



Medford Leas LIFE

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FEBRUARY, 2001

RECALLING THE DREAM

by Hana Stranska

'Our Teens and the Dream' was the title of the program in the Auditorium in honor of Martin Luther King, Jr.'s birthday, January 15. **Grace Schaffel**, from the Diversity Committee, introduced the program, and **Mike Peasley** welcomed the audience and the participants. The invocation was pronounced by **Rev. Terrell Person**, pastor of Jacob's A.M.E. Chapel in Mt. Laurel. Both the Chapel and the adjacent Meeting House were stations on the Underground Railroad. It is reported that Quaker efforts contributed to making the land available for the congregation. Rev. Person is the great-grandson of Dr. James Still, known as "the black doctor of the Pines." His home was on Wilkins Station Road. **Rev. Barbara Davis**, pastor of the Christian Community Chapel and Director of the Extended Hand Ministries, both in Mt. Holly, gave the benediction. She also acknowledged Medford Leas' help in providing food for the needy.

Next came "The Teens," ten students from Lenape, Moorestown and Rancocas high schools, led by **Curtis Myers**, Teen Outreach Director of Burlington County YMCA. The group calls itself The **COLORS** (Community-Organized Lectures On Racial Sensitivity) Group. The youngsters, a mix of races and genders, some shy, some totally self-assured, spoke freely and spontaneously of King's significance to them, who were born long after his violent death in 1968. The intergenerational scope and "off-the-cuff" discussion worked well.

The youngsters explained what their parents and teachers had told them about King's "dream" speech; some also stressed how much more there was to the man than that single speech.

After **Bruce Adams**, soloist at the United Methodist Church of Germantown, gave the audience the benefit of his rich baritone, Grace Schaffel explained the next feature of the program: an experiment that may have done more for the successful mingling of young and old views than was even expected. The students walked through the aisles of the Auditorium, engaging individual residents in mutually honest dialogue. Residents reported being touched by their honesty, forthrightness, enthusiasm, and hope for the future. As someone said, Dr. King would have been pleased to hear them and know that the dream is "carrying on."

At the end, everyone in the room joined hands and sang "We shall overcome some day . . ." Some day, it says. Some day; not yet today; perhaps not even tomorrow. But surely, surely, **SOME** day! If we can continue to bring together the young and the not-so-young in such worthy assemblies, we may help that "Some Day" and Martin Luther King's "Dream" come true. A fitting climax to the day was seeing an 18-month-old black boy playing happily on the floor at the front of the room with a little white boy, both totally unaware of color.

NEW YEAR'S EVE, 2001

by Ellen Stimler

After the spectacular, formal welcome extended to the Millennium on 12/31/99, the celebration of the incoming 2001 was done with less splash and formality but it was thoroughly enjoyed by all who participated. Some even managed to stay up until close to midnight!

Dining Services started the evening's events with a sumptuous *Dessert Feast* in the Auditorium. It featured an array of delectable cakes, pies, puddings, and cookies, everything anyone with a sweet tooth could wish for. For the remainder of the evening, residents gathered in the Activities Room, where **Inge Raven** and her talented group of performers put on a series of hilarious skits caricaturing daily aspects of life at Medford Leas, ranging from water-walking in the morning to bridge-playing in the evening. **Harry Forrest** not only produced the creative props but also served as Master of Ceremonies.

In one scene depicting what goes on in the Thrift Shop, a shopper tried to knock down the price of \$1.50 for a fur coat, another dropped a vase just after it had been gift-wrapped. In a vignette about the Medford Leas Voice, the recorded message went into a long list of activities but never mentioned the menus. The audience screamed with laughter when Nurse Dracula entered with a broomstick-size hypodermic needle to draw blood from hapless victims. In between the skits, **Helen Flynn**, dressed as if going to the Ascot Races, gave a delightful rendition of "Typically English," and **Hana Stranska**, informal poet laureate of Medford Leas, read a special poem about the New Year.

Performances over, the chairs were moved into a circle against the wall and **Evert Bartholomew** took over as Game Master, getting everyone involved in some clever counting and word games. The evening concluded with music, dancing, refreshments, and champagne toasts to the New Year.



2001 MEDFORD LEAS BIRD CENSUS

by Gertrude Marshall

Wednesday, January 3, was a beautiful winter day, the temperature below freezing with snow on the ground and a light wind. Seven hardy souls, including four from Lumberton Leas, walked through the Medford campus for over two hours, counting the birds of woods, field, and stream. They alone saw 21 species. In addition, residents checked their feeders. In all, there were 29 observers, compared with 31 last year, and they saw 32 species. Actual sightings totalled 883. Those figures compare with last year's of 33 species and 721 sightings.

This year's most numerous species was the Canada goose, with 206 sightings. Large numbers of Canada geese are in the area and the cold weather in December may be encouraging them to move toward Chesapeake Bay, for there were a number of skeins seen in the sky moving south. The next most numerous species were the house finch, with 131, house sparrow, 93, and dark-eyed junco, 90.

Of unusual birds seen were a snow bunting that stayed around the **Marshall** patio for several days, and a winter wren at Woods Cottage. There had been a winter wren there over 20 years ago when the **Haineses** lived there, before it was divided into two apartments. The snow bunting was quite unusual, but there are records of them in this area.

The Bird Club thanks all who participated. A similar census was held at Lumberton Leas on Wednesday, January 10.

