



Medford Leas **LIFE**

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HAPPY NEW YEAR !!!



'T WAS A GREAT 'SHOE'

They did it again! Boy, can our wonderful employees and staff throw a party! Every year people have said "That was the best ever!" And every year, they are right! One certain thing in this uncertain world is that the party the employees give for the residents is the most eagerly anticipated event of the year. And they never fail to come through!

The theme this year and the inspiration for our wonderful team of writers was the old familiar Ed Sullivan show -- and **Mike Peasley** was a great M.C., bringing back Ed with the hunched shoulders and the peculiar vowels. From the opening with the children being quieted by **Mary McGlone**, to the finale, where all joined in singing *Let There Be Peace on Earth*, it was truly a great "shoe."

It was on the Ed Sullivan Show that the Beatles first sang their way into the hearts of America. The Landscaping staff brought it all back with their song, *I Want to Mow Your Lawn*. Their make-up was great and there was lots and lots of long hair.

Dr. Quinton was an impressive Baron Von Trapp (and incidentally, he looks good in shorts). **Dr. Porter** was a great Jack Benny. His violin solo of *Love in Bloom* was every bit as awful as the original.

Angel Montes assured everyone that he was really José Jimenez. **Whitney Mapp**, as Mohammed Ali, showed that he could float like a butterfly and sting like a bee, but **Joe Greipp** (Rocky Balboa) claimed he could knock him out in two.

The girls all screamed for **Wayne Calabrese** as Elvis, and the children of staff members **Johanna Yurkow**, **Linda Schultz**, and **Tom McKenna** danced and sang like the troupers they are. **Joe McKenna** proved that being a year older doesn't mean you can't still wiggle.

Bea Chawla and the Day Care children gave a wonderful Miniature Moscow Circus.

Everyone loved everything but we must admit that there were special screams of delight and recognition for **Bill Murphy** and **Mike Peasley** in the roles of Sonny and Cher. Bill's voice seemed almost on key. (Do you suppose he's been taking lessons?) As for Mike, he made the supreme sacrifice of shaving his beard and mustache, and for days everyone went around trying to toss back their hair with the same flair that Mike tossed his long dark Cher-type wig. (Note: We must ask Mary McGlone if one of the job requirements for being hired by Medford Leas is that you absolutely must be a ham. Bill, Mike, Doctors Quinton and Porter -- put them on a stage and they ham it up with the best of them.)

And so it ended, with **Rachael Smith** as Barbra Streisand, **Mark Wick** giving his Ray Charles on the piano, and **Gerry Stride** belting it out à la Kate Smith.

All this and wonderful tid-bits in the Lounge, a great special dinner, and another Lounge party with so many delicious cookies home-made by the staff that residents took home doggie bags.

Those we mentioned and those we didn't all contributed to make it the best show ever -- that is, until next year.

Dorothy Tillman

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DINING SERVICES TRIVIA

This year's superb Thanksgiving dinner was served to 500 residents and guests, using 180 pounds of turkey and 80 pounds of ham! Considering the size of the kitchen, this must be considered something of a miracle. Many thanks are due our hard-working and creative Dining Services staff!

M. Woodard

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IN THE NEWS

The Fall issue of *Cornerstone*, the Newsletter of the Burlington County Affiliate of Habitat for Humanity, expressed thanks to the **MLRA Residents Workshop** for their generous donation of hand tools and kitchen cabinets.

In a memo dated December 10, **Jim Wolosin's** appointment to the position of Director of Maintenance was announced. Jim has worked in the Maintenance Department for 12 years and had been serving as Acting Director while the search for **Bill Murphy's** successor was being conducted.

Medford Leas was one of only four "nursing homes" receiving a perfect score in the Camden-Burlington-Gloucester County area, according to an article in the *Philadelphia Inquirer* of Dec. 14. Three nursing units attached to major area hospitals and Medford Leas received ratings of 100 during inspections conducted by the State Department of Health and Senior Services. The ratings considered quality of nursing care, food service, patient rights, administration, and patient comfort and safety.

Leas Lit No. 5 was published in December, arriving in time for Christmas distribution.

NEWS FROM LUMBERTON LEAS

The community spirit persists at Lumberton Leas. The busy month of December was chock-a-block with activities. In addition to small neighborly home parties for adjacent units, residents sponsored several holiday events. The Activities Committee brought everyone together on December 5 to trim the large Christmas tree in the Great Hall and share a Christmas card with neighbors.

On the 14th, the Activities Committee organized a smashing Christmas party. About 130 residents

attended the event catered by Medford Leas Dining Service in their usual magnificent way. Plans for lighting the luminary candles in front of each unit were washed out on the night of the Christmas party. The rain date, Dec. 16, however, was a big success. On the 23rd, the grandchildren of Lumberton Leas and Medford Leas residents were invited to a special magic performance by **Warren Reeves**. Grandparents were also allowed to attend!

Other happenings include plans to open an art gallery in January. Its purpose will be to provide more opportunities for all residents of Medford Leas to share their work with the community. Gallery lighting has been installed, thanks to the Maintenance Department, and artists who have been invited to exhibit in the first show are **Todd Butler, Anne Cree, Alice Culbreth, and Rita Keiper**. The grand opening is scheduled for January 11, 2002, and there will be bus service for residents from the Medford campus.

