

CONNECTIONS

Published by and for Residents of KENDAL at Lexington

www.kalex.kendal.com

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We're On Our Way!!!

After years of planning and soliciting input from stakeholders, the long-awaited expansion and renovation project, affectionately referred to as Phase III, is underway. Who are the key players? Expect to run into Spectrum Design architects and engineers; Nielsen Builders project managers, Julia Skare (KaLex's Owners' Representative); and David Jones (Kendal Corporation's development specialist). And let's not forget the involvement of members of KaLex's Core Leadership Team.

Mina Tepper, Executive Director at Kendal at Lexington, has stated that "It is very important to share information with residents, staff, and community regarding specific construction related activities and the general progress of the project. Kendal has set up a blog to provide periodic updates. Progress will be shared at Resident Association meetings and in the resident newsletter. Kendal will also communicate directly with resi-

dents and neighbors prior to the occurrence of a particular action that might cause disturbance or concern."

**Kendal at Lexington
Ground Breaking Celebration
For Phase III
Thursday, February 15
11:00 a.m.
Kendal Hall
The shovel ceremony will follow in
the Borden Courtyard**

The first pre-construction meeting occurred on January 9, 2018. The safety of our residents, staff members, visitors, and all the individuals associated with the project was one of the key topics addressed. We learned that our project will have two teams – one for

the renovations and another for the new cottages. Each team will have its own supervisor and its own work trailer. On January 15th the first trailer was installed on the grassy knoll behind the Borden Center. This will become the hub for the areas we are renovating. The second trailer will be located diagonally across the road from the first trailer, near the construction site for the cottages.

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160 Kendal Drive, Lexington, VA 24450

(540) 463-1910

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Although many aspects of the project will be occurring simultaneously, the initial actions are tied to particular permits, phasing, and interdependencies. The site preparation for the Health Centers will be tackled first. In order to erect the additions to the Borden Center, earth will be removed from part of the mound behind the center.

During the construction of the addition to the Webster Center, the current entrance to the building will not be accessible. Therefore, the creation of a safe alternate walkway and entryway is a priority. In the process, the clinic and office space for Cathy Lewis and Karen Jackson will have to be temporarily relocated. Additional parking spaces will be added to replace those that will be inaccessible during the build out.

The construction and care teams have begun to develop intricate plans specifying the “phasing” details that will determine how we will best serve our residents during the renovations. The plans address such concerns as meal service during the renovation of the Anderson Dining Room and the safety and comfort of our residents during the renovation of resident rooms and apartments in the Borden and Webster Centers.

Stay tuned for the next installment.....
—Mina Tepper

Welcome, New Residents!

Doreen Folzenlogen
moving to cottage 1002 on January 24th
from Cobbs Creek, VA.

Bill Willey & Nancy Ruley
moving to cottage 1018 on February 8th
from Savannah, GA.

“A Night on the Town” Haywood’s Piano Bar

Wednesday, February 7 – 5:45, Bus – 5:30

The pianist will be a Kendal favorite, Betty Bond Nichols playing “sing-along” golden-oldies.

Dinner will be a tapas plate with three appetizer-sized entrees: a crab cake, a beef slider and honey-glazed Brussels sprouts.

The cost for the tapas plate is \$17.00 per person including tax and gratuity. Drinks and dessert are not included.

Please sign up on the sheet for either the bus or driving in your own car so we have an accurate count of how many plates of food to order.

About Connections

Connections is written by and for the residents of Kendal at Lexington, VA.

Publishing Staff: Bill Schellstede (Chair), Sarah Giddings (Calendar), Susan Lynch (News/Features), John South (Layout), Ted Burrowes, Kay Quirk, Don Thomas. **Proofreaders:** Sally Emory, Maury Hanson, Rae Hickman, Elbie Raisbeck, Nanalou Sauder, Margaret Sayre, Marje Sherrill, Rudie Terhune, Clara Belle Weatherman.

The deadline for the March, 2018 issue is Thursday, February 15, 5 pm.

Email: connectionsnewsletter@gmail.com

Rockbridge Stories

Kendal resident Margaret Skovira, a local history enthusiast, begins a column dedicated to that subject in this issue. She invites readers to ask her a question about an event, person or place of historic interest in Rockbridge County (including Lexington and Buena Vista) to be answered in this column. She begins the series with the first question:

Q: What is the story behind the granite paving bricks in Lexington, and who are the people memorialized on them?

A: The pavers found on the sidewalks of Nelson, Main, Washington and Randolph streets in downtown Lexington give a brief – extremely brief – hint as to the fame or notoriety of individuals in Rockbridge’s past.