FITNESS DAY 2001

by Doreen B. Lee

On Wednesday, January 17, residents celebrated the Sixth Annual Fitness Day with a full schedule. All morning, residents staffed an information table in the Atrium, and many people took pages detailing all sorts of exercises and other helpful data for a healthy life style. Also available in the Atrium were pieces of fitness equipment for residents to try out and one-on-one instruction for their use. For the hardy souls, there was a Water Volleyball match between residents and staff and, from all accounts, it will not be the last. The morning program ended with **Saul Stimler's** talk on *Successful Aging*, based on a book by John Rowe, M.D. and Robert L. Kahn, Ph.D.

The Fitness Day Luncheon, in the Colonial Dining Room, has grown from 35 who attended the first one six years ago, to the capacity crowd of more than 180 this year. Unfortunately, some people had to be turned away. The luncheon offered chicken salad or seafood salad, the choice to be made at the time of registration. That made service smooth and easy and, as usual, Dining Services provided a delicious and attractive meal.

Beverly Kannengieszer, as mistress of ceremonies, asked **Wendi Ruddy** to propose the toast to Fitness Day. **Rose Cruikshank** gave one of her inimitable presentations on the "Personal Benefits" she has received from participating in Beverly's classes and, as usual, had everyone in gales of laughter. Her presentation, now an annual highlight, is eagerly anticipated by all. **Colette Bartholomew** reported on the work of the Fitness Committee and recognized each member of this hardworking group. **Mike Peasley** spoke briefly on the fitness program at Medford Leas and the hopes for the future.

Then came the Awards Ceremony. The 38 residents aged 90 and over, who are active in various types of fitness activity, were recognized individually. Special mention should be made of three of the 38 who are over 100: **Anne Burr**, **Ed**

"Ping" Folwell, and **Vina Cooper** (age 103) who read a poem. The 38 honorees each had a brief citation about their accomplishments and each received a button recognizing their over-90 status with their names imprinted. These were designed by **Elizabeth Parnell** and made by **Jim Muir**. The festive program ended with a fitting closing song by **Gerry Stride**.

One wonders what the Fitness Committee will think up for next year!



A LUNAR ECLIPSE

by Ray & Kitty Katzell

On January 9, about 5:15 p.m., we were driving east on Wilkins Station Road and admiring the rising full moon. There seemed to be a darkened shadow across the upper right section, which was strange since there wasn't a cloud in the sky.

That evening, Ray found a single paragraph at the bottom of an inside page of the *New York Times* that may have explained it. The item said that observers in the northeast might catch the tail end of a rare lunar eclipse, if they happened to see the rising moon at sunset. It was viewable in totality only on the other side of the world, so we may have been among the lucky few to witness a rare partial eclipse of the moon. For any who might not remember, the article also explained that a lunar eclipse is "caused when the Moon passes through Earth's shadow (it is Earth that is doing the eclipsing)."

RESIDENTS IN THE NEWS

President Bush picked **Norman Mineta**, the brother of our own **Aya Endo**, to head the Department of Transportation. It was only last October that we reported on Mr. Mineta's being sworn in as Clinton's Secretary of Commerce.

The Gerontological Nutritionists, a practice group of the American Dietetic Association, presented their distinguished service award to **Dr. Marilyn Abernethy**, the daughter of **Bob & June Medaugh**. Among the accomplishments for which she received the award was her role as coordinator for a manual, *Effective Menu Planning for the Elderly Nutrition Program*.

The December 28 issue of the *Central Record* carried a letter from **Doreen Lee**, thanking all who had assisted her when she had fallen in the ACME parking lot.

Sixty of **Jane Benjamin's** poems have just been published under the title: *Reflections*. The dedication says "For my friends, who gave so freely of enthusiasm and labor to bring this book to life."

NEWS FROM LUMBERTON LEAS

by Helen Vukasin

While all of the Medford Leas campuses were treated to the storm just before New Year's Eve, the residents of Lumberton Leas, in a growing community spirit, were treated to a Blizzard Party. The party was organized by **Peter & Judy Obbard**, who graciously opened their home for the occasion. The Obbards' garage served as a giant mudroom for coats, hats, and sloppy boots. By the time the many residents gathered with their contributions of food and drink, the streets and walks were cleared. Almost everyone could walk to the party and there were no slipping or tripping accidents. It was a warm and happy pre-New Year's Eve party.

Plans are now underway to furnish the Community Center so that it is serviceable and welcoming to residents of Lumberton Leas and the other Medford Leas locations. The Fitness Center is already up and running, and is actively used. The Pool is more like an ice rink than a place to swim at the moment, but we expect it to be full of water by early summer for swimming, water exercises, and pool parties.

Travelers to Lumberton Leas are warned that Creek Road can be a risky route for both cars and deer. Two residents have had costly encounters with deer leaping across the road about a quarter mile off Route 541. There, woods on both sides of the road provide some of the small amount of habitat left for the deer population.

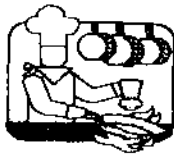
NEWS FROM WOOLMAN COMMONS

by Nancy Darling

On New Year's Eve, 28 residents gathered for a potluck supper featuring turkey and ham and many delicious side dishes. **Miriam Angle** put on a beautiful slide show of her tour of Alaska and it was enjoyed by all. Afterwards, the sing-along ended, of course, with Auld Lang Syne. Those unable to attend because of the snow and cold missed a great party.

