



The Residents' Newsletter

Kendal at Lexington

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November 2017

So, What's Up With Phase III?

[The following is adapted from an article written by Mina Tepper, Kendal's Executive Director, for the Kendal staff newsletter.]

Work continues behind the scenes to prepare for Kendal's renovation and expansion project. This "Master Plan" project includes the building of thirty new Independent Living cottages, the renovation of the Borden Center (skilled nursing care) and the Webster Center (assisted living), as well as several other campus improvements.

(1) The next step, the Guaranteed Maximum Price (GMP) is expected in November. The GMP is a total of the projected costs for each aspect of the project. These costs are provided for us in various categories, so if we need to make adjustments, we can be selective about these changes.

(2) With the help of Tommy Brewer, a specialist in senior living finance at the investment

bank Ziegler, Mina and Felicia Bush, Kendal's Finance Manager, have been in contact with many financial institutions to work on securing financing for the project.

(3) Work on the capital campaign continues. Kendal at Lexington has raised over \$1.5 million for the Borden and Webster Center renovations. Donations have come from residents, board members, staff, and members of the Lexington/Rockbridge community for these much needed and desired renovations.

(4) An "Owner's Representative," sometimes referred to as a "Clerk of the Works," has been hired to shepherd the project. You will begin to see Julia Skare, an engineer with experience doing this work, around campus as preparations continue. Julia's experience includes a similar job overseeing the recent construction at Washington and Lee. Her task is to make sure that the contractors follow the specifications of the architects (so we have what we want) and meet government building code requirements (so we stay safe).

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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 too late for inclusion here. Please check the bulletin boards.

Nov. 1, Wed., 10 am. Hike on the Appalachian Trail, led by Lexingtonians Nancy and Bruce Summers. This event will be a follow-up to the talk given by the Summerses on Oct. 19 in Kendal Hall. A "double hike" will offer a choice between a two-hour out-and-back route for people in good physical condition, or a thirty-minute hike for those who feel a bit less ambitious. (Neither choice is handicapped-friendly, however.) Meet in Anderson lobby. Watch for postings of further details.

Nov. 1, Wed., 7:15 pm. First of three Kendal College sessions by Kevin Crotty, Professor of Classics at W&L. Prof. Crotty will examine *The Iliad* and the *Odyssey*. The course will continue on Nov. 8 and Nov. 15. Registration has already closed for this course, which is open to Kendal residents, staff, and invited guests of the Marketing Department. Kendal Hall.

Nov. 2, Thu., 1:30 pm. As a follow-up to the talk given this past June by Mack and Margaret Smith, part of the family which farms the land owned by the Bartenstein family and located just south of Kendal, a tour has been arranged of the

feedlot where the Smith cattle are fattened before being trucked off to Kansas for the next step in the food chain. After visiting the feedlot, the tour will continue to a field near Glasgow, where the Smith family will be harvesting feed corn. Return about 3:30 or 4 pm. This tour gives us a chance to learn what's involved before the food on our plates actually gets there. [bus, 1 pm]

Nov. 4, Sat., 11 am -- 7 pm. The Collierstown Presbyterian Church, in Rockbridge County, presents its annual Fall Dinner. Turkey, ham, and oysters are on the menu, along with side dishes and desserts. Price of meal depends on what you choose to eat, but it is never exorbitant. Beautiful location. The Kendal bus will depart at 11:15 am.

Nov. 4, Sat., 8 pm. "Lo Cor de la Plana," a French a cappella ensemble singing in the little-known ancient language of "Occitan." Harmonies and rhythms derived from Mediterranean roots, with a touch of Gregorian chant. Senior ticket \$10. (Box office, 458-8000.) Wilson Concert Hall, W&L. [bus, 7:30 pm]

Nov. 5, Sun., 2 am. Daylight Saving Time ends for the year; clocks need to be set back an hour.

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Calendar Notes

(from p. 2)

Nov. 6, Mon., 8 am. Men's breakfast. No reservation needed. Dining Room.

Nov. 6, Mon., 8 pm. The University Wind Ensemble presents "Shipping Out," an evening of music telling the story of a person preparing to take a long trip. No ticket required. Wilson Concert Hall, W&L. [bus, 7:30 pm]

Nov. 7, Tue., 6 am to 7 pm. Election Day. (See story, p. 6.) Four buses are scheduled to take residents to Effinger Firehouse, where most of us vote. No charge for the bus. [buses: 9 and 11 am, 1 and 3 pm]

Nov. 7, Tue., 1 pm. Monthly meeting of Residents Council. Open to all residents. Contact Karen Russell, Residents Association president, if you would like a spot on the agenda. North Parlor.