These pavers resulted from a 2012 project to link the post-expedition travels of Lewis and Clark to the National Park Service’s Lewis and Clark National Historic Trail. Two pavers recognize the connection of Meriwether Lewis and William Clark to Rockbridge.

The Lewis and Clark project grew into an ambitious effort to bring to the public’s attention the

“Righteous and Rascals” of Rockbridge County. The result is more than 50 pavers identifying men and women--black, white and Native American--and two horses of interest in the past.

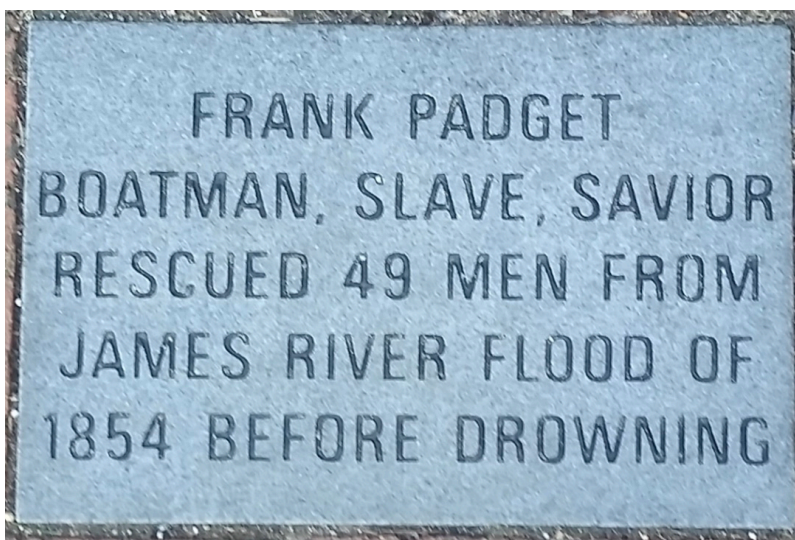
Some of the individuals acquired their fame elsewhere after beginning life in Rockbridge. For example, “Big Foot” Wallace was a Texas folk hero who went after horse thieves, and Sam Houston was a Congressman, Governor and U.S. Senator from Texas. Generals, clergymen,

musicians and artists, a bank robber, early settlers and more recent notables, all can be found among the Righteous and Rascals of Rockbridge. For a list of pavers with extended biographies and a map, use the internet to go to rrrockbridge.org.

Or just have fun looking at your feet to see who appears as you do your shopping, banking or dining in downtown Lexington.

Send your local history questions to: Margaret Skovira, Apt. 101, 160 Kendal Dr., Lexington, VA 24450. Or send by email to mskovira3@gmail.com.

—Margaret Skovira



Kendal Resident Receives Award

On December 16th, KaLex resident Sangmie Schellstede received an award in recognition of her contributions to the issues of the Washington Coalition for Comfort Women (WCCW).



Sangmie's work on a documentary video and her editing of a book, *Comfort Women Speak*, were cited at a banquet celebrating the 25th Anniversary of WCCW's seeking justice for the women taken as sex slaves to the Japanese Army during WWII. In a program that included traditional Korean music and dancing, the keynote address was given by Mike Honda, the former Congressman from California who sponsored the bill that formally condemned the Japanese government's involvement in the enslavement of these women.

Congratulations Sangmie!

Did You Know?

If you expect out of town guests and don't have enough beds in your residence, Kendal can help! The Maintenance Department has a few rollaway beds for resident use - free of charge. To reserve one, contact Karen Miller at 463-1910, or any member of the housekeeping staff. (Red Book page V-16, section B-1-f).

Hands-on Computer Coaching Sessions

On January 10th about 25 residents participated in a Computer Group coaching session, focused on email. The Kendal Hall event used multiple tables where one-on-one coaching by fellow residents helped answer not only email concerns, but a wide range of other topics as well.

Future events will supplement the one-on-one coaching by starting with short audio visual presentations to introduce the focus of the day, as well as to identify other resources available to answer resident's computer questions. And residents should feel free to bring any other questions they need help with.

Two sessions are scheduled for 10am-11:30am on February 13th and 27th. The focus for these will be announced, based on resident feedback at the next two sessions.

For individual coaching, or to schedule a house call, contact a Computer Crew member from the list posted in the Alcove.

EVOLUTION OF THE KENDAL NEWSLETTER

Kendal's newsletter (NL) began in 2001 when Executive Director Steve Jewell asked pioneer residents Stewart Epley and Tom Hays to give it a try. They turned to Washington & Lee, and two journalism students assisted in producing some 40 copies of the first newsletter in February 2001, six months after Kendal at Lexington's official opening. It was three pages.