Helen Vukasin

NEWS FROM WOOLMAN COMMONS

Every year, in addition to joining in many of the holiday festivities on the Medford campus, Woolman Commoners have two celebratory events in the Commons Room. The Christmas Carol Sing, led by **Marion Burk**, was held during a regular Tuesday tea-time. Also planned, as this item goes to press, was the annual New Year's Eve potluck supper and entertainment, chaired this year by **Dave & Katie Lewis**.

There are other customs that also help to knit this small community together. For example, when a member is in the hospital or in Woolman for nursing care, a card (and sometimes a floral arrangement, during longer stays) is sent. When a new resident moves in, flowers are brought by someone on the Woolman Commons Hospitality Committee, who makes a welcoming visit. There is also a telephone tree that is used for important

news that can't be left to the community grapevine for delivery. More recently, a pleasant custom has developed of honoring the birthdays of the month at one of the weekly teas.

The Out-to-Lunch Bunch enjoyed the beautiful murals and delicious food at The Black Swan on December 6. The movie of the month was *Donovan's Reef*.

N. Darling

OUR VITAL STATISTICS

As of November 1, 2001, the three campuses of Medford Leas had 723 residents, 227 men and 496 women.

At Lumberton Leas, there were 183 residents. Of those, 83 are "Contract" residents, in that they have contracts with Medford Leas for their health care and 100 are "Membership" residents, without such contracts.

Among the 623 "Contract" residents on all three campuses:

- 4 are over 100 years old
- 110 are between 90 and 100
- 309 are between 80 and 90
- 181 are between 70 and 80
- 19 are younger than 70.

Of the "Membership" residents at Lumberton Leas, 58 are under 70; 39 are between 70 and 80; and three are over 80.

There were 314 residents living in Full Service accommodations; 52 in Assisted Living; 29 in Skilled Nursing; and 228 in Partial Service facilities. The 228 lived in the following locations:

- 43 in Rushmore
- 33 in Woolman Commons
- 57 in Bridlington
- 83 in Lumberton
- 9 in single family homes
- 3 in Woods Cottage

Thanks to **Mark Wick** in Accounting for compiling this information.

K.Katzell

FIVE YEARS OF FOOD DONATIONS

In an emotional ceremony that brought tears to many eyes, the Extended Hand Ministries of Mt. Holly presented an award to Medford Leas in appreciation of "five years of dedicated service."

Accepting the award from **Rev. Barbara Davis**, Executive Director of the Extended Hand, **Mike Peasley**, Executive Director of Medford Leas, said Medford Leas is grateful for the opportunity to serve the wider community through the food and other donations so that the Extended Hand can distribute them to the homeless and needy families that it serves.

Briefly summarizing the history of the Extended Hand Ministries, **Rev. Davis** recalled the beginning of the food program five years ago after the "three angels" of Medford Leas worked out an arrangement for the Extended Hand to make daily pickups at the Medford Leas kitchen for all food that had been prepared but not served. The "angels" were **Jean Henderson** and **Mary-Glenn Morin**, residents, who had the idea for the program, and **Lorraine LaPollo**, Director of Dining Services, who welcomed the program and worked out the logistics. Later, donations of furniture and clothing from the Thrift Shop were added.

Because of this largesse from Medford Leas, the Extended Hand is able to serve a homeless and needy population in Mt. Holly and Willingboro, and two months ago extended its food service to Camden. Looking to the future, **Rev. Davis's** vision is the acquisition of a building that could provide emergency housing, showers, clothing, and perhaps help with other needs.

Three of the Mt. Holly soup kitchen's clients told personal stories of how they lost housing and jobs and are nourished daily by the meals they get there. One man told of living in a donated car in a junk yard on less than \$500 a month, unable to afford more than a hamburger a day until he found the Extended Hand.

The program was rounded out by songs performed by some of the Ministry's 55 volunteers and a dance interpretation of "Awesome Wonder" by Kurt Carr, performed by some of the volunteers' children. Rev. Davis concluded the ceremony with a presentation of gifts to the "three Angels" and the Thrift Shop, followed by a closing prayer.

E. Stimler

WHAT'S NEW IN MAGAZINES

John Bogle, founder and former CEO of Vanguard Funds, is sharing his judgment about the five "best" and "worst" mutual funds to invest in right now. Bogle has a legendary reputation for searching out low-cost funds and shunning what he characterizes as "faddish" investments, among which he includes most funds focussed on hi-tech stocks. He told his interviewer that he is personally invested 40% in equities and 60% in fixed-income funds. He owns no individual stocks. His current advice: "If you've bought it right, sit tight," reminding readers that the stock market has returned an average of 9% a year since 1872. "If you bought wrong, fix the problem now," he suggests. In his recommendations, he was not allowed to have more than one Vanguard fund, and not all could be index funds. (*Forbes*, December, by James M. Clash)

In their annual "Best of What's New Awards," *Discover Magazine* (December) has pages of pictures and brief descriptions of what it considers to have been the 100 best products made in 2001. Among the items that might interest residents of Medford Leas are: a camera that has night vision; a laptop computer than can be read outdoors and uses solar energy to refuel itself; cordless headphones for Walkman listening; a device that reads aloud the labels on prescription drug containers; a special cushion that diminishes painful sores for people having to spend long hours in wheelchairs; a "sugar watch" worn on a diabetic's wrist that will check blood

sugar every 20 minutes; a hand-held telescope to help macular degeneration sufferers perform many ordinary tasks.

