



Medford Leas LIFE

VOL. XXVIII, No. 9

NOVEMBER 2001

HAPPY THANKSGIVING!!!

THANKS

by Hana Stranska

When the leaves have changed their color
And have fallen to the ground;
When their rustling penetrates
And gives the atmosphere its sound,

That's when we sit at the table,
Carve the turkey, pass the yams --
"Stuffing's turned out better this year,"
Says our family of friends.

Then, as we tuck into our
Bountiful and festive spread,
We may spare a thought for those
Whose feast would be a slice of bread.

Gratitude then overwhelms us:
Now's the time to pause and thank
For the splendors we are blessed with,
For the bounty of our land.

Let's not stop with yams and turkey;
Those are trimmings for this date.
Let's, instead, praise things of substance
That make our country great:

FREEDOM TO CHOOSE,
FREEDOM TO SPEAK,
FREEDOM TO FOLLOW,
FREEDOM TO LEAD,

Free we are to assert our rights,
But also free to let some go.
Free to say "Yes" to a certain course,
But also free to say "No."

Shall we be boastful?
Shall we be humble?
Shall we be proud
Till pride makes us stumble?

Shall we tell the whole world
Of our glory?
Or let our deeds quietly
Tell the story?

Those are reflections
For our time --
Now, pass the gravy --
And Spare a Dime.

THE CARPORT FIRE

There's good news and bad news. First the bad news. Just after 10 p.m., on the night of Sunday, September 23, fire broke out in the carport along Estaugh Way, across from Court 17. The carport was destroyed as were six cars in the carport and one outside in an adjacent space. The conifers that stood behind the carport were sufficiently burned that they had to be removed, and other trees in the immediate area, including the signature Medford Leas Holly, will have to be pruned in order to preserve them.

Now the good news. First of all, there were no injuries. Staff escorted residents from Courts 11, 16, 17, and 19 to the Activities Room until things were under control, and since then have continued to assist the affected residents with insurance claims, transportation needs, etc. As usual, the emergency services from Medford and Evesham responded immediately with all sorts of personnel and equipment, stayed till the fire was out, and then worked on determining its cause. Some residents and staff knew nothing of the incident until they saw the next day's news on TV, but **Bill Murphy**, Director of Operations, was summoned as soon as the fire was discovered. He called several other staff to the scene, including **Mike Peasley**, Executive Director, who kept residents informed in the days that followed.

HOLIDAY SHOPPING

On Monday, November 12, from 9:00 a.m. to noon, the Gift Shop will hold its annual Holiday Shopping Event in the Atrium. This is always a special occasion, with music and refreshments, and there will be many new items available for holiday gift-giving to family and friends.

REACCREDITATION VISIT

by Kay Cooley

"Meets the criteria," the Continuing Care Accreditation Commission representatives read out 16 times in the Auditorium on October 9. The three-member team had just concluded its four-day visit to Medford Leas, ending with its On-site Report. **Dr. Robert Johnson** had reviewed governance and administration, **Mr. Timothy Hissong** had examined financial operations, and **Ms. Debbie Wycoff** had investigated resident life, health and wellness. All of them were seeking to validate what members of the administration, staff, and residents had written in the Self-Assessment submitted last summer.

Although Medford Leas met all 16 criteria by which it was being evaluated, reaccreditation did not follow. That must wait until the Commission itself, after having studied and discussed both the Self-Assessment and the On-site Report, meets in March to make the final decision. However, the very positive tone and the general approval conveyed by the report led the audience to believe Medford Leas will be able to continue to display the CCAC accreditation logo.

Copies of the criteria without comments are available at the Front Desk. Later, a copy of the full report will be made available.

IN THE NEWS

by Kay Cooley

At the annual meeting of ORANG (Organization of Resident Associations of New Jersey) on October 17, **Evert Bartholomew** was elected president. He succeeds **Bob Anderson**, whose five-year term concluded. Also at the meeting, **John Siminsky**, Director of Horticulture, gave a presentation on Therapeutic Gardening, a topic that he will be repeating at the annual AAHS convention in San Diego.

NEWS FROM LUMBERTON LEAS

by Helen Vukasin

Lumberton Leas (LL) is jumping! It's hard to know where to begin. It has been a busy month that included a visit by representatives of various MLRA committees. Half a dozen committee chairs told the LL audience about the activities available at Medford Leas (ML) and urged them to participate. The Koffee Klatch format gave residents a chance to talk to the ML visitors after the presentations.

To initiate the Leas Forum at Lumberton series of programs, in September **Dan Seeger** talked to an SRO crowd about the history of Lumberton and the LL property and in October **Father Michael Doyle** read original poems and stories about Ireland.

A meeting of all LL residents was held on October 16, with the main order of business the introduction for approval by residents of some clarifications of the Guidelines for Operating LL Common Areas. There were also brief remarks by **Mike Peasley** and **Bill Murphy**. The happy news of the evening was that Mike has requested permanent residence at LL. There was a very positive response by the residents to the announcement.

New programs at LL were also explained. The LL Neighbors is a committee established to be certain no resident falls between the cracks. The units have been divided into clusters, each with a coordinator. The role of the Cluster Coordinator is to help the neighbors bond and keep tabs on anyone who has needs that may not be taken care of by ML sources of assistance.

Other new activities are the book exchange set up on the mezzanine of the Community Center; an afternoon and an evening book group; and a workshop located in the former office space of the contractor.

