



The Residents' Newsletter

Kendal at Lexington

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December 2017

Residents Association Approves Council Slate

As is traditional for the November meeting, the Residents Association on November 15 approved the slate of Residents Council members presented by the Nominating Committee, to begin their terms in January of 2018. Residents Council is the executive arm of the Residents Association, of which body all residents in Independent Living and the Webster Center are automatically members. (You don't have to sign up.)

The sudden death of Lew John, who had agreed to serve as president, caused some re-arrangement of the slate. Karen Russell is currently completing her second consecutive one-year term as president, but has agreed to continue as interim president for the first six months of 2018. Although the by-laws of the

Residents Association preclude Karen's serving a third consecutive term, they do not forbid a less-than-one-year interim service.

Joe Skovira, who had agreed to serve as vice president, will hold this office for the first six months, or a shorter time should he decide to do so, and will then assume the presidency. During this time, the Nominating Committee will seek another candidate for the position of vice president.

Other members of next year's Residents Council are: Marianne Bonner, secretary; Burrell Fisher, treasurer; Margaret Sayre, member-at-large; and Dick Minnix, member-at-large.

Members of the Nominating Committee are Mary Stratton (chair), Caroline Hemmings, Don Holmes, Nelson Potter, and Margy Werling .

(cont. on p. 6)

🎵 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.

Dec. 1, Fri., 2:30 pm. Staff Appreciation party. (See story, p. 4.) Kendal Hall.

Dec. 2, Sat., 7:30 pm. Holiday concert by the Rockbridge Choral Society, a longstanding local tradition. Also traditional is the large number of Kendalites who sing with the Choral Society. Those who have been rehearsing for this program include Elsa and Ted Burrowes, Marty and Burrell Fisher, Susan Lynch, Bill Schellstede, Barbara and John Winfrey, and Ruth Woodcock. Arrive early if you can; audience caroling begins at 7:15. Ticket \$10, available at the door or from Ruth Woodcock (order forms in the Alcove). Lexington Presbyterian Church. [bus, 6:30 pm]

Dec. 4, Mon., 8 am. Men's breakfast. No reservation needed. Dining room.

Dec. 5, Tue., 10:30 am. Help decorate the tree in Anderson lobby. (See story, p. 5.)

Dec. 5, Tue., 7 pm. Holiday Pops Concert, with the University Wind Ensemble, String Ensemble, Jazz Ensemble, Men's Glee Club, and Cantatrici

(women's group). Wilson Concert Hall, W&L. Ticket free but required; tickets are available for all on the Kendal bus. [bus, 6:20 pm]

Dec. 6, Wed., 7:15 pm. The VMI Jazz Band visits Kendal. Kendal Hall. **Free and Open to the Public.**

Dec. 7, Thu., 7:30 pm. VMI's holiday program. Information is slim as we go to press, but watch for postings. [bus, 7 pm]

Dec. 8, Fri., 4:30 pm. Talk by Megan Fulcher, Associate Professor of Psychology at W&L, on "Lego Play: Constructing Different Futures Through Play." Prof. Fulcher, whose husband Michael is a member of Kendal's Marketing staff, specializes in the study of children's emotional development. Her talk will address how play with gendered toys impacts children's ideas about work and family roles -- "How do girls play with pink Legos? Can Barbie be a model for women in science?" Kendal Hall. **Free and Open to the Public.**

Dec. 12, Tue., 1 pm. Monthly meeting of Residents Council, the executive arm of the Residents Association. Open to all residents. North Parlor.

Please Note: By custom, there is no Residents Association Meeting in December.

Dec. 12, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. Sunnyside House.

(cont. on p. 3)

Calendar Notes

(from p. 2)

Dec. 14, 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.

Dec. 14, Thu., 4:30 pm. James Pannabecker, piano, and Mark Swortzel, tuba, will present a concert including some Christmas music. Both are well known area musicians, performing in the Rockbridge Symphony and as members of various musical groups. This instrumental combination might not be as strange as it sounds, but come and find out. Kendal Hall. **Free and Open to the Public.**

Dec. 15, Fri., 1:30 pm. Musical program and tour of the Lee Chapel Museum, W&L campus. [bus, 1:10 pm]

Dec. 15, Fri., 5 pm. Recital by students of Julia Goudimova, a member of the W&L music faculty and a frequent performer at Kendal. Kendal Hall. **Free and Open to the Public.**

Dec. 18, Mon., 10:30 am. Felicia Bush, our Finance Manager, will give a presentation on Kendal's budget for 2018. Always an informative, well-prepared session. Kendal Hall.

