



Kendal at Lexington

The Residents' Newsletter

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John Diffey to Visit Kalex, April 20

John Diffey, retiring CEO of The Kendal Corporation, will pay a visit to Kendal at Lexington on Wednesday, April 20.

John will attend the regular Residents Association meeting, which will begin at 10:30 am, an hour later than usual. All residents are then invited to a light luncheon in Kendal Hall, honoring John and his twenty-four years of service to The Kendal Corporation. A surprise event will be part of the morning's proceedings.

John was CEO when, in the summer of 1996, the newly-incorporated Lexington Retirement Community was seeking an affiliation and had approached The Kendal Corporation. John attended an ice cream social held under the trees at Sunnyside House, spoke with potential residents, looked at the beautiful land that had been donated by the Bartenstein family, and would seem to have been favorably impressed. Kendal at Lexington became (and still is) the farthest south of The Kendal Corporation's thirteen affiliates, most of them located in college towns.

John's successor as CEO, Sean Kelly, has been with The Kendal Corporation since 2008, when he was hired as Director for New Business Development.

Computers, Kindles, Tablets, Smart Phones, Facebook, Twitter, Apps, QRs, Etc.

So many new electronic devices and programs and ways to communicate. Many of us have some of the devices and use some of the programs, but most of us would like to learn more about the devices we own, about new programs and Apps, and how to use them.

Help is on the way. A questionnaire to residents to gain a better idea of what devices people own and what are the areas of most interest is in process, and the findings will be used to refine our next steps. The first step will come in Kendal Hall on Saturday, April 2, with Computer Hands-on Work Sessions with VMI cadets. Keep your eyes on the bulletin board

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A Warm Kendal Welcome
to
Patricia Dindinger
Apartment 223, Webster Center
(from Staunton, Virginia)

🎵 Calendar Notes 🎵

[See also pp. 10 and 11. 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.

Some events are arranged too late for inclusion here. Please check the bulletin boards.

The charge for bus transportation to and from an event in Lexington is \$2.]

Apr. 2, Sat., Time TBA. Hands-on workshop sessions for using electronic devices more effectively. Kendal Hall. (See story, p. 6.)

Apr. 2, Sat., 8 pm. The W&L University Orchestra performs William Walton's *Variations on an Elizabethan Theme* along with works by other British masters and by Sibelius, Falla, and Prokofiev. Senior ticket \$10. (Box office, 458-8000.) Wilson Concert Hall. [bus. 7:20 pm]

Apr. 3, Sun., 2:00 pm. The W&L Repertory Dance Company presents works choreographed by W&L faculty and guest artists. Senior ticket \$13. (Box office, 458-8000). Keller Theatre, Lenfest Hall. [bus. 1:30 pm]

Apr. 4, Mon., 8 am. Monthly men's breakfast in the Dining Room. No reservation needed.

Apr. 4, Mon., 11 am to 3 pm. The Wellness/Fitness staff invites residents and staff to donate blood to Virginia Blood Services, a nonprofit provider of blood products to area hospitals. You may donate blood at any age, although if you take aspirin regularly you should skip it for the twenty-four hours before you donate. Snacks, coffee, tea, and juice will be provided.

Contact Catie King or Jason Bunn with questions; 458-0103. Kendal Hall.

Apr. 4, Mon., 8 pm. The University Wind Ensemble performs music inspired by various springtime activities -- climbing mountains, planting crops, playing baseball. No ticket required. [bus. 7:20 pm]

Apr. 5, Tue, 8 pm. W&L's University Singers perform a kickoff concert before leaving for their tour of Ireland. A cappella renditions of works by Giovanni Gabrieli, Felix Mendelssohn, Ola Gjeilo, Stacey V. Gibbs, plus traditional Irish favorites. Ticket free, but required; supplied to riders on the Kendal bus.) Wilson Concert Hall. [bus. 7:20 pm]

Apr. 6, Wed., 4:30 pm. Harry Warner, a longtime Rockbridge resident and former director of the VMI Foundation, will speak on "The Story of House Mountain." Mr. Warner's recent book, "House Mountain Affair," reflects the author's devotion to the Rockbridge area. Kendal Hall. **Free and Open to the Public.**

Apr. 7, Thu., 3:30 pm. Dr. Brenda Lindsay, RN, Ph.D, Nursing Administrator at Mountain Regional Hospice in Clifton Forge, will speak on pain and anxiety at the end of life. A staff educational session that is also **open to residents and the public.** Kendal Hall.

