



# Medford Leas **LIFE**

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## MEDFORD UNIVERSITY

by Kay Cooley

Medford University was founded when **Kris Davis**, Associate Dean of Burlington Community College's Community Enrichment Department, agreed to bring college classes to Medford Leas. Beginnings were to be small: a non-credit, short course (six weeks, which is half the length of a regular BCC course), taught in 90-minute periods (again, half the length of BCC classes that meet only once a week).

"No homework and no tests," I requested, concerned that such demands would scare off some residents. "But the course must be college-level, broad in the appeal of its subject matter, and stimulating." Dean Davis agreed, and said she had just the right course -- "Views of the Ancient World" taught by **Anita Parente**. Ms. Parente teaches in the Humanities Department, not only at BCC, but also at Bucks County Community College in Newtown, PA; the Academy of the Arts in Philadelphia; and Pennswood Village, a Quaker-Related CCRC that serves as a site for Bucks County Community College. She has lectured at such eminent museums as the Philadelphia and Metropolitan Museums of Art, as well as overseas. Her specialty is ancient civilizations, and to the B.A. and M.A. degrees she earned at LaSalle University, she has added archeological field work and research. Her approach in teaching, she says, draws on this varied background.

"I don't just relate the history of ancient civilizations," she explained over the phone. "I

tell what life was really like for the people of those times. I use slides, artifacts and videotapes to make their stories come alive." In her BCC courses, she even takes her students to museums for deeper immersion. Possibly, that could be a future option for interested residents, too.

Classes will be held in the Auditorium on Mondays, April 23 & 30; May 7, 14, & 21; and June 4, from 1:30 to 3:00 p.m. Tuition for Ms. Parente's course will be \$20.00. For more information, call **Kay Cooley** at 518-0109.

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## NOMINATIONS FOR MLRA BOARD

At the March 19 MLRA Business Meeting, the Nominating Committee, chaired by **Arabelle Pennypacker**, presented the following slate of five candidates to fill forthcoming vacancies on the MLRA Board: **Berenice Finkelstone**, Courts; **Ben Paradee**, Lumberton Leas; **Dave Sleeper**, Courts; **Miriam Ward**, Bridlington; and **Beth Wray**, Single Family Home. The formal election will take place at the April 16 MLRA Business Meeting. MLRA Board members who are completing their terms are: **Wil Britten**, Bridlington; **Kay Cooley**, Woolman Commons; **Betty Macpherson**, **Matt Rodermund**, and **Ed Young**, Courts.

The other members of the Nominating Committee were: **Jack Allen**, **Jean Henderson**, **Jack Rudolph**, and **Betty Wakeley**.

## IN THE NEWS

The winter issue of *The Exeter Bulletin*, published by Phillips Exeter Academy, carried a six-page article about **Tom Folds**. The article included a picture of Tom when he was at Exeter (a handsome young man!) as well as a recent photograph (still handsome, but, of course, no longer young). The heading of the article stated: "Tom Folds, who founded the Academy's Art Department in 1934, talks about the importance of the arts, then and now." Tom had been hired by the Academy in 1934 to be an English teacher, having majored in English at Yale. He had no formal training in art until his senior year at Yale, when he took a painting class. The following year he entered the Yale Art School. Tom's role as an art teacher began during his first year at Exeter, when he started meeting informally with students once a week for an hour's discussion of "the lives and works of great masters." One thing led to another, and his informal sessions eventually led to courses, and eventually to his moving out of the English department to teach art full time. While at Exeter from 1934 to 1946, Tom introduced courses in art history and studio art and mounted exhibitions throughout the campus. After leaving Exeter, he went on to head the art department at Northwestern University and to serve as dean of education at the Metropolitan Museum in New York. And, of course, here at Medford Leas, he has been a popular Forum speaker on numerous artists and their works.

A recent issue of *Bucknell World*, the Bucknell University Alumni Magazine, had a full page profile of **Peg Caruthers** (class of '39), headed "In Touch with the Blind." For 35 years, Peg has transcribed math textbooks into Braille for the Associated Services for the Blind in Philadelphia.

On Friday, March 2, the Home and Design section of *The Philadelphia Inquirer* carried a front-page feature story, "Come May, gardens will have a party." The long article described events to be held by the Gardens Collaborative throughout the Delaware Valley. A member of the Gardens Collaborative, Medford Leas

received special mention, thus: "And what would a party be without food? The **Lewis W. Barton Arboretum** at Medford Leas in Medford will host a series of garden tours that include progressive gourmet picnic lunches, with different courses available at various stops in its 160 acres of landscaped grounds, courtyard gardens, wildflower meadows, and woodlands."

The Spring, 2001 issue of the *Medford Messenger* listed four of the upcoming art exhibits that will be shown in our Gallery. The March exhibit was the watercolors and oils by **Carol Mastran** of Moorestown. April will be etchings and watercolors by **David Price** of Jim Thorpe, PA. In May, watercolors by Tabernacle artist **Sandy Sandy** will be shown, and in June, Medford's **Marie Zukoff** will exhibit watercolors.

**Paul Mecray** was one of six physicians honored by Planned Parenthood of South Jersey at its 65th Birthday Party held on March 14 at Tavistock. Other Medford Leas residents who attended the dinner were **Ginny Caspary, Lew Coriell, Sam & Louise Howarth, Jane Hunter, Ray & Kitty Katzell, Tina Mecray, Jane Parker, Betty Wakeley, and Walter & Nancy Zwarg.**

*The Central Record* (March 15) included a picture in full color of the new "Speed Limit" sign just inside the entrance to Medford Leas from New Freedom Road. The unique signs, specifying unusual speed limits (11, 14, & 19 miles an hour) were installed recently to get drivers' attention.

