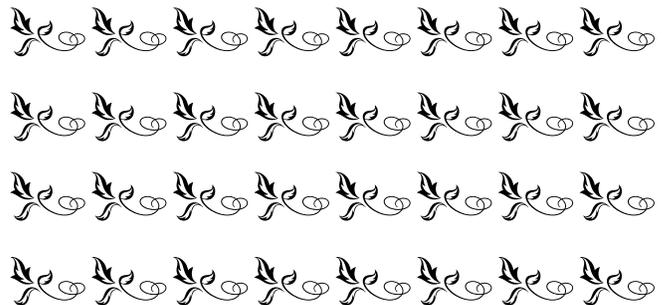
July 13, Thu., 2 pm. Monthly meeting of the Dementia Caregivers Support Group. Open to all Kendal residents and staff, as well as to all Rockbridge area residents. For more information, contact Cathy Lewis, Kendal's Clinic RN, at 464-2609. Sunnyside House.

July 13, Thu., 4:30 pm. Lt. Col. Paul Barron, who served as archivist of the George Marshall Foundation for nine years before his retirement, will speak on "Ten Myths about George C.

Marshall." The Marshall Foundation is located on the VMI Parade and honors the legacy of Gen. Marshall, Army Chief of Staff during World War II. Kendal Hall. **Free and Open to the Public.**

July 16, Sun., 7:30 pm. "The Complete History of America (Abridged)," performed by the Endstation Theatre Company and directed by Walter Kniec. This nonprofit organization is committed to producing new works, reinterpretations of classical plays, and other works chosen specifically for the Central Virginia community. The script for this comedy was originally developed by the Reduced Shakespeare Company, an American comedy troupe which also created, in the early 1980's, an abridgment of the works of Shakespeare. The Reduced Shakespeare Company grants licenses for professional, amateur and school productions. "The Complete History of America (Abridged)" is a recent addition to the schedule of the Lime Kiln Theater, a beautiful outdoor venue located close to Kendal at 607 Borden Road. See postings for ticket and other information. [bus, 7 pm]

(cont. on p. 4)



Calendar Notes (from p. 3)

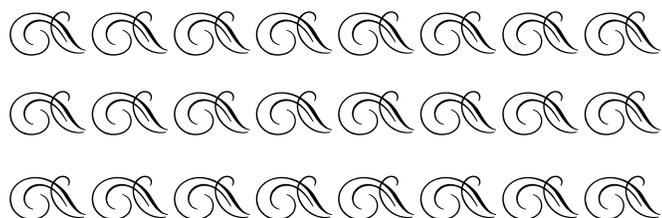
July 19, Wed., 9:30 am. Residents Association meeting. All Independent Living and Webster residents are members of this body. Light refreshments before the meeting. Kendal Hall.

July 19, Wed., 7:15 pm. Concert by this year's crop of Garth Newel "Emerging Artists" fellows -- a dozen or so college-age musicians who have been chosen to spend four weeks studying and performing chamber music with the Garth Newel Piano Quartet and other renowned guest musicians. The Garth Newel fellows have visited Kendal for a number of years and have been warmly received. Kendal Hall. **Free and Open to the Public.**

July 21, Fri. Trip to The Greenbrier resort in White Sulphur Springs, West Virginia. (See story, p. 5.) [bus, 10 am]

July 26, Wed., 10 am. Backstage tour of the theaters at the Lenfest Center for the Arts, W&L. The tour will be conducted by Rob Mish, director of the Lenfest Center and adjunct instructor of theater. [bus, 9:45 am]

July 27, Thu., 4:30 pm. Talk by Eileen Norris, personal banker at Wells Fargo Bank, and others, on prevention of financial abuse. (See story, p. 6.) Kendal Hall. **Free and Open to the Public.**



Parking Spaces (from p. 1)

Plenty of grass will remain, though. We won't have to look at an unbroken expanse of asphalt.

Cones will be set out as needed and crews will direct traffic while work is in progress. Residents will be kept informed on what to expect via email and mailbox notices, as well as updates on the Kendal website. People who regularly visit the campus (attending classes in the Fitness Center, for instance) will also get frequent updates.