Almost at once Stew and Tom realized that the NL should be written by residents themselves, and from then on all 240 issues have been written, produced and distributed by Kendalites. Because of ill health Stew and Tom had to step aside, to be succeeded by editors Mary Coulling, Sandra Blanton, the late Lee Deadrick, John Miller, and for the past eight years Jo McMurtry.

The NL has gone from that first small publication — with information about expansion, biographies of incoming residents and monthly news from Director Jewell — to a much larger, sometimes 12-page NL with added features—monthly calendars, Kendal Colleges, feature stories, *in memoriam* data about deceased residents, book reviews and more.

Production, complicated at first by uncertain copy machines, was later aided by a staff copier that prints front and back, collates and staples. Early decisions about type face and point size, the NL name, and front page design changed little. An early concern about censorship—the executive director wishing to edit a column written by a newspaper contributor—resulted in the NL's carefully worded statement “This newsletter is edited entirely by and produced solely for the benefit of Kendal residents.” Added items like line drawings and other “fillers” have livened up the pages and made them more readable. Kendal's management underwrites production with funds

coming from the marketing department. The NL staff numbers ten and may increase in future.

In a recent interview, retiring editor Jo McMurtry said three events stand out. “First, I inherited a good plan from my predecessors,” she said, explaining that former editors left her “a good sequence of operations, good focus on information and a publication for and by Kendal residents.”

Phase II construction of new spaces was the second important event for her. All 35 Sycamore Lane houses and 14 apartments in the south wing “brought in lots of new energetic people. They were a real boon to the newsletter,” Jo said.

Expansion of the newsletter mailing list was the third event, she said. Copies printed by the administration staff were mailed to readers off-campus as well as Kendal residents, “and extra copies are always on Karen's desk for visitors.” Karen (Miller), Kendal's receptionist, prints the NL and says circulation of printed copies and emails has gone from about 225 in 2016 when she began work here, to 334 today, including residents' family members and future residents.

Jo said her time as editor “has been enormous fun, and it will be for whoever is doing it after me. It's delightful that people have come forward to volunteer.” A past editor, Mary Coulling, echoes the sentiments of many NL readers: “For the past eight years Jo has done an extraordinary job producing a consistently readable, newsworthy and high quality publication. Kendal at Lexington owes her a huge ‘thank you,’ and residents look forward to the new staff continuing the high quality of journalism she has set for us.”

—Mary Coulling and Susan Lynch

A Walk in the Woods

Come, let's take a walk in the woods. Better yet, let's take a walk in the woods along a beautiful river that—like most everything else in this part of the world—is steeped in history.

I'm talking about the Chessie Trail and the Maury River. I'm talking about the treasure of an accessible trail, wide and flat and smooth and barely ten minutes away, where you can walk for as little or as long as you please. Whatever the time of year, the Chessie Trail will never be the same twice. Go now and see the bare bones of trees along the river, especially beautiful in late afternoon reflected across the glassy water. Look through their stripped branches to the hills beyond and see a house, a barn, a field invisible other times of the year.

Less visible now, in winter, will be much of the trail's wildlife. Migrating birds have long since passed our way, although an occasional Great Blue heron can be heard, and then seen, delicately picking his way along the water's edge. A mile or so downstream, the lovely black snake who lives at Reid's Dam will be curled up out of sight, deep in the rocks.

Reid's Dam is evidence that into this paradise of rocks and rivers and trees came humankind, only moments ago in geologic time. Virginia's rivers sustained other civilizations for centuries before European explorers came and were handed the magnificent gift of the James. That river and

its tributaries, including our Maury River, were pivotal to Virginia history. The Maury was a commercial waterway as early as 1801, carrying flat boats of goods and passengers into the wilderness.

Fifty years later, the James River canal was extended up the Maury to Lexington through a system of locks, dams and canals called by canal engineers “works of art.” The locks at Reid's Dam are part of that story. You have to see it to believe it. The tons of rock hewn and hauled into place using 19th century technology are an impressive feat. In summer, the black snake has a favorite spot for sunning himself there, quite out

of the way. You wouldn't call him sociable, but he will tolerate a close look and a kind word. He may be unaware that he lives in a historic district, but it seems right to find him there.

An accessible trail, wide and smooth and barely ten minutes away...

In fact, much seems right on the Chessie Trail. It's been proven that surrounding ourselves with nature, even simply looking out a window, does good things for us both mentally and physically. (It must be true; I read it in the Times.)

Head north on 11, first right turn past the bridge onto Old Buena Vista Road and down about half a mile to the Mill Creek access point where you can park on either side of the road. Any time of the year, it's a beautiful place.

Come, let's take a walk in the woods.

