



# Medford Leas **LIFE**

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OCTOBER 2002

## **\$94,000 FOR EMPLOYEE SCHOLARSHIPS**

by Dorothy Tillman and Sam Howarth

Where else but at Medford Leas would the residents provide eighty or ninety thousand dollars a year for employee scholarships? Amounts of this magnitude are made possible largely by the substantial support of resident activities such as the Thrift Shop.

Last Spring, **Sam Howarth**, then MLRA President, received a call from the distressed secretary of the Organization of Resident Associations of New Jersey, saying that a member had pointed out a mistake in her minutes, which had quoted Sam as saying that the Medford Leas residents had provided \$83,000 in scholarships for their employees in 2001. Sam was very pleased to confirm that, unbelievable as it seemed, the amount was correct and so were her minutes.

And that was last year! Wait until they hear about this year, 2002!

Committees made up of residents and staff select the recipients of three scholarship funds: the Employees' Educational Advancement Scholarship Fund, the Nurses' Scholarship Fund, and the Lois Forrest Merit Scholarship Fund.

There are some guidelines and requirements that the three committees follow. Length of service is a strong factor. It is not unusual for a full time student to put in 1,000 hours of part-

time work at Medford Leas during a year. Consideration is also given to employees who are single parents and those who come from a single parent home. It is indeed a diversified group of employees who apply.

This year seven of our nurses received scholarships of from \$1,500 to \$4,000. In addition, ten employees were awarded scholarships for their pursuit of educational endeavors in health care related fields. The total amount awarded by the Nurses Scholarship Fund was \$42,600.

There were 42 scholarships given to employees from the Educational Advancement Fund, for a total of \$45,000.

The Lois Forrest scholarship is a set amount of \$2,500.00, given annually for 21 years, representing the 21 years of service of our beloved past Executive Director. It is the only scholarship based solely on merit. Applicants must submit evidence of community service and academic achievement.

As was announced at the September MLRA meeting, this year's winner is **Christine Tocco**. She is entering her senior year at York College in Pennsylvania, where she has maintained a 3.0 grade average and has achieved the honor of being on the college's "Dean's List." She will be president of the senior class this coming academic year. She has been involved in community affairs and has received many awards for her contributions. She is listed in

Continued on page 2

*Who's Who Among American Universities.*

Christina has worked at Medford Leas since 1996. She started as a waitress and now serves occasionally as hostess.

These scholarship funds are one of the residents' ways of saying thank you for the wonderful service our staff provides. They are good and caring people and we are happy to help them advance in their educational goals.

Good luck, Christina. We're proud of you!

\* \* \* \* \*

**OUR WONDERFUL FLOWER SHOW**

By Margaret Melstrom

"This is the best flower show ever" was a comment heard many times at the 2002 flower show. The entries in all the categories were worthy of ribbons—and most of them had ribbons.

At one end of the Activities Room was the Master Gardeners' professional quality "Potting Shed." It was so realistic that one wanted to go right out to the garden to work. At the other end of the room was the Day Care's sand-filled shell-strewn exhibit of "A Day at the Shore."

In the center of the room some of the memorable exhibits were two large purple orchid plants that rivaled any orchids at Longwood Gardens. There were giant yellow bell peppers and unusual large orange-colored tomatoes; there were beautiful specimen roses; there were miniature arrangements with containers as small as bottle caps; and there were many imaginative arrangements appropriate for various holidays.

The best of show winners were the well deserved driftwood, foliage, coral work of **Allyn Rickett** and a magnificent fern grown by **Mary Hansen**. The show was chaired by **Lois Rickett** and **Aya Endo**. Altogether the whole flower show was a grand winner.



**EAGLE SCOUT PROJECT**

Have you noticed the new split-rail fences near the Wilkins Station Road entrance to Medford Leas? The fences were built as part of an Eagle Scout project by Brad Hendrikson of Marlton. You may remember that last year we had another Eagle Scout involved with the building of planters for the Back Porch Garden. These projects provide a wonderful opportunity for Medford Leas to work with the surrounding community, and for the public to get to know us a bit better.

The project included cleaning out the pole barn, installing the fences, and planting five willow trees behind the pole barn. Our Arboretum Committee had approved this project when they met in June.

Medford Leas is appreciative of the opportunity to work with Brad.

## 'WRITERS READ' AT MEDFORD LEAS

by Helen Vukasin

A new series of programs is being initiated at Medford Leas called *Writers Read*. The first program in the series is sponsored by the Lumberton Leas Council.