Nov. 7, Tue., 7:15 pm. Members of the Christine Schadeberg Vocal Studio have accepted an invitation to return to Kendal, presenting a program of songs by English composer Ralph Vaughan Williams (1872-1958). The recital will include folksong-inspired pieces as well as excerpts from larger works (*Five Mystical Songs* and *Songs of Travel*) and from his opera, *The Pilgrim's Progress*. Kendal Hall. **Free and Open to the Public.**

Nov. 9, Thu., 10 am. Tour of the Reeves Center, an 1842 house on the W&L campus which houses the University's collection of ceramics made in Asia, Europe, and the Americas between

1500 and today. Rob Fuchs, Curator of Ceramic, will speak on the collection. The museum has just reopened after an extensive renovation. The paintings of Louise Herreshoff, who with her husband Euchlin Reeves gave the nucleus of the collection, are also on display. [bus, 9:45 am]

Nov. 9, 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.

Nov. 9, 4:30 pm. Program on Guardianship Training by Nancy Reynolds, attorney, about the national shortage of guardians for senior citizens. Kendal Hall. **Free and Open to the Public. RSVP to Ashley Brunty, Admissions/Marketing at the Borden Center, 464-2630.**

Nov. 9, Thu., 8 pm. The University Jazz Ensemble presents "Two-Way Street," a joint concert by the Jazz Ensemble and the Vosbein Magee Big Band. No ticket required. Wilson Concert Hall, W&L. [bus, 7:30 pm]

Nov. 10, Fri., 7:30 pm. Stage play, *1984*, at W&L. Multimedia adaptation of George Orwell's classic novel. Senior ticket, \$13. (Box office, 458-8000.) Keller Theatre, Lenfest Hall. [bus, 7 pm] Note: Performances of *1984* also take place on Nov. 9-11, 7:30 pm, and Nov. 13, 2 pm.

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Calendar Notes

(from p. 3)

Nov. 11, Sat., 10:30 am. The Kendal Singers will honor our Veterans. Resident Don Taebel, director of the Singers, says that "In addition to recognizing the veterans with songs from their branch of the military, we will sing songs of America, including 'America, the Beautiful,' songs from World War I including 'Oh, How I Hate to Get Up in the Morning,' and World War II, including 'Coming In on a Wing and a Prayer.' We will also include the singing of our national anthem and the pledge of allegiance. The program will conclude with the prayer in song, 'Bless This House.'" Kendal Hall. **Free and Open to the Public.**

Nov. 11, Sat., 8 pm. W&L's Bluegrass Ensemble plays mountain music. No ticket required. Wilson Concert Hall. [bus. 7:30 pm]

Nov. 13, Mon., 4:30 pm. Presentation on the benefits of occupational therapy. (See story, p. 9.) Kendal Hall. **Free and Open to the Public.**

Nov. 14, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. Sunnyside House.

Nov. 15, Wed., 9:30 am. Residents Association meeting. This is the "annual meeting" specified by the Residents Handbook ("red book"), Section IV. The Nominating Committee will present its slate for open offices of Residents Council, the executive arm of the Residents Association. Kendal Hall.

Nov. 16, Thu., 4:30 pm. Talk by Charlotte Sibold, Health Services Administrator; Karen Jackson, Director of Resident Services; and Herbie Martin, Director of Operations. The topic is emergency preparedness, emergency response, and residents' role in an emergency. The types of emergencies dealt with will include fires, power outages, etc. There may also be a follow-up to the emergency exercise that some residents took part in, this past Sept. 27. Kendal Hall.

Nov. 16, Thu., 8 pm. Concert by the University Orchestra, "Dreaming in Color." New music by Carl Holmquist and James Stephenson, and Mozart's *Symphony No. 40 in G minor, k. 550*. No ticket required. Wilson Concert Hall, W&L. [bus, 7:30]

Nov. 17, Fri., 2 pm. Watch for postings on a trip to the IQ Center at W&L, to be led by Dave Pfaff, coordinator of the IQ Center. This has been a popular trip in the past. Arranged by John Gunn.

Nov. 17, Fri., 4:30 pm. "Night on the Town" -- Dinner at Café Michel in Clifton Forge. Order what you wish from the menu. This trip is rescheduled from a date in October. [bus, 4:30 pm]

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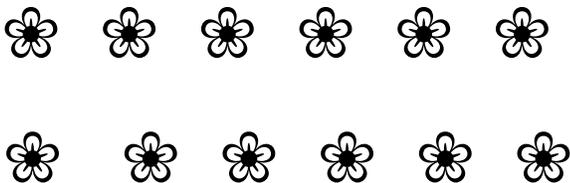


Calendar Notes (from p. 4)

Nov. 23, Thu. (Thanksgiving), times TBA.
Watch for postings about Kendal's traditional Thanksgiving buffet. Always a special occasion.

Nov. 23, Thu. (Thanksgiving), 7:30 pm.
Piano, guitar, and voice program by Isabel Pless, a granddaughter of resident Kay Pless Glore. Isabel will sing and play some of her original music, and will also perform some holiday music. Kendal Hall. **Free and Open to the Public.**

Nov. 24, Fri. Last day for donations to the Staff Appreciation Fund. See story, p. 9.



from the Finance Committee, will need to approve the project before further action can be taken. We are hopeful that all the pieces will be in place to allow them to make that decision in time for the November 16 meeting of the Board.