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Library Book Sale,

Sunday, April 3 to Saturday, April 9

in the Alcove

Calendar Notes

(from p. 2)

Apr. 11, Mon., 4:30 pm. Helen l'Anson, Professor of Biology at W&L, will speak on "The Role of Snacking in Childhood Obesity." Professor l'Anson is doing research on the neurobiology of puberty. Kendal Hall. **Free and Open to the Public.**

Apr. 12, Tue., 2 to 4:30 pm. First meeting of this spring's Chronic Disease Self-Management Program, to be held on Tuesdays through May 17. (See story, p. 6.)

Apr. 12, Tue., 6:30 pm. Monthly meeting of the Sunnyside Weavers, open to Rockbridge area residents interested in any type of fiber art. This month's program will be a "Show and Tell," with members bringing in work they have done in the past few months. For more information, contact Linda Wilder, lindawilder@gmail.com. Sunnyside House.

Apr. 13, Wed., 10 am. Monthly meeting of Kendal's Photography Group. All are welcome. Contact Wil Stratton with questions. Sunnyside House.

Apr. 13, Wed., 7:15 pm. Local musician Ray Blouin -- folk singer, song writer, performer -- presents an evening of musical entertainment. Kendal Hall. **Free and Open to the Public.**

Apr. 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.

Apr. 15, Fri., 10 am to 2 pm. Kendal and the Rockbridge Area Hospice are celebrating National Healthcare Decisions Day by making it easy to get information about advanced directives. (Sometimes called a "living will," an advanced directive is a legal document allowing

a person to specify what actions should be taken for their health if they are no longer able to make decisions for themselves.) There will be a short presentation. Stations will be set up to answer questions about advanced directives and "Do Not Resuscitate" orders. Arranged by Charlotte Sibold, Health Services Administrator. Kendal Hall. **Free and Open to Residents, Staff, and the Public.**

Apr. 15, Fri., 4:35 pm. VMI Dress Parade. Front row seating will be reserved for passengers on the Kendal bus. Free. [bus, 3:50 pm]

Apr. 16, Sat., 3 pm. Dr. Pink P. Wimbish, who currently serves as podiatrist for the Borden Center, will speak on foot care as one ages. Kendal Hall. **Free and Open to the Public.**

Apr. 18, Mon., 11 am. Trip to House Mountain Inn for lunch. Cost for lunch, \$20. Will load in front of the Borden Center. Arranged by the Activities staff; Independent Living Residents are welcome to sign up. [bus, 11 am]

Apr. 18, Mon., 4:30 pm. Lexingtonian Chip Honsinger will speak on "Visiting Cuba." Captain Honsinger (USN, retired) recently spent ten days in Cuba on the "People to People" program. (His mother, the late Norma Honsinger, was a Kendal resident.) Kendal Hall. **Free and Open to the Public.**

Apr. 20, Wed., 10:30 am. (Note change of time.) Monthly Residents Association meeting. After the meeting, a light luncheon will honor John Diffey, retiring CEO of The Kendal Corporation. (See story, p.7.) Kendal Hall.

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Calendar Notes

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Apr. 24, Sun., 7 pm. The Rockbridge Choral Society presents Mendelssohn's *Elijah*. Singing with this accomplished and hardworking group are Kendalites Elsa and Ted Burrowes, Caroline Hemmings, Matt Paxton, Will Stratton, Barbara and John Winfrey, and Ruth Woodcock. Ticket \$15, available at the door or from Ruth Woodcock. Lexington Presbyterian Church. [bus, 6:20 pm]

Apr. 25, Mon., 4:30 pm. First meeting of the Kendal College course, "Jesus in Fact, Fiction, and Film," taught by Alexandra Brown, Fletcher Otey Thomas Professor in Bible at W&L. (See story, p. 7.) Open to Kendal residents and staff. Kendal Hall.

Apr. 26, Tue., 7:15 pm. The Marlbrook Chamber Ensemble, members of the W&L music faculty, will perform. Jaime McArdle, violin; Timothy Gaylard, piano; Julia Goudimova, cello. (This group will present a concert at W&L on May 1.) Kendal Hall. **Free and Open to the Public.**

Apr. 26, Tue., 7:30 pm. "Voca People," international vocal theater performance group, visits W&L with a program of a cappella singing, comedy, audience participation. Senior ticket \$35. (Box office, 458-8000.) Keller Theatre, Lenfest Hall. [bus, 6:50 pm]

Apr. 28, Thu., 4:30, pm. Diane Hickman Liss, daughter of Kendalites Rae and Cleve Hickman, will speak on "My Girls, the Bees," her experience as a keeper of honeybee colonies at her home in Pennsylvania, and on honeybee health. Kendal Hall. **Free and Open to the Public.**