The Out-to-Lunch Bunch considered the vagaries of the winter weather and decided to stick close to home. So they arranged to dine at Lambert's Cucina in Mt. Holly on January 25.

Woolman Commoners are always grateful to the Medford Leas staff who shovel our sidewalks and outside steps quickly when there are snowstorms. Several of us are also glad to pay some enterprising neighborhood lads to clear the snow off our cars and shovel paths to the cars. Every snowy winter we find this to be one of the special advantages of living in a town.



"NO PROBLEM"

by Dorothy Tillman

Some of you know all about it. To some it's news. It all began four years ago.

"Would you like to do something with me?" **Jean Henderson** asked **Mary-Glenn Morin** when they were seated next to each other at a committee meeting.

"I'd be delighted," **Mary-Glenn** beamed. (She told me later she thought she was being invited out to lunch, but **Jean** had other ideas.)

Through her church, **Jean** had heard about the homeless who were living in pipes and were happy to get one meal a day. She knew about the leftover cooked food at **Medford Leas** which, by law, can't be used and must be thrown away. How could they get **Medford Leas'** surplus food to the homeless and hungry?

It took all of three seconds for **Mary-Glenn** to start worrying with her. Their first call was to **Lois Forrest**, then executive director. To the surprise of no one who knew her, **Lois** was instantly and enthusiastically supportive. The next obvious person to consult was **Lorraine LaPollo**, director of Dining Services. **Lorraine's** enthusiasm equalled that of **Lois**.

Ultimately, their explorations led them to a small church in **Mt. Holly**, which ran a soup kitchen with the help and guidance of **The Extended Hand Ministries** under the leadership of **The Reverend Barbara Davis**.

"Did they want the food?" You bet they did!

"Could they pick it up every day?" No problem!

The crisis was over -- until the next one.

The cost of providing daily containers was prohibitive. **Lorraine**, as usual, came through. If she provided pots for the food, could they return them the next day, clean and ready for use? No problem! (The members of **The Extended Hand** have no tolerance for problems.)

And so, for four years now, day in and day out, that is what they have done, and the homeless -- black and white, male and female, young and old -- are able to have two meals a day at the little church in **Mt. Holly**.

As you know, life doesn't run in a straight line, and soon another problem arose. Sometimes there were leftover leftovers, and their freezer was too small to hold them. Now I'm not exactly sure how this happened, but with the aid of concerned **Medford Leas** residents, a large freezer was soon installed. That meant, ultimately, that **The Extended Hand Ministries** could move beyond the homeless to those poor families who had a place to live but needed food for themselves and their children.

One such person was a young woman who was trying to care for her four grandchildren -- all under the age of four and one still a babe in arms. Much-needed food was provided, but it turned out that she really needed a refrigerator. It only required a word to **Bill Murphy**. "There'll be a fridge on the loading platform this afternoon," he said. And there was. And the lady and her children were very happy. **The Thrift Shop** also came through with furniture and clothes -- not good enough to sell but very much appreciated if you're wet and cold.

And so it has gone, day in and day out, for four years. And **Medford Leas** residents can be pleased they have done their part in helping the homeless -- even if they didn't know it.

In case you're wondering, they were here the day of the recent big snow storm. No Problem!

MEDFORD LEAS HEALTH CENTER STAFF
(with title & date started)



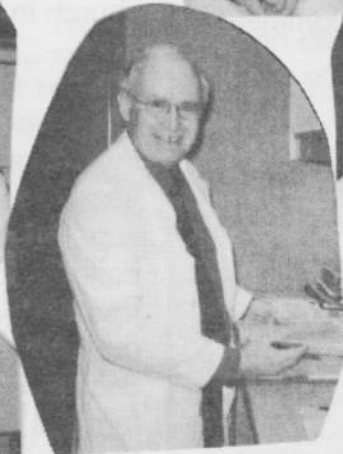
Janet Rumble
R.N., N.P.,C. (1/79)



Christine Torigian
M.D. (1/01)



Mary Jo Christianson
R.N. (12/00)



Keith Quinton
M.D. (9/88)



Wendi Ruddy
R.N., N.P.,C. (6/91)



Nancy Glovacz
L.P.N. (8/85)



Anita Tomasello
R.N. (6/87)



Charity Kirwin (10/96)
Health Center Coordinator



Linda Hicks (4/75)
Asst. Health Center Coord.



Juliane Brady (11/94)
Health Center Assistant



Jackie Little (6/92)
Health Center Assistant

NEW ON STAFF

by Kitty Katzell

If you've had occasion to visit the Health Center recently, you may have encountered the newest addition to the staff, **Mary Jo Christiansen**. Besides being an R.N., she has a B.S. in Biology and an associate degree in Medical Technology. She is certified by the American Society of Clinical Pathology as a Medical Laboratory Technician; by H.E.W. as a Medical Technologist; and by the State of NJ as both a Registered Nurse and a Practitioner of Infection Control. She is also certified in both EKG and IV (intravenous).