And, Mina added, a flyer will be distributed to Kendal's neighbors describing the work to be done and emphasizing that this is not the start of our major renovation project.

It's just a bit of a preview, so to speak.

-- Jo McMurtry

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 August, 2017 issue is Wednesday, July 19, 5 pm.



Independence Day Program

The Kendal Singers will give a special Independence Day program on Tuesday, July 4, at 10:30 am in Kendal Hall. According to resident Don Taebel, director of the Kendal Singers, the program will include the following:

- * "Yankee Doodle," with its many stanzas, including one that describes General Washington's review of the colonial troops, as well as a more modern version by George M. Cohan, "I'm a Yankee Doodle Dandy."
- * The song "Chester," by William Billings, foremost colonial composer whose song of 1775 begins with these stirring words: "Let tyrants shake their iron chains . . . We fear them not, we trust in God."
- * A piccolo solo performed by Dr. Marcia France, of W&L, with the Singers and Don Taebel.
- * The "Star Spangled Banner," with its second stanza that is very different in tone from the militaristic first stanza.
- * Two other songs that at one time served as unofficial national anthems: "My Country, 'Tis of Thee" and "Columbia, the Gem of the Ocean."
- * Other patriotic songs as well; the audience is encouraged to sing along.

The program is free and open to the public.

Trip to the Greenbrier

Thinking of a short trip on a summer day to an interesting place you have never visited before, or not for quite a while? The Kendal Culture and Entertainment Committee may have just the thing for you!

On Friday, July 21, a Kendal bus will be taking a group of residents to the Greenbrier Resort in White Sulphur Springs, West Virginia, about an hour's drive west on Interstate 64. Plans are to leave at 10 am and return by 3:30 pm.

The Greenbrier is a lovely spot, full of beautiful decor and intriguing history. The resort boasts of visits from several United States presidents, and Robert E. Lee spent time there for several summers during the five years he lived in Lexington as president of then Washington College. Although the resort's history dates back to the 1700's, it reached its first heyday in the late 1800's after the railroad reached the area. The Chesapeake and Ohio Railway Company purchased it in 1910 and made many improvements and additions which brought it into prominence nationally. The first golf club in America was organized here in 1884, and the first golf course built in 1910. (The resort is now privately owned by a West Virginian who currently serves as the state's governor.)

How might you spend your time while there? The options are many. Exploring the main building and its many lobbies -- the most beautiful and spacious being the main lobby -- is a

(cont. on p. 6)

Trip to the Greenbrier (from p. 5)

must. The hotel literature says it has ten lobbies! Draper's Café is a very nice place for lunch, and there are two similar casual venues at the Golf Clubhouse, which is reached by shuttle bus from the North Entrance of the hotel. Golf aficionados will certainly want to visit the Golf Clubhouse. No doubt there will still be much talk about the Greenbrier Classic tournament held earlier in July. Depending on your interests and energy level, you might enjoy browsing in the wide variety of shops in the hotel, as well as the Art Colony Shops, a moderate distance from the hotel.

We can't see everything in one visit, but we hope this trip to "America's Resort" will be a highlight of your summer. Please join us!

-- Margaret Sayre

Protection from Financial Abuse

Eileen Norris, a personal banker from Wells Fargo Bank, will speak on Thursday, July 27, at 4:30 pm on "Feeling Your Pain: Financial Abuse and You". Program participants will also include a representative from the Rockbridge County sheriff's office.

This form of abuse is on the rise in Rockbridge County, with some people experiencing losses of as much as \$25,000 through various scams. The program builds on the meeting about scams and phishing held recently by Kendal's Computer Group. It will focus on how to guard

against such abuse, and what to do if it does happen to you.

This program has been arranged by Maureen Crandall, a member of the Computer Group. It will be held in Kendal Hall and is free and open to the public.

**Memorial Books Now in Library**

The Library Committee has chosen the following memorial books:

For Audrey Salb: *Sag Harbor Is: A Literary Celebration*, edited by Maryann Calendrille, photography by Kathryn Szoka.