The final surfacing of Woodside Drive is now complete. The driveways are flush with the street

and the drains should be working properly. To everyone's relief, the pink wooden flamingo, that had stood on the puddle that was almost always in front of **Debbie Troemner's** house, up and died. A proper wake was held by the neighbors for the bird, which had been a symbol of the drainage problem, to celebrate the demise of the mud puddle.

CRYPTOGRAM

by Russell Hill

Here is the solution to the October Cryptogram:

"Hesperus entreats thy light, goddess, excellently bright. Ben Jonson."

Correct solutions were received from: **Lydia Andrews, Mary Barth, Ruth Blattenberger, Mort Bregman, Don Davis, Herb Heineman, Jane Hunter, Warren Kamensky, Betty Preston, Liliane Reynolds, Doris Salati, Florence Sawyer, Peg Van Name, and Marie Winton.** (If you think you sent in a correct solution and your name is missing from this list, please let Russell know (Ext. 3045).)

Here is the November Cryptogram:

D H U H T P M G S C V T D E B ,
 D H U Z Y G W W G S C
 R U D G U S B ,
 W U Y D T V P A T S Z
 X U R W A S Z G U F B
 U X A T S B .
 K . Z U S S A

Put solution in Box 45 by November 20.

NEW GUIDELINES FOR SPONSORS AND COMMITTEE CHAIRS

by Kay Cooley

On October 18, the MLRA Committee on Committees sponsored an informal reception in the Auditorium for Sponsors, Chairs, and Coordinators of MLRA Committees. The program included the launching of the new edition of *GUIDELINES FOR COMMITTEE SPONSORS AND CHAIRS*, a new booklet that consolidates the policies and practices that foster the smooth running of resident activities.

Sam Howarth, MLRA President, opened the session. **Wil Britten**, former MLRA Board member, served as Master of Ceremonies. **Kay Cooley**, immediate Past-President of MLRA, reviewed Sponsors' Duties. **Ellen Stimler**, current MLRA Board member, summarized duties of Committee Chairs. **Doris Shamleffer**, MLRA Treasurer, discussed budgets and other financial matters. **Kitty Katzell**, a Past-President of MLRA, dealt with arranging for committee-sponsored events. **Evert Bartholomew**, another MLRA Past-President, presented the sections of the new "Guidelines" dealing with duplicating, notice distribution, work orders, Dining Services, and the shelves to the right of the front desk.

The "Guidelines" assure that, while preserving the unique purpose and character of each committee and activity, certain basic functions will be carried out in a standard and fair way for all. A set of "Guidelines" published in 1996 was in need of revision and it is hoped that this new edition will enable Sponsors, Chairs, and Coordinators to be more effective and find greater satisfaction in their leadership roles.

The presentation of the Guidelines was followed by the drawing of door prizes (three \$3.00 gift certificates at the Thrift Shop) and refreshments. Finally, something unheard of at Medford Leas (or elsewhere?) took place: the Committee on Committees terminated itself!



THE RED, THE ORANGE, AND THE YELLOW

by John Caughey

Medford Leas has a trail to match each of the fall colors, red, orange, and yellow.

The Red Trail, a broad path, circumnavigates the campus, through mixed oak and beech woods, eastern forest, and broad leas. It extends for 1.8 miles and can be entered at more than a dozen points. The path is, in many places, wide enough for you and your favorite companion to walk side by side and is relatively even underfoot, with the growth trimmed back on each side.

The Orange Trail is an extension of the Red into the northern section of the property.

For the adventurous, there are 15 Yellow Trails, threading more narrowly through the woods, looping off the Red and Orange Trails to interesting pockets of the campus. They are clearly labeled with bright yellow markers and at each end with tags. New is Yellow Trail #15. It passes, in part, through a magnificent avenue of spruces beyond the golf pitching course.

The Woodland Group of the Nature Coordinating Committee maintains these trails, posting trail markers, removing trees that have fallen across the path, and cutting back the ever-intruding growth along the edges.

Residents are encouraged to walk the trails, enjoying the colors of fall, the Red, the Orange, and the Yellow.

HOUSING & ENTERTAINING FRIENDS

by Maggie Woodard

Medford Leas provides many ways for residents to have family and friends here for overnight visits and special celebrations. Extra guests can be accommodated in residents' own apartments at minimum cost by arranging with Environmental Services for cots and extra linens.

Three guest rooms on the Ground Floor of Haddon can be rented for a modest fee. Each room has a private bath, twin beds, a refrigerator, and TV. (Residents often stock the refrigerator for their guests.) A rental cottage, near the Route 70 entrance, can house six people. It contains two bedrooms, one with twin beds and one with a double bed. In the living room, there is a sofa bed and a TV, and there's an efficiency kitchen. Also provided are cooking utensils, plates, flatware, and extra linens, as well as a rollaway, playpen, high-chair, and some games.

The guest rooms and cottage are reserved at the Front Desk, and at holiday and vacation times, they must be reserved well in advance. Guest facilities are cleaned after each occupancy, or after four days if a guest stays that long.

Guests may use the tennis courts and swimming pool if accompanied by a resident. They may also eat in the Coffee Shop and the two Dining Rooms. The Coffee Shop is open 24 hours a day, and breakfast, lunch, and dinner are served Monday through Saturday during specified hours. Beverages and snacks are available at all times. Coffee Shop food can be charged to a resident's account or paid by cash. If the cashier is not on duty, the cash can be placed in a basket. Dining Room meals are paid for at the Front Desk, either by charging to the resident's account or by cash.

The Front Desk has a list of motels within ten miles of Medford Leas. In addition, there is a bed-and-breakfast, the Iris Inn, on Main Street in Medford Village. The Flying W Airport Motel is another possibility. Brunch is served at the Airport restaurant on Sundays.