Just as a Pashtun leader is about to head the provisional government in Kabul, a reporter for *The New Yorker* gives a comprehensive description and analysis of the Pashtun tribe's history, customs, traditions, and lifestyles which are expected to have a significant impact on the outcome of the war and peace in Afghanistan. The Pashtuns are said to live by this code: "Me against my brother, my brother and me against my cousins, we and our cousins against the enemy." A tribal leader interviewed by the reporter told her that, when the Pashtuns have a family feud, they blast each other with land mines. Because most of the Taliban are Pashtuns, the Taliban received large amounts of financial and physical support from Pashtuns in the adjoining Pakistan areas, where the United States was viewed as just another aggressor like the Soviet Union and was expected to be chased off in time. Islam is fundamental to Pashtun identity, and during the Taliban era many of the younger Pashtun generation found new allegiance to radical Islam. (*The New Yorker*, Dec. 3, by Isabel Hilton)

E. Stimler

IT'S THAT TIME AGAIN!

WEDNESDAY, JANUARY 23
MEDFORD LEAS
 Seventh Annual Fitness Day

The Famous, Fabulous, Fitness Day Luncheon
 { Watch for information in your box. }

FEELING SAFE

Medford Leas prides itself on the quality of care and services provided to residents. These services are designed to help residents feel safe and secure. There are a number of mechanisms by which safety is ensured.

If you have an emergency and are able to use the phone, you can get assistance immediately by dialing 3666. There is a Security person on duty 24 hours a day, 7 days a week. The Security Office, on the second floor in the Haddon Building, is equipped with TV screens that view various locations in the building through cameras located strategically throughout the building and on all exterior doors of the Health Center.

In addition, all rooms and apartments in the medical building, the courts, and, most recently in Bridlington and Rushmore, are equipped with the off-hook system. Anyone who is in need of assistance and unable to phone for help can simply knock the phone off the hook. This alerts the Receptionist during business hours, and Security at night, that aid is needed. First, they will try to phone to see if you are all right. If there is no answer, someone will be dispatched to provide assistance and see if additional medical help is needed. If you do need medical assistance, Security will either notify the nurse or call 911.

Residents may call 911 at any time to receive assistance from community-based services. It is important to note that if a resident in a full service unit calls 911 and then is disconnected, the phone number that appears to the dispatcher will be 654-3000, Medford Leas' central phone number. That location will not know who made the call, so you should notify the Front Desk (or 3666) if you do call 911 so they can assist the emergency squad when they arrive.

All bathrooms in the medical building and the courts are equipped with pull cords that activate the same system as the off-hook. The system is

also available in Bridlington and Rushmore for a fee. It ensures that help will be sent immediately if you should fall or need assistance while in the bathroom.

Two other systems are available: the LifeLine System and PresToPul. The former involves a pendant worn around the neck. If you need assistance, you press the button on the pendant. This notifies an operator who communicates with you through an audio box located in your apartment. If you need assistance, or do not respond, the operator notifies Medford Leas via Ext. 3666, and help is immediately dispatched. This system works only when you are in your apartment where the call box is located. It is valuable if you fall at home and can't reach the phone. An additional phone line must be installed in your apartment for this system. The cost is \$50 for installation of the LifeLine System, and a monthly charge of \$35. There is also a charge to install the phone line.

PresToPul is a box that is installed and connected to the emergency pull cord that is already located in the bathroom. It also involves a pendant, worn around your neck. If you need assistance, you press the button on the pendant, which activates the bathroom emergency cord, and thereby the off-hook system. Emergency aid from Medford Leas will immediately be dispatched to your apartment. You will need to have an additional outlet installed. There is a one-time installation charge of \$450.

Both the LifeLine System and the PresToPul are waterproof and may be worn in the shower. If you are interested in any of these options, contact **Trudy DeLacy** at 3008 to let her know of your interest or to get more information related to safety. If acquiring either option would be a financial hardship for you, funds are available to assist you in a completely confidential manner.

Johanna Yurkow,
Director of Health Services

ANN HIBSHMAN HONORED BY MEDFORD LEAS COMMUNITY

Anna Hibshman, retiring chair of the Gallery Committee (known to her friends as Ann), received a two-salute sendoff. On December 4, there was a luncheon given by the Gallery Committee. Then there was a Proclamation praising her leadership, approved by the MLRA Board, read at the MLRA Business Meeting on December 17, followed by a standing ovation.