John Fried, the Technology writer for the *Inquirer*, responded to one of **Kitty Katzell's** questions in his "FAQ" column in the Business Section on Sunday, March 18.

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Photographs in the March and April issues were by **Barbara Ballou.**

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## MAY 8 TRIP TO VERMEER SHOW

by Ellen Stimler

The MLRA Gallery Committee is organizing a day trip on May 8 to the Vermeer exhibit at the Metropolitan Museum of Art in New York. Another show, "The Treasury of Basel Cathedral," will be on display at the same time.

The trip will follow the usual routine with an early departure at 7:30 a.m. in order to use the bus lane into New York, and return at 3:00 p.m. to get back for dinner. The cost, which includes a brown-bag lunch, will be \$25. The bus will be restroom-equipped, and wheelchairs can be obtained at the museum.

The Vermeer exhibit in New York is larger than a similar show in Washington, DC a few years ago. That show attracted record numbers of visitors, some of whom waited up to 14 hours to get in. The 18 Vermeer canvases collected from American and European museums are complemented by many other artworks from the Delft School, including pictures by contemporary artists and examples of the carpets, tapestries, silver, and porcelains depicted in the paintings.

The display of treasures from the Cathedral in Basel, Switzerland, consists of 75 works never before exhibited in the United States. A reviewer of the exhibit wrote in the *New York Times*, "... I can't remember the last time I experienced anything quite like their single-minded incandescence in a local museum."

So mark May 8 on your calendar now. Flyers with sign-up coupons will be distributed about April 20.

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## NEWS FROM LUMBERTON LEAS

by Helen Vukasin

Bridge is busting out all over Lumberton Leas. The program was organized by **Phyllis Pere**. Every Tuesday, 16 residents, more or less, gather with teacher **Jeannie Ryan** to improve their play. On Thursdays, four beginners gather for Lesson One, some of them wondering "What have I gotten myself into?"

When I was in college, bridge used to be a simple pick-up game we played between classes to avoid studying. Not so today. You have to know and understand the rules, and not only do you have to know the rules, you have to know which set of rules you have to know! Give us a few more lessons, however, and we'll challenge the players on the Medford campus to a tournament.

Recently, Woodside Drive was buzzing as residents encountered each other on their daily walks. "Did you see? They took down the orange safety net." "I think it's too soon to put on the finish coat!" The subject was the Swimming Pool. Three official-looking men showed up one morning and began doing "something." All we can tell is that things are beginning to happen and we hope to have a splash party by May.

Members of the Square Dance group at Medford Leas, spearheaded by **Allyn & Lois Rickett**, treated about 15 Lumberton Leas residents to an energetic evening of square dancing. Lumberton Leas is grateful for the opportunity to get to know this program and some of our residents will probably continue to dance with the group.

Thanks to Woolman Commons resident **David Lewis**, ping pong is about to start at both Medford and Lumberton Leas. David is an experienced player and will be offering clinics and arranging tournaments for those of us who are less-skilled but willing players.

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## ART STUDIO

The Art Studio is open every Monday morning from 10:00 A.M. to noon for artists, at whatever level in whatever medium, to enjoy mutual encouragement and inspiration. Beginners are welcome and, after some orientation, may visit the studio at other times. Among the media that are likely to be found are watercolor, oil, acrylic, charcoal, pastel, clay, and even crafts. So stop in some Monday morning and get acquainted. If you have questions, call either **Alice Culbreth** (3407) or **Anne Wood** (3634).

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## WHO'S NEW AT WOOLMAN COMMONS

by Nancy Darling

**David & Katharine "Katie" (Herdman) Lewis** (518-2073) moved to Woolman Commons from Buffalo, NY, where they had lived for 21 years. Included in their present household are Sophia, a Welsh corgi, and Bert, an invisible cat who never appears when there's company.

Katie was born in Illinois and lived in several Midwestern cities before graduating from Ohio Wesleyan, where she met David. While David finished his education, she worked in business, after which she devoted herself to homemaking and raising their children. She is interested in tai-chi and exercise classes and is currently enjoying making their new house into a comfortable home.

David was born in Iowa and grew up in Wisconsin. After graduating from Ohio Wesleyan, he earned a master's in philosophy from Oberlin. His decision to become a professional YMCA worker was understandable, as his grandfather had been a YMCA director and his father was an active YMCA volunteer. David's last position was as Executive Director of the Greater Buffalo YMCA. At an earlier point, he

was director of the Monmouth County YMCA in Red Bank, NJ. As a result, when the Lewises' research into CCRC's led them to Medford Leas as their best choice, they already knew this area as a place they would like to live. Among David's interests are ping pong, singing, canoeing, and swimming.

The Lewises' son, Jeffrey, lives in Denver; their daughter, Elizabeth, lives in Seattle with their grandson, Clay.

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## WHO'S NEW ON STAFF

In the "old days," sex appeal was known as "IT" and Clara Bow was known as the "IT" girl. Today, "IT" refers to Information Technology, and **Russell Pepe** is our new "IT" Coordinator. Russell hails from Massachusetts, and his parents and siblings still live there. At the time of our meeting, he and his family (wife, son, and daughter) were living in Ardmore, PA but were scheduled to move to Marlton Lakes before this issue of *Medford Leas Life* is published.