Once considered second only to Nantucket as a whaling port, Sag Harbor (situated inside Long Island's Fork) has since become, among other attributes, a writers' hub rivaling parts of New York City. Audrey Salb, who lived and sailed in Sag Harbor, might well have known some of them, although not of course James Fenimore Cooper and Herman Melville, whose descriptions of the raucous port are used to open the book. Excerpts from more recent writers' prose and poetry follow, each taking the village and its scenic surroundings as theme and subject. Think Wilfred Sheed, John Steinbeck, Walter Mosley, and Betty Friedan, to name just a few.

(cont. on p. 7)

Memorial Books

(from p. 6)

Sometimes called the "unHampton Hampton," Sag Harbor remains at heart a working community populated by baymen, tradespeople, shopkeepers, bartenders, artists, the aforementioned writers, and a whole host of colorful characters. Read about them and vicariously experience the love, pride, and adventures they enjoy in this place they jointly call home.

-- Meg Stackpole

For Wally Fogo: *The American Spirit*, by David McCullough,

David McCullough has had a distinguished career writing about a variety of subjects. His prose is very accessible, and he has won many awards and prizes for his amazing knowledge of and insight into our history. *The American Spirit* is a small book consisting of speeches he has made at commencements, dedications, etc. I would recommend it to anyone. It is a joy to read and I think anyone interested in what it means to be an American would enjoy it. So much so, that I intend to buy a copy for each of my sons and grandchildren.

Our political party affiliations or the various backgrounds or regions of the country we come from do not keep us from appreciating the message which is found in these brief presentations. I think we can all agree with the core values of our country expressed by the author. We often forget how much we have in common in the midst of so much chatter heard about our

differences. McCullough reminds us of the principles and characteristics which we can all be proud to claim as Americans. Again, I encourage you to read *The American Spirit*.

-- JoAnn Wilson

Looking Around with Maureen:

The Sheriff's Office And Police Protection

Most current Kendal residents live in Rockbridge County, just beyond the city limits of the city of Lexington. The Rockbridge County Sheriff's Office, established in 1778, deserves our thanks for its efforts to assure our safety.

County Sheriff C. J. Blalock leads a 24/7, \$3 million a year operation with a staff of 42, at its location on Greenhouse Road and as part of the soon-to-open 911 dispatch center in Buena Vista. At any point in time, there are from three to six officers on shift here and up to four dispatch officers at work. Deputies also provide security at the courthouse. If you are hurt in town, your 911 call will summon the city police, but beyond city limits it will take you to the dispatch center. The person who answers will ask your location and type of emergency, and depending on where you are, response times are typically within 10-12 minutes. If needed, Fire and Rescue will be dispatched to assist you here at Kendal or elsewhere in the county. Non-emergency service

(cont. on p. 8)

Sheriff's Office

(from p. 7)

to Kendal residents is primarily related to fraud and computer incidents, and not to traffic infractions, so if we are drivers, we seem to behave ourselves. Incidents of breaking and entering have dropped over time, and some speculate that computer crime is now more attractive than B&E to the current crop of perpetrators.

Sheriff Blalock has been with the office for thirty-one years. His current position is an elected one, and he was last elected sheriff in 2015. He and his officers work twelve-hour shifts, starting at 6 am. Some work staggered shifts, such as the two canine officers and other "floaters," so that they are available in peak hours. On average, they have from ten to fifteen years' experience each, and are a seasoned cadre. In the beginning, a new officer receives law enforcement training for 22 weeks at the police academy in Weyers Cave, Virginia, known as the Central Shenandoah Criminal Justice Training Academy, with courthouse security officers receiving ten weeks of training. Officers must in addition take forty hours of refresher training every two years.

During the school year, the Sheriff's Office has a Resource Officer at the Rockbridge County High School and also at the middle schools, and the Office visits the elementary schools periodically. This is part of building local community relationships. Officers will assist in helping with traffic at functions in the county, such as at weddings and funerals. Nationally, we have seen numerous stories over the last several years about tensions between police and community but that seems far from the case in this county.

