

Medford Leas LIFE



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ADOPT-A-GRANDPARENT PROGRAM

Kitty Katzell & Gerry Stride

Late last year, a teacher from Tabernacle Middle School, **Sue Weisbecker**, contacted Medford Leas to ask about arranging for residents to participate in an adopt-a-grandparent program. She explained that the children were volunteers who would come once a month on their own time after school. Eventually, a date was set for their first visit and 25 residents were recruited to participate, some enthusiastic, others reluctant.

The busload of 50 enthusiastic children arrived shortly before Christmas, all armed with hand-made Christmas cards. They gathered in the Auditorium and the teacher instructed them how to talk with the residents -- face to face, slowly, etc. **Gerry Stride** then spoke to them about dementia, and how some people forget. One child asked, "Does that mean they may not know my name, or remember when I visit again?" Gerry said that could happen, but if they visited often enough, they might become familiar. But also, and more importantly, the folks would always respond to kindness. She also talked with them about giving the people time to reminisce.

Gerry was not prepared for what followed. She doesn't believe much in magic, but what she witnessed was truly magical. The kids had prepared a scavenger hunt to learn about the people in the room. They had questions: How old are you? Where did you grow up? etc. Fifty kids, paired two by two, moved around the Activities Room getting to know different residents. Two of the young ladies had wanted to find "a grouchy old man" to adopt, and it was their

goal to charm him. Watching the interactions and the faces on both students and residents was quite thrilling. Some faces that have rarely known smiles became alive and animated as the children performed their magic, simply taking time to ask questions and be interested. The room came alive as the children and residents talked together.

Many residents expressed thanks the next day for having been invited to participate, some saying they had gone in spite of themselves, but now were looking forward to the next visit. The response at the other end was such that they had more volunteers, and some students had to be turned away because there was room for only 50 children on the bus. Through interviews, the kids have been matched up with their adopted grandparents, and they plan to come once a month. Since they are in all grades of Middle School, this could last for several years.

Mary McGlone, Director of Human Resources, has high hopes that the program will spark interest in wait staff and careers in health care. While that may sound far-fetched, that's how Gerry got into her line of work. She started as a volunteer and built a relationship with a 96-year-old nearly 30 years ago. The lady had nothing left to give in life but love, but it changed Gerry forever.

**A DAY IN THE LIFE OF
A WOOLMAN-COMMONER**

by Kay Cooley

"What's it like at Woolman Commons?" I'm sometimes asked by residents of other Medford Leas campuses, whose curiosity never seems to be intense enough to propel them here.

"It's all about community," I answer, because community is the essence of Woolman Commons.

As I write this, I'm watching clock hands move toward 3. It's the first Tuesday, when we have our monthly business meeting, followed by tea, in the Commons Room, our lounge-like meeting place. The other Tuesdays at 3:00 we have a drop-in, come-as-you-are tea when we relax together and share W.C. news. At third Tuesday teas, we celebrate the birthdays of those having one during the month. At Woolman Commons, we're always ready to celebrate.

My morning starts on a stationary bicycle in the small exercise room downstairs. Once a hobby room, it now has four major pieces of equipment and the same ankle and hand weights as at Medford Leas. Periodically, a member of the Fitness/Aquatics Department comes to give a class and individual consultations. These keep us motivated.

Then I jump into my car for the 12½-minute ride to Medford Leas. The drive along country back roads takes me past corn and soybean fields, the green acres of a sod farm, a large nursery, several horse farms, some weather-beaten barns and Kirby's Mill. It's exciting to watch for the green shoots of new corn and the first sight of unsteady foals nuzzling their mothers.

At Medford Leas, I attend the *Medford Leas Life* staff meeting, then check on typing for the Long Range Planning Goal Area Teams Committee, pick up a prescription at the Pharmacy and some fresh vegetables at the Coffee Shop's Tuesday market, and visit two Woolman Commoners

recovering from surgery on the John Woolman nursing floor. Then back home I go via Route 541, so that on the way I can mail a couple of packages at the Lumberton Post Office.

This route brings me past Virtua Hospital, just ten minutes from home. I think how lucky Woolman Commoners are to be so close. Residents from the other campuses need at least twice that time to get there. We're close to another marvelous resource as well -- the Burlington County Library, also only ten minutes away. And just a five-minutes' walk from Woolman Commons are the Mt. Holly Friends Meeting House and the stop for the NJ Transit buses to Philadelphia.

At the Business Meeting we are reminded that the monthly movie (title to be announced) will be shown next Wednesday, and the Out-to-Lunch Bunch will meet at an Indian restaurant the last Thursday of the month. It's not yet time to plan for one of our Holiday pot-luck suppers, so the urge to party takes a different turn: what about an Open House in the spring for residents from the other two campuses, coupled with walking tours of our historic, pre-Revolution town? Enthusiasm greets this idea because we know that, even though Woolman Commoners take advantage of activities at both of the other campuses, and even though residents at Medford Leas and Lumberton Leas live such a short distance away, many of them seem to know little about us. Starting with this article, we hope to change that!

IN MEMORIAM

Margery Honan

January 25, 2002

Pamela Prentice

January 27, 2002

NEWS FROM WOOLMAN COMMONS

by Nancy Darling

Every month, Woolman Commons residents have a business meeting, chaired by the person we have elected Coordinator, a title chosen some time in the past. This person, currently **Howard McKinney**, is our liaison to Medford Leas on community matters, as contrasted with specific needs within our own apartments. Concerns that the Coordinator may take up with the appropriate Medford Leas staff member are such things as the grounds, or the outdoor security lights, or, most recently, the local children who have tried skate-boarding down the porch steps in one building. In addition to the Coordinator's liaison role, **Jamie McCloskey**, Assistant Director for Resident Services, attends every meeting, bringing us special information from the main campus and following up on any general questions raised at the time.

In January, 15 members of the Out-to-Lunch Bunch went to Chez Elena Wu in Voorhees. It was lovely. They seated us in a private room with spectacular Chinese figures on the rear wall. The service was attentive and food was good -- pretty much the standard selection of Chinese restaurants. It was the privacy of the room and the general ambience that made it special. On our way out, we peeked into the main dining room. Each table was graced with a potted orchid -- in bloom!

NEWS FROM LUMBERTON LEAS

by Helen Vukasin

Some of the trees at Lumberton Leas are having a bit of trouble knowing whether it's winter or spring. Pink blossoms hang forlornly on some of the flowering trees. Others wear coats of red winter berries. In some gardens, the crocuses have popped up to display white and yellow blossoms. Confusion persists and as the days get longer, we trust it will all work out.

Football fans of Lumberton Leas spent the day watching the Super Bowl game on February 3.

Without the Eagles to root for, many rooted for the underdog Patriots, and their team won with an incredible last minute field goal!

Planning goes forward for events in March and April. The big March event is a celebration of Saint Patrick's Day. In April, a catered dinner is scheduled for two consecutive nights to serve the whole community.