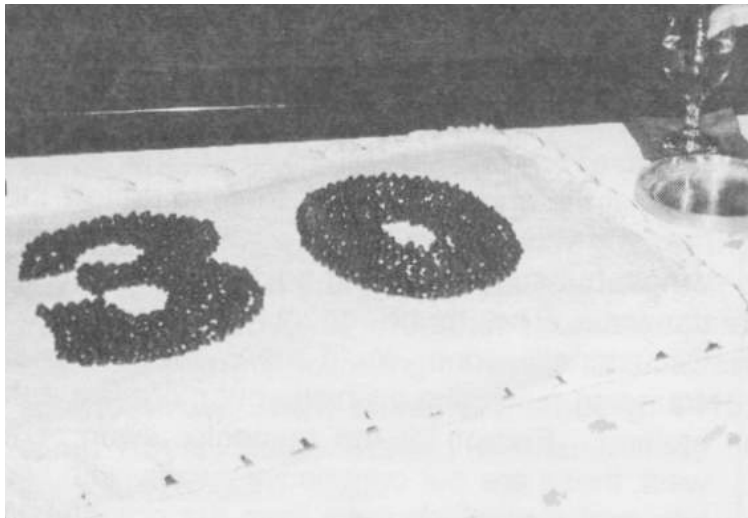
Russell worked on the installation, repair, and maintenance of heating and air-conditioning for several years before he got into computers. He was working at Waverly Heights retirement community and, in order to repair the air conditioning system, called the system's manufacturer for some information. They told him there was no manual explaining the system; he would need a computer and a special program for what he was trying to do. And that was how it started.

Here at Medford Leas, he's working with staff to get them all on e-mail, so they can communicate easily with each other. He's also helping to develop a global data base starting when residents get on the waiting list. Then, when they move in, their records will move to an active status where everything will come together: housing, billing, medical, etc. He will also be

working with the records for the Arboretum, so that residents and visitors can check the computer to find what trees are growing where around the campus.

It all sounds quite marvelous and it's good to know that we have someone working on this. Someday, we may even be able to click on a Medford Leas website to see what's on today's calendar and menu, without dialing the "Voice." There seem to be all sorts of possibilities.

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**THE 30TH BIRTHDAY PARTY!**  
by Maggie Woodard

March 2 was the 30th anniversary of the first occupancy at Medford Leas. To celebrate, over 500 residents, in two sittings, enjoyed an elegant dinner in the Garden, Colonial, and Courtyard Dining Rooms, followed by dessert, coffee, and punch in the Auditorium. The printed programs recognized and honored by name the nine members of the Founding Board of Trustees of Medford Leas, the first resident, and the 16 living residents who came here between 1972 and 1975.

The dinner deserved a 5-star rating for its presentation and taste. After a vegetable broth, gourmet ravioli was served, with a blush sauce

and lobster garni that made it look like a colorful flower. Three choices were offered for the main course: Tournedos of beef served on a portabella mushroom topped with crabmeat and a Bearnaise sauce, grilled swordfish topped with a fruited salsa, or duck à l'orange. Each table had a bottle of non-alcoholic Asti Spumonte and a vase with a single red rose. Live music was provided during dinner by **Gloria Galante**, a harpist, in the Colonial Room, **Chris Kelly**, a pianist, in the Garden Room, and **Gusztav Gaspar**, a violinist, in the Courtyard Dining Room.

Dessert and beverages were served buffet-style on four large tables below the Auditorium stage. The center table was decorated with an ice sculpture in the shape of a swan and two pedestals, and the base for the swan was decorated with greens and peach-colored roses. Each pedestal held a huge birthday cake topped with the number "30" spelled out in tiny peach-colored rosebuds or tiny chocolate chips. **Marc Sherman** provided piano music as guests sampled the cakes and ice cream and socialized.

The festive evening was enjoyed by everyone, providing yet another occasion for residents to feel fortunate to be living at Medford Leas!

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**NO BEAVERS IN BEAVER MEADOW**  
by Maggie Woodard

The Pitch-and-Putt course in Rushmore has a long history. In 1985, **Virginia "Beaver" Abramson**, then a new resident, urged Medford Leas to build a golf course -- for residents' pleasure and as a marketing tool. Her suggestion that it be located in the meadow was vetoed by the Estaugh Board. Never one to give up, she set about interesting others in her project. The golfers in the Landscaping Department were supportive. A meeting was held with some MLRA Board members and they were for it. The late **Lew Barton** and **Bill Karpinsky** suggested the

present site and promoted it enthusiastically. After Landscaping provided flagpoles and tee markers and **Russell Hill, Wilda DeCou** and **Beaver** placed the holes, a 9-hole course was completed in 1987.

The maintenance cost became a problem. The grass, fescue, was tough and grew so tall that one could not find the ball! Last spring, Beaver went to **John Siminski**, head of Landscaping, and persuaded him that something must be done about proper maintenance of the course. The grass must be cut parallel and horizontal and one person was needed to take responsibility for it. **Bob Calhoun** took it on as his project and he takes great pride in it. He designed the layout of the new pitching course, with curves, making it interesting and playable. The new design requires mowing only twice a week, reducing the maintenance required.

Because it became a beautiful course, with depth and perspective, many people in Rushmore used it last year. It is hoped that other residents will also use it this spring. There will be a wildflower area added and there may also be a sand-trap.

After the course was set up last spring, a sign appeared without notice: "Beaver Meadow." It is assumed that John Siminski was responsible for that whimsical tribute to Beaver!

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**TUNDRA SWANS**  
by Gertrude P. Marshall

Whitesbog is about 18 miles east and a bit north of Medford, going east on Route 70, near the headwaters of the Rancocas Creek north branch and just east of Browns Mills. It was here that the Fenwick/White families in the 19th century developed a large cranberry industry and

Elizabeth White developed the New Jersey blueberry industry by cultivating wild blueberries. The bogs were for cranberry cultivation, and there was a small settlement for the workers as well as Elizabeth's house. The land is now protected by the Whitesbog Preservation Trust and administered by Lebanon State Forest.

With many shallow pools and lakes, the area is attractive to waterfowl and, in winter, is an ideal place for tundra (formerly called 'whistling') swans. These beautiful birds breed in the far northwest of Canada and Alaska and some, on their migration south, cross the continent and end up at Whitesbog. Thousands of them winter on Chesapeake Bay.