(7) The estimate for the *earliest* we can actually "put a shovel in the ground" is January, 2018.

Updates on the project will be posted regularly on the Kendal at Lexington Master Plan blog at kalexmasterplanupdate.blogspot.com. You can sign up for email notifications when items are posted on the blog, so you can follow the progress on Phase III. Contact Becky Edmondson, Executive Assistant, for more information.

-- Mina Tepper
Executive Director

What's Up with Phase III? (from p. 1)

(5) Twenty-one cottages have been reserved in the Sunrise Ridge development. This exciting news brings us to the 75 percent reserved number that lenders often like to see. Thanks to the Marketing Department for all of their hard work to meet this goal! And, they are not slowing down. According to Marketing Associate Linda Moreschi, "We have nine more to go."

(6) Once we have the GMP and have secured financing, the Board of Directors, with input

*A Warm Welcome
To A New Resident!*

*Lea McGovern has moved into
Cottage 1009, arriving from
Arlington, Virginia, in mid-
October.*

Election Day, November 7

Kendal is pretty scrupulous in following its policy of discouraging specific political or campaign activity on campus. As far as voting in itself is concerned, though, Kendal provides plenty of help, in the form both of information and of transportation.

For Virginia's upcoming general election on Tuesday, Nov. 7, the deadline for registering to vote will have passed by the time this newsletter appears. (If you are already a registered voter, address current, you don't need to do anything new. You'll be on the list.) There are several other matters to be kept in mind, and we are reminded of them by resident Dick Minnix, who served for a number of years on the Lexington Electoral Board. At the Residents Association meeting of October 18, Dick explained the deadlines and the procedures for voting absentee, should you foresee being unable to get to your precinct on November 7. If you missed the meeting and need the information, contact Dick. He has copies of the necessary forms. For Kendal residents who can get to their precinct but have trouble walking in, Dick reminds us that precinct workers will bring a ballot out to the car or bus. However you choose to vote, bring a photo ID -- a valid Virginia driver's license, for example.

Almost all Kendal residents live in the Kerrs Creek district, Rockbridge County, and vote at the Effinger Volunteer Fire House, ten or so scenic miles away. Four Kendal buses have been scheduled, departing at 9 and 11 am, then at 1 and 3 pm. Sign-up sheets will be posted.

There is no charge for this ride. For those who prefer to drive, the secret is to go south on Main Street (highway 11), turn right on Collierstown Road (highway 251), and adhere resolutely to the 251 signs despite a couple of 90 degree turns that can lure one off onto some other narrow winding road, beautiful but not leading to the Effinger Fire House. An advantage to taking the bus is that one can concentrate on the scenery and perhaps see a heron in Buffalo Creek.

Two of Kendal's cottages are located across the city/county line, and their occupants vote in Lexington at the Piovano Building, 350 Spotswood Drive. Kendal does not provide transportation to this precinct. (A change may occur in the future when the thirty Sunrise Ridge cottages are completed, all on city land.)

Dick has posted sample ballots in the Alcove. In the city and county, voters may choose a Clerk of Court (candidates Dennis W. Ayers, Michelle Trout, David C. Whitehead). In Kerrs Creek district, voters may choose a School Board member (candidates Laurie A. Strong, Heather C. Hostetter) and a member of the Board of Supervisors (candidates Steven D. Hart, David E. Lyons, Susan H. Laurence).

Both city and county will be voting for Governor of Virginia (Ralph S. Northam, Democratic; Edward W. Gillespie, Republican; Clifford D. Hyra, Libertarian); Lieutenant Governor (Justin E. Fairfax, Democratic; Jill H. Vogel, Republican); Attorney General (Mark R.

(cont. on p. 7)

Election Nov. 7

(from p. 6)

Herring, Democratic; John D. Adams, Republican); and member of the House of Delegates, 24th District (Ben L. Cline, Republican; John C. Winfrey, Independent).

Perhaps it is not too great a stretch of our no-politics stance to point out that John Winfrey (above, House of Delegates) is a Kendal resident.

November 24 Deadline For Staff Appreciation Fund

Friday, November 24, will be the last day to donate to the Staff Appreciation Fund before the holiday party, scheduled for the following Friday, December 1, when checks will be available for pick up by staff members.

We have the best staff in the world, they make us happy every day, and here is our chance to bring them some nice tangible cheer in good time for Christmas. Please give generously.

Residents Council, sponsor of December's party, suggests that residents consider a donation of one to two dollars per day for each day of the six-month period since the last Staff Appreciation party, this past June. Why not think about \$330 and then nudge it up a bit, if you've had a pretty good year, and as a balance to any of your neighbors who at this time can't give as much as they would like.

The fund is distributed according to hours worked and length of service, with top management excluded.