The Workshop is providing a community service by sharpening knives for residents at bargain rates. Bridge players gather twice a week, and the tennis players remaining in town find an indoor haven once a week.

Soon the Community Center will be completely finished. Right now, we're working on a table and chairs for the Conference Room, some porch furniture, and the long-awaited window treatment.

LUMBERTON LEAS BIRD CENSUS

Reported by Louise Tompkins

The Third Annual Lumberton Leas Bird Census was held on January 16. The participants, **Doris Curley, Joe Jordan, Howard Kriebel, Wayne Marshall, Arthur Steitz, and Louise Tompkins**, met at the Community Center at 8:00 a.m. and birded until 10:30 a.m. They walked out to the South Branch of the Rancocas Creek, around the outer rim path. Then they stopped at Joe Jordan's home to see his video of the Great Horned Owl in a tree beyond his sun porch. Finally, they drove to Monarch Lake in the Lakeview development. On their outing, they saw 199 birds of 19 species. The largest numbers were Ring-necked Ducks, 43; Canada Geese, 35; Herring Gulls, 30; and House Finches, 26.

During the week of the Census, but not on Census day, 16 other birds of three other species were reported: 8 Ruddy Ducks, 6 American Coots, and 2 Eastern Bluebirds

IN THE NEWS

by Kitty Katzell

The *Courier Post* had carried an article in December about programs for seniors. They mentioned **Mike Peasley, Sam Howarth, Karel Pennink, and Grace Schaffel**, and included a picture of residents participating in Pool Aerobics under the direction of **Rick Trandahl**.

The *Central Record* ran a half-page spread in January about Eagle Scout **Justin DeWitt**, the young man whose project transformed the patio outside the Activities Room into our beautiful Courtyard Garden. The article was written by **Elaine Barton**, whose mother, **Ruth Jubanyik**, was still living at Medford Leas at the time the garden was constructed. A color picture of the garden was featured with the article.

The January, 2002 *Stagebill* of the Philadelphia Orchestra included a full page devoted to **Elsie Lisovitch**, "a self-proclaimed Philadelphia Orchestra music addict," with a lovely photograph of her. The accompanying text noted that she is the owner of over 1100 classical CDs, leader of bi-monthly community music programs, Orchestra subscriber and Annual Fund donor for more than 30 seasons, and donor of ten gift annuities to the Orchestra. "One of (her) earliest memories of seeing the Philadelphia Orchestra perform was at a Children's Concert . . . held in a sports arena, a building with the acoustical niceties of a boiler factory."

Craig LaBan's restaurant column in the Sunday, February 10, issue of *Inquirer Magazine* wrote up **The Red Hen Cafe**, located in Ironstone Village in Medford. In the foreground of the picture of the inside of the restaurant, **Dave Wilder and Joan McElhinney** were seen dining.

The Gardens Collaborative has published its schedule of events taking place during May. On May 18, Medford Leas will be hosting a presentation entitled "Creating a Healing Environment." In addition, tours of the Arboretum

and Nature Preserve will be offered every other Saturday in May. Visitors may also visit the grounds at other times by registering at the Front Desk where they will receive tour maps to guide them. The Arboretum is open to visitors from 9:00 a.m. to dusk daily.

HOW'S LIFE AT MEDFORD LEAS?

by Satisfaction Survey Committee

Residents will soon have the opportunity to express, confidentially, their satisfaction or dissatisfaction with daily life experiences as part of the Medford Leas Community. A steering committee of staff and residents has been appointed to oversee this Resident Satisfaction Survey, which will be conducted in March. The committee will be assisted by Vital Research, a firm that specializes in measuring quality of life as perceived by residents of long-term care facilities.

As part of the process of developing plans for Medford Leas, residents completed a survey in February to indicate their personal wish lists for the facilities and services they would like to see in the future. In this subsequent Resident Satisfaction Survey, each resident will have the opportunity to present his or her opinions and comments on the various aspects of daily life, such as meal service, safety, the environment, resident relations, and health care.

Assessing the current quality of life at Medford Leas in this way will provide a basis for judging how to improve it most effectively and for evaluating the effectiveness of measures implemented for that purpose. Vital Research will also compare the results of the Medford Leas survey with those of other CCRCs in their database of survey results.

Residents will receive more detailed information before the Resident Satisfaction Survey is conducted later in March.

A MOMENT IN HISTORY

by Maggie Woodard

As a freshman at Yale in 1927, **Tom Folds** was fascinated by articles in the *New York Times* about the competition for the Orteig prize. Raymond Orteig, a Frenchman who operated the Brevoort and Lafayette Hotels in New York City, had offered \$25,000 (a fortune then!) to the first aviator to fly non-stop between New York and Paris. In May, three flights were imminent: Commander Richard E. Byrd was planning to fly to Paris in a Fokker tri-motor plane with a crew of seven; Clarence Chamberlin was rumored to be ready also to depart with his backer; and Charles A. Lindbergh was set to fly solo in the single-engine Ryan, the *Spirit of St. Louis*.

Tom decided to try to interview Lindbergh. He took a train to Curtiss Field, in Mineola, Long Island, on May 26, 1927. (The plane was in a hangar at that field.) Knowing that Lindbergh was staying at the Garden City Hotel, Tom made three calls and reached him as he was walking into his suite. After Tom told him his name and that he wanted to interview him, Lindbergh said, "Who's Tom Folds?" Tom replied that he was a freshman at Yale but was from the Midwest. Lindbergh said, "I am, too!" Then, because he knew there were photographers and reporters outside the hangar, he asked how he would know Tom. Tom came up with the idea of putting a 6" piece of red cardboard in his hat band. It worked.

When he was invited into the hangar, Tom was amazed to see how enormous the hangar was and how very small the one plane looked. He was with Lindbergh for 15 or 20 minutes, finding him charming, natural, "a typical mid-Westerner." Tom sat in the plane for a few minutes, and noted that because Lindbergh had arranged to have the big gasoline tank placed between him and the engine, for safety's sake, one could only see what was in front of the plane by leaning out and looking sideways.

Tom went back on an early train that day and submitted an article about his experience to the

Yale Daily News, which published it on the front page. Lindbergh flew to Paris the next day and won the Orteig prize.

After eight years at Yale, earning B.A. degrees in both English Literature and the Practice and History of Art, Tom became a respected teacher and lecturer. He taught at Phillips Exeter Academy and Northwestern University, and later was Dean of Education at the Metropolitan Museum of Art in New York. During his years at Medford Leas, he has delighted residents with his slide-shows and lectures on painters and art.

Footnote: There is an excellent biography of Lindbergh by Leonard Mosley in the Medford Leas Library.