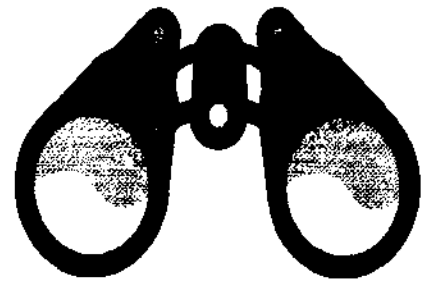
Before coming to Medford Leas, Mary Jo had held jobs as a Medical Technologist, as a Clinical Research Nurse, as an Infection Control Nurse, and as Nurse Manager at a long-term and subacute facility. She started working here in December and we're happy to have her.

Mary Jo lives in Medford, with her 9-year-old son, **Daniel**.

OH! THOSE INGENIOUS NURSES

by Doreen B. Lee

Recently, I had the misfortune to fall and cut my head, necessitating eight staples to close the wound. When the time came to remove the staples, numbers one through seven came out easily, but apparently number eight was defective in some way. Try as they might, the nurses were unable to dislodge number eight. Finally, **Nurse Practitioner Janet Rumble** said, "I guess we'll have to borrow a wire cutter from Maintenance." I laughed, "You're kidding, aren't you?" But no, she was dead serious. In a short time, the cutters appeared, did their job, and the staple came out. Where else but at Medford Leas would anyone have thought of such a practical solution?



COPING WITH VISION LOSS

by Maggie Woodard

If you have recently suffered vision loss, there are many services available to help you cope. One source is the New Jersey Commission for the Blind and Visually-Impaired. They will help you adjust to the loss by providing counseling as well as training in such day-to-day activities as home management, personal grooming, hygiene, and communication skills. "Orientation and Mobility" instructors are also available to prepare you to learn to travel with safety, independence and confidence, whether in your home or in the outside community. Sessions may also include instruction in how best to make use of any remaining vision.

To apply for such services, call **Jamie McCloskey**, Resident Services (3119). She will help you complete the application. The Commission counselor who serves this area is **Laverne DuVinage**. She can be reached at her office on Tuesdays (phone 1-856-614-3009). She will work with you in your own apartment.

The Commission provides other services in the areas of vocational rehabilitation, education, prevention, and eye care. Most are more applicable to the needs of the general public, both adults and children.

NOTE: The Medford Leas Low Vision Center, with its volunteer staff, provides other kinds of help. For information, call **Chuck Woodard**, Chairman of the Low Vision Committee (3663), or **Kay Hill** (3045).

NO DEFICIENCIES!

by Dolores Redner

In order to maintain our licenses for skilled nursing beds and Assisted Living (AL), Medford Leas is surveyed each year by the New Jersey Department of Health and Senior Services (DOHSS). This year the survey was conducted January 9 through 11.

The first morning, a team of nurses, dietitians, pharmacists, social workers, and life safety inspectors arrived. They would go over the care given to residents of Woolman, Estaugh, and AL. The paperwork compliance for the survey is monumental and **Kate Kwiecinski**, who is the Administrator for both nursing and AL, often found herself duplicating her efforts for the teams who subdivide and then converge on their respective areas.

For Assisted Living, the survey is a one-day affair with regulations that are not quite as stringent as those for skilled nursing. **Gerry Stride** and her staff had their day of scrutiny on Wednesday, the 10th, and they emerged victorious with no deficiencies. Their service and health care plans were intact and the amount of care residents in AL receive allows many residents to remain in their homes much longer than other AL facilities would allow.

The pressure was on for the nursing department, who knew the survey would be particularly difficult as the DOHSS has been under fire from the federal government's Health Care Finance Administration to find more deficiencies than they have in the past. This is due in part to pressure arising from news articles saying the government does nothing about the horrendous care in nursing homes. However, most of the horror stories were related to facilities in the southeastern states that don't have the level of caring and commitment that New Jersey's facilities have. New Jersey has always had capable surveyors and its nursing homes do a good job of caring for their residents.

The DOHSS survey process affects every area of care. **Bill Murphy** escorted the Life Safety inspector through all areas. They looked at water and refrigerator temperatures, clean and soiled utility rooms, sprinkler systems and fire drills, among other things. The dietitian observed the meals served in the nursing areas. She looked at Infection Control issues, pleasant eating conditions, the use of tablecloths and cloth napkins, the quality and temperatures of the food served. She also checked that residents' allergies to certain foods were avoided and that special diet instructions were followed. Some of the quality-of-life issues checked during meals were these: Is the room pleasant? Do staff and residents talk with one another during meals? Is there pleasant music or no loud distracting noises? Throughout the survey, the surveyors are checking for cleanliness of the units, hallways, bathrooms, kitchen, etc., so **Tom McKenna** and his staff were under the microscope too.

For the actual nursing part, the surveyors examined the numbers of licensed (RN and LPN) and non-licensed (CNA) staff. They looked at charts, interviewed residents and family members, and asked staff questions about abuse and what they would do if they witnessed a resident being abused. The purpose of this is to make certain that Medford Leas has policies and procedures in place to prevent abuse and an action plan if abuse occurs. By questioning staff, they are affirming that inservice education takes place and that Corporate Compliance duties have been maintained. Individual medical records are examined for data accuracy, such as care plans, progress notes, etc. Responsibility for neat, orderly charts falls on **Debbie Lovenduski**, in Medical Records.