To celebrate special occasions, Dining Services offer many possibilities. Rooms 7 and 28 can be used for large gatherings. In either room, up to 30 people can be accommodated for a buffet meal, 20 or fewer for sit-down service. The rooms are reserved at the Front Desk, but separate arrangements must be made with Dining Services for food and service, unless the host is providing them. The Private Dining Room ("Red Room"), reserved through Dining Services, can be used for sit-down luncheons or dinners for 10 to 22 people. Residents may also hold small receptions in the Lounge on the third floor of Haddon, where a light buffet can be provided for up to 10 people. This Lounge is reserved by signing for it on a calendar in the room; again, food is arranged with Dining Services.

If the resident host is providing the refreshments in any of these rooms and needs furniture moved for the occasion, a Work Order must be filled out and left at the Front Desk.

AUTUMN DINNER MIXER

by Berenice Finkelstone

The Hospitality Committee is inviting all members of Medford Leas to the Autumn Dinner Mixer to be held on Wednesday, November 7. Residents of Bridlington, Lumberton Leas, Rushmore, and Woolman Commons will receive invitations to join Court residents in the Garden Room at 5:00 p.m. or the Colonial Room at 6:00. At the Mixer, residents will select their tables by lottery. No table reservations will be accepted and there will be no buffet service. The Coffee Shop will be open during its usual hours.

Mixer reservation forms, which will be part of the invitation, will be accepted in the order they are received. Because of space limitations, some may be asked to come to the next Mixer, which will be scheduled soon.

COPING

by Doreen Lee

For most of my 89 years, I have enjoyed excellent health and good eyesight. Then, a few years ago, Macular Degeneration was diagnosed. It wasn't troublesome for a long time but eventually it escalated until now it has become a real problem. Then symptoms of Parkinson's became evident. All of this makes a huge difference in my life style, so how do I cope?

Let's deal with the loss of eyesight first. A good tactile sense is a great asset. It is amazing how one can "see" through the fingertips. Money? Of course I cannot see the denominations, so I always ask for my check to be cashed in \$10.00 denominations. These I fold carefully in two and keep them in a large paper clip; then it is easy to count out money to pay for a purchase. If I happen to get a bill of another denomination, e.g. \$5.00, I fold it differently. Coins are easy: quarters have serrated edges, nickels are smooth edged. It helps to shop in stores where one knows more or less where the stock is. I discovered that the orange juice we like has a green screwcap and some of the others have different colors. Clerks in the stores are always helpful and I have been known to appeal to another customer on occasion and have never met with anything but the greatest kindness.

A closed-circuit TV type of equipment makes it possible to maintain some independence and keep my own checkbook and read short items (and even letters on occasion). My computer has a built-in magnifier, which makes it possible for me to continue writing and thus keep in touch with friends in other places. Modern inventions are amazing! I can no longer read anything in normal print, so listening to Medford Leas Voice each day tells me the menu so I can order from memory.

One of the hardest things is not being able to recognize faces. Voices are distinctive, and that helps, and sometimes I recognize an outline. But

the best help is the thoughtful person who just says, quietly, "this is so-and-so."

Loss of balance with consequent falling is a constant danger with Parkinson's, so I always dress sitting down. When putting on a coat, I back up to a wall or chair so, if I do go over, there is something to fall into. I use a cane or walker to add a bit of stability to my gait, and I quickly learned that everything takes many times longer than it used to, so I allow more time for everything. I've also learned that it is wise to avoid sitting in low or armless chairs or soft sofas, but if you must, then don't hesitate to ask a kind friend to help you up.

Many favorite games are no longer possible, like croquet, putting, and shuffleboard, mostly because of poor balance. But I can still play chess on that wonderful large set we have here. **Scott Charles** made a great contribution to our pleasure when he gave it to Medford Leas.

Am I discouraged? Not really. Life is certainly not as simple as it once was. To be blind and handicapped was never in my wildest thinking, but one never knows what life may deal out. It's satisfying to meet a challenge successfully, and everyone is always so helpful and kind.

Of course, it helps to be living with a good friend who helps in uncounted ways every day!

9-1-1 CELL PHONES

Do you have a cell phone that you're no longer using? The Burlington County Sheriff's Department wants used cell phones for use in the *Senior Citizen's Emergency 9-1-1 Cell Phone Program*. After the phones are checked thoroughly, they are made available to senior citizens who have serious physical or medical conditions. Donations may be dropped off at the *Pinelands Library in Medford*, or you may ask the *Bookmobile* if they will take them.

A TIME TO BROWSE:

The Browsing Library at Medford Leas

by Dorothy Tillman

Do you still get a knot in your stomach when you hear sirens?

Did you change your plans for that trip by plane? Or, did you go -- but white-knuckled all the way?

Do you feel a need to call your kids -- not that you have anything to say, but you just need to be in contact?

The playwright, Tony Kushner, in the *New York Times* of October 7, spoke of people's "inner loneliness."

Most of us are still feeling some, or all, of these things. Perhaps the time has come to put a little love and beauty into our lives to fill that inner loneliness. Enjoy the golden days of Fall. Arrange a bouquet with the last of summer's flowers. Stop for a moment when you hear the honking of geese and follow their V across the sky.

And the Gallery Committee urges you to come to their Browsing Library. Choose the art book that interests you, settle down in a comfortable spot on the sofa, and enjoy. For many, the beautiful art treasures of the world can bring you joy and help you forget for a time the horror of Sept. 11 and all that is now following it.