During Sheriff Blalock's time in position, there have been no killed or wounded deputies.

The regional jail adjoins the sheriff's office on Greenhouse Road but is administered and staffed separately by personnel hired by the Rockbridge Regional Jail Board. It was built in 1988, replacing what was then the oldest active U.S. jail east of the Mississippi. It is more than fully occupied, with its original capacity of 93 now up to 115, what with the addition of double bunks. Most of the inmates are male, but the female population is growing. The average jail stay per incident is from six to eight months, at a cost of about \$40 per person per day. Perhaps as a broader reflection of national ills, most are repeat offenders jailed on drug and alcohol charges -- if you have lost just about everything due to addiction, winding up in jail may not seem so bad. There are currently no plans to expand the jail, with the focus more on developing new programs to permit the offenders to become independent in the long run.

So when you see a Sheriff's officer, convey your thanks for his efforts on your behalf.

-- Maureen Crandall

Correction: The June issue of this newsletter (p. 13) mentioned Margy Werling as one of those who worked on the latest edition of the Residents Handbook (red book), but failed to give her the full credit she deserves. According to another member of the group (Ruth Tafel), Margy was "the driving force in doing it, getting it finished, and getting it to Karen Jackson [Director of Resident Services] for publication." Margy, please take a bow!



Missy's Musings

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

Before I came to live at Kendal, I knew that Gracie Allen and Fritzie had already established themselves as the most celebrated canines on campus. Not because of their beauty or friendliness, but because they were the stars of the movie in which they were featured. This film can be seen online at Kalex.kendal.org/Gallery/AGroundUpTour.

Gracie Allen owns John and Beth Knapp, who live in Apartment 116 in the south building. She has Beth trained to take her for a two-mile walk early each morning, while John follows her around for a brisk hour-long walk at midday and again in the late evening. Now nine, and very fit, Gracie Allen came to the Knapps at one year old from the Nelson County Humane Society. Beth had seen her photo on Petfinders.com, which is where Kay found me as well. Gracie loves lying on the sun porch or in the grass. Her best memory is of bird watching on Marco Island, Florida, and of being adopted. She has never enjoyed riding in the car and tends to hyperventilate on curvy roads. She hates being snubbed or ignored, loves Bizz (Beth's Mom, who lives in the Webster Center), and loves her doggy friends Mahler (Sarah Giddings) and Gus (Sally Holland). Watch out, my friends, if she is waiting for a treat at the reception desk, as she will fight you for it! Her vet is Dr. Logan (mine, too), and Gail Milam is her groomer. Gracie is away in the North Carolina mountains for the summer.

The other star of the film is the very handsome Fritzie, who owns Karen and Bill Russell and lives at 99 Sycamore Lane. Karen saw his photo in the *Lexington News-Gazette* and fell in love. He joined Bill at Kendal in 2009, with Karen arriving shortly afterward. Fritzie is a gentle giant. He is a Heinz 57, according to the DNA test Bill's daughter had done. He is rather fickle as far as his "besties" go, but currently they are Gracie Allen (the Knapps) and Molly (Lee Byrd). Mahler (Sarah Giddings) is growing on him, since Mahler lives next door and is outgrowing his puppy stage.

Fritzie enjoys home cooked food. He is eight or nine now but looks younger. A very laidback fellow, he even has couch privileges! Fritzie has not outgrown his absolute dislike of the newspaper delivery car. I guess it will always be so unless he goes deaf. His favorite pastime is catching a tennis ball in the back yard. Both his vet and his groomer are new, so the jury is still out, as is the new boarding situation.

Murder Mystery Dinner

June 6, a date recorded in history. Yes, for the D-Day events in 1944, but also, we expect, for the "Death of a Volunteer" World War II - themed murder mystery play and dinner that took place right here at Kendal on the great battle's seventy-third anniversary.