The nurse managers, **Margaret Stanley** and **Liz Conlin**, were under a constant barrage of questions about the actual care provided to residents. Does that care match what is transmitted electronically to the State and does the care plan reflect the care actually being

given? Are residents' families involved when it's appropriate and do residents participate in their own plans of care? Finally, they want to know that staff actually know the residents for whom they care, that the care is individualized, and that, without looking through charts, staff can discuss a resident's plan of care. This part of the survey is crucial and separates an "OK" facility from an "Outstanding" facility.

With all this in mind, it is no wonder that staff all looked a little worn and tattered by the end of the survey process. But it was all worth the effort when **Kathleen Myatt**, the Survey Team Leader, said: "How does 'No Deficiencies' sound?" To me, it sounded great, because I know that the "team" of Medford Leas delivers quality care on a daily basis, care of which we are justifiably proud, and not just when the DOHSS is inspecting.



WINTER TEA

by **Jane Parker & Jinny McMichael**

The winter residents' tea for the year 2001 will be held in the Main Lounge and the Atrium of Medford Leas on Tuesday, February 27, from 2:30 to 4:00 P.M.

The tea, held in honor of new residents of Medford Leas and Lumberton Leas, gives all who attend a chance to make new friends, greet old ones, and enjoy delicious refreshments.

Please mark the date on your calendar and plan to attend. Invitations will be sent to all residents a week before the event.

DINNER SANS RESERVATIONS

by **Ellen Stimler**

The "Dinner Mixer" received an enthusiastic reception at its trial run on January 15. Proposed by the Hospitality Committee and generously supported by Dining Services staff, the idea was to help residents in the Courts to get to know others than those with whom they usually dined. The rules for the mixer were: no reservations, no buffet seating, and name tags for everyone. As residents came to the dining room, each person picked a slip from a basket and then sat at the table whose number was marked on the slip. Couples were asked to take separate slips unless there was a special reason why they had to sit together.

Inge Raven, a member of the Hospitality Committee, came up with the lottery idea. **Evert Bartholomew**, chairman of the Hospitality Committee, and **Berenice Finkelstone**, who planned and organized the Dinner Mixer, circulated in both the Garden and the Colonial Dining Rooms to make sure things were running smoothly. Both rooms had about the usual number of diners and both were alive with animated conversation. Dining Services had made the evening special by serving an appetizer of bottled sparkling fruit nectar and there was a potted plant centerpiece on each table, which was offered as a prize to the person at the table with the earliest birthday in 2001.

Comments were generally complimentary: "I love it!", "Fantastic!", "Wonderful idea." One lady sitting at a table with a couple of men said the idea was "terrific, as long as I can get two men every time!" Another expressed some disappointment, recalling college mixers where seating was arranged in order to "mix" men and women and one said she missed the buffet and prefers to serve herself. As to the frequency of the mixer, opinions ranged from once a month to once a year, with once a month being the most popular, setting the same day and week of every month (e.g. the first Monday). Stay tuned.

THE GALLERY

The next artist whose works will be shown in the Medford Leas Gallery is **Carol Mastran**. Ms. Mastran is a graduate of the Philadelphia College of Art and is a member of the Philadelphia Watercolor Club. Her work was exhibited here several years ago, and her return visit is eagerly anticipated. While her earlier paintings were both impressionistic and realistic, in the last few years she has moved into abstract naturalism.

Residents will be interested in another side of this artist. There is one hill in Moorestown and children use it for sledding. One winter, a new administration in the town wanted to open the hill to thru traffic when there was a major snowstorm. Previously, the hill had routinely been closed during snow conditions, great or small. The children were crushed, and so was Carol, so she took some of her paintings of the sledding, went to the children, and asked them to make drawings, too. The pictures found their way to Moorestown store windows. The Town Fathers got the message and the sledding hill was saved.

This story is all the more fascinating because it was in Moorestown that the "Flexible Flyer" sled was invented by **Jack Allen's** grandfather.

The reception for Ms. Mastran will be held in the Gallery on March 6 from 3:30 to 4:30 p.m.

<i>In Memoriam</i>	
<i>Muriel Root</i>	<i>December 22, 2000</i>
<i>Birch Lippincott</i>	<i>December 28, 2000</i>
<i>Edward Ward</i>	<i>January 11, 2001</i>



Here is the solution to the January Cryptogram. "Tool maker, stacker of wheat, player with railroads, stormy, husky, brawling city -- Chicago." This was undoubtedly the most difficult one we have had and only four correct solutions were received. The first was from **Mort Bregman**, who commented: "Sounds like Sandburg." Indeed it is from Carl Sandburg's poem "Chicago." The other solutions were from **Euseba Kamensky**, **Betty Preston** (a new solver), and **John & Marie Winton**.

My apologies to **Polly Guthe** and **Lucille Ringel**, who sent in correct solutions to the previous month's puzzle but were not listed.

Here is the February Cryptogram:

ZVLZQNMBVQU DJ NXQDR
HNMU

CDWB UNANZV MDRWYQVU
XDFB WBVDQ ZNMU

NJT L'VQ YJBNDWNPFV
TLCJU

MFNRV VFMNBNDWU XLQ
CNJW LX WLCJU.

UCDXW

Put solutions in Box 45 by February 15.