LEWIS W. BARTON MEMORIAL LECTURE

by Kitty Katzell

On Saturday, April 6th, the annual Lewis W. Barton Memorial Lecture will be given in the Medford Leas Auditorium at 11 a.m. The speaker will be **Rick Darke**, a widely published author, photographer, lecturer, and landscape design consultant, who has won numerous awards, including the 2001 Garden Media Award from the Perennial Plant Association.

Mr. Darke's topic will be *The Pine Barrens Landscape: Plants, People, and Place*, presenting the human history and all-seasons appeal of the Pine Barrens landscape. In his words, the Pinelands of New Jersey are anything but barren. They cover nearly one million acres of our four-million acre State. Pitch pines, pitcher plants, sundews, and orchids are just a part of the stunning diversity and uncommon beauty that have earned the Pinelands recognition as an International Biosphere Reserve. It is a richly storied place, shaped by cranberry and blueberry culture and by long-vanished industry.

FREE HELP WITH INCOME TAXES

The American Association of Retired Persons Tax-Aide program is a free income tax counseling service for senior citizens and taxpayers with non-complex income tax returns. Trained Tax-Aide counselors will be at Medford Leas to assist taxpayers during this tax filing season. They will be here from 9 A.M. to noon on the following Thursdays:

- March 14 -- Community Room 28
- March 28 -- Community Room 7
- April 4 -- Community Room 7

The counselors are able to prepare federal and state income tax returns for 2001; review 2001 returns prepared by taxpayers; or consult on specific questions that taxpayers may have. You should consider using this service if you don't like to prepare your own return but feel it's not worthwhile to use a paid preparer, or if you do your own return but would feel more comfortable if it were reviewed by someone knowledgeable about income taxes before you file it.

Sign up at the Front Desk for a 45-minute appointment on one of the three dates. If you only want to discuss a question with a counselor, please let the receptionist know that when you sign up.

When you come to your appointment, bring with you: (1) copies of federal and state returns you filed for 2000; (2) the 2001 federal and state blank forms and related booklets you received in the mail; and (3) all information and documents that you have related to income you received and deductible expenses you incurred during 2001. Be sure to include the amount of any Homestead or TaxSaver real estate tax rebate you received, and the amount of any Rate Reduction advance payment you may have received from the IRS.

CRYPTOGRAM

by Russell Hill

Here is the solution to February's Cryptogram:

THOU BLIND MAN'S MARK,
THOU FOOL'S SELF-CHOSEN SNARE,
FOND FANCY'S SCUM AND DREGS OF
SCATTERED THOUGHT.

(Sir Philip) SIDNEY

This was one I had expected to be a challenge. I was wrong. There were 22 correct solutions. I thought one word gave it away. The following submitted correct solutions: Lydia Andrews, Mary Barth, Ruth Blattenberger, Mort Bregman, Florence Brudon, Marion Burk, Don Davis, Edith Ellis, Herb Heineman, Jane Hunter, Hugh Jenkins, Euseba Kamensky, Kitty Katzell, Helen Peterson, Betty Preston, Liliane Reynolds, Doris Salati, Florence Sawyer, Nickie Stevenson, Ellen Wiener, John & Marie Winton, and Barbara Zimmerman.

Here is the March Cryptogram. I make no prediction about how challenging it may be.

B X F K N E H B K ' X P X L

J E B X D H C V B D ' F V P T H B

C B P X K H F R Z Q H ,

T H C K P F V H K N M X F H E

P X N P G V P J K H F N B X F .

F E S F H X

Put solutions in Box 45 by March 15.

NEW JERSEY PINELANDS

by Elmer Rowley

Residents who came to Medford Leas from South Jersey are familiar with our world-renowned Pinelands and the extensive efforts over the years to save them from over-development. This vast area covers about one-fifth of the State. The MLRA Citizens Committee is now focusing on the activities of the Pinelands Commission and its execution of the Comprehensive Management Plan, that was put into effect over 20 years ago.

While the late **Newlin Smith** was able, he regularly attended meetings of the Commission and reported on its activities. Currently, I, as a member of the Citizens Committee, am trying to keep residents abreast of current events by posting newspaper clippings on the Citizens Committee bulletin board, just left of the PNC Bank window. There is so much pressure on the Pinelands and so much controversy on regulations, violations, enforcement, and appointments to the Commission that there is often new material for the bulletin board every week or two.

There is keen interest currently in the pending appointments to the Commission. Of the fifteen members, seven are appointed by the Governor, seven by the Freeholders of the involved counties, and one by the Secretary of the Interior. As a candidate, Governor McGreevey promised to support the Pinelands and the Management Plan and to restore the Whitman budget cuts in the Department of Environmental Protection. With the current \$2.9 billion deficit, can he fulfill those promises? Watch the bulletin board.

CAMP DARK WATERS CELEBRATES

On April 6, Camp Dark Waters will observe its 75th Anniversary with a luncheon and program in the Colonial Dining Room. The names of those who will be recognized at the luncheon are well-known to many residents: **Libby Haines**, a

daughter of the camp's founder, **Sam Matlack**; and **Steve Edgerton** and **Nina Braxton**, former directors of the camp. Camp leaders are preparing a display of photographs and memorabilia for the occasion and anyone who has treasures from camp days to loan may call **Lois Forrest**, 953-4053.

Camp Dark Waters has other connections with Medford Leas besides its location. Of the 15 members of its Board, six are residents and one, builder **Gary Gardner**, has worked on many Medford Leas projects. The camp is currently undergoing major upgrades of its facilities and programs, and volunteers of all ages have already worked wonders.

Reservation forms and return envelopes addressed to a Medford Leas box are available at the Front Desk. The deadline for reservations with payment of \$12 per person is March 30. Readers are invited to pass along the invitation to others who might want to attend.

SCULPTURE SILENT AUCTION

by Helen Vukasin

The Gallery Committee reports that the silent auction of **Paul Zelazny's** sculptures was highly successful. The high bidders and the sculptures they purchased were:

- Jane Bourquin** -- *Balancing Act*
- Hilda Fischer** -- *Blue Construction*
- Marion Rich** -- *Unfurled*
- Esther Woodward** -- *Infinity II*
- Edgar Young** -- *Green Flame*

In addition, three sculptures have been reserved for placement around Medford Leas. The Gallery Committee is grateful to all who participated in the auction and will be turning the proceeds of \$1800 to the Thrift Shop Committee.

SUMMER CAMP AT MEDFORD LEAS

by Maggie Woodard

The 7th Annual Fitness Day, held on January 23, was a huge success! Aptly described by **Cynnne Mott** as "Summer Camp," the activities, held in the Activities Room, Fitness Center, Pool, Atrium, and Auditorium, began at 8:00 a.m. and went on until after 3:00 p.m.