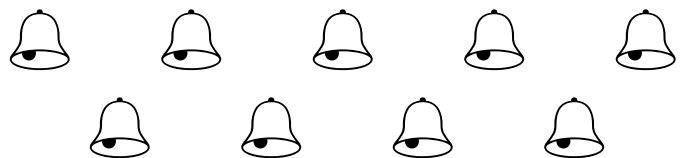
Dec. 19, Tue., 7 pm. "Christmas in Song," Kendal's traditional holiday celebration, featuring the Kendal Singers under the direction of resident Don Taebel. Kendal Hall. **Free and Open to the Public.**

Dec. 24, Sun., time TBA. The Kings College Choir on the large screen in Kendal Hall. Watch for postings of further details.

Dec. 25, Mon., times TBA. Watch for notices about Kendal's Christmas buffet in the Dining Room. Always a special occasion.

Dec. 31, Sun., 7 pm until 9 pm. New Year's Eve party, arranged by Dick Minnix for the Culture and Entertainment Committee. Balloons and champagne. Kendal Hall. **Free and Open to the Public.**

THIS JUST IN -- Photos submitted by two Kendal residents have been included in CornerStone Bank's 2018 Calendar. Wil Stratton has three -- snowy Enfield Road for February, winding Woods Creek for March, and a pastiche of fallen leaves for November. Ted Burrowes won an Honorable Mention with his photo of clouds and a rainbow over Kendal. All the photos in the calendar are dazzling, and all were taken beautiful Rockbridge County area. CornerStone Bank is locally owned and is very active in the community. The calendar is co-sponsored by The News-Gazette, the area's weekly newspaper. Copies of the calendar are available free at the CornerStone branches (54 S. Main St., and College Square Shopping Center), as long as the supply lasts.



Staff Appreciation Party Friday, December 1

Be sure to come to Kendal Hall on Friday afternoon, December 1, at 2:30 pm. We have the most wonderful staff in the world, and we ought to let them know we know it. The party is arranged by Residents Council and will feature light refreshments and, more important, the chance to exchange holiday greetings and express our thanks to the people who take such good care of us, every day in every way.

Staff will have the opportunity, at the party or adjacent to it, to collect their checks from the Staff Appreciation Fund, donated by residents and dispersed twice a year. Checks will vary in amount according to hours worked and length of service at Kendal, with top management excluded. The deadline for the December dispersal was November 24, but the fund is now open for the next Staff Appreciation event, in June of 2018.

Literary Magazine Showcases Resident Work

The Kalex, Kendal's literary and artistic magazine, has for the past seven years upheld a high standard of work by residents, and the latest issue is no exception. Distributed to residents and staff in November, the current *Kalex* contains beautiful color photographs by Gene Shelar, Ted Burrowes, and Jack Geikler. Subjects include butterflies (Zebra swallowtail on thistle; Eastern-tailed blues), a double rainbow arching over Kendal, and a rug woven by

Sandra Stuart. Prose pieces emphasize memoirs, many of them involving World War II; writers include John Gunn, Helen Behrens, Helen Head, Harrison Kinney, Kathy Holmes, Beth Knapp, Ted Chapman, Tom Strickland, and Mary Craig-hill. Poetry was contributed by Marian Carlsson and Dabney Stuart.

Leland Goddard founded *The Kalex*. The current editors are Anne Preuss and Marjorie Sherrill. The committee includes Jane Bicknell, Elaine Emerson, Jack Geikler, Caroline Hemmings, Penny Henneman, and Susan Lynch.

The Marketing Department has some copies, available to off-campus readers upon request and as long as the supply holds out.

Cookies Will Rule At the Christmas Parade

Lexington's annual downtown Christmas parade is set for Friday, December 1, beginning at 5 pm. The theme this year is "Cookies," and Kendal's plans for a float are currently in the works. The Activities and the Maintenance staffs will be involved. Watch for announcements of further plans.

The Kendal bus does not offer transportation to this event (too spread out, and would riders know where and when to get back on?), but informally organized car pools are always possible.



Holiday Decorations Going Up in Early December

For five years, the focal point of Kendal's holiday decorating has been the seven-and-a-half-foot tree placed at the back of the Anderson lobby and festooned with traditional garlands, glass balls, candy canes, and many unusual handmade ornaments donated by residents and friends. Everyone is invited to assist with the tree trimming, which takes place Tuesday, December 5, at 10:30 am and should last about an hour. Victoria Shelar and Margy Werling are coordinating this event.