WHO'S NEW

by Ellen Stimler

Residents who raised children in Moorestown are likely to remember the beloved pediatrician, **Edmond (Ed) Preston**, who recently moved into Rushmore (624) with his wife, **Elizabeth (Betty Johnston)**. During the eight years preceding Ed's 1993 retirement, Betty worked as office manager in his practice. Since retiring, they have enjoyed traveling in the U.S. and abroad. Betty plays golf, serves on the Board of the West Jersey Chamber Music Society, and continues with her quilting group, which includes **Jeanette Muir** and **Lillias Anderson**. Ed has taken up drawing and watercolor painting, and plans to have a vegetable garden and join the tennis players. He will continue volunteering in the Y's Men's Club of Moorestown and in the Moorestown Monthly Meeting.

Ed graduated from Haverford and Penn's Medical School, and interned at Pennsylvania Hospital, where **Wayne Marshall** was one of his teachers. He completed his pediatrics residency at Children's Hospital, where he worked with **Lou Coriell**. Betty went to Vassar, majoring in chemistry. Their fathers were business friends, and their families socialized when the children were in their teens. After Ed and Betty were married, they lived in Hawaii where Ed was a Navy medical officer, then settled in Moorestown where Ed joined the practice of **Dr. Emlen Stokes**. He has been president of the Medical Club of Philadelphia and of the Delaware Valley Society for Adolescent Health. Betty served as deacon and elder at the Moorestown Presbyterian Church and was on the boards of The Tender, Contact, and various youth organizations. They have three children and six grandchildren.

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WHAT'S NEW IN MAGAZINES

by Ellen Stimler

A review of the year 2000's greatest scientific discoveries is in *Discover Magazine* (Jan., by **Joseph D'Agrese**). The three most significant ones in the field of medicine are believed to be: (1) The completion of the genome project, the book containing the entire genetic structure of humans, which allows us to "read all the genetic messages that a human body inherits." However, this new knowledge is dwarfed by what we do not yet know, such as the total number of genes, how they interact, and what each gene represents. (2) A transplantation procedure which, it is hoped, will eventually allow diabetics to produce in their own bodies the insulin they must now inject in order to survive long term. (3) The discovery of a new type of "sporelike" cells, which have been found effective in repairing breaks in spinal cords of rats, allowing these paralyzed animals to regain movement and offering hope for rebuilding spinal cords of paraplegics and repairing diseased tissue of other organs.

After the blowout in technology stocks, the new wisdom appears to be the pursuit of the "new old economy." The *Atlantic Monthly's* lead article in the January issue, by **Jonathan Rauch**, describes in vivid detail how the "old" oil drilling technology has been revolutionized by the introduction of "new economy" computer wizardry that is able to detect oil deposits in places that could never be located with the old instrumentation. This now permits "abandoned" wells to become newly productive because the new sensors can detect oil and gas in "downhole" areas that could not previously be explored. The latest research has even come up with a "microdrilling" apparatus that is expected to replace heavy rigs and skyscraper derricks with a coiled-tubing system that can be towed around on a trailer behind a pickup truck.

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WHO'S WHO AT LUMBERTON LEAS

Joseph & Jean (Dalstra) Jordan, 24 Woodside Drive (609-518-9672) moved to Lumberton Leas from Vincentown where they had lived for 30 years. They both retired in 1998, Joe from his position as a salesperson with Alling & Cory, a wholesale paper distributor, and Jean after teaching 20 years at Tabernacle Public School. Jean was born and raised in Michigan and earned her degree from Western Michigan University in Kalamazoo. She taught elementary grades for the Dept. of Defense at Air Force bases in Newfoundland and in Tokyo. Joe was born in Philadelphia and grew up on a Rancocas farm. After graduating from Moorestown High, he enlisted in the Navy, where he spent most of his tour of duty in the Philippines.

In 1961, while working for the Burroughs Corp. in Newfoundland, he met Jean. Soon after that, he was sent to the Azores and later to Iceland, and Jean went to Japan, so their courtship continued by taped correspondence. Following their marriage in 1962, they lived first in Norristown, PA, and then in Vincentown, NJ. There Jean was a member of the Burlington County Girl Scout Council and the Sally Stretch Keen Memorial Library, and returned to teaching at Tabernacle Public School. She eventually became president of the Tabernacle Education Association. Joe was a member of the Board of Education of that school.

Joe operates a small business called "Model Boats Unlimited," furnishing parts to hobbyists. He also enjoys hiking, swimming, and skiing. Jean turns to counted cross-stitch and embroidery, reading and gardening.

Charleen "Coe" Cosand, 198 Woodside Dr. (609-518-9676) was born in Collins, NY, near Buffalo, the daughter of a Quaker minister who later moved his family to Bloomington, IN. Her sister is **Miriam Ward**, who lives in Bridlington. Coe has a degree in Biology from Earlham College and a degree in Physical Education from George Williams College in Chicago. For two years, she taught both elementary and high school phys. ed. courses as well as junior high general science courses at Tipton High School in Indiana. Then she moved on to La Porte High School in La Porte, IN, where she completed a 40-year career, the first 20 in physical education and the rest in guidance counseling. Along the way, she earned a Master's in Recreation at NYU and certification in Guidance Counseling after course work at Indiana University Extension in South Bend. During that time, she also spent many summers as a counselor in Girl Scout camps.

She enjoys theater, travel, gardening, reading, and bird watching.

Rolfa Rogers, 183 Woodside Dr. (856-829-3858) married **George** in 1951 before graduating as an R.N. from White Plains Hospital, unheard of for student nurses in 1951. He had his BME from NYU and was in service in the Korean conflict. After his discharge, Rolfa completed her BS at Adelphi College. They moved to Cinnaminson in 1960. They attend Westfield Friends Meeting, where Rolfa is a member and is on the School Committee. They had two children, a son and a daughter, and four grandchildren. Their son died in 1983.