For the opening event, **Stanley Elwood Brush** will introduce the revised edition of his memories of a childhood in India, *Farewell the Winterline*, on October 2, 2002, at 2:45 p.m. in the Lounge at Medford Leas. Mr. Brush will give some background about the book and read some selected passages. He is a marvelous story teller and he weaves the historical and cultural context into the fabric of his tale. See the review of the book in the next column. There will be a book signing at the end of the program..

The idea and the title for the series comes from Professor Rochelle Almeida, a friend of the Brushes, who teaches literature in the English language by South Asian authors. It is hoped that other residents of Medford Leas who have published books will be willing to share their work and their thoughts about their work. If you have suggestions or ideas, contact **Helen Vukasin** at 261-3166 or **Berenice Finkelstone** at 654-3134.

9<sup>th</sup> decade time passes –  
 swift, wind swift, comet swift –  
 consuming fragments of bodies  
 as it races, scattering bits of identity  
 in its cosmic brush  
 with the atmospheres  
 we quite believe are our creations.

S.J.B.



## READERS WRITE

by Kitty Katzell

*Farewell the Interline: Memoirs of a Boyhood in India* is by **Stanley Elwood Brush**, a resident of Lumberton Leas. Stan was born and raised in India, the son of Baptist missionaries. The book's title derives from a winter atmospheric phenomenon, known as the winterline, which appears as the sun sets below a cold weather dust layer between the hills, where his school was located, and the plains below.

The three Brush children (Stan, John, and Fran) attended Woodstock, a boarding school in central north India in the foothills of the Himalayas. **John** is a resident of Woolman Commons. All three feature prominently in the story.

Stan describes the various settings (school, home, bazaar, travels) so clearly that the numerous photographs in the book are almost superfluous. But not quite, because in most of them one sees the people who were prominent in his life. The story is lively, entertaining, and amusing, as when he reports on outings, picnics, and boyish mischief; informative, when he deals with political, religious, and social issues; and exciting, when he relates incidents in the period 1942-43 with the China-Burma-India theater, prisoners of war, internment of missionaries in the Far East, and the tensions associated with his return to the U.S. from India across submarine-infested oceans. There is even romance, when he tells of relationships at the school, one of which led to his marriage to Bev, with whom he recently celebrated their 50<sup>th</sup> anniversary.

Having also been a missionary's child in India, I have often been asked, "What was it like?" Now I can reply, "Read Stanley Brush's book."

On the afternoon of October 2, the Medford Leas Lounge will be the setting for a reception, entitled "Writers Read," in honor of the publication of the new edition of Stanley's book.