Other decorating activities and those responsible for them include:

- Wreath hanging -- Nancy Epley and Louise Tardy.
- Lobby flower arrangements -- Beth Knapp.
- Window light placement and maintenance -- Dianne Herrick and Miss D Penick.
- Dining room and Restaurant decorations -- Sally Holland and Patti Hammond.
- Train setup -- John Tucker.
- Music -- Natalie Wellman.

If you would like to assist with any of these, just contact one of the individuals involved. Coordinators will tell you the times and other details.

In addition to the Anderson lobby tree, there are three more opportunities to help trim Kendal's Christmas trees:

Friday, Dec. 1, 1:30 pm in the Borden Center sunroom. This is a full size traditional tree laden with contemporary ornaments. The decorating is coordinated by Teresa Markham, Activities Assistant.

Thursday, Dec. 7, 10 am in the Webster Center lobby. A full size tree featuring a remarkable collection of European glass ornaments donated by Pat and Jack Geikler. Teresa Markham also oversees this activity.

Saturday, December 9, 9:30 am. Sunnyside House. Help trim a four-foot Victorian table top tree in the parlor or place period decorations in the first floor rooms. Mary Coulling is in charge and usually provides homemade cookies.

Much of the responsibility for holiday decorations in Kendal's common areas rests with the residents' Furnishings and Interiors Committee, which gratefully acknowledges much assistance from the Maintenance staff and from resident volunteers.

Most of the decorations will be removed January 3, 2018.

-- Trix Rumford

A request from the resident tech crew that oversees Kendal Hall events: some of our hearing assistance devices are missing. If you have inadvertently taken one home, instead of returning it to the storage box (on a chair beside the aisle) on your way out of Kendal Hall, please return it to the same box next time you're leaving Kendal Hall. No questions asked.

Council Slate (from p. 1)

Detailed information about the ins and outs of all these matters can be found in the Residents Handbook (red binder), Section IV.

Residents Council customarily meets on the second Tuesday of each month, at 1 pm in the North Parlor. These meetings are open to all residents. Contact the president if you would like a spot on the agenda.

-- Jo McMurtry

Committee Sign-Up In December

You will soon receive a notice in your open mailbox asking you to sign up for one of the Residents Association's standing committees in 2018. It is through the work of Kendal's various committees that we make Kendal the place where we want to live -- our home. One of the distinctions of a Kendal community is that the residents direct much of the life in our community, not the staff.

You can learn more about the activities of each of the standing committees in the Residents' Handbook (Red Book), Section IV-C. A list of those who signed up for each committee in 2017 can be found on the bulletin board in the residents' copier room. This room is located just off the corridor in Anderson Hall that runs north from the lobby, near the mailboxes.

(By the way, a new resident asked if she could use this copier. Yes, this is the copier for residents. If you are copying something for a committee, just sign the sheet next to the copier. If you are copying something for yourself, put five cents per copy in the box, currently kept on top of a file cabinet, for that purpose.)

But back to the standing committees -- if you think you might be interested in being on one of them, talk to a resident who is currently on that committee. Please note that you need to sign up every year to be on any standing committee. Continuing membership is *not* automatic.

We all benefit from the talents and life experiences of fellow residents. Consider sharing your ideas and skills by signing up for -- and participating in the work of -- a committee.

-- Dianne Herrick

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 January, 2018 issue is Monday, Dec. 18, 5 pm.

Welcome to the Skoviras, "Oops" from the Editor

Your editor dropped the ball and neglected to include Margaret and Joe Skovira in any of the recent notices of Kendal's newcomers. But in fact the Skoviras moved here from Lexington in early summer, 2017, and have been occupying Apartment 101 South, making new friends to add to the many they already have, and becoming very much a part of our community. (See story, p. 1.) They have a beautiful page in the Blue Book, and they are very welcome indeed.

-- Jo McMurtry

Shannon Khalifa Becomes Resident Life Coordinator

Laura Hotinger Shifts to Part-Time

Shannon Khalifa now heads Kendal's Activities staff, a group which primarily focuses on the Borden Center and the Webster Center but which often interacts with Independent Living residents. (See story, p. 9.)

Shannon was introduced by Karen Jackson, Director of Resident Services, at the Residents Association meeting of November 15. Karen oversees the Activities staff.

Laura Hotinger, who came to Kendal as Resident Life Liaison (the job title at that time) in the fall of 2001, will be working on a part

time basis. Laura is a Certified Music Practitioner, a credential she earned while employed at Kendal.

Teresa Markham, Activities Assistant, is also a member of this important part of the Kendal staff.