In 1965, Rolfa joined the Scott Paper Company as their first woman sales representative and traveled all over the U.S. introducing the 'Water Bed' and paper medical disposables. George started Micro-Tek Corporation, a small custom manufacturer of fluoropolymer insulated wire used for aero-space electronics, computers and

medical devices. In 1967, Rolfa joined him as national sales manager and together they built the business until today.

After their son's passing, Rolfa retired to travel and pursue her many interests. George continues to operate the business with Rolfa part-time, their daughter and son-in-law, and dedicated staff. The Rogers maintain two residences, the main one in Cinnaminson from which they operate the family business, while Rolfa prepares their new nest at Lumberton Leas for the time when George will retire. George is on the Board of Managers of the Greenleaf in Moorestown.

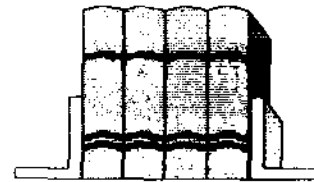
OUR OWN EAGLE SCOUT

In the spring of 2001, a young man named **Justin DeWitt** will be carrying out his Eagle Scout Project at Medford Leas. This project is one of many requirements for the Eagle badge, the highest honor in scouting.

Justin will be helping to re-landscape the courtyard area outside the Activities Room, between Haddon and Estaugh buildings. He will also be available to help residents who would like to learn more about basic gardening.

The project will involve building raised planters, about 50 inches high, that will serve as mobile gardening stations for residents in wheelchairs and others who would have difficulty bending to ground-level planting beds. He will also be working on permanent ground-based plantings in the courtyard.

Justin is a member of Troop 49, which hails from Marlton. About 20 members of his troop will be assisting him in the project, which is to involve some 250 man-hours of work. His work will be under the supervision of **John Siminski**, Director of Horticulture, and **Jack Carman**, a landscape architect who is designing the actual landscaping.



BOOKS ENJOYED BY RESIDENTS

by Doreen B. Lee

Alma Hoyer has just finished reading (aloud) all 454 pages of **Rosamunde Pilcher's** latest book, *Winter Solstice*, and I feel as though I had been on a real journey. This is a story involving a great many characters. Pilcher is at her best as she draws her reader into the lives of Elfreida, Oscar, Carrie, Sam, and Lucy. We find simple pleasures, tragedy, old people finding love to meet a mature need, and two bruised adults finding each other and with it healing for past hurts. We also share in the blossoming of a teenage girl on the threshold of adolescence.

But for me, Pilcher's genius lies in her word pictures. The story covers a relatively short time span and takes place mostly in Scotland. Her descriptions are so vivid that I actually felt the damp chill of the snow, the salt breezes as we walked the shore and gazed over the firth at the receding tide. Shopping for Christmas gifts was exciting, as was feeling present at the school dance where the children learned Scottish dances in preparation for the holiday season.

As we stopped reading for lunch or bedtime, I found myself having to come back into my apartment, and with a feeling of refreshment, as though I really had been away somewhere. What more can one ask of any book? The characters became real people to me, and it is obvious that the author has material for an excellent sequel. I hope she writes it soon.

A STORY -- PERHAPS?

by Hana Stranska

If this is a story, it is a strange one. But it may not be a story at all. Its ingredients are: a world-famous, long-deceased author; the author's niece; a highly secretive and complex young woman with a pair of distinctive eyebrows; her mother and father; and myself. The trigger for this report is a recent obituary in the *London Times* of **Marianne Steiner**, the famous author's niece.

The scene is post-World-War II London and, as a retrospective shadow, Prague, capital of today's Czech Republic. I was born in Prague when the country surrounding it was called Czechoslovakia. So, too, was **Franz Kafka's** niece, the aforementioned Marianne Steiner. Franz Kafka's Prague, for much of his life, was in the Austro-Hungarian monarchy, but in 1918 it became the capital of Czechoslovakia.

Franz Kafka died in June, 1924. His last fiancée ("mistress", according to the *Times* obituary) was **Dora Diamant**. Dora Diamant fled the Soviet Union where she was living, with her baby daughter, under perilous circumstances. The child contracted scarlet fever and later kidney complications, rendering her virtually disabled. Mother and child came to live in London; Dora Diamant's husband stayed in the Soviet Union.

I was told all this in 1952 in London by Marianne Steiner, whom I had seen many times during the war because she and her husband shared a house with relatives of mine. In 1952, I needed to find a new place to live, and Marianne Steiner suggested I contact Dora Diamant's daughter, named Marian. "The only money she has to live on," said Marianne Steiner, "is the rent from the dwelling she inherited from her mother, who died just recently. **BUT DON'T EVER LET ON THAT I TOLD YOU HER MOTHER WAS DORA DIAMANT. SHE'D NEVER SPEAK TO ME AGAIN!**"

What's the big secret, I asked myself. I went to see Marian, a girl then in her 20's; we seemed to hit it off well. I rented the place she offered and we became friends. Our correspondence after I left for the U.S. in 1955 lasted until shortly before her untimely death in the late 70's or early 80's. While living with her, I found her to be a highly intelligent, imaginative person, with a strong talent and desire for writing and for describing everyday events in a most fascinating and unusual way. But there were many secret corners in her life that had to be tiptoed around. Most of those corners concerned Franz Kafka. Her bookshelves were crammed with his books (probably inherited from her mother). When I asked (innocently, I hope) whether she was a devotee of his, she blushed scarlet and didn't answer.