Eleven members of the resident Tai Chi group, led by professional director **William Ting**, gave a demonstration performance in the Atrium garden -- the rain stopped just long enough. Six classes, repeated throughout the day, offered: trials of general fitness exercises; special exercises to strengthen abs and back muscles; trials of water exercises in the Pool; checking out equipment in the Fitness Center; learning leg and arm exercises using weights; and receiving gentle hand and back massages by the Physical Therapy staff. There were two spectator events: one featured 12 residents from Woolman Commons, Lumberton Leas, and Medford Leas playing a water volleyball match; the other was an exhibition table tennis game, with **Dave Lewis** and **Pierre Guilhot** playing **Mike Peasley** and **Toby Riley**. (Lewis and Guilhot won.)

The big event of the day was the luncheon, which was over-subscribed, with a waiting list. **Beverly Kannengieszer**, Director of Fitness & Aquatics, welcomed guests before **Jennifer Rapposelle**, staff member, led a toast to Fitness and Health. **Colette Bartholomew**, Chairman of the Fitness Committee since its inception seven years ago, reviewed the Committee's history, giving much credit to **Ann Hibshman** and **Susan Pettiss**, who lobbied management to hire professional personnel to head a physical fitness program eight years ago. **Johanna Yurkow**, Director of Health Services, spoke about the importance of exercise and keeping fit in health maintenance. **Debbie Grigg** presented certificates honoring Fitness and Aquatics resident volunteers and gave out Concept II Million Meters Club awards for distance recorded on rowing machines.

Rose Cruikshank lived up to her reputation and delivered, with props, an unforgettable and witty talk, *It's NOT an Impediment*, about how **Beverly Kannengieszer** had helped her overcome her negative feelings about her big feet.

Four active residents who are over 100 years old were honored: **Anne Burr**, **Vina Cooper**, **Edward "Ping" Follwell**, and **Alice Jones**. Following their biographical sketches, each was presented with a handsome Century Club pin engraved with the recipient's name.

The program concluded with the Leas Singers and **Gerry Stride**, led by **Marion Burk**, singing Fitness Tunes, composed by Gerry. We have room to reprint only one:

The Lament of Three Reluctant Exercisers

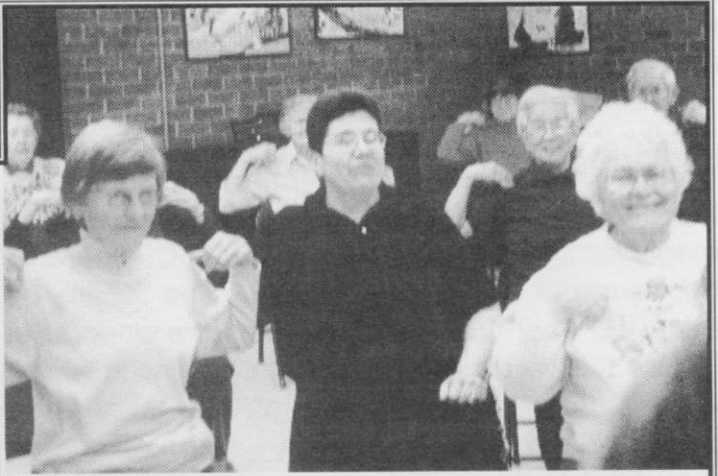
I am a senior citizen, to Medford Leas I came,
And all I thought about at first was improving my bridge
game.

But when I took my physical, I had a big surprise.
Doc Quinton said "You're out of shape," it's off to exercise.
Oh, my bones all creak, and my knees are weak,
And I'd rather be in bed.
Instead I'm in a swimming suit and looking too well fed.
In place of naps, I'm doing laps, and trying hard to smile
'Cause before I leave this pool today, I have to swim a mile

While I was walking in for lunch, a thought occurred to me:
I'll soon be turning 94, they'll have some sympathy.
So I went down to the Health Center to get myself a cart.
Instead I got a lecture on how to have a healthy heart.
Oh, my knees are weak and my walker creaks
And I'd rather be riding in,
Instead I walk from court to court,
My walker wheels are thin.
Since I am so obedient, I do a mile each day.
Maybe when I'm 96, they'll let me have my way.

My exercise was changing the channels on TV
And watching an aerobics class while I sipped cold iced tea.
My neighbor saw the problem and she gently said to me,
"You're going to the fitness class. I'm not arguing with
thee." (She was a Quaker, you know)
Oh, my bones all creak and my knees are weak,
I'd rather be in my chair.
Instead I'm doing twists and turns, I look like Fred Astaire.
As God's my witness,
This class of fitness is really not so bad.
When the laughter's louder than the groans, there's much
fun to be had.

Top Row: Exercise Classes; Middle Left: Fitness Center; Middle Right: Colette Bartholomew & Beverly Kannengieszer; Bottom left: Leas Singers; Bottom Right: "Ping" Follwell. Photo Credit: Barbara Ballou.



(ALMOST) EVERYONE LOVES MAINTENANCE, & THEY LOVE US

by Ellen Stimler

To one Medford Leas resident, our Maintenance Department is like having one of those legendary magic lamps that you polish and, POOF, a genie appears and does your bidding. She recalls an occasion when they called her about a work order before she even got home from leaving it at the Front Desk. The philosophy of the Department, as expressed by both managers and staff, is that they want to do everything they can to "make the residents happy," and they're willing to go out of their way to do just that.

The blue Section E of the Residents' Handbook has a detailed description of the services that are performed by Maintenance and the Work Order procedure to be used by residents who need a job done. However, those pages don't begin to tell the whole story of this department.

Bill Murphy, who headed the Department before being promoted to Director of Operations, created the "file wall" in his office. It consists of six shelves, each holding 13 shallow, open-faced boxes labeled for the major tasks, vendors, responsibilities, etc. of the department and reflecting the range of duties and relationships under the Maintenance umbrella.

Jim Wolosin, the new Director of Maintenance, denies that he's the new "boss." "All 700 residents of Medford Leas are my bosses," he insists. His department currently has 14 full-time employees and four additional ones for round-the-clock security assignments. The average length of service among the staff is 20+ years.

Maintenance receives an average of 800-1000 work orders a month, with the larger number coming in the spring and summer. Some of the staff are specialists in trades, such as plumbing, carpentry, painting, electrical or phone problems, and demolition and construction.

There is no difference in the services provided to full-service and partial service units. They will provide free service to repair or replace everything that is the property of Medford Leas, including the building as such, the kitchen and bath cabinets and appliances, ceiling light fixtures, safety and fire prevention devices, and basic carpeting. Excluded is property owned by the resident.

Maintenance will provide two hours of free service to a new resident or one who transfers into a new unit. If a resident comes home with a new TV or computer in a humungous carton, Maintenance will get it into the apartment and put it in a designated place. When a big load of "stuff" has to go to the Thrift Shop, they will do it. Nothing gets done, though, without a work order, available at the Front Desk and to be returned there after it is filled out by the resident.

When residential units are modified, the work is done by Maintenance or an outside contractor or both together, depending on the nature of the work and the time frame. Recently, when several units needed to be readied for new occupants, several outside contractors were used to get the work done on time.