"I'm very happy to be here," Shannon says. "It's very exciting, and I love getting to know the staff and residents."

Music is important at Kendal, and Shannon fits right in, as her field is music therapy. She holds a BA from Eastern Michigan University and a Master's degree from Radford University. She has studied the piano but mainly plays guitar and flute -- "easily portable," she explains.

Shannon's husband, Moataz Khalifa, teaches in the Physics Department at W&L, specializing in nanotechnology. The couple have a son, Ibrahim, four years old, who attends the Yellow Brick Road Early Learning Center. Children from the Yellow Brick Road often visit the Borden Center, so Ibrahim knows exactly where his mother works.

Resident Address Changes

John Dinkel, to the Borden Center.

Carolyn Dunlap, to the Borden Center.

Marilyn ("Beeb") Jackson, to the Borden Center.

Alice Richardson, to the Webster Center, Apt. 214.

For the Birds --

Kendal Citizen Scientists Can Make a Difference

"More than 250 bird species in the U.S. are endangered, threatened, or of growing conservation concern. This means that one in three birds in the continental U.S., Alaska, and Hawaii are in peril." -- From the "State of the Birds Report," Cornell Lab of Ornithology and the U.S. Secretary of the Interior.

This news is alarming, but the Cornell Lab says not all the news is bad. The report also shows that some bird species have recovered where conservation efforts are in place. Cornell Lab's Project Feeder Watch program enlists citizens to help keep track of the bird population. So citizen science can make a difference in tracking the state of birds.

Kendal has a number of residents feeding birds. Now they can enjoy watching birds feeding and count the birds they see in reports to Project Feeder Watch. The citizen reports are added to a national data base that tracks winter movements of birds and long-term distribution and abundance. Feeder Watch is for people of all skill levels, backgrounds, and ages. Participants record their bird counts from November through early April.

See "Project Feeder Watch" on your computer browser to receive a Research Kit for how to participate, with instructions and a bird identification poster. You provide the feeder(s) and seed. You will receive the year-end report *Winter Bird Highlights* of data received

nationwide. Those without a computer can contact: Cornell Lab of Ornithology, Sapsucker Woods Road, Ithaca, NY 14850; phone 800-843-2473.

The fee is \$18 for participants (\$15 for Cornell members). It covers materials, staff support, web design, data analysis, and the *Highlights* report.

The Cornell Lab also supports an *eBird* app for computer and smartphone that birders can use to record birds they see. Cornell shares the data from birders throughout the U.S. with conservation groups worldwide, an important way to monitor the state of birds generally.

-- Susan Lynch

In Memoriam

Lewis ("Lew") George John
Died November 6, 2017
Entered Kendal June 30, 2013

Robert ("Bob") Irons
Died November 15, 2017
Entered Kendal July 3, 2008

Harry Pemberton
Died November 16, 2017
Entered Kendal May 1, 2011

Activities Program Looks to the Future

Changes are zipping along in Kendal's Activities programs, according to Karen Jackson, Director of Resident Services. There have been staffing shifts (see story, p. 7); a new orientation class is now in effect for volunteers at Webster and Borden; and activities are being designed to take advantage of the new spatial configurations that will result from Kendal's forthcoming expansion/renovation.

The Activities staff focuses on the Webster Center (assisted living) and the Borden Center (skilled nursing care). Independent Living residents generally arrange their own activities, in line with Kendal principles. (See Kendal Corporation's booklet, "Values and Practices," p. 7.) But Independent Living residents are frequently in and out of both our caregiving facilities. We visit friends and family members who live there permanently or who are recuperating from surgery, or other temporary bumps in the road, before returning to their cottages or apartments. And many of us volunteer at Webster, Borden, or both, where there are any number of satisfying and much-appreciated things we can do.

For these volunteers, Karen and other staff members have redesigned the "Annual Volunteer Reorientation." This class, which was offered for the first time in mid November, brings Kendal into compliance with Virginia's revised regulations governing nursing homes and assisted living centers. The orientation may also be

available on a one-on-one basis to any residents who missed the class but are interested in volunteering.

"But wait," Karen says. "This hasn't anything to do with just going to Webster or Borden for a personal visit with a friend or family member. You don't have to take an orientation class to do that. We want to say to everybody, please, keep on visiting, just as you always have."

Eligible for the orientation class, Karen explains, is anyone who interacts with Webster or Borden residents in support of a programmed activity. A glance at the monthly activities calendars available at Borden and Webster, respectively, will give an idea of the number and variety of opportunities available. One can help Borden/Webster residents as they arrange flowers, play cards, enjoy wine and cheese parties, chat with visiting preschool children, listen to poetry readings, and much more.