Apr. 30, Sat., 10 am to 5 pm. Lexington House and Garden Tour, part of the 83rd Historic Garden Tour sponsored by the Garden Club of Virginia. Lexington's tour is presented by the

Blue Ridge Garden Club. "County Roads and Vines" is this year's theme, with six properties open in various parts of Rockbridge County. Lunches are available (including wine) at the Rockbridge Vineyard in Raphine. Ticket \$25 in advance, \$30 day of tour. Advance tickets available at the Lexington Visitor Center or Hamilton Robbins Interior Design. To order by mail, send check and stamped, self-addressed envelope to Kathy Lamb, 93 Riverbend Dr., Lexington 24450. Watch for postings of transportation to be arranged by Kendal.

Apr. 30, Sat., 7:30 pm. The Rockbridge Symphony Orchestra presents music by Wagner, Vivaldi, Britten, Ravel. This volunteer group, now a performing ensemble of the non-profit organization Fine Arts in Rockbridge (FAIR) was founded in 1975. The director since 2005 has been Mark Taylor of the music department of Southern Virginia University. Ticket \$10, available at the door. Trinity United Methodist Church. [bus, 6:50 pm]

★ VISITORS ARE WELCOME ★
to many events at Kendal. Please check the listings on these pages for "open to the public" designations. We're glad to see you!



Computers, Kindles, Etc. (from p. 1)

and watch your campus mailbox for further updates as available.

-- Dianne Herrick

[Editor's note: Jack Geikler, John South, and Wil Stratton also helped design the questionnaire. Nathan Straub, Kendal's Network Administrator, has been instrumental in advising the group and arranging the workshop.]

For Brock Richardson: *A Test of Wills*, by Charles Todd

This is the first (1996) in a series of marvelous detective stories set in England in the immediate aftermath of the First World War. The main character, Ian Rutledge, comes back to Scotland Yard from four years in the trenches of France and suffers from shell shock, or what we would call PTSD. His boss, hoping to get rid of him, sends him off to Warwickshire to find a killer. Read on.

-- Anne Preuss

**Memorial Books in Library**

The Library Committee has chosen the following memorial books:

For Deo Boyland: *Lila*, by Marilynne Robinson

Lila is an abandoned child rescued by Doll, part of a group of migrant agricultural workers. They travel through Iowa and Kansas in the 1950's, seeking to pick up day work, in a world of violence and bare subsistence. After Lila loses Doll, she experiences an even rougher world in St. Louis and flees back to Iowa, where she seeks shelter from the rain in a country church.

The pastor of that church, John Ames, is the protagonist of Robinson's earlier Pulitzer Prize-winning novel, *Gilead*, a widower in his seventies who lost his wife and child fifty years before. Ames, and particularly Lila, now in her thirties, find that trust does not come easily. Eventually they marry and have a son. Lila thinks, "There is no way to abandon guilt . . . knots of bitterness and desperation and fear had to be pitied. No, better, grace had to fall over them."

Resident Address Changes

Earle Bates
to Room 410, Borden Center

Margaret Williams
to Apartment 224, Webster Center

Chronic Disease Self-Management Program Under Way in April

Sybil Adams, Resident Services Coordinator, and Catie King, Health and Wellness Program Manager, will lead a Chronic Disease Self-Management Program on Tuesday afternoons from April 12 through May 17. The group will meet from 2 to 4:30 pm in Kendal's Restaurant. There is no cost to participants.

This evidence-based program has been developed and licensed by Stanford University to help adults living with, or caring for someone with, a chronic disease such as asthma,

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Chronic Disease Management (from p. 5)

arthritis, diabetes, heart disease, etc. Participants will learn tools to help them actively and effectively manage their conditions and take charge of their lives.

Sybil and Catie have been trained and certified as instructors in the program, as has Karen Jackson, Director of Resident Services.

Topics will include dealing with such problems as frustration, fatigue, and pain; appropriate exercises; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments. (No medical advice as such will be given, however, and the course does not replace or conflict with participants' existing programs or treatments.)

A sign-up sheet is posted by the mailboxes.

For more on Kendal's Chronic Disease Management program, see the October, 2015, issue of this newsletter.

Newsletter Statement and Staff

Kendal at Lexington is written by and for the residents of the Kendal retirement community of Lexington, Va.

Staff: Helen Behrens, Sally Emory, Sarah Giddings, Maury Hanson, Ned Henneman, Rae Hickman, Jo McMurtry (editor), Elbie Raisbeck, Trix Rumford, Nanalou Sauder, Margaret Sayre, Victoria Shelar, Rudie Terhune, Clara Belle Weatherman.