As with many things, the Browsing Library started small. Founder's Day was January 11, 2001, when 12 people met in the Auditorium. They had a beautiful bookcase and some donated books as starters. It is now nine months later, and how it has grown! There are now 68 books, donated by more than 15 individuals. Over half of the books were given by two residents, **Anne Farr and Rita Roelker**. Anne's brother-in-law was John Sloan of the famous Ashcan School of art. As a student, Anne became interested in Sloan and her research led her to "The Gist of Art" by Helen Farr. Ultimately, Helen Farr and Sloan were

married, and Anne married Helen's brother. Her interest in art deepened and led to a fine book collection, much of which she has donated to the Browsing Library.

Rita's uncle, Carl Robert Moser, was a well-known artist in his day and he left Rita his exceptional collection of art books. When she moved to Assisted Living, Rita donated her collection to the Browsing Library also.

Medford Leas is indeed fortunate to have such a collection. It includes books of a general art history nature, those concerning specific times and regions (such as ancient times, European and American, Indian and Far Eastern), and finally books dedicated to individual artists. While the subject of most of the books is painting, also included are books on drawings, frescos, tapestries, and more. There is certainly something for everyone.

A catalog of the books will be available in the Gallery soon. Books cannot be removed from the Gallery, but for any free time you have available, the Gallery is a quiet and comfortable place to browse. For those of us no longer able to find the stamina for a museum visit, it is a wonderful addition. The Gallery Committee hopes to see you there, losing yourself in the art wonders of the world -- and perhaps reinforcing your belief in the resilience and strength of human beings.

VOLUNTEERS NEEDED

by Kay Cooley

Volunteers are needed to spend a few hours each week helping frail or ill residents in John Woolman and Assisted Living. A cheerful visit, reading mail, writing letters, or transporting wheelchair-bound persons are small efforts that pay big dividends. Men are especially wanted as wheelchair pushers. Please call **Ginny Coe** (3647) in Rushmore to let her know you'll help.

WHAT'S NEW IN MAGAZINES

by Ellen Stimler

On the assumption that your mind and senses have been assaulted by an overkill of facts and opinion about the events of September 11 and its aftermath, our magazine digests, being resumed this month, deal with just ordinary but interesting aspects of daily life.

Smithsonian Magazine (October) celebrates the 100th anniversary of the invention of the teddy bear with a story about the history, manufacture, collection, and world-wide love of this cherished, cuddly treasure that has become a symbol of caring and affection among children and adults. It all started with a political cartoon around 1900 ridiculing the bungled bear-hunting expedition of then President Teddy Roosevelt. An enterprising toy manufacturer in New York got Roosevelt's permission to name a stuffed toy bear a "teddy bear," and the rest is history. Today, teddy bear collectors are counted in the millions, and there are teddy bear museums, country fairs, and conventions. A company in Vermont earns millions filling "beargram" orders for teddy bears given as Valentines. A London auction house holds two big teddy bear auctions annually, where some antique models go for six figures. A teddy bear magazine has 42,000 readers. Teddies are still a best seller at toy stores everywhere, and adults want them as much as (or more than) children. The bears are a comfort to patients in hospitals, nursing homes, and hospices. The manufacture of teddy bears is a billion dollar industry that has grown 70-80% in the past ten years.

Eight technology wizards got together under the auspices of *Discover Magazine* (October) to discuss the future of wireless communications. Questioned by the magazine's "Neuroquest" columnist, some of the predictions made by the invited experts were: (1) Wireless systems that will help people locate specific destinations will thereby destroy those people's privacy. The spouse of a straying husband will be able to find him in his mistress's hideaway. (2) Wireless

monitors may be embedded in ordinary appliances and cars, and a car owner may then be notified by his service department that his muffler needs replacing. (3) Cell phones will have writing capability so that people will be able to send messages if they don't feel like conversing. (4) Wireless toasters that can leave a burned imprint of the day's weather in your slice of toast are already available.

Arthritis sufferers may want to check out the Summer issue of *Arthritis Today* for its comprehensive evaluation of supplements and herbal remedies that are not subject to FDA jurisdiction. In a special pull-out section, the magazine brings together the best currently-available evidence and test results on the benefits of dietary supplements that are said to relieve a variety of aches and pains associated with arthritis. Because the FDA cannot evaluate the efficacy of these remedies or their advertised claims by manufacturers, individuals have difficulty choosing among hundreds of pills and potions sold over the counter and by mail order catalogs.

ADVANCE DIRECTIVES

by Joe Rich

About 150 residents attended the September 20 program on updating Living Wills and Powers of Attorney. At least 70 of them have since reviewed their older documents and signed, notarized, and filed new ones that express their individual desires more concisely.

Residents who missed the September meeting, or who have additional questions will want to attend the repeat program which will be held in the Auditorium on Tuesday, November 13, at 2:00 p.m. At that time, there will again be full discussion of updated Advance Directives. There will also be an opportunity to have help in preparing, signing, and notarizing a new form, for those who decide to do so, or to schedule an appointment to do that at a later time.



SHORT TRIPS POLICY

by Ellen Stimler

MLRA sponsors two kinds of bus trips, one with the Medford Leas bus that holds 32 passengers, and another with rented charter buses. The "Short Trips" outings, usually held one Friday each month, are arranged by **Doris Curley** and take residents to various Delaware Valley locations. On these trips, preference is given to full-service residents because they pay for bus service under their residency contracts. Partial-service residents, whose contracts do not include bus transportation, are welcome to join these trips on a space-available basis and they must pay for the transportation. The trips are designed primarily for residents who do not drive and are not able to get out without the Medford Leas bus. The only charge to full-service residents is for admission to the site being visited or a meal included in the outing. They are not charged for use of the bus on these trips.