On a cold, windy, clear day, five members of the Bird Club drove to Whitesbog hoping to see the swans. They were there, on one of the far ponds against the shore lined with trees to protect them from the wind. Many had their heads under their wings, but some had long necks up, alert for any danger. The rough count was around 500. Occasionally, one could hear their call, not sounding much like a whistle but more like a dog barking. Except for the trumpeter swan of the west, these are our only native swans, with black bills that distinguish them from the orange-billed mute swan, originally an import from Europe. These tundra swans were a beautiful sight, despite the cold and wind.

We also saw a number of mallards, some black ducks, and about 40 ring-neck ducks in one of the ponds. And, as we entered the area, there was a young hawk, which our birders at first thought to be a red tail, but on closer inspection decided was a young northern Harrier or marsh hawk. The young of species are harder to identify in the field and that uncertainty keeps observers on their toes.

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**MEDITATION**

by Doreen B. Lee

What is Meditation? To quote **Jon Kabat-Zinn**, "What we frequently call formal meditation involves purposefully making a time for stopping all outward activity and cultivating stillness, with no agenda other than being fully present in each moment."

For the last three years, a group of residents has been meeting weekly to meditate together trying to focus on the present moment, each person using his or her own approach (a mantra or a mental picture) to help screen out distracting thoughts. We maintain silence for about 20 minutes, usually followed by some discussion. This has proved helpful in developing individual daily practice, and individual group members find the experience rewarding for different reasons.

The group meets on Mondays at 2:00 p.m. in the 3rd Floor Haddon Lounge. If you are interested in joining the group, or for further information, call one of the following residents: **Evert Bartholomew, 3638; Lillian Goldenberg, 3415; Alma Hoyer, 3652; Donald Tillman, 3141; or Maggie Woodard, 3663.**

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**Sixth Annual Medford Leas Olympics  
May, 2001**

- **Watch for flyers in your box**
- **Registration: Wednesday, April 11**  
(absentee registration available)
- **Opening Ceremony, Monday, April 30,**  
with decorated scooter parade and  
Medford Leas style baseball game

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**FREDERICK MOYER'S**

**PIANO RECITAL**

by Raymond Katzell

Another enjoyable program of classical music was presented by the Music Committee on March 1. This one was a return engagement of pianist **Frederick Moyer**, whose recital here last year was so appreciated.

His fine pianism was again apparent in the opening Schubert Impromptu. The centerpiece of the program was **Mussorgsky's "Pictures at an Exhibition."** Usually heard in orchestral transcription, it was originally composed for piano. The eleven musically portrayed paintings challenge a pianist's ability to provide the colorations required for their various subjects. For example, "Tuileries" calls for the light touch appropriate to the portrayal of children at play, whereas "The Great Gate of Kiev" has many forte and fortissimo passages. Mr. Moyer coped admirably with the challenges.

The final selection was Chopin's "Variations on Mozart's 'La ci darem la mano'" in which the 17-year-old composer revealed his ability to write humorous music which nevertheless requires the exquisite pianism that characterizes his compositions.

Mr. Moyer's performance was enhanced by his informative comments on the music. Thus he reminded us that the Chopin piece marked Chopin's debut both as a composer and as a concert artist, leading Robert Schumann to proclaim the arrival of a new genius on the musical scene. The contents of the pictures in Mussorgsky's work also were the object of interesting remarks; for example, I learned for the first time that "The Great Gate of Kiev" was never actually built.

It was an enchanting evening of music which we trust will not be our last exposure to Mr. Moyer's artistry.

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**IMPORTANT REMINDER**

by Gertrude Marshall

When we see anyone with a guide dog, we understand that the person has profound sight impairment and we behave accordingly. But so many residents use canes that we may not realize that a resident using a WHITE cane is blind. This is a reminder that such folk are among us and, if we observe a person with a WHITE cane, we should get out of the person's way, as the WHITE cane means that he or she cannot see us to avoid us.

**FRIDAY DAY TRIPS IN SPRING**

by Ellen Stimler

**Doris Curley**, chair of the MLRA Short Trips Committee, has lined up an exciting schedule of trips through May, so save the dates below. Separate flyers for each trip will be put in residents' mailboxes about two weeks before each date.

The first tour was held on Friday, March 2: A guided tour of Mt. Pleasant House and Cedar Grove, a Quaker House, in Fairmount Park. One of the two guides was **Mrs. Hollis**, who spoke at a Leas Forum in January.

Friday, April 6: Grounds of Sculpture in Hamilton, NJ, a 22-acre park containing many sculptures, an arboretum, a museum, and a cafeteria. A must for photographers.

Friday, April 20: The Winterthur Museum and Gardens, the former Dupont Estate in Delaware.

Friday, May 18: Long Beach Island and Barnegat Lighthouse Park, the bird sanctuary, and lunch at Old Cranberry Inn.

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**ANNUAL PLANT SALE**

by Dottie Kriebel

The annual plant sale will be held on Thursday, May 10, in the Estaugh Mall from 8:00 A.M. until noon. Residents and staff are encouraged to postpone buying their spring plants until then so that the plants are less likely to suffer in the cold nights ahead.

The sale will be offering hanging baskets, geraniums, New Guinea impatiens, petunias, ageratum, and other varieties of flowering plants as well as herbs. Prices will be below retail. Profits from the plant sale help pay for flowers in the public rooms during the season when there are no flowers in the cutting gardens.

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**UNDER CONSTRUCTION**

For weeks now, there have been signs apologizing for the Game Room and the Employee Lounge being closed. About the time you read this, the construction should be done.

With the start of the "smoke-free campus" on February 14, there was no longer a need for a room where employees could take their breaks to have a cigarette. So the Employee Lounge has been completely renovated. Because that Lounge abuts the Game Room, the Game Room was also redone.