It may not have taken quite the planning and number of invasionary forces of that long ago day, but a great many in the Kalex community

(cont. on p. 10)

Murder Mystery (from p. 9)

did participate, from the Culture and Entertainment Committee members who took up the project (at the suggestion of Terri George, Marketing Associate), to the talented cast, emcee, sound engineers, and bartenders (Kendal residents all, plus a board member), to Sherri Smith (of Dining Services), the cigarette girl who so beautifully embodied what the GIs were fighting for, to Judy Kurtz and Mark Chittum (of Dining Services) and their kitchen and dining staffs who provided and served the wartime fare, to the maintenance gentlemen who hung the decorations and set up and took down tables and seating -- and, of course, to the enthusiastic audience who joined in the spirit and fun of it all. Thank you, everyone.

One and a half tables correctly identified the dastardly villain, who was revealed at the play's end, but "mum's the word," "loose lips sink ships," and all that! The Marketing Department is asking that the play be done again -- for an audience of prospective residents and the actors' family members.

-- Meg Stackpole

From Our Therapists: Living With Pain

Pain is defined as physical suffering or discomfort caused by illness or injury. Pain is your body's way of telling you something is wrong. More than 76 million people in the United States live with chronic pain. It is estimated that chronic pain costs \$100 billion

annually in the United States (health care expenses, lost income, and lost productivity at work/home). In addition, sixty per cent of older adults with pain have had it for more than one year. Pain will continue to be a concern as the elderly population grows. In 2006, Americans older than age 65 numbered about 36 million (12.4% of the population). By 2030, this group will number 70 million (about 20%).

Pain interrupts a person's quality of life. Pain can have an effect on multiple areas of your health and well being, including physical, social, and emotional aspects. Normal daily activities such as dressing or bathing may become more difficult. Sleeping and eating habits may be disrupted. A person's work or leisure interests may decline. Pain can cause feelings of anxiety and depression. It may also lead to decreased activity, which can then lead to reduced flexibility, strength, and stamina.

There are two different types of pain: **acute** and **chronic**. Acute pain is pain that usually begins suddenly, lasts for a short time, and diminishes as the body heals. Causes of acute pain may include surgery, infections, or musculoskeletal injuries. Chronic pain is pain that lasts for at least three months or for years. It is associated with common condition such as arthritis, low back problems, fibromyalgia, or nerve damage from diabetes.

There are several ways to approach the treatment of pain. The goal of treating pain is to first identify and eliminate the cause, which is usually a specific trauma or infection. Your doctor may

(cont. on p. 11)

Living With Pain

(from p. 10)

prescribe medications such as anti-inflammatories, muscle relaxants, narcotics, or may prescribe Physical or Occupational Therapy. Other alternative approaches to treatment may include massage therapy, Tai Chi, and biofeedback.

There are also ways that you can play a part in managing your pain. It is important to maintain a healthy weight. Extra weight can slow you and the healing process down and make the pain worse. Exercise is also an effective way to stay active and stop the "snowball" effect of more pain and loss of function. Getting enough sleep can improve your mood and the healing process. Finally, joining a support group may allow you to share ideas and thoughts about living with pain.

How can therapy help? Seeking professional advice from your rehab team to analyze your unique situation can often result in simple solutions. Your rehab team is specially trained to help adults with a broad range of conditions that affect pain management. They can also identify lifestyle changes that can facilitate a reduction in pain. Consult your rehab team today if you are concerned about managing your pain. For additional information, please contact your Select Rehabilitation Physical, Occupational, and Speech Therapists.

-- Savleen Kaur Juneja
Rehab Program Manager

**Cat's Corner****(conducted by Shay Peters)**

"Mac Monroe Penick" (called "Mac") is our most recent feline addition to Kendal. He belongs to Miss D and Pick Penick, new residents in the south apartment wing. His room is a screened porch where he is content watching birds, cars, and people. He is a gorgeous fluffy orange cat who appears to be adjusting to his new home. (He preferred his home of eleven years on White Street, where he could spend some outside time, but he can visit when they go back to continue organizing the move.)