The other type of MLRA-sponsored trips are usually to more distant destinations. They are open to all Medford Leas residents and the price that participating residents pay for the trips includes a pro-rata amount for transportation and a driver gratuity.

This policy was reaffirmed at the October 12, 2001, meeting of the MLRA Board in response to a resident's PIW questioning the preference given full-service residents on the Friday trips.

GREAT DECISIONS 2002

by Gary Raven

Work is already in progress to make the 2002 Great Decisions Series even more interesting and informative than before. This year's topics are especially thought-provoking and a top group of presenters has already been assembled for five of the year's eight topics.

Presenters are still needed for the following three discussion titles, all very important topics in today's World Affairs:

- *Terrorism: Roots and Repercussions*
- *South Asia: Focus on India*
- *Korean Security Issues*

One need not be an expert on the subject to volunteer. Members of the Committee will help gather needed material and the briefing books will also be of invaluable assistance. Anyone who might be willing to present one of those issues should contact either **Chuck Woodard (3663)** or **Gary Raven (3272)**. They can also answer any questions about the program. Medford Leas has been able to present all eight topics in past years, and residents look forward to the presentations, so don't be shy. Call Chuck or Gary and volunteer.

GIFT SUBSCRIPTIONS

Give a Non-resident
a gift subscription to
Medford Leas Life

only \$7.50 per 10-issue year --
(and in 2000 and 2001,
there were eleven issues!)

Contact Charlotte Peck
676 Medford Leas

HEALTH CENTER REPORT

by Wendi Ruddy

Of the 127 people who registered at the Heart Connection on October 4, 56 had their fasting blood sugar and/or their cholesterol checked. In all 15 people were notified that follow-up was needed for their blood pressure, cholesterol, or blood sugar level and there were no identified foot circulation problems that required follow-up.

Door prizes went to **Ruth Lipoti** and **Doris Shamleffer**, and game prizes went to **Kaz Oye**, **Katharine Stewart**, **Elizabeth Hoskins**, and **Kitty Katzell**, the first three for guessing the number of hearts on a board, the last for guessing how many feet of yarn were wound around a heart-shaped frame.

Special thanks are due to **Maggie Woodard** and the members of the Meditation Group for their support, suggestions, and participation, and to **Becky Monego**, **Lily Tamarin**, and **Connie Borntraeger** for the superb display of references in the Library window on Meditation and Mind-Body Connection.

Be sure to note all of these important November dates.

FLU SHOTS will be given in the Auditorium on:

Monday, Nov. 5 1:00-2:30 p.m.

Friday, Nov. 9 1:00-3:00 p.m.

Wednesday, Nov. 14 1:00-3:00 p.m.

The November 14 date is for staff as well as residents.

On Friday, November 9, from 11:00 a.m. to noon, **Dr. David Greenspan** will speak in the Auditorium on the subject of *Depression*.

Also on Friday, November 9, from 2:00 to 3:00 p.m., there will be a Wellness Center program on *Use of Common Herbal Products and Potential Drug Interactions*. Call Ext. 3777 to sign up.

The week of November 26 to 30 will be *Get Rid of Old Medications Week*. Any medications that have not been used for a year or more have probably lost their effectiveness and it would be best to discard them. So residents are urged to gather their old medications and take them to the Wellness Center any time during that week. There will be a large trash can waiting to receive all donations.

30TH ANNIVERSARY, PART II

by Kay Cooley

This year, Medford Leas is celebrating its 30th anniversary in two parts. In March, residents marked the occasion with a gala dinner in the Colonial, Garden, and Courtyard Dining Rooms, followed by a dessert party in the Auditorium. It was 30 years since the first resident, **Gladys Fleming**, moved in.

The second celebration will occur on Saturday, November 17, when a slide presentation and luncheon will commemorate Medford Leas as a locale. Because the Auditorium and Dining Rooms can no longer accommodate our total community in one seating, there will be two sessions for everything. One program will be held in the morning, followed by lunch. The second program will be held in the afternoon preceded by lunch.

As with the Employee Holiday Show, residents will be asked to pick up tickets for the early or late program-lunch combination of their choice. Complete details will be announced closer to November 17.

POL ROGER CHAMPAGNE

by Sam Howarth

The following tale tends to support the widespread opinion that my war experience was pretty cushy. In the spring of 1945, my unit (the 133rd AAA Anti-Aircraft Mobile Gun Battalion) moved from Cherbourg to Rheims. For several months during the previous year, I had been on detached service with a provisional truck company moving supplies to the front. During that time, we used as our headquarters a mansion in Marne-la-Coquette near Paris that was owned by Lady Wallace who had been displaced from that home but lived nearby and was a presence!

As we left, Lady Wallace gave me a letter of introduction to her niece in Épernay, Mme. Pol Roger. When we were established in Rheims and it became known that our accumulated mail was at an Army Post Office in Épernay, I volunteered to make the trip to pick up the mail. Another young officer and I arrived in the town of Épernay, and, armed with my letter of introduction, found our way to the Pol Roger home, an elegant house in an upscale residential neighborhood. A butler answered the doorbell and informed us that the madame was not at home but was expected later that afternoon. John and I then found the post office, picked up our mail, and decided to look around the town.