—Marjorie Sherrill

Looking Around with Maureen....

New Lexington Bus Service

Kendal residents may be interested to know about the new bus service from Blacksburg to Union Station in Washington, DC. The stop in Lexington is the Food Lion parking lot, where you can park for free while you are gone.



There is one bus daily in each direction. In addition to Lexington, stops include Blacksburg, Christiansburg, Staunton, Harrisonburg, Front Royal, Dulles Airport, the West Falls Church Metro, and DC's Union Station. The schedule calls for daily bus departure at 8 a.m. to arrive at Union Station at 2:30 p.m. The northbound bus will stop in Lexington at 9:45 a.m. The southbound bus will leave Union Station at 9:20 a.m. each day to arrive in Lexington by 2:00 p.m.

The 56-seat bus offers free Wi-Fi and onboard power outlets, as well as a bathroom. Certain mobility devices may accompany travelers, who are allowed one bag no heavier than 50 pounds, and one personal item. A carry-on bag must fit either in the overhead bin or under the seat in front.

Tickets must be purchased in advance on the website <https://us.megabus.com>. One-way tickets

now cost \$49.99 from Lexington to either Dulles or Union Station, with an additional \$2.50 booking charge. Round trip tickets are twice that basic price, with the same booking charge. There are no assigned seats; you choose your seat when you board. Paid reservations cannot be cancelled or refunded, but can be traded in for another trip up to three hours before the original scheduled departure (service fees apply). In time, ticket prices may vary with the day of the week and the season of the year, as ridership is analyzed.

Kendal residents with upcoming flights out of Dulles may find this service of interest. While the price may appear high at first, it saves you both gas and the hassle of the drive to Dulles, the search for and price of a parking space there, and the ride on the parking shuttle to the terminal. The northbound bus arrives daily at 1:30 p.m. at Curb 2E (near door 4 on the ground transportation level) and the southbound departs daily from that location at 10:35 a.m. Depending on the times of their flights, travelers may want to spend the night either before or after their flights at an airport hotel.

—Maureen Crandall



Best Attended Films 2017

And the prize goes to, “Hidden Figures” with forty in attendance, followed by “La La Land” (35), “Loving” (32) and “Manchester by the Sea” (30).

Cat's Corner

by Shay Peters

This month I had the pleasure of meeting "Zebby" and had a nice visit with Ibis Chambers, her owner, in their beautiful apartment. Ibis had always had Siamese cats and she was without a cat at Kendal and her daughter Betty called to say she knew of a possibility. There was an Army wife who was moving and her husband didn't want to take the two cats. Betty called her mom and brought two lovely cats to Kendal in a crate. This was in 2008. Ibis only wanted to take one and fortunately the other, "June Bird" was adopted by Marion Vogler. My information says that chocolate point Siamese have a paler coat but "Zebby" definitely has very dark beautiful fur so she is probably a seal point Siamese. No matter what the breed, she is a lovely cat with a charming personality. Ibis says she likes people and other dogs and cats. Her new neighbor is "Harry", the corgi who belongs to Tom & Lynn Williams. Sometimes they meet in the hallway.

"Zebby" is like most cats, a very smart, curious creature, and Ibis says she is very easy to live with and makes a great companion. She begins the new year wishing to lose a few pounds but don't we all have that new year wish so it might not happen. It was a very nice visit with Ibis and Zebby and Kendal is lucky to have them.

100%!

In a magnificent performance on the annual Virginia State inspection, our **Webster** Assisted Living unit achieved a 100% rating. The extensive inspection (hundreds of items inspected) found zero deficiencies. Kudos to the Webster staff and leadership!

Missy's Musings

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

Last month, you may recall, I interviewed the three Thomas Corgis. Well, I'm sorry to report that the oldest, Rocky, passed away quite unexpectedly. I expressed my condolences to Bertie and Gus.

I have a neighbor up on the third floor of Cox named Harry Williams. He is a Welsh Cardigan Corgi too, but his humans, Lynn and Tom, don't think he is purebred. Well, he certainly fooled me! Harry is so handsome and friendly, especially with people.

He's made friends with everyone on the third floor and will go right in if the door is open. At the end of the hall, there's a carved and painted wooden fox which fascinates him.

Harry was part of a group rescued by the SPCA from an irresponsible breeder in Martinsville when he was three. He has a heart murmur and malformed hips because he was always crated and had an untreated heart-worm. As a result, he hops like a bunny when he runs. He's seven or eight now and is doing very well. Not to hurt anyone's feelings, but Hank Sharp is his best friend (I thought I was!), because Hank had a Corgi some years ago.