At the luncheon, Ann received a framed award, calligraphed by **Harry Forrest**, which cited her "leadership and enrichment of the Medford Leas Community." In prepared remarks, **Lois Forrest** reminded attending residents of the creation of the Gallery by former resident **Norman Webb**, a well-known water color artist and teacher and a friend of Ann's. Lois listed many achievements of Ann and her Committee over the past seven years, summing up her remarks with these words: "The organizational and human relations skills that Ann has demonstrated have been the bases for the past seven years of rich art experiences. The warm spirit of the Gallery and its procedures are a great foundation for the future, and we are deeply indebted to Ann for showing us how an art gallery should be run."

At its December meeting, the MLRA Board of Directors approved a proposed "Proclamation in Appreciation of Anna Hibshman." In its text, the Proclamation cites Ann for raising the art consciousness of the Medford Leas Community through her monthly art exhibits in a wide variety of styles and media, the receptions for the artists and their interaction with the residents, the "Art Within Our Gates" tours, the out-of-town museum trips, and the special craft show in 2000.

Following the luncheon on December 4, Ann presided over her last artists' reception in the Gallery, which displayed the calligraphy of Harry Forrest and other members of the Philadelphia Calligraphers' Society. **Deborah Troemner** from Lumberton Leas will take over the chair of the

Gallery Committee on January 1, 2002. Debbie is a longtime guide at the Philadelphia Museum of Art. Ann Farr will continue as Co-Chair of the Committee.

E. Stimler

SITES TO VISIT

Have you discovered Web sites other residents might like to visit? Starting with this issue, *Medford Leas Life* will occasionally publish listings of their favorites provided by surfers of the Internet who have discovered sites distinguished by their cultural or educational value. (No "how-to's", please.) Simply submit the names and URLs (Internet addresses) of sites, with a brief description of what makes each of them interesting. Place your selection, with your name, phone number, and the date, on the *Medford Leas Life* shelf next to the Front Desk. Web sites change continually; be sure your information is up to date.

Art Renewal Center <www.artrenewal.org>

To create the largest online museum of classical art is the mission of Art Renewal Center. Here one can view thousands of full-screen, high-quality images of paintings and sculptures of the past 1500 years. The curator's goal is to restore the integrity of art, which he feels has been trashed by modernism and postmodernism. Related articles and posters are available.

Geographia <www.geographia.com>

You can make your next travel experience richer by visiting Geographia. The site is packed with information on what to see in, the cultural and historical background of, and other useful information about almost any international travel destination.

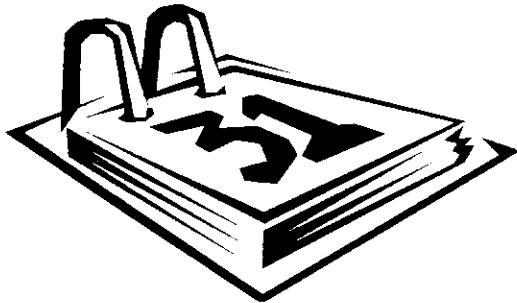
Hubble Heritage Gallery of Images

<<http://heritage.stsci.edu>>

At this site, images of galaxies, planets, and other astronomical wonders taken by the Hubble telescope can be viewed, accompanied by

related information. Navigating the site required more than the basics of surfing. A patch may have to be installed to download some of the information, but it is well worth it. The images are spectacular.

K. Cooley



FROM THE HEALTH CENTER

On Tuesday, January 8, at 9:00 a.m., in the Auditorium, **Dr. Allen Ho** will speak on Macular Degeneration.

On six Fridays, between January 11 and February 15, there will be small group sessions on Diabetes Education. These will be held in the Wellness Center from 2:00 to 3:00 p.m. The dates and topics are:

- Session 1 -- January 11 -- Overview of Diabetes, Types 1 & 2
- Session 2 -- January 18 -- Diabetic medications
- Session 3 -- January 25 -- Diabetic Exchange System and portion control
- Session 4 -- February 1 -- Individual calories and carbohydrate needs
- Session 5 -- February 8 -- Preventing long-term complications
- Session 6 -- February 15 -- Carbohydrate counting

To sign up for any or all of these meetings, call Ext. 3777, and leave your name and the numbers of the sessions you want to attend.

Wendi Ruddy

A NEW FACE ON HEALTH CENTER

Residents have seen the evidence of the Health Center reconstruction. Over the years, the resident population at Medford Leas has grown and the Health Center has found itself in the position of needing more space, staff, and equipment. The recent renovation project closed off the old waiting area so as to provide additional office space. The waiting area has been relocated to the space outside the dentist's office and radiology. It is to be equipped with a TV and camera so the nurse can monitor the area and those waiting to be seen.

The additional space will be used for three new positions, two of which were filled during the past year: **Mary Jo Christiansen**, office nurse, and **Judith Fenimore**, triage nurse. Judith greets patients at the window and, for unscheduled visits, determines how quickly and by whom they need to be seen. An additional driver for outside medical appointments is still to be hired.

To decrease waiting time for calls to the Health Center, a telephone tree is due to be installed sometime in February. It will provide the option of choosing one of three numbers that will direct calls to the staff member who can best address the caller's needs. More information about this will be provided in the near future.