Among the "beyond-the-call-of-duty" jobs that Maintenance has been called to do include the capture and removal of an opossum from a Rushmore apartment, a groundhog in Court 22, and various snakes in various places. Maintenance also comes to the rescue when dentures, rings, and other small objects slip into drain lines. Once, a resident caught his hand in a disposall, and the only thing they could do was to pull out the whole sink, with the man's hand still stuck in the appliance, and rush resident and sink to the emergency room. Another close call came when a resident tried to dry his pants in a heated oven and set off the smoke alarms. A less alarming incident was recalled when the lawn sprinkler system on the putting green started up and drenched assembled players, setting off wild calls for Maintenance.

Reflecting the attitude that is typical of the men in the Department, one 19-year veteran who works out regularly in the Fitness Center between 5 and 6 a.m. commented: "This is the best job I ever had. There are just so many opportunities here; and I love the responsibility we get. Once you get those work orders, you're on your own, and if you don't do them right, you'll hear about it pretty soon." All 700+ residents are indeed fortunate to be able to call on this team of talented genies.

THE GREAT DECISIONS PROGRAM

by **Kitty Katzell**

based on notes by **Esther Woodward**

The mission of the Foreign Policy Association is to increase awareness of the foreign policy issues confronting the U.S. and its voters. To do this, the study and discussion program known as *Great Decisions* was started in 1954. Medford Leas has participated in the program for over 25 years, using residents as the discussion leaders.

Each of the leaders uses his or her experience and/or research to prepare 20-30 minute presentations on one of the subjects. Their remarks are followed by discussion. Those attending the meetings are encouraged, but not required, to familiarize themselves with the background materials presented in the *Great Decisions Briefing Book*.

For each of the eight topics, the Book has a ballot asking for readers' opinions on what American foreign policy should be. The ballots are collected and collated, and the results are sent to the President, the State Department, and Congress. Last year, 30,472 ballots were collected nationwide.

Medford Leas is grateful to **Chuck Woodard** and **Gary Raven** for co-chairing Great Decisions. This year's program begins March 7 and continues for eight Thursdays. The schedule and instructions for how to get the Briefing Book are posted on the bulletin board and in the January

issue of *Medford Leas Life*. The Foreign Policy Association has two relevant websites: <www.greatdecisions.org> and <www.FPA.org>

THE DISPLAY CASE

by **Hana Stranska**

The Display Case always has striking exhibits. The beautiful "Blue Glass" exhibit in January was followed, in February, by the "Afghan Bazaar," which showed a rich collection of items: metal bowls and vases, pottery, jewelry, colorful embroidered headgear and footwear, and other bazaar objects. Most of the items had been acquired by **Osborne & Rebecca Cresson** while they lived and worked in Afghanistan shortly after World War II. Their son, **Os**, eight years old at the time, now lives at Lumberton Leas and is editing a book of his parents' experiences, to be published soon. Detailed information with photographs and descriptions of individual items allowing glimpses into Afghan culture can be requested from the organizer of the exhibits, **Cynthia Mott** (3677).

The next exhibit is equally striking. It is called "HINAMATSURI", a word meaning "doll festival," actually a festival for girls, which used to be held on March 3. The display presents Japanese dolls, of particular significance in Japanese society, from the collection of **Aya & Min Endo**. Works of art meant for display, the dolls are arranged hierarchically, emperor and empress on the top shelf, lower ranks below. Traditionally, parents would present their daughter with a set at birth or on her first birthday, and she would take them with her when she married.

Todd Butler is the creative artist who produces the eye-catching exhibits.

WHO'S NEW

Jane Bourquin, Apt. 273, was born in Reading, PA; she moved here from Westmont, NJ. She sees her life in sections. The first period was growing up in Pennsylvania Dutch country. She played the cello and was active in the high school's musical events. (She points out, however, that she is not a cellist. Yo Yo Ma is a cellist. Jane plays the cello. A fine distinction.)

She was interested in chemistry and, after an apprenticeship under an outstanding lab technician, went to Albright College. Aside from chemistry, she signed up for a course in archery. One look at the archery instructor and the best laid plans, etc. etc. She married him three months later. And so began the second period -- not as a chemist or lab technician, but as the wife of Bruce, and the mother of a son and daughter. Bruce served in WW-II and later had a small business, where Jane helped him, making bows and arrows. Bruce died suddenly 40 years ago.

The third section of her life as a widow had begun. She kept the business going, and sold it after 10 years. She added golf, skiing, and canoeing to her activities. Her interests? Everything. Music is #1, and anything to do with nature. And don't call on Tuesdays -- she plays in a string quartet on Tuesday. Do you know a violinist or violist? She'd love to start a string quartet at Medford Leas.

Dorothy Tillman

Mary (Baxter) Dyczko, Apt. 413, moved to Medford Leas from the Birchwood Lake area in Medford. Growing up in Paterson, she and her late husband, **William**, lived in North and South Jersey for most of their 44 years together, most of it in Ridgewood.

Mary was a registered nurse, who received her training at St. Barnabas Hospital in Newark. During her 2½ years of service overseas in the Army during WW-II, she met her husband -- in

Paris on VE Day! They were married in 1947. He was an attorney for RCA.

Mary worked for several New Jersey hospitals into the middle '70's. While raising three children, she was active in the Community Chest, Boy Scouts, and Meals-on-Wheels. Her current interests are gardening, quilting, rug-hooking, reading, and the theatre.

One son, her daughter, and five grandchildren live nearby in New Jersey; her youngest son lives in Texas.

Maggie Woodard

William B. Dyer, Jr., Apt. 438, was born and raised in Medford and lived there for over 30 years before coming to Medford Leas. After graduating from what is now Rancocas Valley High School, Bill worked at "all kinds of jobs" and took evening courses at Penn. For a time before WW-II, he worked as a "field man" for Commercial Credit Corp. and married a fellow employee, **Gertrude Duke**. Bill served his war-time Navy duty as a "land-based sailor" because he couldn't overcome seasickness on the open sea. Back in civilian life, he resumed work with his old company, then joined an auto mobile dealership in Mt. Holly and moved back to Medford. In 1972, the dealership went out of business and Bill went to work for Harriett's Oil Company until he retired in 1997. Bill has a table in his apartment that proudly displays the pictures of his three children and their families, which include four grandchildren and one great. Bill knows **Reece Haines, Blanche Lippincott**, and many other area residents who now live at Medford Leas. He enjoys reading history and biographies. His wife died in 1997.

Ellen Stimler

Many former residents of Moorestown will remember **Jack & Joan (Rogers) McKeon**, who moved into Bridlington 678 recently. Joan was the children's librarian at the Moorestown Library for 17 years. She graduated from Moorestown

Friends School, where **Dorothy Test** was her kindergarten teacher and **Ann Wood** and **Peggy Goering** were classmates. Jack was director of the Moorestown Friends Lower School for four years.