**MEDFORD LEAS REMEMBERS 9/11/01**

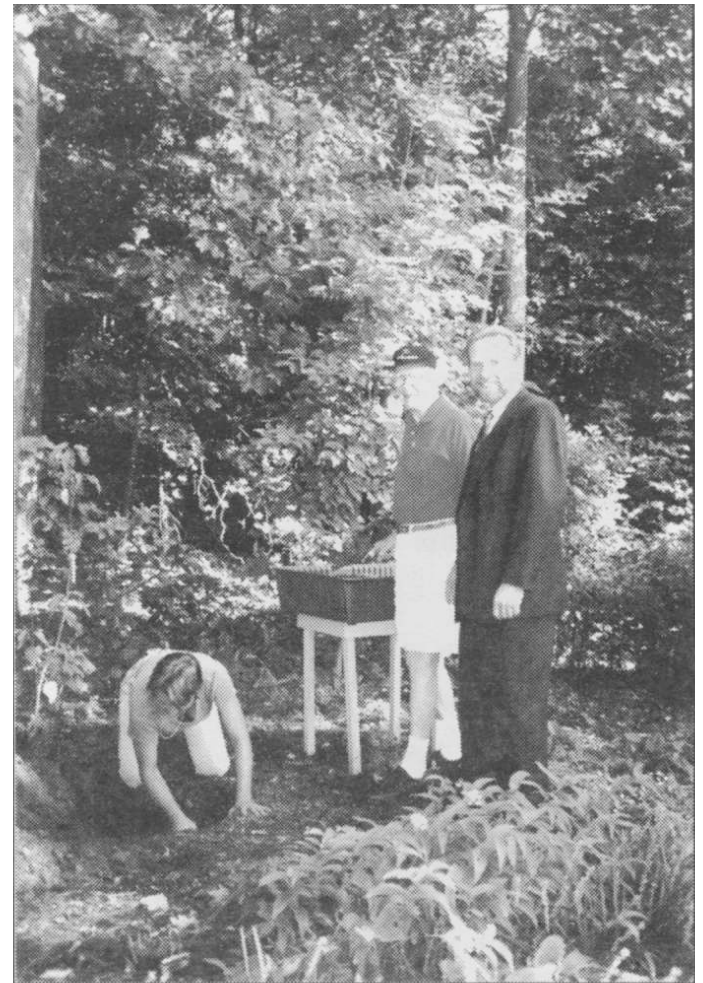
By Maggie Woodard

Seventy-five residents and staff gathered in the Meditation Garden on Wednesday morning September 11 to reflect on the tragic events of a year ago. **Mike Peasley**, Executive Director, spoke briefly, noting that all of us were affected, but some more directly than others. He asked staff member **Loretta Brown** to read the "Fireman's Prayer," a poem which had been read at the funeral of her brother, a fireman at the World Trade Center. Mike then asked the group to sit silently for several minutes and, if they wished, to share their thoughts and feelings. Two residents spoke briefly.

Those present were then invited to help plant a Davide tree by placing a trowel of earth in the prepared ground. Sometimes called the "Dove Tree" and the "Tree of Peace," it was chosen for its symbolic value.

Later in the day, **Gerry Stride**, Director of Assisted Living, brought eighteen Assisted Living residents to view the site and to put earth around the planted tree. **Bea Chawla**, Director of the Child Day Care Center, and her staff also brought some of the children from the Center to see the tree and hear a simple explanation of its significance.

When the tree matures, huge white flowers will grow along the whole length of its long branches in late Spring and will flutter like doves when the wind blows. A remembrance of the tragedy will symbolize a hope for peace.



**IN THE MEDFORD LEAS GALLERY**

By Helen Vukasin

On September 10, 2002, Medford Leas hosted the reception for an exhibition of 12 local artists in cooperation with Medford Township. There were a goodly number of visitors from the community who came to see the work in addition to the artists whose work was on display. The paintings depicting remembrance, reflection, and response to the events of September 11 will be in the Gallery until the end of the month.

The October exhibit will feature the works of Patricia d'Annunzio Mahoney. The opening reception will be on October 8.

**IN MEMORIAM**

- |                         |                     |
|-------------------------|---------------------|
| <b>Elizabeth Egbert</b> | <b>August 29</b>    |
| <b>George Spicer</b>    | <b>September 2</b>  |
| <b>Grace Heyer</b>      | <b>September 13</b> |
| <b>Isabel Hambleton</b> | <b>September 14</b> |

## PICNIC IN THE BACK YARD

By Mary Cullen

A plume of smoke rising in the air and the smell of hamburgers sizzling over a charcoal fire announced the start of a communal picnic held in August by the residents whose porches and patios open on the quadrangle defined by Courts 65, 27, and 66. It seemed a logical place for neighbors to get together since the quadrangle, rather than the courts, is where we work in our gardens, walk our dogs, and chat informally during the day. We call the space our back yard.

Something simple like potato salad from Shoprite had been envisioned, but it became apparent immediately that people wanted to prepare their favorite salads and desserts. Offers of equipment, including a little grill, a picnic table, and a trash collector, were also immediately forthcoming. The Medford Leas kitchen amiably supplied rolls and paper plates.

It was clear that the picnic would be a success when equipment began to arrive 24 hours ahead of time. Then on the morning of the picnic day, four lawn chairs appeared, an hour later another two mysteriously showed up, and so forth throughout the day until a dozen in all were lined up like soldiers. A more informal circular arrangement was adopted, and at six o'clock we settled down for a drink and conversation while the hamburgers and hot dogs cooked.

The weather was very hot, but we placed our chairs in the shadow of our pine trees and dragged a little garden sprinkler, turned down low, into the center of the circle to function as our garden fountain. It cooled us just by looking cool, and if anyone felt overheated, a stroll past the edge of the spray had an immediate effect.

The food was delicious, and we all got better acquainted with our neighbors. Not only did we not have the thunderstorms forecast, but the sky cleared, a cool breeze came up, and as we faced west (our quadrangle is open on the west side),

we watched a gorgeous sunset, brilliant yellow at the horizon, pink and blue overhead. It seemed to last a long time.