The deadline for the May, 2016 issue is Wednesday, April 20, 5 pm.

Spotlight on Wellness:**Let's Go Hiking**

Warm weather turns our thoughts to the beautiful outdoors, and Jason Bunn and Catie King of the fitness/wellness staff are planning excursions both on campus and off.

A favorite destination last year, according to Catie, was the Farmers' Market, held in downtown Lexington on Wednesday mornings during the growing season. Kendal's group walked from the campus to the market, held in a parking lot off Jefferson Street, carrying their tote bags. They then shopped for fresh produce, baked goods, cut flowers, bedding plants -- all sorts of great things -- and returned with their purchases via the Kendal bus.

Hiking is very much a weather-dependent activity, and plans made ahead of time must often be tentative. Watch for postings!

**Kendal College to Study
"Jesus in Fact, Fiction, and Film"**

Alexandra Brown, Fletcher Otey Thomas Professor of Bible at W&L, will conduct a three-session Kendal College course in late April and early May. Registration forms for this course, which is open to Kendal residents and staff, will be placed in residents' open mail boxes in mid-April. There will be a fee of five dollars.

In addition to the three lectures, all on Mondays (April 25, May 2, May 9) at 4:30 pm, two films will be shown on Thursday evenings (April 28 and May 12) in connection with the course. Since Thursday evening is one of our regular movie nights, all may watch the films

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Kendal College

(from p. 6)

free of charge, whether they have registered for the course or not.

Lecture topics will be: April 25, "The Four Gospels and some OTHER Gospels: Parallels and Divergences"; May 2, "The Enlightenment Jesus in Modern Literature"; May 9, "Fictional Christs and the Spirit of Late Modernity."

Films to be shown are: April 28, Pasolini's *The Gospel According to Saint Matthew* (Italian, with subtitles); May 12, *The Displaced Person* (story by Flannery O'Connor, screenplay by Horton Foote, direction by Glenn Jordan).

Alexandra Brown has taught at W&L since 1987. She was educated at Duke University (B.A. in Religion), Yale Divinity School (Master of Divinity) and Columbia University (Ph.D in Religion).

Please contact resident Sally Emory if you have questions.

Sustainability Committee News

The Sustainability Committee met on Thursday, March 10. The main topic of discussion was Recycling. The Committee's goal is to make recycling easier for everyone at Kendal. The Trash Rooms will be reorganized. The signage will be improved. Residents will have a list of exactly what should be recycled and what is trash.

The cottages on Sycamore Lane have a different system than the apartments and the cluster cottages.

The Committee wants to emphasize the importance of recycling. And wants to make it as convenient as possible for the residents and

for the maintenance people who pick up our trash and recyclables and transport them to the Rockbridge Recycling Center.

Within the next month the Committee hopes to have accomplished most of its recycling goals. The Committee is working hard to make this program a success and looks forward to everyone's cooperation.

-- Helen Behrens

Bits and Pieces

§ **The Newly Reinstated Courtyard Garden** will strive for variety, according to resident Ted Burrowes, leader of the task group making decisions for this project. Plants will have different heights, fragrances, colors, and textures, providing a changing show for seasonal enjoyment. The roses (red knockouts) that previously grew there have been removed because they contracted "rose rosette," a highly contagious plant disease.

§ **Current Occupancy** of Independent Living residences, as we go to press, stands at 99.2 per cent, counting reservations for move-ins later this year. The Marketing Department (Jessica Buhler, Director; Linda Moreschi, Marketing Associate) has been working very effectively.

§ **Heads Up for the Virtual Dementia Tour.** This experiential training program will be offered on Tuesday, May 17, at various times during the day. The tour has been given several times in the past and is intended primarily to enhance the staff's awareness of the impact of dementia on the daily lives of those who have it. However, according to Charlotte Sibold, Health Services Administrator, it is possible that slots

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Weekly Scheduled Activities

Sundays (3, 10, 17, 24)	4:00 pm	Vespers	Kendal Hall
Mondays (4, 11, 18, 25)	1:30 pm 7:00 pm	Needleworkers Movie	North Parlor Kendal Hall
Tuesdays (5, 12, 19, 26)	1:00 pm 5:00 pm	Recorder Consort Wine & Conversation	Kendal Hall Kendal Hall
Thursdays (7, 14, 21, 28)	10:00 am 3:30 pm 7:00 pm	Bible Study with the Rev. Tom Crittenden Tea Served Movie	Staff Devel. Rm. Dining Room Kendal Hall
Fridays (1, 8, 15, 22, 29)	10:30 am	Kendal Singers	Kendal Hall
Saturdays (2, 9, 16, 23, 30)	3:00 pm	Movie	Webster

Bits and Pieces

(from p. 7)

may be available in the upcoming tour for Independent Living residents. Watch for postings. The tour takes about 45 minutes.