The Health Center is also preparing for a computerized scheduling program, which will give staff ready access to available appointment times and all appointments that have been scheduled. It will also trigger the need for preventative medicine monitoring of individual residents.

The Health Center appreciates residents' patience during this transition. Staff are looking forward to these changes, which will enable them to give the quality medical care that residents are accustomed to receiving in an efficient and courteous manner.

Charity Reily

Health Center Coordinator

BIRD CLUB REPORT

On November 28, five bird enthusiasts set out for the Edwin B. Forsythe National Wildlife Refuge. Many bird species migrate on this Eastern Flyway along the New Jersey shore.

By the time we reached the Refuge, the day was warm and sunny. We drove the various dikes surrounding the pools, stopping now and then to view some 5000 snow geese and a variety of ducks in residence. As we approached the East pool, on the only deciduous shrub in the meadow was perched a Snowy Owl. We decided to eat our bag lunches a little closer to the owl, but he spotted his lunch in the grass below and we didn't see him again. Inhabiting the area were some 3500 Brant Geese, several Tundra Swans, a pair of Wood Ducks, and much to our surprise, a Blue Bird sitting on a bluebird house. We left the Refuge pleased to have seen 24 species of birds.

At the regular December Bird Club meeting, three members told of their birding experiences in different parts of the world. **Howard Kriebel** had been to Churchill on Hudson's Bay in Canada, where he had a close encounter with Willow Ptarmigans. They were still wearing their brown summer plumage, but in winter, they are white and blend with the snow. He also saw Snowy Owls, which hunt their food both day and night.

Arthur & Marion Steitz had been to Trinidad, where they stayed at the Asa Wright Nature Preserve. Arthur told of the many kinds of colorful hummingbirds that came to the porch to feed and showed slides of other brightly colored birds he had seen at that tropical spot.

Louise Tompkins had spent three weeks touring Australia with other birders, visiting the mountains, desert, and coastal habitats. While there, she had seen over 200 species of birds, many seen nowhere else in the world.

Miriam Swartz



A WINTER VISITOR

Though it has seemed to be a mild December, with no snow so far, the Jersey shore is entertaining a white visitor from the far north, the Snowy Owl, *Nyctea scandiaca*. These huge diurnal owls, 16" long with wingspread 42", come down to this area when the lemming population is scarce in the north, which must be the case this year. Word went out over the Birders' Grapevine/Hotline that there were three at Forsythe Wild Life Refuge, and the group that went down recently was rewarded by seeing them. The **Marshalls (Wayne, Ed, & Edward)**, participating in the annual Cape May County Christmas Bird Census on Dec. 16, saw one at Stone Harbor. One recent year there were five there. For readers who don't have a bird book, there is an excellent picture of a snowy owl in the corridor near the Haddon elevators. Immature snowies are a bit darker with spots.

Snowy owls prefer open country like beaches and the marshy areas nearby, as well as fields. The one seen at Stone Harbor flew up onto a roof, the better to view the surroundings. They are so large and white that they are easily observed, and perhaps also they are unused to humans.

Some 20 years ago, on a Christmas Eve, word spread that there was a snowy owl at the Philadelphia airport, where new runways were being developed. We drove down to see it and were able to get close enough to take a picture. We presumed it was looking for meadow mice, rats, and rabbits. So, if you happen to be driving near open fields or a local airport, be on the lookout for this occasional northern visitor.

G. Marshall

TEDDY BEAR CLOTHES

Kudos and thanks to all the knitters and sewers of the Medford Leas Knitting and Sewing Group for helping to make the holiday season a little brighter for some needy people.

Two residents attended the RSVP (Retired Senior Volunteer Program) *Teddy Bear Tea* in December where about 180 Teddy Bears were displayed, all dressed in colorful knitted and crocheted outfits, ready to be distributed to needy children for Christmas. (The bears were donated by the Salvation Army.) Medford Leas people had made 60 of the outfits.

In addition, the Knitting and Sewing Group donated knitted and sewn articles to the Medford United Methodist Church Women which they distributed to the Children's Home. There were 11 sweaters, 16 baby hats, 12 scarf and hat sets, 10 scarves, 55 baby kimonos, and two beautifully sewn outfits. A letter of thanks from the Children's Home in Mount Holly said: "During this time of year, it is especially hard for some of the children in our care, many of whom have been abused or neglected. Your donation will help us to do our best to make this time special for them"

The Knitting and Sewing Group also sold some of their handiwork during their Open House, so they were able to give \$150 to the Methodist Church Women to purchase more items needed for the children; \$300 to the American Friends Service Committee; and eight large Afghans, to aid the AFSC *Blankets for Afghanistan* program.

Grace Schaffel

IN MEMORIAM

| | |
|------------------|-------------------|
| Alice Berumen | November 25, 2001 |
| Elizabeth Speare | November 30, 2001 |
| Helen Schoen | December 7, 2001 |
| Alson VanWagner | December 15, 2001 |

NOTICE

The Medford Leas Gallery will present a Memorial Exhibition of Sculptures of the late Paul Zelazny, former resident of Medford Leas, January 15, 2002

The exhibition will bring together about a dozen of Paul's sculptures. Several pieces of his work are permanently placed around Medford Leas. A few pieces were left to the Thrift Shop and will be for sale by silent auction at the January exhibition to benefit the Thrift Shop.