The reorientation class covers a great deal of useful ground. Interacting with dementia patients gets special attention. Emergency preparation is important -- fires, disasters, the unexpected in short. Other topics, a bit less dramatic perhaps, include skills one wouldn't necessarily have thought of but that make sense; why not learn how to put the footrests on a wheelchair?

Webster and Borden are overseen by two different Virginia agencies: the Department of Social Services, for Webster, and the Center for

(cont. on p. 10)

Activities

(from p. 9)

Medicare and Medicaid Services (CMS), for Borden. Each agency has a set of regulations governing the activities program, and these regulations are not the same. Social Services, which oversees assisted living centers, requires that sixteen hours of activities be offered every week. As Karen points out, Kendal's program far exceeds that. ("Our program has been visited by a certified activities consultant, and she is very impressed. She says we're one of the best.")

The CMS, which oversees nursing homes, is concerned less with quantitative hours and more with the kind of activities offered and their suitability for individual residents. The department's many pages of regulations, available for viewing in one of Karen's compliance binders, clarifies the goal of identifying each resident's interests and needs, and of sustaining an activities program that will "enhance the resident's highest practicable level of physical, mental, and emotional well being."

"This kind of person-centered activity program is what we're shifting to," Karen explains. "The trend is away from conducting activities in one big room and bringing everybody in to do that one thing, whether it interests them or not."

Just in time for this individualized scenario, the renovations at Webster and Borden will give their residents plenty of small-scale, homelike spaces in which to gather and enjoy the things they happen to like. (For more on the Webster/Borden renovation, see the April, 2017, issue of this newsletter.) Here is where our Independent

Living volunteers fit in. We have special interests; so do Borden and Webster residents. Picture yourself helping a small group as they make a scrapbook, watch football (got pennants? got conversation about teams, players, coaches?), bake brownies, play poker, cuddle puppies (got puppies?), take a walk around campus . . . consult your imagination, then consult Karen or Shannon Khalifa, Resident Life Coordinator.

You'll be in good company. Many residents already volunteer (as do many people from the surrounding area), and they do a wonderful job. There's always room for more, though.

-- Jo McMurtry

Mark Your Calendars --

Puccini in January

Kendal College will present "Puccini: Master of Operas with Real Emotions" in January, 2018. The course will be taught by Tim Gaylard of the W&L music faculty and is open to Kendal residents, staff, and guests of the Marketing Department. There is a ten dollar charge. Registration forms will be put in mailboxes very early in January.

The course will meet at 4:30 pm on January 10, 17, 24, and 31, all Wednesdays. There will be a film showing on Thursday, January 11, at 7:15, replacing the regular movie for that date. (Non-members of the class may watch this film without charge.) Watch for more details in the January issue of this newsletter.



Cat's Corner

(conducted by Shay Peters)

[Note: the following autobiographical sketch was submitted by Meg Stackpole, on behalf of Severus Snape.]

My name currently is Severus Snape, Sevie for a nickname. I had another name, which I forget, before I walked into the Stackpoles' house one warm evening a decade or so ago. They had previously given food and shelter to a cat named Harry Potter, who had recently gone to the great catnip patch in the sky. When Meg saw me out of the corner of her eye, she thought at first I was a ghost of Harry as I am all black and he was mostly so. Luckily for me, when she found I was flesh and fur, she opened a can of leftover Harry food.

Over the next few months, however, I kept my distance. Yes, I would eat food put on the deck. Yes, I would curl up on an outdoor chair. But no, I would not again come inside nor would I allow any petting. Rather, like the J. K. Rowling character they named me for, I peered around corners, hissed as often as purred, went missing more than I appeared, and, all in all, showed myself to be neither friend nor foe. There came a day, though, when I was sitting on the lawn watching Chris do yard work, and a car slowed and stopped, a car I recognized all too well. The driver leaned out and called, "Hey, that's our cat!" I turned my back. "We live up the street."

Over the next few years, there was a state of co-ownership, though I called it "visitation on my own terms," which led to my choosing the Stackpoles and accepting a home with them. Chris and the other man shook hands, but it was really my decision. Since then, the Stackpoles have moved here to Kendal, and I have graciously agreed to spend my days and nights inside, which suits me fine as I am getting along in years (only I know how many), and there are many comforts to be had on a couch or bed. The Harry Potter of the books says Snape was "the bravest man he ever knew." Chris and Meg let me think that's also true of me, and I agree.