Kendal policy forbids any tipping, or giving of gifts of any kind, by residents to individual staff members. This is what we do instead. It allows us to express our gratitude without showing favoritism, since many members of our staff work behind the scenes and we don't get to know them as well. But they all do their jobs to make our lives safe and comfortable.

Checks should be made out to "Kendal at Lexington," with a memo for the Staff Appreciation Fund. Give your check to the accounting office, the receptionist, or any of the front office staff, or place it in any of the other locations specified in the letter from Residents Council that you will receive in November. All contributions are fully tax deductible.

Newsletter Statement and Staff

The Residents' Newsletter: 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, Susan Lynch, Jo McMurtry (editor), Shay Peters, Kay Quirk, Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Bill Schellstede, Marje Sherrill, John South, Rudie Terhune, Clara Belle Weatherman, Dick Werling.

The deadline for the December, 2017 issue is Friday, November 17, 5 pm.



Missy's Musings

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

Poodles galore at Kendal? Well, almost, and all I can say is "Ooh la la!"

I'm very lucky to have two standard poodles as neighbors. Gideon Goddard (Leland and Paul) is a gorgeous grey four-year-old who lives on Sycamore Lane. His big yard faces the pasture to the west. If we don't meet up very often, it's because he's very focused on the cattle and deer from his side of the underground electric fence. He may bark at deer to scare them away, but otherwise he is neither seen nor heard.

I've been in competition with Gideon at the annual Borden Center Dog Show, and he always beats me. He is tall, regal, and very impressive as he prances around the ring. He even rides in the car with a seat belt attached! Next, it may be Paul's golf cart! Gideon hails from a Dublin, Virginia, breeder.

Another Virginia-bred poodle is the lovely, eye-catching Jilly. You may have seen her in the short YouTube video produced by Kendal (July 16, 2016), where Jilly's canine neighbors lead a tour of the property from their perspective. She is the diva who sits and watches them go by. (To view, Google "Kendal at Lexington--Videos" and click on "Kendal at Lexington Ground Up Walking Tour.")

I am very taken with this regal lady's color. She tells me she is a Phantom Standard Poodle, which comes from one parent being black and the other apricot. She is so elegant and poised at eleven years of age! If you're up early, you'll see her strutting her stuff about 6:30 am. Jilly owns Tom and Caroline Bridges and lives at 119 Sycamore Lane, across from Gideon. Her next door neighbor, Mahler Giddings, is a good playmate, but Jilly is very partial to some humans, such as Maury, Rudie, Marion, Ann, plus a few others. Gideon and Jilly are both groomed by Pampered Pups Mobile Dog Grooming, which picks them up on the same day in the specially outfitted bus.

I hope to say "bonjour" often to these wonderful residents.

From the Furnishings and Interiors Committee

The Furnishings and Interiors Committee wishes to remind all residents, particularly those who have just moved to Kendal or who will be moving in the near future, that the committee would appreciate the opportunity to consider for placement in Kendal's public spaces, any surplus, significant wall art or sculpture prior to its being disposed of elsewhere. The committee is particularly interested in adding regional paintings to Kendal's collection. Also, any quality Christmas decorations will be appreciated. Contact Beth Knapp if you have potential donations.

-- Beth Knapp (Chair)

From Our Therapists:**Productive Aging,
Living Life to the Fullest**

The path to health and well-being is linked to participating in daily activities. Occupational Therapy focuses on enabling clients to maximize their capacity to participate in life activities that are important and meaningful to them. Occupational Therapists facilitate clients' abilities to adapt and organize their daily occupations or activities related to self-care, home management, community participation, education, work, and/or leisure into daily routines to prevent and minimize dysfunction, promote and develop a healthy lifestyle, and facilitate adaptation and recovery from injury, disease, or developmental challenges. Occupational Therapy services can be particularly effective in assisting individuals to manage chronic diseases more effectively, thereby improving their quality of life and ability to engage in meaningful occupations, while decreasing frequency of medical interventions.

How do Occupational Therapists promote health and well-being? Occupational therapists:

- ~ Work with people in, or in recovery from, cancer treatment to mitigate the side effects on daily functioning.
- ~ Perform assessments for health risks, such as the potential for falls, the effect of low vision and/or cognitive issues on safety in daily tasks, and how well the home accommodates current and potential disabilities.
- ~ Teach strategies to incorporate healthy habits and routines into daily activities.

~ Identify solutions to personal and environmental barriers.

~ Provide skills training in areas such as socialization, caregiving, parenting, time management, stress management, etc.

Occupational Therapists look at all aspects of a person's life and areas of function to support optimal health. By promoting a client-centered approach to performing daily activities, and adoption of healthy habits and routines, occupational therapists facilitate health across the life-span.

Please join us on Monday, November 13, 2017, at 4:30 in Kendal Hall, to see how occupational therapy could benefit you!

-- submitted by Ashley Brunty
Borden Center Admissions/Marketing

GOLF NEWS: On October 20, two teams representing Kendal participated in the Project Horizon golf tournament at the Lexington Golf & Country Club. With many of the area's finest golfers playing, our teams did well, both finishing in the middle of the field.