They met during their college years, when Jack went to Amherst and Joan to Smith, where she got a degree in English. Jack's college was interrupted by four years as an officer in the Navy during WW-II, but after the war he completed a degree in history. After their marriage, they settled on Long Island where Jack worked in his father's lumber business and Joan took care of their four children. In 1962, they returned to Moorestown and earned graduate degrees, Jack a master's in education from Rutgers, and Joan a degree in library science from Drexel. For Jack, this led to positions as principal of a Cherry Hill elementary school and later as superintendent of the Cherry Hill district. Joan got the job as children's librarian.

During their retirement, they split their time between Moorestown and Vero Beach, FL. Their joint current interests are reading and golf. Joan loves gardening and the *NY Times* crossword puzzle. She even had some of her own crossword creations accepted by the *Times*. She also does volunteer work at Trinity Church in Moorestown and at City Gardens in Philadelphia.

Ellen Stimler

William A. Rogers, Apt. 416, has joined his many friends from Moorestown where he has lived all his life and where his father and grandfather operated a woodworking shop and construction company. Bill, son of a birthright Quaker mother, went to Moorestown Friends School and then served the WW-II years as an airplane mechanic in the U.S. Air Force, training glider pilots and paratroopers. Returning from the war, Bill joined his father in the life insurance business and worked as an insurance broker for the rest of his career. He says he loved every minute of it and met the most interesting people. He sold every type of insurance. Each of his

clients had a story to tell and Bill loved going the extra length to meet each person's particular needs. He married **Nancy Myers**, who was a nurse in his local doctor's office. They divorced after 25 years. Bill has three children and two grandchildren. He was a member of the Moorestown Shade Tree Advisory Committee and the Moorestown Improvement Association, and he can tell lots of stories about the intricacies of tree-planting in Moorestown.

Ellen Stimler

MASTER GARDENERS UPDATE

by Susan Cunningham, Master Gardener

On February 25, Master Gardener and Horticulturist **Debbie Lux**, of Medford Leas Landscaping staff gave an Herb Lecture in the Auditorium. Her audience was impressed with her knowledge and great interest in plants and in helping people to learn more about them.

The Burlington County 2002 Master Gardeners' Class has begun training. **Judy Obbard**, from Lumberton Leas, and **Nancy Barclay**, from the Estaugh Board, are both participating in the classes.

At the 2002 Philadelphia Flower Show, there will be two exhibits from the Master Gardeners of Burlington County. **Bonnie Nichols** will be in the Niche area at the Flower Show, and **Susan Cunningham** will be exhibiting in the Balcony Class.

The Master Gardeners are in the Medford Leas Nature Center every Monday, Wednesday, and Friday from 9 a.m. to 1 p.m. and they welcome visitors with any horticultural concerns or questions.

HEALTH CENTER STAFF ADDITIONS

by Charity Reily

At **Mike Peasley's** January Open Forum, **Charity Reily** introduced three new Health Center staff members: **Patty Crain, Judith Fenimore,** and **Jennifer Filer.**

Patty has been working at Medford Leas for nearly five years. She has been promoted from a position in the Housekeeping Department to the position of Health Center Assistant. Her new duties will include filing, driving, and scheduling.

Judith came to Medford Leas in 1984, and worked in the front office. She is a Licensed Practical Nurse, with a bachelor's degree in Public Health. She is also a Certified Assisted Living Administrator. In the Health Center, she is the triage nurse who will greet you at the window and determine who can best help you.

Jennifer is new to Medford Leas. She has been hired for an On Call Health Center Assistant position. Her duties will include scheduling, filing, and driving.

**CHOLESTEROL TESTING
& FASTING BLOOD SUGAR**

To make immediate use of the Health Center's new cholesterol testing machine, and to check on blood sugar levels, the Health Center has set up three testing dates in March.

These are fasting tests, so you must fast for at least 12 hours before the tests can be conducted. The testing will be done in the Wellness Center **between 6 and 8 A.M., on:**

Monday, March 11

Wednesday, March 13

Friday, March 15

Please note that these tests are for both staff and residents and no sign-up is required.

OOPS!

by Kitty Katzell

1. The End-of-Life meeting was listed on the calendar as being on Tuesday, February 4, but it was held on Monday, February 3. We hope no one missed it as a result of this error.

2. The article on page 7 of the February issue, about the luncheon for **Elsie Lisovitch**, said that the tapes shown at Vid-U are "produced . . . in cooperation with the National Geographic Society." Not so. They are produced in cooperation with the Smithsonian Institution.

3. We failed to print an article about the AARP Tax help that's available to residents. You'll find it in this issue. The help will be available on March 14, March 28, and April 4. If you need it, sign up at the Front Desk.

4. The February issue introduced *Sites to Visit*, a listing of Web sites having possible educational and cultural interest for residents. The third listing, "Hubble Heritage Gallery of Images," can be accessed at <www.jpl.nasa.gov/index.html>. At this home page for NASA's Jet Propulsion Laboratory at the University of California, articles, news, project information, and images can be found and downloaded without a patch.

AARP DRIVING COURSE

by Gertrude Marshall

There were 126 residents and two from the waiting list who took the AARP driver training courses given from January 21 to February 1. Each of the 128 took one of the four courses. Another 13 had signed up, but for various reasons were unable to come. Of those, about half gave prior notice that they wouldn't be there, and several had to be reminded on the day of the class. All participants agreed that the two AARP lecturers, **Robert Buck** and **Frances Pommer**, made excellent presentations. As a result, a

considerable number of Medford Leas residents should be better and more careful drivers, to say nothing of the 5% discount they will get on their car insurance because they took the course. The Health Committee plans to arrange for the course to be offered again, probably in 2004.

SCHEDULE OF SHORT TRIPS

by Ellen Stimler

Doris Curley, chair of the Short Trips Committee, has announced the schedule of monthly Friday excursions, featuring visits to some of the most requested destinations in the Delaware Valley. The first trip will be on March 22 to the Michener Museum in Doylestown, combined with an afternoon visit to the Pearl Buck Museum. A separate flyer for each trip will give details and a sign-up coupon. Individual members of the Committee will assume responsibility for each of the trips and lead the group for the day. The members of the Committee, in addition to Doris, are: **Norma D'Alonzo, Jim Irvine, Mary Lou Mullen, Doris Smith (co-chair), Mary Toda, and Fran Werrell.**

The other scheduled trips are:

April 19: Franklin Institute, Philadelphia. Interactive exhibits, IMAX theatre, 3-D theatre.

May 10: Noyes Museum & Edwin B. Forsythe National Wildlife Refuge, Oceanville, NJ. A short visit to the Museum followed by a bus ride through the 40,000 acre wildlife refuge to see many varieties of birds in their coastal habitat.

June 21: Boat trip on the Delaware River on the *Spirit of Philadelphia*. Sightseeing and buffet lunch.