Dr. Meghan Ryan is his vet at Lexington Animal Hospital on Route 60. His groomer is there too, if he needs a good brushing.

Memorial Book Honoring Lew John

Review of *Grant*, by Ron Chernow
(Penguin 2017).

Mary Lincoln was so condescending to Julia Grant that she declined an invitation for the Grants to join the Lincolns at Ford's theater on Good Friday, April 14, 1865....

On April 19, General of the Army Ulysses S. Grant stood guard over the casket of Lincoln in the East Room at the White House, tears running down his cheeks.

Ron Chernow is the author of acclaimed biographies of George Washington and Alexander Hamilton. He served as a consultant to the Broadway musical "Hamilton." Why did he take up the study of Grant? "Dismissed as a philistine, a boor, a drunk, and an incompetent, Grant has been subjected to pernicious stereotypes that grossly impede our understanding of the man."

Grant was born in Ohio, attended West Point, served in the Mexican War, and then spent time on the West Coast. Returned to civilian life, he had a hard time making a living. He married Julia Dent of St. Louis whose father was a slaveholder and who hated him. Being recalled to service in the Civil War saved his life.

In command in the West he took Forts Hall and Donelson, Shiloh, and, most importantly, Vicksburg. The latter opened the Mississippi to Union shipping and cut off Arkansas and Texas, suppliers of horses and food, from the rest of the Confederacy.

Lincoln called him to take over the Eastern command against Robert E. Lee. Grant ordered Sherman to Georgia and Sheridan to ravage the Shenandoah Valley. Grant has been called a "butcher," but it is important to realize that he was following Lincoln's orders. Lincoln wanted him to overcome armies, not to take territories, which he did at Wilderness, Spotsylvania and Cold Harbor. The casualties on both sides were appalling, but the North, in what Chernow calls "grisly mathematics," could replace slain soldiers but the South could not.

After the war, the Ku Klux Klan sprang up almost immediately in Tennessee, with the Confederate general Nathan Bedford Forrest the first Grand Dragon. Grant was to spend much of his time as General of the Army and then as President trying to protect black citizens in the South. The 15th amendment, which gave black males the right to vote, caused huge waves of arson and murder against black and white Republicans in the South, especially in Louisiana, Mississippi, and South Carolina.

Grant was not adept at politics, and he relied greatly on personal loyalty in appointing Cabinet and other officials during his Presidency. He was a naïf, always amazed when he was betrayed, in government and in financial matters. His second term was notable for scandals, though they never involved Grant himself. But, according to Chernow, "Grant made extraordinary strides in naming blacks, Jews, and Native Americans to fill federal positions."

He wrote his memoirs in the 1880s, knowing he was dying, and they sold 300,000 copies. Grant is an enigma — read the book.

—Anne Preuss

Memorial Book Honoring Harry Pemberton

Review of *The Odyssey*, translated by
Emily Wilson (Norton, 2018)

The Homeric epics, *The Iliad* and *The Odyssey*, forerunners of modern western literature, are themselves the products of a much more ancient tradition of oral verse. Composed in dactylic hexameter they were probably first committed to writing around 700 BC. Papyrus remnants, some as early as the 3rd century BC, show some textual variation, but nothing that has replaced the standard text. Collation of variants and attention to the text were begun by Zenodotus at the Library of Alexandria in the 3rd century BC. Of the extant *Odyssey* manuscripts, the earliest is of the 10-11th century AD. The first English translation is that of George Chapman, published in 1615. Since then there have been over 50 published, complete English translations of the *Odyssey*. This is the first by a woman.

The *Odyssey* is the account of Odysseus' long delayed return to his home of Ithaca after the Trojan War. The story begins in Odysseus' palace where his wife, Penelope, and his son, Telemachus, are being tormented by Penelope's suitors. Meanwhile Odysseus, after surviving many catastrophes, including a forced stay on the island of Calypso, reaches the land of the Phaeacians where he is hospitably received and where he recounts his years of wandering and his adventures, many of which recall more ancient legends, e.g. the Epic of Gilgamesh. He is then given a magical ship which takes him back to

Ithaca. Disguised as a beggar he is gradually recognized by Telemachus, by his old dog, and finally by Penelope. He and Telemachus then slaughter the suitors.