Marian was short, rather thick around the waist, with a heart-shaped face, peaches-and-cream complexion, long dark hair pulled rather unbecomingly off her face, and the **MOST BEAUTIFUL EYEBROWS** I have ever seen. Whenever she saw me plucking my own pitiful ones, I would ask her how she got hers to grow in such flawless, rather straight arches. She just shrugged and smiled. I noticed that they tended to grow together over her slightly upturned nose and wondered why she didn't pluck them at that spot. But Marian never used makeup, so why would she do anything to alter the natural shape of her eyebrows? Over the years, I had seen pictures of Franz Kafka, and it struck me that his most striking feature was his eyebrows. Marian's looked quite similar.

"How old are you?" I asked her once. "I was born in 1929," she said. Well, that's that then. Kafka died in 1924. There were no "in vitro fertilized eggs" hanging around then to make into babies years later, so she couldn't be . . .

I've been visiting London every summer since I retired, and often saw Marianne Steiner. This year, I spoke to her by phone only. And now, among a sheaf of cuttings sent to me by English

friends, I found the obituary of Marianne Steiner, which contained the following:

"One of the more curious episodes in Marianne Steiner's life involved a meeting in London with Kafka's last mistress, Dora Diamant. She [Marianne S.] often wondered whether a child had resulted from that liaison. Had Dora concealed a pregnancy? If there was a secret, Dora took it with her to the grave."

[*Times*, London, Nov. 22, 2000]

Had I been "barking up the right tree" after all? Was Marian older than she claimed to be, so that she could have been conceived before Kafka's death? Was she his unacknowledged daughter? No biography of Kafka that I have seen mentions such a possibility. Even the hint in Marianne Steiner's obituary doesn't say whether the putative child was a boy or girl or, indeed, whether it was ever delivered. We may never know for sure, but whenever I think of Marian's eyebrows, my speculations run riot.

SAFE AND SOUND

by Wil Britten

Anyone who might have had questions as to fire protection here at the Leas should have had their concerns dispelled on Sunday evening, January 14. At about 8:00 p.m., a small kitchen fire occurred in an apartment on the third floor of Haddon. The heat and smoke activated both the fire alarm and the sprinkler system.

Within a short time, what seemed like a major invasion took place on our usually quiet campus. No fewer than 12 pieces of fire equipment, including at least two pumpers with "cherry picker" ladders, several regular fire trucks, rescue vehicles, ambulances, and police cars were on hand and ready to handle any emergency. The nursing staff quickly prepared residents for evacuation, if that became necessary. Our security people were active in keeping things calm, and **Bill Murphy**, together with a large

number of our Maintenance staff, showed up to assess the damage (mainly from water) and work until 2:30 a.m. cleaning up the resulting mess. **Mike Peasley**, who also came in from Lumberton, said the whole operation was an impressive display by our staff as well as the Police and Fire personnel. "No one was hurt, the damage was minimal, and the reassurance to our community had to be satisfying."

FEBRUARY CALENDAR HIGHLIGHTS

- 1 - Vid-U (also 2/8, 2/15, 2/22)
- 1 - Bus to Walnut Street Theater
- 2 - Water Volleyball (every Friday)
- 3 - Movie: *Ground Hog Day*
- 4 - Usual Sunday Services
- 5 - Movie: *Friendly Persuasion*
- 6 - Yoga Class (every Tuesday)
- 6 - Reception for **Daniel Hines**, Artist
- 6 - Square Dancing (every Tuesday)
- 8 - Tai Chi (every Thursday)
- 8 - Great Decisions: *China & Taiwan*
- 8 - Folk & Line Dancing (every Thursday)
- 8 - Bus to Rotary Travelogue
- 10 - Leas Forum: *Apple Paring & the American Dream*, **Coles Roberts**
- 10 - Movie: *I Was a Male War Bride*
- 11 - Usual Sunday Services
- 12 - Low Vision Group Meeting
- 13 - Armoire
- 14 - Valentine's Day
- 15 - Great Decisions: *European Integration*
- 16 - Opera Video: *The Magic Flute*
- 17 - Movie: *George Washington Slept Here*
- 18 - Usual Sunday Services
- 19 - Presidents' Day
- 19 - MLRA Business Meeting
- 20 - Open Forum with **Mike Peasley**
- 22 - Great Decisions: *Missile Defense*
- 23 - Bus to Philadelphia Orchestra
- 24 - Movie: *The Inspector General*
- 25 - Usual Sunday Services
- 27 - Winter Tea
- 28 - Ash Wednesday

FEBRUARY VESPER SERVICES

Sundays at 4:15 P.M.
All are welcome

- Feb. 4 Rev. Gerry Gillette
Roman Catholic Layman
Secular Franciscan Order
- Feb. 11 Rev. Terrell Person
Pastor, Jacobs Chapel, A.M.E.
Mount Laurel
- Feb. 18 Rev. Harold Facey
Methodist, Retired
- Feb. 22 Rev. Philip Olson
Evangelicals for Social Action
Mount Holly

MEDFORD LEAS LIFE

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