July 19: Smithville Mansion, Easthampton, NJ. Tour of 19th century Hezekiah B. Smith Mansion, followed by light refreshments on the property next to the Rancocas Creek.

August 16: Tuckerton Seaport, NJ. Barnegat Bay Decoy and Baymen's Museum. 40-acre re-creation of late 19th century baymen's village.

September: Wheaton Village, Millville, NJ. Museum of American Glass, with over 6500 objects on display. Tour of Museum and learn history of glass-making.

October: Duke Gardens, Hillsborough, NJ. Located on the 2700-acre estate of tobacco heiress Doris Duke. The gardens are in nearly an acre of connected greenhouses, displaying plants from all over the world.

November: University of Pennsylvania Museum of Archeology and Anthropology, Philadelphia. Currently exhibiting artifacts of ancient Israel and Greece, and the universe of Native Americans.

December: Brandywine River Museum, Chadds Ford, PA. Large collection of Wyeth art.

MARCH VESPERS SERVICES

by Bill Stoll

During the month of March, the Moorestown Presbyterian Church will be conducting Vespers Services at Medford Leas.

March 3 -- **Rev. Dr. Jonathan Miller**, Pastor

March 10 -- **Ted Mingle**,
Coordinator, Evangelism

March 17 -- **Ruth Stotsenburg**,
Director, Christian Education

March 24 -- **Rev. Timothy P. McConnell**,
(Palm Sunday) Associate Pastor

March 31 -- **Linda Vandergrift**,
(Easter) Coordinator, Pastoral Care

MARKET RESEARCH SURVEY

by Kay Cooley

While residents have been completing a survey of their ideas for long-range planning at Medford Leas, a similar survey has been sent to nearly 6,000 residents in the surrounding geographical region. The study area was selected on the basis of the locations from which residents have moved when they came to Medford Leas. In the last two years, 79% of such residents came from New Jersey, 3% from Pennsylvania, and 1% from New York State.

The study area includes people in Atco, Barrington, Berlin, Beverly, Blackwood, Bordentown, Burlington, Camden, Cedar Brook, Cherry Hill, Clementon, Columbus, Egg Harbor City, Gibbsboro, Glendora, Haddonfield, Haddon Heights, Hainesport, Hammonton, Jobstown, Lawnside, Lumberton, Magnolia, Maple Shade, Marlton, Medford, Moorestown, Mount Holly, Mount Laurel, Riverside, Riverton, Runnemede, Sicklerville, Somerdale, Vincentown, Voorhees, Waterford Works, West Berlin, and Waterbury.

The Medford Leas market area has been changing. Before 1990, about 60% of new residents came from New Jersey and 40% from other states, particularly New York (19%) and Pennsylvania (14%). Between 1990 and 1996, those numbers changed to New Jersey (68%), New York (5%), and Pennsylvania (12%). Between 1997 and 1999, the percentage of those who moved to Medford Leas from within New Jersey increased to 73%.

ALONG MEDFORD WAYS

by Sally Burrowes

Empty seed shards cling to random twigs
of the Linden like tiny snagged parachutes.

"CYBERCYCLE"

by Kitty Katzell

"Burlington County Postal Customers" recently received a newsletter from their Board of Chosen Freeholders about the Regional Recycling Program. There were several items of useful information about recycling.

If you have a computer, a monitor, keyboard, modem, printer or fax machine that you're planning to discard, they will be accepted without charge on Saturday, March 2, between 9 a.m. and 1 p.m. at the Burlington County Resource Recovery Complex on Route 543 in Mansfield, or on Saturday, April 6, between 9 and 1, at the Lumberton Township Public Works Yard, located at 34 Municipal Drive.

When your computer's ink cartridges are empty, you can take them to the Staples in Mt. Holly or in Marlton, or to Lakes Office Supply on Stokes Road in Medford. At Lakes Office Supply, you can buy refilled print cartridges at a considerably lower price and they work just as well.

Another recycling note, found in the *Foulkeways Bulletin*: If you can find a retailer that participates in Nike's Reuse-A-Shoe program, they will accept worn out sneakers of any brand. The sneakers are ground up and the bits and pieces are returned to useful life as floor coverings, padding under carpeting, and safety tiles for playgrounds and basketball and tennis courts.

So keep on recycling.

GEESE

by Sally Burrowes

In skeins of 10 and 20
under slate grey sky
a hundred geese are weaving
winged tapestry
as they gabble by.

"JOE'S SPECIALS"

by Maggie Woodard

Devotees of the Coffee Shop look forward to seeing "Joe's Special" on the menu. Three or four times a week, **Joe Filer** stands at his table near the entrance creating unusual dishes. Residents and staff appreciate his specialty sandwiches. One favorite, which he calls the "Italifornia Sandwich," has sauteed eggplant, roasted red peppers, and broccoli rabe spread with pesto sauce on hard-cruste Italian bread. He also makes entree-type dishes, such as the popular "MuShu Pork on a Curried Pancake," Chinese with an Indian twist. Presentation is important to him; he strives to make each dish colorful and unusual.

Joe "grew up in the kitchen"; he started helping his mother at age six. His formal training was as a Culinary Arts major in a vocational high school. He continues his education by doing a lot of research -- in cookbooks and on the Web. Because he likes to create his own dishes, he doesn't stick with a recipe; he builds on it.

Having started cooking professionally in a diner at age 16, Joe has worked at Medford Leas since 1990. He was hired as a dishwasher and promoted in six months to be the Head Line Cook, under the Chef. Because he "loves to cook" and likes the fact that residents and staff appreciate his creations, he hopes to continue at Medford Leas long-term. We hope so, too!

His wife doesn't like to cook, so Joe cooks at home, too. When asked if he liked to eat, he grinned and said, "Yes -- out!"

KITCHEN HELPER

by Doreen Lee

In 1957, **Mary & Joe Roland** were on a Foreign Service assignment in Berlin. Joe was given the responsibility for organizing a conference of American representatives from various parts of Germany, including a stag luncheon. At the same time, Mary put on a luncheon for their wives, some of whom volunteered to help. Mary herself was preparing the main dish, and one of the young wives asked what she might do to help. Mary suggested that she chop the water chestnuts, which she did, cheerfully and competently. Now you may wonder what is newsworthy about chopping water chestnuts. Well, you see, the name of the young woman was **JULIA CHILDI**

MY WORD

by Kitty Katzell, Editor

A word of explanation is needed. *Medford Leas Life* tries to stay under 16 pages. Some residents find more than 12 pages to be a burden. On the other hand, there is so much going on at Medford Leas, and the people who are responsible for those things want to be sure that everyone knows about them beforehand and knows how successful they were when they are over. This issue had been laid out and was in the process of being prepared for the printer when an important last-minute item of some length was hand-delivered to the editor. There wasn't time to re-do everything, so this issue has gone to 20 pages. To fill the extra space, some items that would have been held over have been included, and items of residents' poetry have been inserted to fill space. Among the poetry are some items by the late **John Kriebel**. John had supplied the editor with many of his creations. I'm sorry they didn't appear sooner, but I'm glad we could publish them now.