¶ **Landscape Painting Donated.** Dr. William J. and Melissa Sayre recently donated to Kendal a large oil painting, "Lake at Dusk," possibly the work of late nineteenth/early twentieth-century landscapist John Kaye. The gift was made in honor of Dr. Sayre's parents, Kendal residents Margaret and Robert Sayre. It is now hanging in the first floor elevator lobby near the south entrance to the Residents' Art Gallery. (Melissa Sayre is well known to many Kendalites, as she served as Kendal's Director of Marketing from September, 2012, until August of 2014 -- much of that time as Melissa Gladwell. William Sayre is a Lexington physician of long standing.)

¶ **"Holy Smokes, what a crazy tournament already,"** says Jason Bunn about one of his current projects, Kendal's First Annual March Madness Challenge. Jason, our Health and Fitness Manager, announced the challenge shortly before the NCAA tournament began and soon had fourteen entries from residents and staff. Each of the tournament's six rounds can award participants as many as 32 points, divided by the number of games played, and depending on how accurately the participant has picked the winners. The tournament ends in early April, and Kendal's winners will be announced immediately by Jason, somewhat later by the May newsletter. As of March 21, ancient history by now but of interest nevertheless, our standings are: Jim McMillan, 49 points; Lloyd Craighill, 45; Ted Chapman, 45; Sybil Adams, 43; Catie King, 43; Ann John, 41; Bill Stearns, 41; Ned Henneman, 41; Laura Hotinger, 38; Jason Bunn, 37; Jo McMurtry, 37; Penny Henneman, 36; Ken Brow, 32; Linda Moreschi, 32.

April Activities Calendar

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

2, Sat.	Time TBA	Electronic Devices Workshop	Kendal Hall
	8:00 pm	W&L University Orchestra	[bus, 7:20]
3, Sun.	2:00 pm	W&L Repertory Dance Company	[bus, 1:30 pm]
4, Mon.	8:00 am	Men's Breakfast	Dining Room
	11:00 am	Blood Drive	Kendal Hall
	8:00 pm	W&L University Wind Ensemble	[bus, 7:20 pm]
5, Tue.	8:00 pm	W&L University Singers	[bus, 7:20 pm]
6, Wed.	* 4:30 pm	Harry Warner, "Story of House Mountain"	Kendal Hall
7, Thu.	* 3:30 pm	Talk by Dr. Brenda Lindsay on End of Life	Kendal Hall
11, Mon.	* 4:30 pm	Helen I'Anson, "Role of Snacking"	Kendal Hall
12, Tue.	1:00 pm	Residents Council	North Parlor
	2:00 pm	Chronic Disease Self-Management Program	The Restaurant
	6:30 pm	Sunnyside Weavers	Sunnyside
13, Wed.	10:00 am	Photography Group	Sunnyside
	* 7:15 pm	Music by Ray Blouin	Kendal Hall
14, Thu.	2:00 pm	Dementia Caregivers Support Group	Sunnyside
15, Fri.	* 10:00 am	Advanced Directive Information	Kendal Hall
	4:30 pm	VMI Dress Parade	[bus, 3:50 pm]
16, Sat.	* 3:00 pm	Dr. Pink Wimbish. "Foot Care"	Kendal Hall
18, Mon.	* 4:30 pm	Chip Honsinger, "Visiting Cuba"	Kendal Hall
19, Tue.	2:00 pm	Chronic Disease Self-Management Program	The Restaurant
20, Wed.	10:30 am	Residents Association Meeting followed by event honoring John Diffey	Kendal Hall
24, Sun.	7:00 pm	Rockbridge Choral Society, <i>Elijah</i>	[bus. 6:20 pm]
25, Mon.	4:30 pm	Kendal College: "Jesus in Fact, Fiction . . . "	Kendal Hall
26, Tue.	2:00 pm	Chronic Disease Self-Management Program	The Restaurant
	* 7:15 pm	Marlbrook Chamber Ensemble	Kendal Hall
	7:30 pm	"Voca People" at W&L	[bus, 6:50 pm]
28, Thu.	* 4:30 pm	Diane Hickman Liss, "My Girls, the Bees"	Kendal Hall
30, Sat.	10 am -- 5 pm	Historic Garden Week Tour	bus, TBA]
	7:30 pm	Rockbridge Symphony	[bus, 6:50 pm]

* Free and Open to the Public

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