There will be an entrance door at both ends of a passageway, so that one can reach either the Game Room or the Lounge. The food vending machines will be accessible from both rooms. Lighting and ventilation have been improved, and both areas have been completely redecorated. **Bill Murphy** is proud of what was done there and is sure both residents and staff will like the final result.

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## MY "TRIP TO BOUNTIFUL"

by Hana Stranska

Did you see that wonderful movie "A Trip to Bountiful," where an elderly woman (movingly portrayed by Geraldine Page), after many obstacles, got to the place where she had lived many years ago, only to find her nostalgic dreams dissolving at the sight of her derelict house and the place surrounding it? Still, exchanging her dreams for reality brought closure, and she was better able to handle her real-life situation once she was no longer distracted by her dream.

My snippets of memory, resurfacing after 62 years, go back to March 15, 1939. I remember a dreary rainy day; invading German troops goose-stepping on the wet pavement of Prague, our city. A few days later, the Great Dictator, Adolf Hitler, decreed that all traffic, hitherto moving on the left (as England's does to this day), would, without further ado, follow the German pattern of moving on the right. Picture this: trams, whose exit and entry doors used to face outward to enable passengers to get on and off, were now facing inward, where people waiting to exit or enter bumped dangerously against those coming from the other direction, also on the inner side. The shaking trains and scurrying passengers might have looked funny, had one's sense of humor been functioning.

Now, my memories are "a bit younger," a mere 56 years old. Six years of WW-II have elapsed, when all my thoughts and dreams were directed toward the war's end and my triumphant return home from England where I spent WW-II. Now, it is May 1945, the end of World War II in Europe. So, here I am, back in "My Bountiful," Prague, standing at the top end of Wenceslas Square, its main street, recalling the shaking trams of a wobbly city, a wobbling universe.

The intervening six years of War and Holocaust have been amply described by many. But how does one describe the feeling of disembodied daze on walking again through the city of one's dreams? Yes, the trams are running on the right,

but their entry and exit doors are now on the proper side. People seem to be going about their daily routine. Yet, there is a feeling of dammed up tension in the air, as if every person in the street has a story to tell but doesn't tell it because there is no time, or it's too emotional, or whatever. Another thing that amazes me -- laugh if you will -- is that everybody I pass is speaking CZECH! In England, I used to start up whenever I happened to hear someone speaking my uncommon native language. I would tell that total stranger that I can understand every word he says, so please, watch what you say! And then we would shake hands and talk about things "back home." Soon, however, I settle down to the reality that I am now in the only place on earth where Czech is spoken as a matter of course. And also, while it takes the same 15 minutes to get from A to B, in London it seemed like no distance at all, while in Prague, 15 minutes seems quite a long way. Why, I wonder?

There were other realities, a lot more unpleasant. But that's another story, or many stories. Let me just say that "My Bountiful" no more matched my dreams than did Geraldine Page's in the movie. I, too, however, am better off from having gone back, only to find that the place of my dreams is no longer. No more "Trips to Bountiful" for me anytime soon. But if I DO go on another such trip, I'll let you know, I promise.

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### IN MEMORIAM

<i>Elizabeth Biddle</i>	<i>February 25, 2001</i>
<i>Edythe Nicholson</i>	<i>March 9, 2001</i>
<i>Elizabeth Helfman</i>	<i>March 11, 2001</i>
<i>Barbara MacKay</i>	<i>March 14, 2001</i>

## EMPLOYEES OF THE MONTH

You may not know **Michele McGill**, who was January's Employee of the Month, because when she came to work at Medford Leas in 1997, she was working part-time on the evening shift in Environmental Services. She still works in that department, and now her work is principally at Lumberton Leas. Congratulations, Michele!

**Beth Malinosky**, February's Employee of the Month, has been at Medford Leas for nearly 20 years! A Certified Resident Assistant working evenings on the second floor of Haddon, Beth is the one with the really long hair -- now you know! Despite her petite size, Beth and another Assistant carried residents fireman-style down to the second floor the night of the fire on the third floor! Thanks, Beth, and congratulations!

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## BOOKS ENJOYED BY RESIDENTS

*IBM and the Holocaust*, by **Edwin Black**. Historians have been bewildered for years about the speed with which the Nazis were able to identify, locate, and deport the Jews, while efficiently confiscating their assets. It is shocking to discover details of the aid that IBM gave the Nazis from 1933 on, which helped them attain their goals. Before the computer, the German subsidiary of IBM had punch-cards with full information, so the Nazis could move fast. Machines were even devised to feed the data as fast as Hitler requested. Thomas Watson, IBM's president, traveled frequently to Germany to make arrangements and was decorated by the Nazi government. However, the *New York Times* reviewer noted that "Mr. Black . . . does not demonstrate that IBM bears some unique or decisive responsibility for the evil that was done."

**Berenice Finkelstone**

*Interpreter of Maladies*, by **Jhumpa Lahiri**, is a collection of short stories that won the Year 2000 Pulitzer Prize for Fiction as well as other awards. Lahiri, who grew up in Rhode Island, with roots in

the U.S. and India, writes about Indian men and women of all ages and socio-economic status, seeking love and security in a new culture while trying to preserve values of their native traditions. She discloses an amazing gift for revealing a character's personality with just a few telling words. In the title story, an Americanized Indian family is on a private tour of some of India's famous shrines. In the very first paragraph, the parents argue over who should take their little girl to the rest room. Their Indian guide observes that the mother "did not hold the little girl's hand as they walked to the rest room." This brief comment alerts the reader that this mother may not be emotionally involved with her child -- maybe not with her family -- which becomes fully confirmed in the course of the story.