As we strolled through the business area, we almost ran into a gorgeous young woman who rounded a corner on the narrow sidewalk in front of us. She was unusually attractive, very pretty and well turned out, reminding me of Ginger Rogers. We soldiers were so impressed with this sudden vision that we both followed the impulse to whistle in a complimentary way. I wasn't one who normally whistled at girls, but she sort of asked for it with a flirtatious manner and she obviously enjoyed the attention.

Later in the afternoon, we again rang the Pol Roger doorbell and were admitted to the foyer while Mme. Pol Roger was summoned. Soon we

heard the click of high heels on the floor above and down the stairs came the same gorgeous girl sporting a broad smile and exclaiming, "What a shame that you have been left out here in the hallway to smell the broccoli cooking for dinner!" I know that I turned beet red! She then escorted us into a large drawing room where we were introduced to her elderly husband who sat beside a crackling fire in the fireplace. We had a very pleasant visit with lavish refreshments and were even presented with a bottle of vintage Pol Roger champagne. During the entire time, she and we were well aware of the earlier encounter, but no one mentioned it.

I never saw Mme. Pol Roger again, but the *New York Times* of February 21, 2001, carried a lengthy article about her, entitled "Pol Roger's Ambassador of Champagne" in Frank J. Prials' "Wine Talk" column. Accompanying the article was an early picture of the lady, and it mentioned that she had died at the age of 89 on Christmas Day, 2000, at her home in Épernay.

IN MEMORIAM

Edna Kahn	October 4, 2001
Ruth Bonner	October 6, 2001
Louis Zimmermann	October 8, 2001
Louise Perinchief	October 12, 2001
Lucy Guthe	October 13, 2001
Harold Wright	October 15, 2001
Carolyn Horton	October 21, 2001



HOLIDAY CARDS & DECORATIONS

It is a Medford Leas custom for each resident to prepare just one holiday card as a greeting to all other residents and staff. On the weekend after Thanksgiving, a box will be placed at the Front Desk into which residents should place their cards.

Then, on Tuesday, December 11, Santa's elves, under the direction of **Helen Flynn and Jeannette Muir**, will work their magic and turn Medford Leas into a Holiday Wonderland. All kinds of decorations will appear in the public areas of the Community Building. Those greeting cards that were put in the box at the Front Desk will be on display for all to view. Dining Services will produce their fragrant, beautiful, gingerbread houses; wreaths, garlands, and greenery will be placed throughout the Center; trees and lights will add their special meanings to the season.

For three weeks, everyone will enjoy the cards and other decorations and the holidays associated with them. Then comes "Undecorating Day", which is scheduled for Tuesday, January 7. At that time, residents, with the able assistance of staff, will restore everything to its customary order.

Of course, a highlight of the holiday season is the annual **Employees' Holiday Show**. This year it will be on **Thursday, November 29**. Do put it on your calendar now so you won't miss it.

NEWS FROM WOOLMAN COMMONS

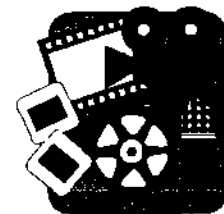
by Nancy Darling

Have you ever been to Camp Ockanickon? We have! Most Woolman Commons residents, plus special guests **Mike & Debra Peasley**, gathered at this YMCA camp just down the road from Medford about 5:00 p.m. on October 9 to enjoy a special meal and sing-along. Many eager walkers explored the beautiful woods and lake trails until it was time for a roast beef dinner in the main building. **Gary Graham**, director of the two adjacent camps (Ockanickon, for boys, and Matollionequay, for girls) told the group about the varied programs they have for children: regular summer camp, day camp, and day programs on school holidays. He also indicated that there is year-round availability of the facility for dinners (like ours), religious retreats, family reunions, etc.

After dinner, the group moved to a smaller lodge and gathered around the fireplace, while **Dave Lewis** conducted a spirited camp-songfest interspersed with participants' reminiscence about going to camp or being a counselor. It emerged that two Woolman Commoners, **Marion Burk** and **Nancy Darling**, were campers at Ockanickon before the girls' camp was built.

Not only did Dave Lewis (a former YMCA executive) arrange the delightful outing, but **Katie Lewis** turned out to be a skilled fire builder, which was much appreciated on that cool, clear evening.

Movie time in October brought forth *Mr. Holland's Opus*.



WHO'S NEW

by Ellen Stimler

Elizabeth (Bissex) Thomson, Apt. 402, was born, raised, and married in Haddonfield, so she has a number of friends here already from her church and other activities there. After graduating from Haddonfield High School and what was then called Glassboro State Normal School, she taught kindergarten through third grade in Haddonfield, Merchantville, and Pine Hill, and loved her work with the children. In 1941, she married **Clarence**, the boy she had invited to her Junior Prom. Clarence ran his own business as a manufacturers' representative, while Betty managed the homefront, raising two children. Both are now married, with children of their own, all living within visiting distance of Medford Leas. Clarence was a boating enthusiast, and the family spent many summers sailing off Long Beach Island and even making a cabin cruiser a vacation home for periods of time. For 20 years, the Thomsons spent winter months in a beach apartment on Hutchison Island in Florida. After Clarence died 17 years ago, Betty continued to live in their Haddonfield home and pursued her volunteer activities at the Haddonfield Historical Society and as a member of the West Jersey Hospital Auxiliary. Betty describes herself as a "people person" and looks forward to making many new friends at Medford Leas.