In July, 2006, "Mac" and sister "Maggie Michelle Penick" came to live with the Penicks, and their coloring was perfect. Miss D, with Scottish ancestry, was hoping her children would have red hair, but they didn't, and these two beautiful cats were the substitute. Then their son blessed them with a precious red-haired granddaughter!

"Maggie" died last summer, so "Mac" has become even more special. He is adjusting . . . but just in case he escapes into the halls of Kendal, please return him to Apartment 103. He is a very friendly and affectionate, long haired orange cat with a beautiful fluffy tail and a soft voice.

(cont. on p. 12)

Cat's Corner

(from p. 10)

Welcome to Kendal, Miss D, Pick Penick, and "Mac."

Next month -- neighbor cat belonging to John Tucker.

[Editor's note: Since this newsletter has a canine contributor, Missy Quirk, perhaps it should be added that in this case our columnist, Shay Peters, is a human resident, not a feline one.]

A Word about Wellness:

What's Up with Activity Trackers?

Activity trackers have been gaining in popularity, and price, over the last handful of years. What started out as simple step counters (pedometers of yesteryear) have now morphed into wearable wrist computers that can track your every move and heartbeat. And with that comes a big price tag.

Pedometers worn on the hip are now considered obsolete in this fast evolving industry, and have given way to the technological advances of companies such as FitBit, Garmin, and Apple, among others. Most activity trackers are now worn on the wrist and also serve as a watch. The simplest of trackers today estimate distance covered, calories burned, and steps taken. An important word here is "estimate." These trackers are not fool proof, and they give a very rough

estimate of your activity. The more advanced versions of activity trackers, costing up to \$400, can also track heart rate and sleep, as well as various activities such as cycling and swimming. My wife has a tracker that helps her train for triathlons. I, of course, have a tracker with GPS for my golf outings. When used properly, my tracker can even tell me how far I drive the ball off the tee. (If you are curious about how far I actually hit the ball, just ask Bill Russell.) Most trackers now connect to your smartphone or tablet via Bluetooth.

Another option, instead of buying an expensive tracker, is to use the "Health" app on your iPhone. Of course, this only works if you take your phone everywhere you go, AND have an iPhone. (Other smart phones may have this technology as well.)

So, how does this technology make us healthier? It is one more tool (if you hate exercise) or toy (if you love exercise) to help you monitor your activity levels. How should you use your tracker? Pay attention to your steps taken. Eight thousand steps a day is considered very active for the senior population. You can set goals on your tracker as well. The new Garmins have a feature where your step goal for each day is adjusted automatically, based on your past activity level. Their slogan of "beat yesterday" is one that I especially like. These trackers won't whip you into shape, but they might just help you beat yesterday!

-- Jason Bunn

Health and Fitness Program Manager



Vespers for July

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.

July 2: Deb Klein (Lexington Presbyterian Church). Pianist, Karen Fredenberg.

July 9: Joe Cailles (Trinity United Methodist Church). Pianist, Clyde Moore.

July 16: Steve Cathcart (Timber Ridge Presbyterian Church). Pianist: Genie Vaughn.

July 23: Mike Wilkins (Manly Memorial Baptist Church). Pianist: Lee Higgins.

July 30: William Klein (Lexington Presbyterian Church). Pianist: Mary Harvey-Halseth.

In Memoriam

Paul Krusinski

Died June 25, 2017
Entered Kendal April 14, 2010

In Memoriam

Adelaide Simpson

Died June 2, 2017
Entered Kendal July 17, 2000

Staff Appreciation Fund Breaks Record

Residents donated a record-breaking \$45,662.59 to the June 2 distribution of the Staff Appreciation Fund. With top management excluded, 132 employees received checks. Fifty six employees received the highest amount, \$466.85, based on years of service and hours worked. The smallest amount, going to one or more individuals who had just become eligible to participate, was \$11.67.

Staff picked up their checks at an ice cream party arranged by Residents Council on June 2. The party gave residents a chance to thank our wonderful staff in person for all they do for us, every day, and always with a smile.