Heather Marion Receives Volunteer Award

The Chamber of Commerce (serving Lexington, Buena Vista, and Rockbridge County) on this past November 1 presented Kendalite Heather Marion with its "People's Choice" award for "Volunteer of the Year." Heather's extensive service as a gardener was the basis of the award.

"I was shocked and delighted," says Heather. She knew she was one of the nominees, but had no idea she would win. Other awards, given at the Chamber of Commerce's annual dinner at the Virginia Horse Center, went to the Humanitarian, the Educator, the Employer, and the Citizen of the year.

Heather, a Master Gardener, turns up regularly at the Boxerwood Nature Center, where she does "a lot of weeding." She has for years installed basic plantings at every house built by

(cont. on p. 12)

Heather Marion (from p. 11)

the Rockbridge Area Chapter of Habitat for Humanity, and she then helps each new homeowner learn how to care for these plantings. She was a moving force in planning and installing the "Roots and Shoots" gardens in the new Waddell Elementary School; here each grade, Kindergarten through Grade Five, has its own garden that the children learn to care for. And all of us at Kendal have seen her hard at work on our campus, planting or weeding. She is a member of the residents' Horticulture Committee.

Heather was nominated for the award by Ann Massie, a professor emerita of the W&L School of Law, who, Heather says, was impressed by the work she had done for Roots and Shoots.

Voting for the "People's Choice" awards took place online this past August. In past years, votes were cast by paper ballots printed in Lexington's weekly newspaper, *The News-Gazette*.

A Message from Ned Henneman

[Editor's Note: Ned Henneman, professor emeritus at W&L's School of Law, has often shared his legal perspectives with his fellow Kendalites.]

December is always a good time to review one's finances, take note of potential taxes, and plan for the year ahead. This kind of review seems particularly important this year in view of proposed changes in tax law.

While it is not yet possible to determine what changes will be made, or indeed if Congress will be able to agree on any significant tax legislation, there are at least two proposals that are of particular interest to older taxpayers. It may be that the presently available deductions for two types of expenses, those for contributions to charity and those for medical costs over a certain amount, will be eliminated.

Therefore, if you itemize deductions on your income tax return and if you are contemplating significant gifts to charity or anticipate medical costs in the near future, it may be advisable to accelerate those expenses and pay them before the end of the year. If in fact these deductions are eliminated and if it is possible to pay those expenses while the deductions are still available, it seems wise to try to do so.

-- Ned Henneman

Front Door Alert -- as the weather gets colder, try to remember to push open a door into Anderson lobby by hand, if you are able to do so, instead of pressing the button that opens both doors. If only one door is opened, less cold air will come in. Karen Miller, our receptionist, or anyone else sitting at the front desk will get a less frigid blast of outdoor air. And we'll be saving electricity. (Reminder brought to you by Wil Stratton for the Sustainability Committee.)



Memorial Book Now in Library

The Lord of the Rings, by J.R.R. Tolkien, has been chosen by the Library Committee as the memorial book for Tom Hasselmann. This fiftieth anniversary one-volume edition will satisfy all Middle Earth devotees.

From the author's preface, summarizing the history of hobbits, without giving away the entire *Hobbit*, to the complete text of the Lord of the Rings trilogy, it is possible to immerse oneself in the fantasy world of Frodo Baggins' quest to destroy the magic ring of the title.

This edition includes several useful appendices. So if you wish to truly become a part of Middle Earth and its world, you will find family trees, annals of the kings and rulers, information on languages and pronunciation, and indexes of people, places, songs, and much more.

This book is a veritable feast of Tolkien's world of Hobbits and adventure.

-- Sarah Giddings

Newsletter Changes Coming

Jo McMurtry's decision to retire as editor of this newsletter has prompted the creation of a team of volunteers to assure the continuation of her good work. Under the leadership of Bill Schellstede, six volunteers have been working

steadily to assure a smooth changeover, **with the first issue slated for February, 2018**. The volunteers are Ted Burrowes, Sally Emory, Sarah Giddings, Susie Lynch, Kay Quirk, Bill Schellstede, and John South.

Thanks to help from Jo, the team has digested what needs to be done to fill her shoes (a *very* difficult challenge), and the evolving plan includes dividing the editorial responsibility into three pieces: News and Features (Susie Lynch coordinating), Calendar Notes (Sarah Giddings coordinating), and Layout/Production (John South coordinating). We are updating the *Pages* software Jo uses to enable "cut and paste" rather than retyping, and other capabilities the updated software will facilitate. We are also considering a few innovations, such as the occasional photo, features about special interests of individuals or groups of residents, and others. Please let us know your ideas!