WHO'S NEW

by Ellen Stimler

Robert & Leslie (Stewart) Swanson, Apt. 265, knew each other casually in high school but didn't become romantically involved until some 40 years later, after Robert lost his first wife and then located the girl he remembered from high school days. Both Robert and Leslie grew up in Cliffside Park, NJ. Robert studied business administration at Pace University and worked his way up in banking from page boy at City Bank to CEO and Chairman of the Board at Commercial Trust in Jersey City. He retired in 1981, two years after his second marriage. He has two sons, a

daughter, and five grand- children from his first marriage. His daughter's family lives in Medford Lakes and helped get the Swansons settled in their new apartment in record time.

Leslie worked as a secretary after certifying at Katharine Gibbs secretarial school. In her spare time, she volunteered to translate literary texts into Braille. The Swansons enjoy home-based activities, gardening and reading for Bob, and reading and handwork for Leslie.

WHO'S NEW AT LUMBERTON LEAS

by Doris Brown

Walter & Adele (Pettit) Riley, 207 Woodside (609-702-1885) have lived in Medford since 1973. Adele was born in Philadelphia, moved to NJ to attend school, and graduated from Haddonfield High. Walt was raised in Collingswood and graduated from Collingswood High. They met as junior members of the Haddonfield Field Club, where eventually Adele was elected the first woman president.

Adele attended Camden Commercial College and worked for Cooper Hospital and J. T. Riley Lumber & Millwork Co. until she and Walt married. Walt attended Penn State, joined the Army Coast Artillery Corps, and served as a Lieutenant in the European Theater of Operations until 1946, by which time he had attained the rank of Captain. He then joined Bob Scarborough, a friend who was starting a career in home building, as Vice President in charge of construction. Meanwhile, he and Adele built a home in Collingswood and raised two boys. In 1973, three years before Walt retired, they built a second home in Medford. In a conscious effort to put their land to practical use, they planted Christmas trees and constructed tennis courts.

Though they no longer ski or play tennis, the Rileys still play bridge and travel. Walt swims regularly and is an active member of Tau Kappa Epsilon, his college fraternity.



NEW IN THE LIBRARY

by Becky Monego, Librarian

FICTION

- Brooks, D. *Bobo in Paradise*
 Cleage, P. *I Wish I Had a Red Dress*
 Cooley, M. *The Archivist*
 Doctorow, J. *City of God*
 Enger, L. *Peace Like a River*
 Evans, N. *The Smoke Jumper*
 Goodman, A. *Paradise Park*
 Grafton, S. *P as in Peril*
 Hamilton, J. *Disobedience*
 Hunt, A. *The Note*
 Jin, Ha. *Waiting*
 Keillor, G. *Lake Wobegon Summer 1956*
 O'Dell, T. *Back Roads*
 Ondaatje, M. *Anil's Ghost*
 Randall, A. *The Wind Done Gone*
 Reichl, R. *Tender at the Bone*
 Roberts, N. *Dance Upon the Air* (Three sisters island trilogy, v.1)
 Roberts, N. *Time and Again*
 Russo, R. *Empire Falls*
 Smith, T. *Topper*
 Steel, D. *Leap of Faith*
 Straub, P. *Mr. X, a novel*

MYSTERY

- Beaton, M. *Agatha Raisin & the Terrible Tourist*
 Brown, S. *Envy*
 Coonts, S. *America*
 Coulter, C. *Hemlock Bay*
 Evanovitch, J. *Seven Up*
 George, E. *A Traitor to Memory*
 Goudge, E. *The Second Silence*
 Harper, K. *Shaker Run*
 Kellerman, F. *The Forgotten*
 King, S. *The Girl Who Loved Tom Gordon*
 LeCarre, J. *The Russia House*
 Liss, D. *A Conspiracy Paper*

- Llewellyn, S. *The Shadow in the Sands*
 Quick, A. (pseud.) *Slightly Shady*
 Sanders, L. *McNally's Chance*
 Truman, M. *Murder in Havana*
 Twain, M. *A Murder, a Mystery, and a Marriage*

NON-FICTION

- Ambrose, S. *The Wild Blue*
 Ball, P. *Life's Matrix: A Biography of Water*
 Berra, Y. *When You Come to a Fork in the Road, Take It*
 Brokaw, T. *An Album of Memories*
 Chopra, D. *How to Know God...*
 Dahl, L. (jt.auth.) *The Book of Fallacies Japanese-American Memorial. Patriotism, Perseverance, Postenty*
 Karon, J. *Patches of Godlight: Father Tim's Favorite Quotes*
 Keillor, G. *In Search of Lake Wobegon*
 Kennedy, D. M. *Freedom from Fear... 1929-1945*
 Kondracke, M. *Saving Millie (Parkinson's Disease)*
 Kissinger, H. *Does America Need a Foreign Policy?*
 Maddox, J. *What Remains to Be Discovered*
 Mayle, P. *French Lessons*
 Mazel, E. *"And Don't Call Me A Racist"*
 Morris, P. & Muir, J. *Heirloom Quilts from Old Tops*
 Rosenblatt, R. *Rules for Aging*
 Seife, C. *Zero*
 Shea, M. *Burlington*
 Shenk, D. *The Forgetting: Alzheimer's Portrait of an Epidemic*
 Strunk, W. (jt.auth.) *The Elements of Style* (4th edition)
 Winn, M. *Red-Tails in Love*
 Winzinger, H. *Mount Holly*
 Wolf, F. *Mind into Matter*

REFERENCE

- Oxford Companion to English Literature* (6th Edition)

NEW TALKING BOOKS

by Myra Binstock, Librarian

NON-FICTION

Butterworth, E. *Up Thoughts for Down Moments*
 Dinesen, I. *Out of Africa*

MYSTERY & SUSPENSE

Clark, M. H. *Short Stories*
 Frey, S. *The Insider*
 Kellerman, F. *The Forgotten*
 Martini, S. *Critical Mass*
 McBain, E. *Death Flight*
 Sandford, J. *Easy Prey*
 Wolfe, N. *The Impolite Corpse, &
 Girl Who Cried Wolfe*

All except Kellerman's were donated tapes.
 Many thanks to the donor(s).