ANNUAL BIRD COUNT

The Annual Medford Leas Bird Count will be held on Wednesday, January 9, 2002. Meet at 7 a.m. at the main entrance to help count the number and species found in the area. Anyone wishing to join the group later may come to the Nature Center at 9 a.m.

The Lumberton Leas Bird Count will be on Wednesday, January 16, starting at 7 a.m. from the Community Center.

The Bird Counts will continue all day and you may participate for as long as you wish. Residents of all three campuses are welcome at both counts. We also urge residents to count all birds that come to their feeders from dawn to dusk on either January 9th or 16th. Questions should go to **Wayne Marshall** on the Medford campus at 3153, or **Louise Tompkins** at Lumberton Leas, 267-5574. Reports of Bird Counts should also go to **Wayne Marshall**.

Miriam Swartz
for the Bird Club

CRYPTOGRAM

Here is the solution to the December Cryptogram:

"Hence, loathed melancholy, of Cerberus and blackest midnight born." -- J. Milton

This was obviously one of our most difficult puzzles. There were only four correct solutions. They were from **Mort Bregman, Warren & Euseba Kamensky, Betty Preston, and John & Marie Winton.**

Here is the January Cryptogram, which should be less difficult.

B S Q U T R Q X R V M W
A X U T B M Z D, Y X X Z,
W M A B D, N Z C B T A S M W P
A S X Z B.
B S X A. S X N N Q A

Put solutions in Box 45 by January 15.
Russell Hill

EDITORIAL POLICY

At a recent meeting of the Editorial Staff of *Medford Leas Life*, there was discussion of the question: Whose names should be listed as being members of the Editorial Staff? It was noted that the name of the author appears with each article, and some people who contribute do not attend meetings of the Editorial Staff. It was agreed that the list should include only those who participate in the decision-making as to content and policies.

K. Katzell

A PASSING THOUGHT

Call me an old fuddy-duddy, tell me I'm foolishly sentimental, but I don't care. I had to shed a tear or two a few Fridays ago when I realized I was hearing my last Philadelphia Orchestra concert in the Academy of Music. After all, I can remember when **Leopold Stokowski** brought live animals on the stage for Saint-Saëns' *Carnival of the Animals*, one of the many ways he shocked conservative Philadelphia. At age 5, sitting near the front, I alternately hoped he'd choose me when he said "Some little child will get to sit on this donkey," and then was terrified he would. (He didn't.) In U. of P. graduate school days, I raced up the steps to the amphitheater with my \$1 student ticket on many a Saturday night. During these nine years at Medford Leas, going to Friday afternoon concerts has been one of the special joys of moving here.

I'm sure the Kimmel Center will fulfill all the dreams of its planners for a thoroughly up-to-date venue for our fine Orchestra but I still will always love our "Old Lady of Broad Street." Let me grieve a little longer, please.

N. Darling

THE ORIOLES' DUET

When I was a child, my father planted a row of cottonwood poplars across our front lawn and in a very few years they were lovely tall shade trees that made a delicious rustling sound in the wind.

One sunny spring afternoon, a pair of orioles flew in. I like to think they were househunting, for all afternoon we were treated to a duet. It was as though he would call her to look at a likely spot for the nest, but she did not agree and would call him from another spot to come and see what she had found. Apparently they could not agree, for we never saw them again. But for one glorious afternoon, we were treated to a magical moment.

D. B. Lee



BRIDLINGTON-RUSHMORE BRUNCH

On Saturday, December 1, over 100 residents of Rushmore and Bridlington got together for a Christmas Brunch in the Colonial Dining Room. The festive and delicious meal was catered, as always, by Medford Leas Dining Services. As people gathered in the Atrium in anticipation of the big event, **Santa Claus** himself (a.k.a. **Warren Sawyer**) was caught (above) by **Ruth Huysman** in the act of handing out candy canes to good little boys and girls.

K. Katzell

MATERNAL DEVOTION

In 1953, we moved to Westchester County, NY, from Los Angeles. A year later, our son, a 6th grader, came home from school to tell me he just had to go to a concert in Brooklyn. (Brooklyn seemed as foreign to me as Siberia at that point.) Doo-Wop groups were going to perform in the Brooklyn Fox movie theatre. Among the performers were Danny and the Juniors and Buddy Knox. None of his friends was allowed to go, but somehow he persuaded me to take him. I still remember my nervousness crossing the Brooklyn Bridge and finding the theatre. In the theatre, a policeman patrolled the aisles while the audience screamed. Chuck, Jr. was euphoric. I was one of a very few adults in the audience, and I was not screaming.

Years later, he told some of his fraternity brothers at college about the event. They were incredulous, asking who took him. He answered: "My mother."

M. Woodard

MY WORD

Sorry this issue is late. My husband and I took a leisurely one-week cruise in the Caribbean in mid-December. It was all we had hoped it would be. As soon as we got back, we set to work so you'd receive your favorite publication at an early date. I hope you had a good holiday, too, and I pray that 2002 will be filled with good health, peace, and joy for all our readers.