The language of the *Odyssey* is an amalgam of several Greek dialects, reflecting the different origins and the different times of the tales it includes and suggesting that it was never a spoken language. Wilson has translated it in iambic pentameter, in the same number of lines as the Greek, and has made an effort to keep the English as simple and direct as the Greek. The epithets and stock phrases, typical of oral transmission, have been retained in spots, but altered in others, "depending on the demands of the scene." Occasionally one misses the more literal translation of an epithet, e.g. "rosy-fingered dawn" is certainly more pleasing than "her fingers bloomed," Bk 2, l. 1. Also, a few uses of contemporary English sound jarring in this ancient epic: "canape," Bk 4, l. 55, "tote bag," Bk 13, l. 438, and "grandma," Bk 14, l. 416. But overall this is a fine translation, nimble and clear, conveying both the turbulence and the charm of Homer's narrative. In addition to the text the book includes a detailed introduction to the Greek epic tradition, a translator's note, notes to each book, and a glossary.

Emily Wilson, Professor of Classical Studies at the University of Pennsylvania, has a BA in Classics from Oxford and a PhD in Classics and Comparative Literature from Yale.

—Maury Hanson

How are the menus created for Kendal at Lexington?

Happy New Year You All!!

Thought I might start off the year with answering some FAQ's regarding menus. As you would expect, the menus are driven by several factors, all of which TRY to include your health and well-being, your personal preferences, a delicate blend of old world Southern cooking, new and trendy foods, comment cards, that 'Comfort Food Classic,' and of course the budget.

2017 showed 95 comment cards submitted. Of those, 44 were rave reviews and 51 were either negative or exceptionally well done criticisms that drove some change. All cards were reviewed whether good or bad and discussed at the food committee. So, if you think your voices are not heard – think again. Here is a small list changes implemented from of your feedback:

- Minimize use of salt during the cooking process.
- Fish to be served at a minimum of 3 times a week.
- Gluten Free items for those with wheat allergies and noted on the menu.
- A move from Soy sauce (contains gluten) to Tamrine sauce for Asian food.
- Sauce-Free entrées as an additional option.
- More 'H' for healthy noted on the menu, including sides.

Any stocks (beef, vegetable, chicken, seafood) that we use here at Kendal are low-sodium or no sodium added. It is the only thing purchased from our purveyor, so this makes it easy to say. We have a thickener here that is gluten free that is used to thicken all sauces and soups. (besides

that, it is cheaper that using a roux). Even our fried chicken, which comes in pre-prepared, allows the option of oven bake – a healthier alternative.

Some like it crunchy – some like it southern. Green beans and Brussels sprouts come to mind. I have added the wording – Southern Style, so you know they will be FULLY cooked. Me? I like a nice crunchy green bean – al dente with some garlic – keeps those vitamins and nutrients from cooking out. Brussels I don't like, so whether they are roasted or steamed – makes no difference to me and many others. Dining has tried several different items in 2017, some we keep on the menu – some we toss. Pierogis, for example, many residents here have never had. They are a traditional polish ravioli stuffed with potatoes and cheese, and served with sautéed onions and lots of sour cream. Umm – a staple in my house. Cioppino (seafood stew in a thin tomato based sauce) was a great success – again a learning experience for some. If you ever come across any recipes that you would like to see made by dining – just drop them off – we can work them into the menu mix. If you have mom's recipe you want to see included, we can do that too. Just one thing though – It will NEVER be as good as Mom's!! If there is something we haven't had in a while drop it in the comment card box – we can't remember everything!!

So – Who puts together the menus? Judy, Mark, JJ, Jenny and Sharon. We use a five week 'planner' and swap items in and out to create more variety. If we have Seafood Scampi in week one, we might pop in a Cioppino the next time around in week one. If we have meatloaf, we might keep the ground beef, but use a Salisbury steak or stuffed pepper the next time around. That ground beef item might need to be changed up to Flank Steak for the summer months – we keep the season in mind too! And of course we have a registered dietician that approves the menus weekly just to keep us on our toes!!

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I guess what I am trying to say – It is really YOU that make the menus work here at Kendal. So, keep the comments coming. Keep the good the bad and ugly coming – it does a make difference!! Your voice is heard, and makes a difference. Although I learned years ago (before I came to Kendal) – it is not possible – but, we try very hard to keep everyone happy.

Judy Kurtz - Director of Dining



Talk on Allen Ginsberg and the Beat Poets

Gordon Ball, a professor of English at Washington & Lee, will speak here on Allen Ginsberg and the Beat poets. He has had a fascinating life altogether, but he is qualified uniquely to speak on this subject, having spent several years as manager of the farm that Ginsberg bought as a retreat for poets.