## PRESENTATION AT BEAVER MEADOW

An impromptu presentation ceremony recently honored **Virginia "Beaver" Abramson** for her energy and persistence in bringing Medford Leas' 9-hole golf pitching range into existence. Responding to a phone call from **John Siminski**, Director of Horticulture, she walked to the course, apprehensive lest some undesirable change was to be proposed. She found Siminski and **Bob Calhoun**, the staff member responsible for the maintenance of the course, waiting for her. "The first thing I noticed was that the men were not in their work clothes," she said. "They looked as though they were going out to lunch." Then a yellow-and-black checkerboard flag was presented to her, matching the new flags adorning the course.

The story of the evolution of the golf course from uncut meadow to its present state with the sign that says "Beaver Meadow" has been told in *Medford Leas Life*, April 2001, by **Maggie Woodard**. The reader can imagine the resistance Beaver had to overcome from both the MLRA and Estaugh Boards to the idea of people hitting golf balls in an area with Rushmore cottages on one side and New Freedom Road on the other. Fortunately, the Rushmore garages form a barrier, and so does the row of trees along the road, and there have been no accidents.

## CORRECTION

In the story about **Joseph Doyle** in our September issue, it was erroneously stated that Joe improved the ambience "of Medford Lakes" instead of "Medford Leas." We sincerely regret this error.

## FASCINATING RHYTHM

by George Rubin

Dick Smolens began his course of Medford University on September 17 on *The American Musical Theater – Original and Jazz Interpretations*. Dick was born and raised in New York City. He taught in elementary and graduate school for 37 years. He retired from Hunter College in 1991 and continued to combine his two loves of teaching and music by performing and lecturing nationally. He has been a member of a jazz group since 1980, specializing in the "Golden Age" of American popular song.

Dick detailed the origins and history of popular songs and jazz in the United States, declaring that "we have a heritage of jazz that will live forever." It was interesting to learn that the musical *Oklahoma* was the first show to be recorded in its entirety with the original Broadway cast.

Recordings of "standards" of popular songs and the individual renderings by several well known singers and instrumentalists were played.

Some beginning sources of certain early jazz pieces were Gilbert & Sullivan and Steven Foster. Video clips of Nelson Eddy and Jeanette McDonald singing songs from a Romberg operetta were shown, then followed by jazz interpretations of these same songs by such performers as Billie Holliday, Dinah Washington, and Ella Fitzgerald. Stephen Foster's *Swanee River* was sung in the original and then interpreted by jazz groups in the 1930's and 40's. Dick's singing accompanied by recordings of his own trio added to the experience of early jazz.

Songs of Jerome Kern and George Gershwin played from original and sometimes vintage recordings, including one with George Gershwin playing the piano and Adele and Fred Astaire singing, followed. These songs brought back some of the wonderful origins of American jazz.

The four-session course will continue on October 1 with Jerome Kern's musical *Show Boat*, and on October 22 and November 12.

## WHO'S NEW

**Philip and Rita (Levin) Sagi**, who moved into Apt. 143 from Wayne, PA, met while washing dishes in an eating co-op at the University of Wisconsin, where 12 meals could be had for \$6.40, when they were undergraduates there in the 1940's. Phil joined the Air Force during WW II, and flew 35 missions as a gunner before returning to Wisconsin to complete a degree in mathematics. He and Rita were married on Graduation Day, Rita having earned a B.A. in American Studies. They remained at Wisconsin U. until Phil got his M.S. in mathematical statistics but then went to the University of Minnesota for Phil's Ph.D. in sociology.

Rita says she "put Phil through graduate schools" by doing secretarial work and "informational writing" for the State of Minnesota, such as travel promotion brochures and newsletters. The couple moved to Pennsylvania when Philip received an appointment at Penn, where he taught social statistics, demography, and research methods until his retirement in 1988.

Rita went back to Penn after their son was in school and finished all the course work for a Ph.D in political science. She started teaching part-time, and for ten years was lecturer in criminal justice at the Ambler campus of Temple University.

Phil admits to being a computer addict and says he gets "manipulative pleasure" from creating his own programs. He also enjoys gardening and growing varieties of ferns. They both like walking, birding, reading, music, and theater. Their son, Paul, an audio engineer, lives in Malaysia with his wife, Rakish, a physician.

by Ellen Stimler

## THE MLRA APPRECIATION FUND

by Maggie Woodard

This year's Appreciation Fund drive will be launched at the October 21 MLRA business meeting. Because an unusually high percentage of residents has lived here less than five years, the Budget and Finance Committee decided it was important to provide a description of the Appreciation Fund and its history.