The Staff Appreciation Fund is distributed twice a year, in June and December. Last December's total was \$45,233.40, a record at the time.

Donations to this fund may be made at any time and will be held for the next dispersal, in

(cont. on p. 14)

Staff Appreciation

(from p. 13)

this case December of 2017. Just make a check to Kendal at Lexington, write "Staff Appreciation" on the memo line, and give it to anyone at the front desk or in a front office.



Occupancy at Kalex, Present and Future

Kendal at Lexington's "No Vacancy" sign is out with regard to present availability. Our Independent Living residences are one hundred per cent occupied, counting reservations for arrivals in the near future.

Meanwhile, up on Sunrise Ridge to the north of the main building, plans call for thirty new cottages to be completed by late 2018 or early 2019. Of these, thirteen have been reserved as this newsletter goes to press. Here's what's left:

- * Three of the largest cottages, 1750 square feet.
- * Six of the smallest cottages, duplexes, 1300 square feet.
- * And eight in-betweeners, 1500 square feet.

Eight more reservations are needed to bring the total to seventy per cent, the proportion needed for the project's financing to proceed.

To find out more about the Sunrise Ridge cottages, visit kalex.kendal.org/expansion. Here one can find photographs and a video of the beautiful hilltop site, floor plans for the cottages (attached garages, definitely), and much more.

According to the Marketing Department, some of the Sunrise Ridge early-reservers are from the Lexington/Rockbridge area -- people who have watched Kendal grow from the beginning and have always planned to move here. Others hark from farther afield. So far, at least one household each will be arriving from Pennsylvania, Vermont, Iowa, Ohio, and South Carolina. This is an invigorating mix, and we all look forward to welcoming our hilltop neighbors.

At present, Kendal has 120 Independent Living units on our 85-acre campus, 65 cottages and 55 apartments. All the apartments are inside the main building, and there are no plans to build more of them during the 2018-2019 expansion.

Capital Campaign Update

Resident Hardin Marion gave an upbeat report at the Residents Association meeting of June 21. Our ongoing capital campaign, which supports the renovation and expansion of the Borden Center (skilled nursing care) and the Webster Center (assisted living), has reached \$1,582,000 "and some change."

The Board of Directors' Executive Committee has decided how to apportion the generous bequest of \$514,000 left to Kendal by resident

(cont. on p. 15)

Capital Campaign

(from p. 14)

Mary Barker, who died in April of 2016. The Board is apportioning \$100,000 to the Fellowship Fund, which helps Kendal residents who have run out of money through no fault of their own. The remaining \$414,000 will go to the Borden and Webster improvements.

Hardin added that the campaign is still open for donations. Let him know if you would like to make one.

**Welcoming Our Newcomers:
Eyeballs, Postings, Blue Book**

There are getting to be a lot of us, and sometimes people get lost in the crowd. How can we be sure to welcome our newcomers and make them feel at home? Here are some tips:

Rely on your powers of observation. Is that a new face? Go over and start a conversation. Try to remember, too, to wear your name tag. You're making things easier for the newcomers, and they're grateful.

Check the main bulletin board, near the mailboxes, for postings by the Marketing Department. (These notices tell us about guests as well as about new residents; we want to welcome them, too.) The postings are very current, usually put up a day or two before the newcomers arrive. The downside is that the postings don't stay on the bulletin board very long. Space is limited and notices are meant to be current and temporary.

For permanent information about our residents, we have the Blue Book, a three ring binder with, naturally, a blue cover. Technically, the Blue Book is part of the Residents' Handbook and is the companion volume to the Red Book with all the rules and regulations. When you move in, you are given a copy of the Blue Book (as well as the Red Book) and can read all about the current residents, in alphabetical order if you like. After that, though, it's up to you to keep your Blue Book current. When a new page appears in your in-house mailbox, hole-punched and ready to go, put it in your binder.