**Ellen Stimler**

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## NO MAN IS AN ISLAND

by **Jean Henderson**

For our Medford Leas generation, "The War" has only one meaning. We sometimes forget that some of our residents had a harder experience than others, and we all have difficulty trying to help younger generations understand what happened and how it reverberates.

Did you know that in our Library there is a black notebook titled *Portraits in Survival*? Compiled by **Ellen Stimler**, it contains personal accounts of 13 of our residents who escaped from the Holocaust. The book is currently on display in the Library window.

Another volume in our Library is entitled *Japanese-American Experience during World War II*, by **Gertrude P. Marshall**. As the title conveys, this one contains personal accounts of some of our Japanese-American residents who were interned during the war.

We can all feel gratitude to these two groups of residents for sharing deeply moving raw history with us.

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## WHAT'S NEW IN MAGAZINES

by Ellen Stimler

The many departments and affiliates of Harvard University are carrying on or publicizing significant long-range studies of successful aging, and two of them were published recently

One produced this conclusion: "Having a strong sense that we can successfully manage a role that is important to us may be as central to a long and healthy life as having strong bones or a healthy heart." This "role" the writer is talking about could be as a parent, grandparent, relative, spouse, friend, homemaker, church or club member, or community volunteer. What counts is that the person believes that he/she can make a difference in whatever role is perceived. The study was conducted by the University of Michigan on 884 men and women over 65 who were asked to identify the number and degree of "role-specific importance" in their lives. The analysis of the data led the researchers to conclude that longevity is significantly affected by "our efforts on the role or two we enjoy most and can perform best." (*Harvard Women's Health Watch*).

Another research report deals with a study conducted by Harvard psychiatrist **George E. Vaillant** on lifestyles and health habits of Harvard men who graduated from 1941 to 1944 and were regularly tested and interviewed into their 80's. Six factors by age 50 were singled out as excellent predictors of reaching "happy-well status" by age 80: a stable marriage, a mature adaptive style, no smoking, little use of alcohol, regular exercise, and maintenance of normal weight. Those men in the group who had only one, two or three of those factors going for them at age 50 were classified as "sad-sick" by age 80. Vaillant agreed with other research findings that genetic factors lose importance with advancing age. While Vaillant stressed the importance of a "talent for human connection" in the "happy-well" octogenarians, he said it doesn't mean being a "people person," caring for others or even feeling loved. "What is critical is allowing yourself to

love others." Vaillant is publishing his findings in a forthcoming book. (*Harvard Magazine*, March/April, by **Craig Lambert**). Note: the magazine can be obtained in the Medford Leas Library.

**A proposal to eliminate the SAT for admission to all California University campuses** is vigorously attacked as an end run around California's ban against affirmative action, which has led to a drop in admissions of black and Hispanic students at some UC colleges but an increase at others. **Abigail & Stephen Thernstrom**, well-known opponents of affirmative action, point out that, after the end of affirmative action, California's most sought-after campuses now have a majority of Asian-American students while whites, blacks, and Hispanics form separate minorities. The idea for the abandonment of the SAT came from the University's president and is pending before the University Senate. The president's position is that SAT-I, which he wants dropped, is not a useful measure of future college success. He suggests retaining SAT-II, which would measure a student's achievement in subjects taken in high school. The Thernstroms insist that abandonment of SAT-I would demonstrate that creation of a certain racial mix on campus is more important than maintaining intellectual standards. (*National Review*, March 15).

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## DINING OPTIONS

An article had been prepared for this issue to tell readers of the various dining options now that the Coffee Shop is open around the clock. While that part is still true, there have been several adjustments to the initial plans, so the article is not being published. All we can say is this: "Watch your mailbox for the latest information."

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**NEW BOOKS IN THE LIBRARY**

by Becky Monego

Fiction

Carey, P. *True History of the Kelly Gang*  
 Dubus, A. *House of Sand and Fog*  
 Graham, J. *A Painted House*  
 Homer. *Odyssey* (translated by S. Lombardie)  
 Howard, L. *Sarah's Child*  
 Japin, A. *The Two Hearts of Kwasi Boachi*  
 Kingsolver, B. *Prodigal Summer*  
 O'Brian, P. *The Wine-dark Sea*  
 Xingjian, G. *Soul Mountain*

Mystery

Baldacci, D. *The Winner*  
 Barnard, R. *A Murder in Mayfair*  
 Berger, E. *The Missing Hydrangeas*  
 Braun, L. *The Cat Who Smelled a Rat*  
 Brett, S. *The Body on the Beach*  
 Coulter, C. *The Scottish Bride*  
 Douglas, C. *The Cat in a Flamingo Fedora*  
 Follett, K. *Code to Zero*  
 Krentz, J. *Lost and Found*  
 LeCarré, J. *The Constant Gardener*  
 Ludlum, R. *The Prometheus Deception*  
 Neilson, M. *The Persia Cafe*  
 McBain, E. *Gladly the Cross-Eyed Bear*  
 Munnings, C. *Overnight Float*  
 Patterson, J. *Roses Are Red*  
 Patterson, R. *Protect and Defend*  
 Siegel, S. *Special Circumstances*  
 Updegraff, R. *The Un-nimble Thimble*  
 Woods, S. L. A. *Dead*  
 Woodworth, D. *Sins of a Shaker Summer*

Biography

Alexander, J. *Command Performance*  
 Angela, B. *First Mothers*  
 Carter, J. *An Hour before Daylight*  
 Philbin, R. *Who Wants to Be Me?*  
 Woodward, B. *Maestro: Greenspan's Fed and the American Boom*

Non-Fiction

*Americans' Favorite Poems*, edited by R. Pinsky  
 Atkins, R. *Dr. Atkins' Age-defying Diet Revolution*

Clinton, H. *An Invitation to the White House Exercise: A Guide from the National Institute on Aging* (Book & video)