One team, consisting of all employees -- Judy Kurtz, Boo Weekley, Nathan Straub, and David Staton, shot a nine under par 62 and were surprised when our other team, composed of Jason Bunn and three mature golfers (residents Tom Maxwell and Bill Russell, with Bruce King from our wait list) came in with a 61.

-- Bill Russell

Looking Around with Maureen:**Clock-Moving in Lock Step**

It's truly amazing that over 325 million of us actually do something together, do it without argument or debate, and do it unfailingly twice a year. For the rest of the year, those same 325 million often have totally different, and opposite, perspectives on issues and on the world around us.

This incredible unifying phenomenon is called Standard Time, when all of us set our clocks back an hour in the fall. In the spring it is called Daylight Saving Time, when all of us set our clocks forward an hour. There are exceptions to this behavior, as Arizona and Hawaii do not observe these changes, and remain on standard time throughout the year. Standard Time this year will resume at 2 am on Sunday, November 5. Many people will set their clocks back an hour the night before, and enjoy an extra hour of sleep that evening.

What is the compelling reason we do this? Certainly we get more daylight leisure time at the end of the work day when we are on Daylight Saving Time. But part of it is the desire to be in sync with the rest of the population, and not arrive too early or too late. On a larger scale, it is the network effect in action, demonstrating that the use of common times is most valuable when the largest number of people possible observes those same times.

Just imagine what your life would be like if you thought it is 5 pm when it really is 4 pm. How would you ever keep your appointments?

You have certainly missed your four o'clock one. This unconventional you would soon be forced to adjust to the new times for simple survival. Otherwise, you would most likely fail at coping with the activities of daily life, being perpetually late or a no-show. You would also earn the universal opprobrium of your few remaining friends and colleagues. Be yourself, be independent, be different? When it comes to the biannual time change, it doesn't seem to work that way!

-- Maureen Crandall

"Trash Talk"

Braving flooded ditches, rocks concealed by fallen leaves, poison ivy, wind-propelled falling nuts, and pesky gnats, thirteen volunteers covered in sunscreen and insect repellent, and sporting fashionable Day-Glo safety vests, spent two hours on Saturday morning, September 23, cleaning up the roadside trash on our assigned two-mile stretch of Enfield Road. Luckily, all went smoothly, and we collected three full bags of refuse plus one discarded tire.

This is an activity we'll be engaged in semi-annually, each spring and fall. If you are looking for a fun, outdoor activity, please consider joining our team in 2018. I can be reached at 462-2952.

Respectfully Submitted By
Robyn Potter
aka HRH, the Queen of Roadside Trash
(and I have the Royal Crown to prove it!)



Cat's Corner

(conducted by Shay Peters)

[Note: the following message was submitted by Helen Behrens on behalf of Niki.]

My name is Nicola but everyone calls me Niki. I was named Nicola because I was born on Christmas day and they tell me that St. Nicholas has something to do with that day. Next Christmas I will be thirteen years old. I live at Cottage 1033 and my staff person, Helen Behrens, lives with me and tends to my needs. When I want something, I scratch the furniture and wait for her to figure out what I want. It's usually one of three things. I want something to eat, I want to go out, or I want her to sit down and let me snuggle in her lap. If she opens the door for me to go out but that's not what I want, I sit down and let her guess again. The furniture is getting kind of ragged from my scratching, but it seems to me to be a good system.

I have taken on the duty of deciding when it's time to get up in the morning. I scratch on the side of the bed, and if that doesn't work I walk back and forth across the pillows. That is always successful.

I have long tortoise shell colored fur. I like to be petted and especially like to have my neck scratched. I like it when we have company. When the doorbell rings I run to see who is coming for company. I also like to visit people.

My favorite people to visit are Ilse [Winter] and John [Miller]. I very often join them when they're having breakfast. To get to their dining room I have to jump over the six foot high fence that is around their garden, but that is easy for me to do. Then all I have to do is tap on their door and in I go. I like having them for neighbors.

I like living at Kendal and recommend it to all my feline friends.

Kendal Home Swap #2

In September, we (John South and Dianne Herrick) participated in a Kendal Home Swap with three women from Kendal on Hudson, Jane Beers, Cobb Stewart, and Sheila Darnborough. During our five-day visit, we stayed in Cobb's apartment, and the three women stayed in John's cottage.

First, a brief description of Kendal on Hudson: The stunning twenty-five acre site is located directly on the east side of the Hudson River, in Sleepy Hollow, New York, just north of the Tappan Zee bridge. (Some of the residents allowed as to how much they enjoyed "over-seeing" the construction of the new bridge.) KoH's 222 apartments are in four separate three- and four-storied buildings, connected by covered bridges to the central activities, dining, and administration building.

Directly adjoining the site is a large open nature preserve with pleasant walking trails

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Home Swap

(from p. 11)

where we enjoyed a couple of walks. Also located adjacent to KoH is a large regional hospital.