NOVEMBER VESPERS

Every Sunday afternoon at 4.00 p.m. in the Activities Room, an ecumenical Vesper Service is held. Open to residents, staff, and guests of any faith, the services begin with the singing of hymns chosen by the assemblage for 10-12 minutes. Then, following a short musical overture, a resident introduces the day's speaker, who is usually a minister or priest, sometimes a resident. Each month, the list of speakers for that month is posted on the main Bulletin Board in the Atrium. November's speakers are as follows:

November 4 – Rev. Barbara Davis, Extended Hand Ministry, Mount Holly (a resident)

November 11 – Father John Shimchick, Pastor, Orthodox Church of the Holy Cross, Medford

November 18 – Rev. Jim Irvine, Presbyterian, Retired (a resident)

November 25 -- Rev. Frank Klos, Lutheran, Retired

CITIZENS' COMMUNITY NIGHT

There was a full house at the meeting arranged by the Citizens Committee in the Auditorium on Thursday evening, October 18. The agenda was certainly varied. First, there was a speaker, **Ken Gorman**, from the management of Shoprite, whose employees are currently on strike. He was followed by four of the candidates for election to the Medford Township Council, **Eric Spinner**, Democrat; **Apolonia Ingelsby**, **Christopher Myers**, and **Scott Rudder**, Republicans. The last item on the program was a speaker, **Greg Quagliato**, from the Union representing Shoprite employees. The schedule was arranged in that way because rules of the NLRB prohibited having Shoprite management and labor appear together.

An especially interesting development during the candidates' presentations was mention of the likelihood that the Medford Township Council will be holding their meetings at different sites in the Township, possibly including the Medford Leas Auditorium.

ROSELAND AT MEDFORD LEAS

by Maggie Woodard

The Activities Room was transformed on Monday night, October 8, by 31 happy people who danced to live music from the Big Band era -- "our kind of music." **Joe Pantano**, with his keyboard orchestra, played very danceable pieces for an hour. The twelve couples and seven singles who attended had come from the Courts, Bridlington, Rushmore, and Lumberton Leas, as well as from the Medford Leas waiting list. Some danced every dance; others listened some of the time while sitting at the candle-lit tables covered with checkered tablecloths. The evening ended with punch and cookies and more conversation. Those who attended paid a \$5 fee to cover the cost of having live music. It was popular enough that a repeat performance some time in the future is under consideration.

NOVEMBER CALENDAR HIGHLIGHTS

- 1 - Forum: *Explaining Islam*, **Naseem Badat**
- 1 - Vid-U (also 8, 15, & 29)
- 3 - Movie: *Support Your Local Sheriff*
- 4 - Friends Meeting (also 11, 18, & 25)
- 4 - Vespers: **Rev. Barbara Davis**
- 5 - Flu & pneumonia shots (also 9 & 14)
- 5 - Medford University (also 12, 19, & 26)
- 5 - Movie: *House of Mirth*
- 6 - Pendle Hill Lecture (also 13, 20, & 27)
- 6 - Square Dancing (also 13, 20, & 27)
- 7 - Dinner Mixer
- 8 - Folk & Line Dancing
- 9 - *Depression: Recognize It to Get Help*
- 9 - *Herbs & Drug Interactions*
- 10 - Movie: *The River*
- 10 - Concert: **E. I. Chudnovsky**, Violinist
- 11 - Vespers: **Father John Shimchick**
- 12 - VETERANS' DAY
- 12 - Social Dancing
- 13 - Wallach's Shoe Store
- 13 - Advance Directives for Health Care
- 13 - Forum: *Afghanistan: People & Significance*
- 14 - Sewing Room Open House
- 16 - Open Forum with **Mike Peasley**
- 17 - 30th Anniversary Celebration
- 17 - Movie: *The Road to Rio*
- 18 - Vespers: **Rev. Jim Irvine**
- 19 - MLRA Monthly Business Meeting
- 20 - Catholic Mass
- 21 - Lecture: *Thomas Eakins, American Realist*
- 22 - THANKSGIVING DAY
- 23 - Opera Video: *La Traviata*
- 24 - Movie: *The River of No Return*
- 24 - Eagle Scout Ceremony
- 25 - Vespers: **Rev. Frank Klos**
- 27 - End-of-Life Care Program (also 28th)
- 29 - EMPLOYEES' HOLIDAY SHOW
- 30 - APPRECIATION DAY: General Staff Meeting, Residents Invited

MEDFORD LEAS LIFE

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Medford Leas Life is published monthly, September through June, by the Medford Leas Residents Association. Copies are distributed to all residents and to those on the waiting list. Subscriptions are available to others at \$7.50 per 10-issue volume by writing to *Medford Leas Life*, 677 Medford Leas, Medford, NJ 08055. Medford Leas can be reached by phone at (609) 654-3000; by FAX at (609) 654-7894; on the World Wide Web at <www.medfordleas.org>. The e-mail address is <Medleas@eticomm.net>. When using FAX or e-mail, specify the name of the person to receive the message.

Deadline for submissions: 20th of the month preceding publication.