Each household (couple or single) has a page in the Blue Book, with the residents' background story and a photo. Like so much at Kendal, the Blue Book is created by the residents. We write the background stories, usually, unless the newcomers prefer to do it themselves (this happens from time to time), and take the photos, unless the newcomers have one they want to use. The subjects of Blue Book pages always get a chance to see the text and make corrections before anything appears in print. Being publicized in the Blue Book is in fact optional. If a newcomer prefers not to be in it (as has happened), this is his or her privilege.

The Blue Book writers and photographers do their jobs as quickly as they can, but there may be delays. Movers-in are busy people. They may not have time right away to sit down for interviews or pose for photos.

After the Blue Book page has been printed and distributed, this newsletter publishes a summary of the background story, so that our off-campus readers know who's moving in.

Weekly Scheduled Activities

Sundays (2, 9, 16, 23, 30)	4:00 pm	Vespers	Kendal Hall
Mondays (3, 10, 17, 24, 31)	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	Staff Devel. Rm.
	7:00 pm	Movie	Kendal Hall
Fridays (7, 14, 21, 28)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (1, 8, 15, 22, 29)	3:00 pm	Movie	Webster

Out and About in July

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

July 14 and July 28, both Fridays, 5 pm to dusk. "Music in the Garden," at Boxerwood Nature Center, 963 Ross Road. Live music July 14, "Honest Labor"; July 28, "East Lex Boys." Gates open at 5, music begins at 6. Bring lawn chairs, blankets, etc.; bring a picnic or visit the Lex Mex Taco Truck. Free entry. Pass-the-hat proceeds go to the musicians, who donate their performance. Kendal is one of the sponsors of this series.

July 15 through Aug. 6, weekends. "MountainTop Masterworks" at Wintergreen Resort presents a series of concerts, beginning with an

evening of Mozart on July 15: *Symphony No. 1 in E-flat Major, Requiem Mass in D Minor, Ave Verum Corpus.* Visit WintergreenPerformingArts.org for more information. Ticket \$42 for a single performance; packages available.

The Heitfetz International Music Institute, headquartered in Staunton, runs a summer program for young musicians. Chamber music concerts are offered through July; some free, some requiring tickets. Information at heitfetzinstitute.org.

July 30, Sun., 3 pm. Concert at Garth Newell Music Center in Bath County. The Emerging Artists fellows (the group that will visit Kendal on July 19) join the Garth Newell Piano Quartet and violinist Judith Ingolfsson. Program TBA. Concert followed by optional picnic. Adult ticket, concert only, \$25 plus \$2.37 fee.

July Activities Calendar

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

2, Sun.	2 pm +	July 4 Celebration, Horse Center	[bus, 6:30 pm]
3, Mon.	8:00 am	Men's Breakfast	Dining Room
4, Tue.	* 10:30 am 6:30 pm	Program by the Kendal Singers July 4 Celebration	Kendal Hall Courtyard
5, Wed.	* 4:30 pm	Talk by David Cox on Robert E. Lee	Kendal Hall
9, Sun.	3:00 pm	Concert at Garth Newel	[bus, 1:30 pm]
10, Mon.	1:30 pm	Tour of the Physical Training Facility at VMI	[bus, 1:15 pm]
11, Tue.	1:00 pm 6:30 pm	Residents Council Meeting Sunnyside Weavers	North Parlor Sunnyside House
12, Wed.	* 4:30 pm	Talkback Panel, "History of America"	Kendal Hall
13, Thu.	2:00 pm * 4:30 pm	Dementia Caregivers Support Group Talk by Paul Barron on George C. Marshall	Sunnyside House Kendal Hall
16, Sun.	7:30 pm	"History of America" (Abridged)	[bus, 7 pm]
19, Wed.	9:30 am * 7:15 pm	Residents Association Meeting Concert, Garth Newel Fellows	Kendal Hall Kendal Hall
21, Fri;	10:00 am	Trip to The Greenbrier	[bus, 10:00 am]
26, Wed.	10:00 am	Backstage tour, Lenfest Theaters	{bus, 9:45 am}
27, Thu.	* 4:30 pm	Eileen Norris, Talk on financial abuse	Kendal Hall

* Free and Open to the Public

The Residents' Newsletter
Kendal at Lexington