In our two Home Swap visits we've found it interesting to see the similarities and differences in how we all "do Kendal." At KoH, we were impressed with KoH's resident-run "computer help room" and their residents' website.

Taking advantage of several Kendal activities, John and I attended a string quartet concert, a Residents Council meeting, and a meeting where the nine residents vying to be on the twelve-member RA Council each made a three-minute presentation. In addition, we talked with a few staff folks, and had dinner with residents a couple of nights. Everyone was most friendly and welcoming.

On our own, we enjoyed touring several of the historic mansions along the Hudson and ate a marvelous lunch at the Culinary Institute of America, located near Poughkeepsie, New York. (The CIA book and cook store was glad we came, since we emerged with much of our Christmas shopping done.)

One day, we took the KoH shuttle bus to the nearby station in Tarrytown to catch the thirty-minute express commuter train into New York City. There we met John's daughter and granddaughter for lunch at the Metropolitan Museum. What a magnificent structure and collection at the Met!

We urge others to consider a Kendal Home Swap as a great way to meet nice people, see other Kendal communities, and to enjoy touring in different parts of the country without paying for a hotel room. If you are interested in looking for, and putting your name on, the Home Swap site, go to <https://portal.kendal.org>.

-- Dianne Herrick

A Note from the Editor

The past eight years have been great fun, very interesting, and highly educational -- how much I have learned! But eight years is long enough. So I'm stepping down as editor of the residents' newsletter, effective January 1, 2018. Because each issue is prepared during the previous month, the last issue for which I'll be responsible will be January's.

Many thanks to everyone who takes part in this enterprise -- all of you who write articles and columns, read proof, gather information, suggest ideas. You are just plain wonderful. You do the work; I only put the pieces together.

Bill Schellstede will chair the Newsletter Committee in 2018, and he is the contact person for discussions about the newsletter's bright future.

-- Jo McMurtry



Judy Hopkins Monarch Project Report

Twenty Monarch butterflies were released during this project to raise these endangered creatures in a glass case on resident Judy Hopkins' shelf outside her Webster Center apartment and return them to the wild. The releases took place over 51 days, from August 15 to October 4, and were attended by a number of residents and staff. Many more folks came by to see the heavily striped caterpillars on harvested branches of milkweed, the light green chrysalides, and the adult butterflies drying their wings after emerging from the chrysalis in the case.

Each release involved taking the case outside through the nearest door, opening the case, and allowing the butterfly to walk on someone's finger, and be moved out of the cage to fly away. Many were only ready to fly to a nearby crepe myrtle bush to gain strength until they were fully ready. Some of the feistier ones just took off strongly, several going back over the building after quite a climb to rise high enough.

Douglass Hopkins, Judy's daughter, and resident Ted Burrowes provided all the milkweed and caterpillars and repeatedly cleaned the case of the caterpillar droppings. Judy kept a constant watch over the process and kept the creatures hydrated at all stages with a squirt bottle. My role was to visit frequently and to carry the case outside for the release of each Monarch. The project was very successful, and we hope to continue raising these beautiful and remarkable insects for their migration again next year. We thank you all for your interest and support.

-- Don Holmes

A Message from Charlotte Sibold: Physician Services in Borden

Charlotte Sibold, Health Services Administrator, would like to address some recent questions regarding physician services in the Borden Center (skilled nursing care).

Does a resident have the right to choose his/her own physician when residing in the Borden Center? Yes! In fact, it's a regulation. Unfortunately, most physicians have chosen to no longer follow residents in nursing centers, just as many no longer follow their patients in hospitals. Currently, only Dr. Brochero, Medical Director, follows in the Borden Center. This past year, one local physician did agree to follow his patient for a short term stay.

What's required for my physician to follow? The doctor must be credentialed, which is quite easy. We need to validate that he/she has a current license, has insurance, and has not been excluded from participation in Medicare or Medicaid.

Your physician must then follow the nursing home regulations. This includes, but is not limited to, visiting you every thirty days for the first ninety days and then visiting you every sixty days thereafter. Your physician must arrange for 24 hours a day call coverage. If a resident has a change in condition, we must have access to a physician or physician extender in order to obtain orders.

Does my doctor take 24-hour call for me or for all patients in the Borden Center?

If your physician follows your care, he/she only takes calls for you and the other patients he follows.

(cont. on p. 14)

Physician Services (from p. 13)**How often can I expect to be seen by the doctor?**

Regulations require that a resident is seen within thirty days of admission; however, we strive to exceed that at Kendal. In fact, Dr. Brochero or the Nurse Practitioner (NP) generally sees new admissions within 72 hours. On a couple of occasions, we missed that time frame, but the new residents were seen within the first week.

Otherwise, your physician will see you per the Medicare requirements and when there is a change in your condition. We have a well-trained nursing staff; if they observe a change in your condition or identify a concern, they will contact the physician for direction.

Waiting 72 hours seems like a long time. What if I become ill in that time frame?