Higgins, C. *Elder Grace*  
 Gould, J. *Tales from Rhapsody House*  
 Hutchings, J. *Simply the Best Mysteries*  
 Katz, J. *Swimming for Total Fitness*  
 Mayes, F. *In Tuscany*  
 Matthiessen, P. *Tigers in the Snow*  
 Mitford, J. *The American Way of Death Revisited*  
 Nielsen, Dr. J. *Ice Bound*  
 O'Reilly, M. R. *The Barn at the End of the Road*  
*Oxford Book of English Verse* (1999)  
 Roberts, P. C. *The Tyranny of Good Intentions*  
 Scanlon, E. J. *Animal Patients*  
 Sharma, S. *Yoga*  
 Spaar, L. *Acquainted with Night: Insomnia Poems*  
 Swann, B. (ed.) *Poetry Comes up when It Can*  
 White, L. *The Herbal Drug Store*  
 Yagoda, B. *About Town: The New Yorker*

Videos

*Cider House Rules*  
*The English Patient*  
*The Great Pyramids*  
*Lost Horizon*  
*Othello*

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**DID YOU KNOW?**

1. There's a list of all the MLRA Committees and Activities, with the names of their chairpersons, on the Main Bulletin Board. If you'd like to have a copy of your very own, ask at the Front Desk.
2. Spent batteries should be discarded in the Laundry Room on the ground floor of Haddon. To get there, take the elevator near the Large Print Library to the Ground Level. Start walking toward the Thrift Shop. When you reach the area of the Greenhouse, turn right, then left, and the Laundry Room is the first door on your right. There's usually someone in that area who can show you where the batteries go.

3. Others can use your slivers of soap, so don't discard them. Just inside the door of the Activities Room, in the corner to the right, there's a box labeled "Soap" where you can put them.

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**CRYPTOGRAM**

by **Russell Hill**

Here is the solution to the March Cryptogram:

"The brown bright nightingale amorous  
Is half assuaged for Itylus. Swinburne"

Correct solutions were received from **Lydia Andrews, Ruth Blattenberger, Don Davis, Betty Preston, Florence Sawyer, Ellen Stimler, John & Marie Winton.** There was one typo (for which the editor apologizes). Those who missed the word "amorous" were therefore not penalized; but "Itylus" had to be correct. In Greek mythology, Itylus was killed by his mother. She and her sister were changed into a swallow and a nightingale.

Here is the April Cryptogram:

L Z K C D J G P J G P R X N E  
R H D J J X D J G G J C  
Q R G P Z K G V Z M J,  
F K C R Z E R G S, L C J F T V J E,  
B X H H Z K D G.  
H. A B C T J C

Put solutions in Box 45 by April 15.

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**APRIL CALENDAR HIGHLIGHTS**

- 1 - Daylight Savings Time begins
- 1 - Friends Meeting for Worship (also 5/8, 5/15, 5/22, & 5/29)
- 1 - Vespers: **Rev. Chase Hunt**, Princeton Theological Seminary
- 2 - Movie: *Children of Chabonnes*
- 3 - Wallach's Shoe Store
- 3 - Pendle Hill lecture (also 5/10, 5/17, & 5/24)
- 3 - Game Night
- 5 - Vid-U (also 5/12, 5/19, & 5/26)
- 6 - Trip to Sculpture Gardens Museum
- 7 - Bridlington Brunch
- 7 - Passover Seder
- 8 - Palm Sunday
- 9 - Vespers: **Rev. Roland Flater**, Faith Presbyterian Church, Medford
- 9 - Bus to Chamber Music, Philadelphia
- 10 - Bus to Sight & Sound, Lancaster, PA
- 11 - Open Forum with **Mike Peasley**
- 13 - Good Friday
- 14 - Rushmore Lunch
- 15 - Easter
- 15 - Vespers: **Rev. Wm. LeConey**, Lumberton Leas resident, American Baptist, Retired
- 16 - MLRA Business Meeting
- 17 - Game Night
- 19 - Open Forum with **Mike Peasley**
- 21 - Leas Forum: *Palestine/Israel Issues*, **Rev. Dr. David Graybeal**
- 22 - Vespers: **Rev. Donald Fletcher**, Presbyterian, Retired
- 23 - Medford University (also 4/30)
- 24 - Cancer Support Group
- 27 - Bus to Philadelphia Orchestra, Series A
- 27 - Opera Video: *Porgy and Bess*
- 29 - Bus to Opera: *Porgy and Bess*
- 29 - Vespers: **Rev. Mary Jane Inman & Bell Choir**, Trinity Presbyterian, Cherry Hill
- 30 - Medford Leas Olympics Grand Opening

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## CAUTION SIGNALS FOR OLDER DRIVERS

by Ray Katzell

On February 20 and 26, the *New York Times* carried two articles on the above subject. This is vital information for us retirees, because the rate of driving accidents accelerates rapidly after age 64. By age 85, it is truly horrendous. So if you didn't read the articles, they are summarized here.

Visual problems are major factors in accidents. As we age, we don't see as clearly. Also affected is our peripheral vision, like seeing a car overtaking us or coming out of an intersection. These problems get even worse at night, since our night vision is not as good as it used to be. Compounding that problem is our greater susceptibility to glare from oncoming headlights. The rate at which our eyes can adjust to changes in distance also declines, as does our ability to discern differences in color -- like red vs. green lights at a distance. And of course diseases of the eye, like cataracts, glaucoma, and macular degeneration, exacerbate visual problems, as can diabetes.

Another set of changes that affects driving is cognitive in nature. Our reaction time gets slower as does the time required to make decisions (is this where I'm supposed to turn?). Also, older people are more easily distracted (conversation, radio) and find it more difficult to do more than one thing at a time (such as looking for street signs while driving).