K. Katzell

WHO'S NEW

Gordon H. Beckhart, Apt. 52, lived in Haddon Heights for 50 years before coming to Medford Leas, where his mother, **Margaret Myers Beckhart**, lived for nine years before her death in 1988. As a 10-year-old boy, Gordon was with his parents in a steamship office in Bremen, Germany, when his parents were approached by the German mother of **Irmgard Yungmann Allen**, offering to show them the town if they would look after her 14-year-old daughter, who was going to be on their ship all alone for passage to Baltimore. This was the beginning of a long relationship between the Beckharts and Irmgard, which will be told another time in a separate story.

Gordon spent his childhood in Lancaster County, PA, but started school as a boarder at Oakwood, a Quaker school near Poughkeepsie, and continued there through 12th grade as a day student after his family moved to the area. He graduated from Princeton with a degree in physics and worked for several large corporations, including Du Pont, RCA in Camden, and Raytheon. His special field was reliability and quality control. Gordon was married to **Ann Smith**, who taught mathematics at Rutgers-Camden. They divorced many years ago. There are three children and four grandchildren.

During his working years, Gordon was Chairman of the Reliability Training Conference and the electronics division of the American Society for Quality Control. He started the Haddon Glen Swim Club and was its president. In his retirement, Gordon is involved in a family history, based on a treasure trove of several hundred family letters dating back to 1815. To get a feeling for the lives of his ancestors, he went to Sturbridge Village to experience meal preparation over an open fire and other daily chores that are mentioned in the letters.

E. Stimler

William & Nancy B. (Ogden) Carson, who moved to **Apt. 283** from Moorestown, remain much involved with the churches they joined years ago. Nancy belongs to Immanuel Baptist Church in Maple Shade, where she was a deaconess, taught Sunday School, and sang in the choir. Bill joined the Trinity Presbyterian Church in Cherry Hill when the couple lived there before moving to Moorestown.

Nancy grew up in Baltimore, graduated from Hood College with a degree in psychology, and taught kindergarten in Baltimore until her marriage. The couple met when Bill was studying for a Ph.D. in chemical engineering at Johns Hopkins. His family lived in Upper Darby, and Bill graduated from Friends Central, where one of his classmates was **Ed Preston**, and from Swarthmore. Bill's family sent him to Quaker schools because they believed they were "the best." He spent his professional career in research and development work at the Rohm & Haas facility in Bristol, PA, until his retirement in 1990. He has volunteered for Interfaith Caregivers and the Executive Service Corps in Camden. Right now, he is getting ready to take the IRS training course for offering volunteer tax preparation assistance. Nancy enjoys reading, singing, and writing.

E. Stimler

James & Eileen (Nolan) McConville, 151 Woodside (609-702-8229) moved to Lumberton from Cherry Hill, but both are native Pennsylvanians. Jim was born in Philadelphia, Eileen in Havertown. Following service in the Air Force during the Korean war, Jim majored in political science at LaSalle, graduating in 1960. Two years later, he and Eileen met at the Drexelbrook Swim Club. A memorable event followed in 1963 when Jim and Eileen were married in a double wedding ceremony with Eileen's twin sister Kathleen and her fiancé. Every year since, the

two couples have traveled together either to Europe or within the States.

Jim was with RCA for ten years and spent the next 20 years of his career with Cigna. He retired as Senior Vice-President of Systems in 1992, and is now affiliated with Executive Service Corps, working as an advisor for nonprofit organizations. Eileen is still employed as a make-up artist for Estee Lauder. She schedules dates for personal make-up analyses at local department stores. She is an enthusiastic student of art and is presently taking a course in watercolor. Of particular note, however, is her participation in the 5K race, a 3.2 mile run sponsored by the Lumberton Recreation Association in September, where she won a gold medal. Jim also likes to run and to play bridge and golf.

D. Brown

Richard & Janet (Rhead) Shepherd, 10 Woodside (609-267-9211) moved to Lumberton from Yardley, PA. Both are natives of Central NJ. Dick was born and raised in Lambertville and Janet in Lawrence Township. After graduating from Trenton High, Janet pursued a secretarial degree at Rider College. Dick completed his undergraduate work at Rutgers and received his masters and doctorate in Psychology of Reading at Temple. He served in the Navy during WW-II and later for two years during the Korean conflict. He retired as a Commander.

They were both working for the same company in 1952 when they met. The discovery that their birthdays fell on the same date (except for the year) led to a dinner date and marriage two years later. Dick began his teaching career in the public schools and later taught at Trenton State College. Janet worked for an attorney for a few years until twins and one son came along. In 1977, when the children were older, Janet

returned to work in Trenton for the NJ Board of Higher Education as administrative assistant. She remained until 1993. Dick, meanwhile, had been appointed Director of the Graduate Program in Reading at Trenton State College. His academic career ended in 1992.

The Shepherds spend summers in Nantucket and Spring and Fall weekends at Cape May Point. They are ardent theater goers and frequently go to New York to catch the latest shows or attend the opera. When not gadding about, they compete at a favorite card game or read. Dick also collects postage stamps, a hobby he has pursued for many years, and Janet likes solving crosswords.