If an individual is not stable and needs to have a physician more frequently accessible, that individual is not suitable for admission to a nursing center. During the preadmission screening, we ensure that individuals are stable and that we can meet their needs.

If an individual does become ill, Dr. Brochero or his NP is on call 24 hours a day. In most cases, we can manage the care without the physician being onsite. The nurses are well trained to administer new medication orders, start IV's, and draw blood. Additionally, we work with a mobile xray company that can come on site for xrays, ultrasounds, and EKG's. In a true emergency, such as a suspected heart attack or stroke, the individual would be sent to the hospital via EMS.

Why are physicians no longer following their patients in nursing centers?

Physicians are finding the regulatory environment more challenging and harder to balance with the responsibilities of their own practices. Also, nursing center residents are much frailer and medically complex than they were in years past. The nursing center is more dependent upon the physicians to help guide the care of these individuals. As a result, nursing centers contact the physicians more frequently and have an expectation that the physician will respond quickly and see residents in a timely manner. In the past, it was acceptable to just send a person out to the emergency room if there was a change in condition. In today's environment, hospitals are penalized for unnecessary re-hospitalizations. Nursing centers are expected to attend to changes in resident conditions and to transfer residents to hospitals only in true emergencies.

How do you avoid re-hospitalizations and safely manage care in Borden?

A strong nursing team is key. Debbie Curry-Lee, Director of Nursing, has worked hard to grow the skills of the staff. Nurses were recently re-trained in assessment skills, and they regularly participate in ongoing education to ensure competencies. Identification of early signs and symptoms of chronic issues is imperative. As directed by the physician, diagnostics, medications, and other treatments can be ordered. In addition to growing the nursing skills, the Borden Center has also expanded the equipment available to us. Some of our specialized equipment includes a Doppler, bladder scanner, emergency medication cart, wound vacs, and a PT/INR machine.

(cont. on p. 15)

Physician Services (from p. 14)

Tell us about Dr. Brochero and his practice.

Dr. Brochero is an internist and a Certified Medical Director through AMDA. He does not have a traditional practice; his practice is following care in nursing homes, like the Borden Center. Currently, Dr. Brochero follows residents in about six nursing centers in southwest Virginia. He currently has four Nurse Practitioners devoted to his practice.

If I'm a resident in Borden, who do I see with a concern or question?

The charge nurse is always a good resource. You may also see the Director of Nursing, Debbie Curry-Lee; the Administrator, Charlotte Sibold; or Brittany Camden, Social Worker and Grievance Official. Any of the staff would be glad to help answer your questions or help address your concerns. Like Independent Living, there is a Resident Council in the Borden Center. Families are also welcome to form a Family Council.

-- Charlotte Sibold

Birds in Kendal's Great Outdoors

Kerry Kilday of the Rockbridge Bird Club led a group of about twenty participants, mostly Kendal residents but some Bird Club members, on a bird walk around the perimeter of our campus this past October 14. The event was arranged and/or publicized by residents Rae and Cleve Hickman, Don Holmes, and Dianne Herrick, in conjunction with Bird Club members Wendy Richards and Mr. Kilday.

Mr. Kilday observed that Kendal's 85-acre campus has a great variety of environments favored by birds. We have high spots, low spots, wet, dry, and brushy spots, woods and meadows.

Here is Mr. Kilday's list of the birds seen (and often heard) at Kendal on that mid-October day: Canada Goose, 3; Black Vulture, 4; Turkey Vulture, 6; Rock Pigeon (Feral Pigeon), 11; Belted Kingfisher, 1; Red-bellied Woodpecker, 1; Hairy Woodpecker, 1; Northern Flicker, 3; Pileated Woodpecker, 2; Eastern Phoebe, 2; Blue Jay, 4; American Crow, 8; Common Raven, 2; Carolina Chickadee, 14; Tufted Titmouse, 14; White-breasted Nuthatch, 2; Carolina Wren, 6; Eastern Bluebird, 14; American Robin, 10; Northern Mockingbird, 6; European Starling, 50; Cedar Waxwing, 4; Palm Warbler, 10; Yellow-rumped Warbler, 6; Chipping Sparrow, 1; Song Sparrow, 8; Swamp Sparrow, 2; Northern Cardinal, 10; Eastern Meadowlark, 10; Common Grackle, 12; House Finch, 4; American Goldfinch, 12.