POST WW-II BASTILLE DAY IN PARIS

by Dorothy Pierce

For an American Red Cross Club Director in England during WW-II, VE Day meant our transfer to Germany to serve troops awaiting return home. Our stop in Paris coincided with France's first Bastille Day since the war.

Perfect weather enhanced the people's mood and our enjoyment. After passing another physical, three of us watched General deGaulle ride by standing tall in a limousine. He looked as pleased as if he had won the war single-handedly.

Though German tanks barred entrance to some streets, a sheer weight of humanity, singing, dancing, drinking, and hugging, surged through, taking us with them. With escorts from the Red Cross Club, we joined in a snake dance toward a large church.

Amidst fireworks, fountains, fire-eaters, and barkers, I pushed through a variety of uniforms waving peaked caps, berets, and fezzes. They shouted invitations in French. Heads began to seem taller than bodies through the excitement and champagne. Bubbles and balloons floated skyward.

Even shy or hidden souls joined the intoxication. Swept away by the maelstrom, I lost my friends, only to be rescued by two GI's who called me into a square dance. Finally, we laughed our way home to our billet.

GEESE IN FLIGHT

by Sally Burrowes

Geese are barking the cold blue sky seining for souls in winter's shallows with their loose-flung net of flight.

STAFF OPENING

Medford Leas Life has an opening on its staff for someone who likes to write and who enjoys being part of a team. All the person needs is the ability to write acceptable prose, the willingness to accept assignments (even to suggest them) and to yield to the Editor the last word on copy.

The Editorial Staff meets the first three Tuesdays of the month at 9:30 a.m. in the MLRA Office. The first two meetings are devoted to the reading and discussion of prepared and proposed articles, the occasional consideration of policy, and general conversation. The third meeting, for proofreading, is attended by those whose vision and reading skills permit them to detect typos and grammatical errors. A nice perk is that meetings end in time to wander down the hall to the Thrift Shop at just about opening time.

To qualify, if no sample has already been submitted, a prospect would be asked to write an article that the Editorial Staff would evaluate. The article might be on an assigned subject or it could be on a topic of the writer's choosing. Consideration would also be given to the views of the Editorial Staff as to the likelihood of the prospect's fitting in with the existing group.

Anyone who might be interested is encouraged to speak to one of the members of the Editorial Staff, listed on the last page of every issue.

K. Cooley & K. Katzell

SHADOWLAND

by John Kriebel

The sun was so hot
the clouds threw their jackets down
all over the hills.

ICE DANCERS

by John Kriebel

Dancing on ice, the skaters whirl
in a windfall of hexagrams,
gliding over earth's new dance floor,
dancing a ballet to winter.

Master of masters at Corning
could never fashion in crystal
the motion, the sparkling calligraphy
the fragile grace and the heartpulse
of skaters engraving a pond.

A PEN-etrable Mystery

by John Kriebel

I have some favorite ballpoint pens.
There's one by every chair
So if a brainstorm hits me
I always have one there.
Well, that's the way it's meant to be
But there's something really weird.
Sometimes I reach out for a pen
And the thing has disappeared.

I think they're really space ships
With tiny crews inside
And at night they all take off in flight
And find somewhere to hide.
But I've found the favorite hideaways
Of these tiny, slender rockets.

They hide inside my closet
In all my different pockets.

A POET IS . . .

by Hana Stranska

A wordsmith, you say?
It's more like weaving, you know;
To make each strand of the meshwork
Fit just so.
To make words and images flow
Like a river serene,
To help the reader see worlds
He has never seen.

THE DROUGHT

by Kitty Katzell

Once again, the mid-Atlantic states are experiencing a severe shortage of precipitation. Reservoirs are dangerously low. There was little snow in the places that feed our rivers and streams. States are declaring drought emergencies. And we must all pay attention to how we use water. There are many ways each of us can help. For example:

Don't leave water running while brushing your teeth.

To wash fruits and vegetables, fill a bowl with water instead of letting the water run.

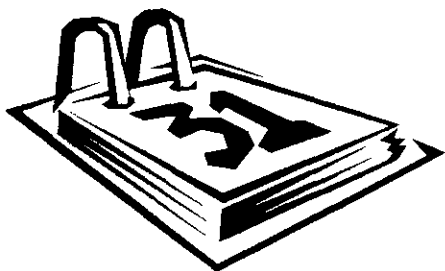
Keep a container of water in the fridge for a cool drink, instead of letting the water run.

Don't flush for everything.

Run dishwashers and washing machines with full loads.

Use water twice. For example, use vegetable cooking water to water plants.

If you have other suggestions for saving water, leave them on the *Medford Leas Life* shelf at the Front Desk and we'll pass them along. Meanwhile, remember the rule: S.O.S. -- SHUT OFF SOMETHING!



MARCH CALENDAR HIGHLIGHTS

- 1 - Video: *Madama Butterfly*
- 2 - Movie: *The Lady from Shanghai*
- 3 - Bus to Opera in Philadelphia (also 3/17)
- 3 - Friends Worship (also 10, 17, 24, & 31)
- 3 - Vespers (also 10, 17, 24, & 31)
- 3 - Concert: *Blue Skies Jazz Quartet*
- 4 - Movie: *Captain Corellis Mandolin*
- 5 - Gallery Reception for **Tom Gaines**
- 5 - Square Dancing (also 12, 19, & 26)
- 6 - Bird Cub
- 6 - Bus to Chamber Music in Phila. (also 3/20)
- 7 - Great Decisions (also 14, 21, & 28)
- 7 - Dinner Mixer
- 8 - Bus to Philadelphia Flower Show
- 8 - Video: *Mostly Mozart*
- 9 - Movie: *The Man Who Shot Liberty Valance*
- 11 - Social Dancing
- 14 - Folk & Line Dancing
- 15 - Communion Service
- 15 - Video: *Don Giovanni*
- 16 - Movie: *The Good Earth, Part I*
- 18 - MLRA Business Meeting
- 19 - Catholic Mass
- 22 - Bus to Michener & Pearl Buck Museums
- 22 - Video: *The Nutcracker*
- 23 - Leas Forum: *Bio-Ethics and Stem Cell Research*, **Dana Katz**
- 23 - Movie: *The Good Earth, Part II*
- 23 - Concert: **John Einhaus**, Pianist
- 27 - Bus to Hunterdon Hills, theater
- 27 - Passover Seder
- 28 - Bus to Walnut Street Theater
- 30 - Movie: *The Lady Eve*

MEDFORD LEAS LIFE

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Medford Leas
MEDFORD, NEW JERSEY

AAHSA
NJANPHA
Founded 1931

EQUAL HOUSING OPPORTUNITY