D. Brown

Toby (Horowitz) Sullivan, Apt. 267, moved from Long Island, NY. She spent a lifetime studying, practicing, and teaching art in a variety of its expressions. She started as a painter and exhibited and sold her work in dozens of shows and galleries. Then she won awards for a hooked rug, silver jewelry combined with stained glass, and painted etchings made on her own printing press. Now she's creating unique fabrications with empty beer and soda cans, which she crushes with her car tires, then cuts and paints into shapes.

Toby grew up in a large family in Newark and graduated from Newark Teachers College and from Adelphi University with a master's in art education. She took additional courses at NYU and Penn and studied graphics at Haystack, ME. Her first husband was killed in WW-II. Five years later she married **James Sullivan** and moved with him to Long Island where he worked for a steel company. He died in 1999.

During the war years, Toby taught in Philadelphia schools, painted nights and weekends, and

worked on a U. of PA. Museum project decoding the Aztec Codices. After moving to Long Island, she continued to teach in various venues. She took up jewelry work while raising a son born in 1954, exhibited and sold many of her pieces. She became a member of numerous arts and craft associations and was president of the Manhasset Art Assn. for 11 years. Finally, Toby says, "I arrived at a point where I found graphics the most satisfying form of expression," and she plans to continue with it and some of her other creative projects.

E. Stimler



A DANCE THROUGH THE YEARS

by H. Stranska

When Robert Redford was the Sundance Kid,
And Charlie Chaplin guzzled spaghetti,
When Grable with the great legs was around,
(Also known as Betty),

Sexy Clark Gable comes to mind,
Jimmy Stewart and Gary Cooper,
It marked the top for Hollywood,
When all was super-duper.

When billowing-gowned Ginger
Came flying through the air,
Deftly pirouetted
By Fred -- the greatest -- Astaire.

And who could forget those swooning teens
When Frank Sinatra sang?
We carried the world on a platter.
It all seemed like one big bang.

Then Elvis strutted on the scene,
With his pelvical gyrations;
The ecstatic howls that greeted him
Came from later generations.

But when four Liverpudlians,
Beatles was their name,
Put Rock 'n Roll on the global map,
Life was no longer the same

For the pelvically-challenged,
Twists and turns are hard,
Though watching Gene Kelly dance in the rain
Gives us oldies a new start.

With the right kind of exercise,
Those hips and limbs grow stronger,
The difficult we do right now,
The impossible takes a bit longer.

Hey, what the heck, let's quote Astaire,
Let's all grab our second chance:
Step out on the floor, step lively, now,
Let's face the music and dance!

[When Hana Stranska submitted the foregoing poem, she appended a note expressing the hope that it might encourage residents to come out for the many opportunities for dancing -- square, line, folk, and social. Do check your calendar every month for the dates. Then come to the Activities Room and dance, or, if you don't want to dance, enjoy the music and watch others dance. Editor]

JANUARY CALENDAR HIGHLIGHTS

- 1 - New Year's Day
- 3 - Vid-U (also 1/10, 1/17, 1/24, 1/31)
- 4 - Bus to Philadelphia Orch. (also 1/18, 1/25)
- 5 - Movie: *Road to Bali*
- 6 - Friends Meeting for Worship (also 1/13, 1/20, 1/27)
- 6 - Vespers (also 1/13, 1/20, 1/27)
- 7 - Movie: *Family Man*
- 8 - Undecorating Day
- 8 - *Macular Degeneration, Dr. Ho*
- 8 - Catholic Mass
- 8 - Game Night (also 1/22)
- 10 - Folk/Line Dancing
- 11 - Video: *Nutcracker*
- 11 - Diabetes Program (also 1/18, 1/25)
- 12 - Leas Forum: *Mayan Culture*
- 12 - Movie: *Funny Face*
- 12 - Concert: *Tempest Piano Trio*
- 13 - Open Forum: **Maria Dwight**
- 14 - Social Dancing
- 15 - Bereavement Group
- 15 - South Jersey Camera Club
- 16 - Martin Luther King, Jr. Observance
- 16 - Houseplant and Orchid Care
- 17 - L.L. Forum: *My Life in the Newsroom*
- 18 - Opera Video: *La Perichole*
- 18 - Bus to Phila. Chamber Music
- 19 - Movie: *Gone With The Wind, Part I*
- 21 - AARP 55 Alive (also 1/22; & 1/24, 1/25; & 1/28, 1/29; & 1/31, 2/1)
- 21 - MLRA Business Meeting
- 23 - Fitness Day
- 23 - Caregivers Support Group
- 24 - Recital: *Piano Four Hands, Fenimore & Kosteljanetz*
- 24 - *Issues in Education, New Jersey*
- 25 - Video: Opening Concert Verizon Hall
- 26 - Movie: *Gone With The Wind, Part II*
- 28 - *The Singing Angels*
- 30 - Open Forum with **Mike Peasley**
- 31 - Bus to Walnut Street Theater

MEDFORD LEAS LIFE

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MEDFORD, NEW JERSEY