Thursday, the 15th of February - 4:30PM

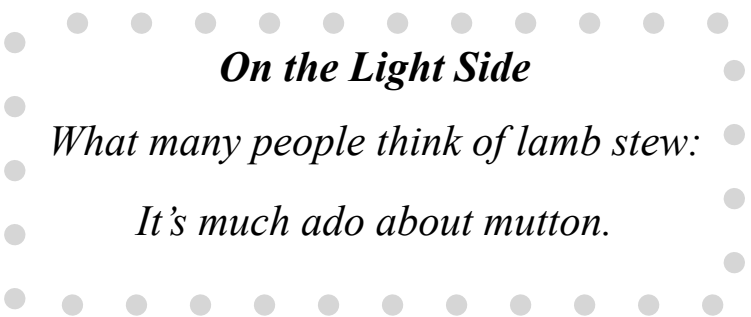
Arranged by John Gunn



On the Light Side

What many people think of lamb stew:

It's much ado about mutton.



Coming Soon

The Residents' copy machine will soon move to a new, convenient, better lit and larger location in the Alcove just down the hall from its current location. New counters will be built; one for the copier, with the paper cabinet below and another for the office accessories. The cross-cut shredder, battery & ink cartridge bins will also be located in the Alcove.

The current "copier room" will be transformed into the Computer Help room with two computers; one using Mac/Apple operating systems and the other PC/Windows.

Members of the Computer Group will be in the Help Room at regularly scheduled times so you can drop by for some one-on-one help. If you have a desk-top computer, see the list in the Alcove to see who to contact to make a house call.



Frankenstein!!

"Heads Up: W&L Assistant Professor of English Taylor Walle will be presenting a Kendal College program titled "Mary Shelley and the Enduring Legacy of *Frankenstein*" at 4:30PM Wednesdays March 7, 14, and 21. Professor Walle asks that we tell anyone who wishes to read along that she will be using the 1818 version of the text, *not* the quite-different 1831 version."

Meet the leaders that make Rockbridge County and The City of Lexington function

For those of us who would like to have a better grasp of some of the mysteries of local government structure in the Commonwealth of Virginia, these two talks will help clarify the structure and workings of Rockbridge County and The City of Lexington. We'll also learn more about closer-to-home questions such as "When will the work on Nelson St. be completed?" Come to these two informative talks in February and March.

The leaders in each jurisdiction will explain how Rockbridge County and the City of Lexington came into being, how they function, and about projects coming in the future.

Wednesday, February 28 4:30 -- Kendal Hall
"Rockbridge County"

Dan Lyons, Supervisor for Kerrs Creek
(Kendal's district)

Spencer Suter, County Administrator

Thursday, March 8 4:30 --- Kendal Hall
"City of Lexington"

Frank Friedman, Mayor of Lexington

Noah Simon, City Manager

Winter Safety: Preventing Falls

Older adults run a higher risk of health problems and injuries related to the weather, including falls in ice and snow. One out of three adults over 65 fall every year, leading to injury, loss of independence, or even death. It is easy to slip and fall in the winter, especially in icy and snowy

conditions. Here are a few safety tips and precautions to prevent falls during the winter months.

- Make sure steps and walkways are clear before you walk.
- Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways .
- Wear boots with non-skid soles which will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits the cane for additional traction.
- Take off shoes as soon as you return indoors. Often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.
- Coats, gloves, hats and other winter clothing are designed to keep us warm, but items that are bulky, don't fit well or could catch on objects can increase your risk of falling.
- Things we keep in our homes to keep warm in winter can create tripping hazards:
 - Keep space heaters, cords and blankets out of walkways.
 - If you must use throw rugs on cold floors, secure them to the floor with tape.
- There is less sunlight in the winter which makes seeing obstacles more difficult.
 - Invest in extra lamps, nightlights to make sure you can always see where you are walking.
 - Use the highest-wattage bulbs recommended for your fixtures.

Please see our Rehabilitation therapists for further information.

Savleen Kaur Juneja, Rehab Manager

CALENDAR NOTES

[With some exceptions the activities listed here are arranged through the Culture and Entertainment Committee. Bus transportation is usually \$2.00. Some events are arranged too late for inclusion here. Please check the bulletin boards. Items in bold face are free and open to the public in Kendal Hall.]

4 Feb. Sun. 3:00 pm. Faculty Recital: Russian Series. Ting-Ting Yen, violin; Anna Billias, piano. Lenfest Center.

7 Feb. Wed. 5:45 pm. Night on the Town. Dinner at Haywoods. *See article, p. 2*

8 Feb. Thurs.(more performances also) 7:30 pm. *James and the Giant Peach*. Lenfest Center.

10 Feb. Sat., 8:00 pm. SonoKlect: Trio ZBR. Lenfest Center.

13 Feb. Tues. 10:30 am. Computer Group Help Session. Kendal Hall.

14 Feb. Wed. 10:30 am. Kendal Singers, Valentine's Day Concert. Kendal Hall.

15 Feb. Thurs. 11:00 am. Kendal Phase III ground breaking ceremony. *See article, p. 1*

15 Feb. Thurs. 4:30 pm. Gordon Ball: "My Experience with Ginsberg and the Beat Generation." Kendal Hall. *See article, p. 13*