Knitting and Sewing for Borden

Are you crafty and enjoy knitting, crochet, and/or sewing? There is always a need for items in the Borden Center (skilled nursing care). Residents there always appreciate a lap blanket or shawl. Many residents who have dementia benefit from activity fidget pillows, pads, or blankets. Activity pillows have a variety of textures for residents to experience as well as notions to work their fingers. Residents enjoy "fiddling with" buttons, zippers, latches, lacing, and tying ribbons. There are many ideas for activity fidget pillows or blankets for people with dementia on the internet, especially a website called Pinterest. There are some samples in the Borden Center Recreation Room; the current stock

(cont. on p. 16)

Weekly Scheduled Activities

Sundays (5, 12, 19, 26)	4:00 pm	Vespers	Kendal Hall
Mondays (6, 13, 20, 27)	2:00 pm	Needleworkers	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (7, 14, 21, 28)	12:45 pm	Recorder Consort	Kendal Hall
	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (2, 9, 16, 29)	* 10:00 am	Bible Study	Staff Devel. Rm.
	* 7:00 pm	Movie	Kendal Hall
	* Except for Nov. 23, Thanksgiving		
Fridays (3, 10, 17, 24)	10:30 am	Kendal Singers	Kendal Hall

Knitting and Sewing (from p. 15)

is used often. If you are interested in creating an item for the Borden Center, please contact Laura Hotinger, Resident Life Activities Coordinator; Teresa Markham, Activities Assistant; or resident Marty Fisher.

-- Laura Hotinger

Vespers for November

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.

Nov. 5: Officiant, Matt Vaught (Rockbridge Church). Pianist, Clyde Moore.

Nov. 12: Officiant, Malcolm Brownlee (Bethel Presbyterian Church, Staunton). Pianist, Betty Bond Nichols.

Nov. 19: Officiant, Steve Cathcart (Timber Ridge Presbyterian Church). Pianist, Kay Horner.

Nov. 26: Officiant, John Pearson (Grace Presbyterian Church). Pianist, Jean Eisenhauer.

Out and About in November

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

Nov. 4, Sat., 8 am to 10 am. The Rockbridge Bird Club sponsors a bird walk at Boxerwood Nature Center, 963 Ross Road. **Free and Open to the Public.**

Nov. 4, Sat., 1 to 5 pm. Christmas bazaar at Grace Episcopal Church, formerly R.E. Lee Church. All proceeds go to charities. [Editor's Note: Many holiday bazaars are held at this time of year; this was the only one submitted to "Out and About" for November. Watch for notices in *The News-Gazette* and in Kendal's alcove]

Nov. 5, Sun., 2 pm. Piano concert with Shuko Watanabe and Byron W. Petty, of the W&L music faculty. Music by Mozart, Field, Pinto, Liszt, Goetschius. No set ticket price, but donations will be given to Rockbridge food organizations. Heartstone Lodge, 1366 Stuartsburg Road (FR 703), Buena Vista. Telephone 463-2593 and 461-1401.

November Activities Calendar

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

1, Wed.	10:00 am	Appalachian Trail Hike	[bus, 10:00 am]
	7:15 pm	Kendal College Session	Kendal Hall
2, Thu.	1:30 pm	Visit to Smith farming operations	[bus, 1:00 pm]
4, Sat.	11 am +	Collierstown Presbyterian Church Fall Dinner	[bus, 11:15 am]
	8:00 pm	Lo Cor de la Plana, W&L	[bus, 7:30 pm]
5, Sun.	2:00 am	Daylight Saving Time Ends	Eastern Time Zone
6, Mon.	8:00 am	Men's Breakfast	Dining Room
	8:00 pm	University Wind Ensemble, W&L	[bus, 7:30 pm]
7, Tue.	6 am -- 7 pm	Election Day	[buses: 9 am, 11 am, 1 pm, 3pm]
	1:00 pm	Residents Council Meeting	North Parlor
	* 7:15 pm	Voice Recital, Students of Christine Schadeberg	Kendal Hall
8, Wed.	7:15 pm	Kendal College Session	Kendal Hall
9, Thu.	10:00 am	Tour of the Reeves Center, W&L	[bus, 9:45 am]
	2:00 pm	Dementia Caregivers Support Group	Sunnyside House
	* 4:30 pm	Program on Guardianship Training	Kendal Hall
	8:00 pm	University Jazz Ensemble, W&L	[bus, 7:30 pm]
10, Fri.	7:30 pm	Stage play, <i>1984</i> , at W&L	[bus, 7:00 pm] 11,
11, Sat	* 10:30 am	Kendal Singers, Honoring Our Veterans	Kendal Hall
	8:00 pm	Bluegrass Ensemble, W&L	[bus, 7:30 pm]
13, Mon.	* 4:30 pm	Presentation on Occupational Therapy	Kendal Hall
14, Tue.	6:30 pm	Sunnyside Weavers	Sunnyside House
15, Wed.	9:30 am	Residents Association Meeting	Kendal Hall
	7:15 pm	Kendal College Session	Kendal Hall
16, Thu.	4:30 pm	Talk on Emergency Preparedness	Kendal Hall
	8:00 pm	University Orchestra Concert, W&L	[bus, 7:30 pm]
17, Fri.	4:30 pm	Dinner at Café Michel, Clifton Forge	[bus, 4:30 pm]
23, Thu.	TBA	Thanksgiving Buffet	Dining Room
	* 7:30 pm	Piano, guitar and voice recital by Isabel Pless	Kendal Hall

*** Free and Open to the Public**

The Residents' Newsletter
Kendal at Lexington