The list of problems goes on: hearing loss, weakening of muscles, and arthritis are all

associated with aging and can impair driving ability.

Can anything be done? Yes. Our visual acuity can be sharpened by wearing glasses when driving, both day and night. Wearing special yellow-tinted glasses or clip-ons at night can help reduce glare from headlights. And, of course, making sure that any ocular defects are treated (such as poor distance vision, cataracts, or ocular diseases). Hearing impairment can be corrected with aids, and diseases like arthritis and diabetes should be treated for these as well as other reasons. Exercise can help maintain muscular strength and joint flexibility. Cognitive functioning can be helped by engaging in mentally stimulating activities (such as bridge, crossword puzzles, volunteer work, etc.)

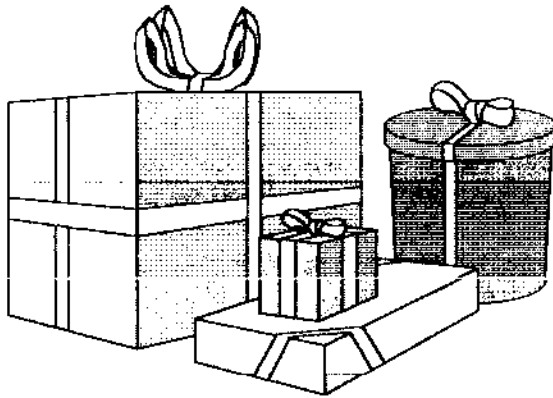
Equally important are adaptations in our driving habits.

- Allow greater distance between your car and the one ahead.
- Don't make turns or enter an intersecting road until you have made doubly sure that the coast is clear.
- When making turns or changing lanes, turn your head a bit to compensate for loss of peripheral vision, and use your car's turn signals.
- Turn your headlights on during the day as well as at night to make your car more visible to other drivers.
- Don't listen to the radio or tapes, or engage in lively conversation while driving.
- Observe all speed limits.
- Drive defensively!

Be sure that your car is in good working order. Ascertain that your head and tail lights and windshield wipers operate properly, and have your brakes and tires checked.

This advice should be followed scrupulously. Your life, and that of others, may depend on it.

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## A DAY OF CELEBRATION

by Dorothy Tillman

On Saturday, March 17, The Extended Hand Ministries (TEHM) celebrated its tenth anniversary in the Medford Leas Auditorium. And what a gay and happy occasion it was! The Auditorium was filled with brothers and sisters of the ministries, the volunteers who worked with them, ladies from the United Methodist Women of Mt. Holly, and a goodly number of interested Leas residents. (It was also the fourth anniversary of the ongoing relationship between TEHM and Medford Leas.)

Lavender and gold are the Ministries' colors and the beautiful lavender programs matched the wrappings on the gifts to be distributed. The wonderful singing and piano playing added to the festivities and many a tapping toe could be seen.

It is not possible to list all the speakers and presenters, but the **Rev. Dr. Barbara A. Davis** was there to see that things ran smoothly. The keynote speaker was **Brother Gary Miller**, Administrator of the Burlington County Department of Human Services. His remarks were met with appreciative applause.

Recognition of volunteers was an important part of the program and then Rev. Davis gave special recognition to those at Medford Leas who had been so helpful.

A beautiful golden shoe filled with flowers was presented to **Mike Peasley**, who is carrying on the tradition of **Lois Forrest** and strengthening the bonds between the two organizations. **Jean Henderson** and **Mary-Glenn Morin** were dubbed First and Second Angels for their work in bringing these two organizations together. Others who were recognized and presented with beautiful gifts were **Betty Macpherson** and **Jack Allen** of the Thrift Shop and **Lorraine LaPollo**, Director of Dining Services. Unable to be present were **Kay Hill** (Thrift Shop) and **Bill Murphy** (Maintenance -- provider of used refrigerators, etc.).

Many of those in attendance then enjoyed a delightful lunch prepared by Medford Leas Dining Services. The lunch provided an opportunity to greet old friends and get acquainted with new ones. **Dorothy Tillman** was asked by Rev. Davis to read the article she had written for the February issue of *Medford Leas Life* entitled "No Problem." A number of people could be heard repeating "No problem!" with great delight.

It was a lovely day of celebration. So great, in fact, that it wasn't until it was all over that several people recalled that it was also St. Patrick's Day.

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## A REMINDER

The deadline for submission  
of materials for *Medford Leas Life*  
is the 15th of the month  
preceding publication.

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### MASTER GARDENERS

by Nancy Barton Barclay

Have you heard that the "Master Gardeners" are coming to Medford Leas? Do you know what that means?

In 1972, when a renewed interest in gardening was sweeping the country, a county agent in Seattle, WA, established the first Master Gardener program out of desperation. He was receiving more inquiries from home gardeners than he could handle, so he went about looking for help. He invited area volunteers to go to the County Extension Office and learn how to provide gardening information to the public. From this small beginning, the program has grown nationwide.

Most counties in New Jersey already have Master Gardener programs, but there is none yet in Burlington County. Medford Leas recognized the need, the County Agent agreed, and the popular program in Camden County invited us to join their annual spring training class. Sixteen aspiring "Master Gardeners" (including **Lois Forrest** and **Debbie Lux**) will be trained in that class, and later an office will be opened in the Nature Center.

To learn more about it, you will want to attend a special presentation on the Master Gardener program at Medford Leas at 10 a.m. on April 11 in the Auditorium.

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### IN THE GALLERY

**David Price**, of Jim Thorpe, PA, will be exhibiting his works in the Gallery during the month of April. Mr. Price's works are included in several collections and he has won a number of awards for his watercolors and etchings. The reception for the opening of the exhibit will be held in the Gallery on the afternoon of Tuesday, April 3.

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MEDFORD LEAS LIFE

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