17 Feb. Sat. 7:30 pm. Rockbridge Symphony. Lenfest Center.

23 Feb. Fri. 4:30 pm. Musicale by Diana Hickman, niece of Cleve and Rae Hickman. Kendal Hall.

27 Feb. Tues. 10:30 am. Computer Group Help Session. Kendal Hall.

27 Feb. Tues. 8:00 pm. University Singers Tour Home Concert. Lenfest Center.

28 Feb. Wed. 4:30 pm. "The State of the County." Kendal Hall. *See article, p. 14*

1 Mar. Thurs. 7:30 pm. (more performances also) *The Tragedy of Romeo and Juliet* Lenfest Center.

3 Mar. Sat. All day. W&L Art Department annual trip to Washington DC. See Sarah Giddings for more information.

7 Mar. Wed. 4:30 pm. Kendal College. Professor Taylor Walle on Mary Shelley and Enduring Legacy of Frankenstein. First of three lectures.

8 Mar. 4:30 pm. "City of Lexington." Kendal Hall. *See article, p. 14*



Cast of "**The Complete Works of William Shakespeare: Abridged**" cheer on audience participant Bill Klein.

Weekly Scheduled Activities

DAYS	TIME	ACTIVITY	LOCATION
Sundays	4:00 pm	Vespers	Borden Sun Room
Mondays	2:00 pm	Needleworkers	North Parlor
Mondays	7:00 pm	Movie	Kendal Hall
Tuesdays	12:45 pm	Recorder Consort	Kendal Hall
Tuesdays	5:00 pm	Wine & Conversation	Kendal Hall
Thursdays	10:00 am	Bible Study	Staff Devel. Room
Thursdays	7:00 pm	Movie	Kendal Hall
Fridays	10:30 am	Kendal Singers	Kendal Hall

Monthly Scheduled Activities

TIME	EVENT	LOCATION
1st Mon. 8:00 am	Men's breakfast	Dining Room
1st Tues. 10:30 am	Poetry Interest Group	Borden Sun Room
2nd Tues. 1:00 pm	Residents Council	North Parlor
2nd Tues. 6:30 pm	Sunnyside Weavers	Sunnyside House
2nd Thurs. 2:00 pm	Dementia Caregivers Support Group	Sunnyside House
3rd Wed. 9:30 am	Residents Association Meeting	Kendal Hall

Vespers for February (4 PM in Borden Sun Room)

DATE	OFFICIANT	MUSICIAN
Feb. 4	Deb Klein (Lexington Presbyterian)	Kay Horner
Feb. 11	Joe Cailles (Trinity Methodist)	Lee Higgins
Feb. 18	Steve Cathcart (Timber Ridge Presbyterian)	Chris Coleman
Feb. 25	Rachel Clark (New Monmouth Presbyterian)	Clyde Moore

February Activities Calendar

DATE	TIME	EVENT	COMMENTS
4, Sun.	3:00 pm	Faculty Recital: Russian Series. Ting-Ting Yen, violin; Anna Billias, piano. Lenfest Center.	bus 2:30 pm
7, Wed.	5:45 pm	Night on the Town: Dinner at Haywood's	bus 5:30 pm
8, Thurs.; 9, Fri.; 10, Sat.	7:30 pm	<i>James and the Giant Peach</i> . Lenfest Center	bus 7:00 pm, Thurs., no bus Fri. & Sat.
10, Sat.	8:00 pm	SonoKlekt: Trio ZBR. Lenfest Center	bus 7:30 pm
13, Tues	10:30 am	Computer Group Help Session	Kendal Hall
14, Wed.	10:30 am	Kendal Singers: Valentine's Day Concert.	Kendal Hall
15, Thurs.	11:00 am	Ground breaking Ceremony	Kendal Hall
15, Thurs.	4:30 pm	Gordon Ball: "My Experience with Ginsberg and the Beat Generation."	Kendal Hall
17, Sat.	7:30 pm	Rockbridge Symphony. Lenfest Center	bus 7:00 pm
23, Fri.	4:30 pm	Diana Hickman musicale	Kendal Hall
27, Tues.	10:30 am	Computer Group Help Session	Kendal Hall
27, Tues.	8:00 pm	University Singers Tour Home Concert. Lenfest Center	bus 7:30 pm
28, Wed.	4:30 pm	"The State of the County."	Kendal Hall

Items in bold face are free and open to the public in Kendal Hall



Sunnyside House -

Kendal at Lexington
The Resident's Newsletter