As in the past, we will need the ongoing support and contributions of KaLex residents, so please consider the many ways *you* can help: volunteer to help out one of the coordinators; volunteer to type a submission made in hard copy into electronic form; be alert to things suitable for publication; submit an article; alert us to upcoming events that could be listed in the calendar; share your ideas with us -- we want to hear from you. Please contact Bill or any of the coordinators mentioned above if you would like to help.

-- John South and Bill Schellstede
for the Newsletter Team



Missy's Musings

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

Last year the fitness people organized a walk around campus with the dogs, and that's where I met Harry Potter (owners, Shay and Phil Peters). Later on, we met in the big Borden Center enclosure, but he really was rather indifferent. I have since found out that he is a loner unless he senses the presence of dog biscuits.

Now, I have uncovered the story of Harry Potter, as told to me by Shay because Harry was sleeping. Potter, as he is called by all but Nelson Potter, who calls him Harry, is a total rescue from the local SPCA. No history, not even an age, was given. It's clear that he fit right into the Peters' household, as he's been with them for seven years.

Oh, wait! He just stirred -- Potter, how old are you? He claims to be eleven. Here comes his companion, Eddie, the pretty grey and white cat. Potter is losing his hearing, so Eddie annoys him to get his attention. Leave me alone, cat! Ah, but wait, Potter is often seen snuggling with Eddie, so he's all bark and no bite!

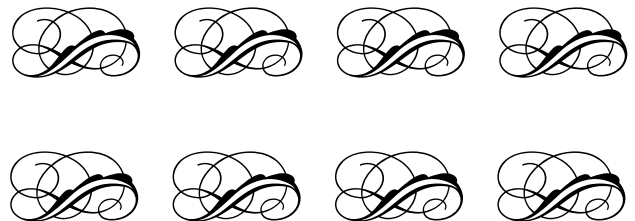
Potter does not like to get in the car, but does enjoy the bus that comes over for grooming. His DNA indicates the presence of German Shorthaired Pointer and Jack Russell, so a good

bath keeps him smelling sweet. Wake up, Potter, and do your trick! Sit! -- Catch the biscuit! biscuit! Bravo! -- Time to leave, he's asleep again!

Trash Talk

In addition to the recycling of paper, cardboard, glass, and so on here at Kalex, there is a process to recycle used printer ink cartridges. This also benefits the Kalex community by generating rebate coupons from Staples. These rebates have paid for such things as copy paper for the residents' copy machine, and so save money for the Residents Association (which, of course, lives on contributions from all of us). Rae Carpenter has managed this faithfully for quite a few years, and now Ted Burrowes is assuming this role. In addition to reminding everyone to put their used cartridges in the receptacle in the Alcove, Ted also wants you to know that we need to make ink purchases periodically to keep our rebate status current. So, if you anticipate needing printer ink and are willing to let us do the purchase from Staples (and then have you reimburse us for the cost), you will help us to maximize our savings. Contact Ted!

-- Ted Burrowes



Are You Thinking of Writing Your Memoirs?

In February, March, and April of 2018, VMI's Department of English, Rhetoric, and Humanistic Studies is offering a class on how to write one's memoirs.

VMI cadets will take the course for credit; Kendal residents and students from Lylburn Downing Middle School's creative writing class are invited to participate. There is no charge.

Major Stephanie Hodde and Major Mary Atwell, VMI faculty members, will each direct a section of the class. Participants in this community workshop will be guided through models and lessons using thematic prompts, giving them an opportunity to share their own experiences and life perspectives with a generation of cadets. A short reading list will be provided in January to those who sign up.

Some specifics: Classes will meet on Monday and Tuesday mornings: February 5, 19, March 5, 20, April 3, 17. Both sections will meet on all of these dates; the time and place will be announced later. Sometime in April there will be a public reading.

The classes will accommodate eight to ten Kendal residents (total, for the two sections), who must commit to finishing the course. Kendal will provide busing to Preston Library at VMI. A sign-up sheet will be posted in December.

-- Anne Preuss



Occupancy Update

According to the Marketing Department's report at the Residents Association meeting on November 15, we are still at one hundred per cent occupancy for existing Independent Living residences, counting several that are currently empty but that have been reserved and are being renovated.

In an average year, six or eight households (single or double) move to Kendal. This year has seen fourteen households arriving so far, with four more coming soon. Twenty-two households have joined the waitlist so far this year. Currently, 106 households are on the waitlist; thirty-six of these have indicated they will be ready to move within the next few years.

With regard to the planned Sunrise Ridge cottages, twenty-one have been reserved and nine are still available. Completion of these cottages is estimated for early 2019.

So far this year, our popular "Try It -- You'll Like It" program has brought sixty-nine households to Kendal for a visit. This statistic is a tad wobbly, though, as some of these visitors are repeaters.

Linda Moreschi, Terri George, and Michael Fulcher of the Marketing Department have been working hard and were thanked by the residents.

Weekly Scheduled Activities

Sundays (3, 10, 17, 24, 31)	4:00 pm	Vespers	Kendal Hall
Mondays (4, 11, 18)	2:00 pm	Needleworkers	North Parlor
	7:00 pm	Movie	Kendal Hall
Tuesdays (5, 12, 19, 26)	12:45 pm	Recorder Consort	Kendal Hall
	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays (7, 14, 21, 28)	10:00 am	Bible Study	Staff Devel. Rm.
	7:00 pm	Movie	Kendal Hall
Fridays (1, 8, 15, 22, 29)	10:30 am	Kendal Singers	Kendal Hall

Out and About in December

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

Dec. 1, Fri., 5 pm. Lexington's downtown Christmas parade. See story, p. 4.

Dec. 2, Sat., 2 pm and 6:30 pm; Dec. 3., Sun., 2 pm and 6:30 pm. The Rockbridge Ballet presents *Cinderella*, in a newly-expanded full length version with Prokofiev's music and lavish costumes. Danced by students of TheStudio [sic] for Dance and the Arts, the official school of the Rockbridge Ballet (a nonprofit organization). Sponsors include CornerStone Bank and Carilion Clinic. Adult ticket \$12, student \$7, available at Books & Company downtown, at Pronto Caffé [sic] downtown, or at www.rockbridgeballet.org. Gillis Theater, VMI.

Dec. 7, Thu., 8 pm. *Candlelight Service: A Festival of Nine Lessons and Carols*. Presented by the University Singers at the Lee Chapel, W&L. No ticket required. Open seating begins at 7 pm.

Dec. 12, Tue., 5 to 7 pm. Candlelit Christmas, set in 1859, at the Stonewall Jackson House, 8 East Washington St. Seasonal music and complimentary refreshments. Admission, canned food to support the Rockbridge Area Relief Association.

Vespers for December

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.

Dec. 3: Officiant, Deb Klein (Lexington Presbyterian Church). Musician, Kay Horner.

Dec. 10: Officiant, Steve Cathcart (Timber Ridge Presbyterian Church). Musician, Donna Mabry.

Dec. 17: A Service of Nine Lessons and Carols, with Resident Lectors and Audience Singing. Musician, Clyde Moore. No communion.

Dec. 31: Officiant, Bill Klein (Lexington Presbyterian Church). Musician, Mary Harvey-Halseth.

December Activities Calendar

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

1, Fri.	2:30 pm	Staff Appreciation Party	Kendal Hall
2, Sat.	7:30 pm	Rockbridge Choral Society, Holiday Concert	[bus, 6:30 pm]
4, Mon.	8:00 am	Men's Breakfast	Dining Room
5, Tue.	10:30 am	Tree Decoration	Anderson Lobby
	7:00 pm	Holiday Pops Concert, W&L	[bus, 6:20 pm]
6, Wed.	* 7:15 pm	VMI Jazz Band	Kendal Hall
7, Thu.	7:30 pm	VMI Holiday Program	[bus, 7:00 pm]
8, Fri.	* 4:30 pm	Talk by Megan Fulcher on Children's Toys	Kendal Hall
12, Tue.	1:00 pm	Residents Council Meeting	North Parlor
	6:30 pm	Sunnyside Weavers	Sunnyside House
14, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside House
	* 4:30 pm	Piano and Tuba Concert	Kendal Hall
15, Fri.	1:30 pm	Music and Tour of Lee Chapel Museum	[bus, 1:10 pm]
	* 5:00 pm	Recital by students of Julia Goudimova	Kendal Hall
18, Mon.	10:30 am	Budget presentation by Felicia Bush	Kendal Hall
19, Tue.	* 7:00 pm	Holiday Program, "Christmas in Song"	Kendal Hall
24, Sun.	TBA	Kings College Choir on large-screen TV	Kendal Hall
25, Mon.	TBA	Christmas Buffet	Dining Room
31, Sun.	* 7:00 pm	New Year's Eve Celebration	Kendal Hall

* Free and Open to the Public

The Residents' Newsletter
Kendal at Lexington