About 30 years ago a group of residents who had been New York bankers started the Budget and Finance Committee because they were concerned about keeping resident funds separate from management funds and because they wanted to find a way to demonstrate to employees how much their helpfulness, friendliness and concern were appreciated. After many meetings and much discussion, this committee decided on a policy that has changed little over the years. Employees, except for a few top level staff, receive holiday checks that amount to approximately one week's salary.

How does the committee raise the money for these appreciation checks? First, early in September, the Medford Leas chief financial officer provides the committee with a population count and the best possible estimate of the cost of funding the checks. The committee then drafts a budget to raise the amount necessary and guidelines for residents' donations. In deciding upon guidelines, the committee takes into account donations from the Gift Shop, Woodworking Committee, Knitting and Sewing Committee, and Appreciation Fund reserves.

The budget guidelines must be approved first by the MLRA Board and then by the residents. On the day following approval by the residents at the October MLRA business meeting, a letter from the Budget and Finance Committee is put in each resident's box. It is always emphasized that those who cannot afford the suggested guidelines should give what they can. Those who can are

relied upon to provide more than the specified guidelines in order to meet the funding goal.

Each year, employees write letters and cards, many very touching, thanking the residents for their holiday checks. The Appreciation Fund plays an important part in furthering the warm and caring resident-staff relationships that make Medford Leas the very special place it is.

\* \* \* \* \*

## GOOD PEOPLE DO EXIST

by Maggie Woodard

**Colette Bartholomew** recently swiped her credit card in the Shoprite checkout line, only to have it rejected. She tried again, then the clerk tried, but to no avail. The manager was summoned, called the credit card company and was told that the account had been closed. Because her groceries included ice cream and frozen foods, Colette was not happy with the suggestion that she leave her order and go home for cash.

The woman next in line then said, "Put it on my bill." After some initial shock, Colette thanked her profusely, then asked her name and address so that she could mail her a check. "No," the woman replied, "my mother lives in Leisuretown. Maybe someone will do the same for her sometime." Finally, Colette hit upon an idea that pleased them both—she would send a contribution to a charity.

The explanation? Colette had charged her European cruise tickets. Because she does not usually charge such a large amount, the credit card company thought the card might have been stolen. The company was at fault, of course, for not calling the Bartholomews immediately.

What a wonderful antidote this story provides for the sad and scary stories on the front pages of newspapers these days!

## FRIENDSHIP

by Elmer Rowley

"A friend in need is a friend indeed," as the saying goes. About two years ago the Woodford Cedar Run Wildlife Refuge was in dire need and Medford Leas resident Margaret "Peg" Barber came to its aid with a substantial infusion.

Earlier, in 1997, the operation of the refuge had been converted from family-run status to that of a non-profit corporation with half the cost being covered by Betty Woodford and her family and half by state Green Acres funding. The new corporation had to start from scratch, with no capital at all, and with income coming mainly from never self-sustaining animal rehabilitation activity. So it was tough going.

Enter Mrs. Barber. She asked for a "wish list" from the refuge and was quickly provided with a list of major needs. Result? A contribution of \$50,000 to cover a number of critical needs. First and foremost was the need to fund the salary of a manager of the animal hospital for a year with the hope that income could be generated to carry the manager beyond the year. Next came the need for an outdoor shelter to accommodate the classes and other groups which come to the refuge year round. With her funding, a small pavilion was built on a delightful spot overlooking the small lake on the property.

Like Topsy, office functions had grown without plan or professional direction, and with new corporate status and responsibility, these had to be formalized and updated. There were five computers of various vintages in use with little or no interconnection. Professional help was obtained, and now all of the computers "talk" to each other and can perform all of the usual accounting and promotional requirements.

Later came the use of Betty Woodford's residence. When Betty passed on, the homestead had to be extensively renovated to be used as the residence for the rehabilitation manager, thus

providing 24-hour onsite service. In all of this, Mrs. Barber's contribution was carefully husbanded and stretched through the use of the many volunteers who make the Cedar Run operation possible. Since its precarious beginnings, the refuge is now on more solid ground and filling an increasingly large public need. The recent closing of the Red Lion Refuge on Route 206 has augmented the number of animals being received. During the first six months of this year, the number increased to 1,823 from 1,395 in the same period last year.

With continuing public support and the special help from friends like Mrs. Barber, Cedar Run should be able to meet the challenge now presented of being the only wildlife refuge in the area and at the same time expand its additional mission as a Pine Barrens nature center.

## TELL US ABOUT YOUR BEST ELDERHOSTELS

By Ellen Stimler

We know that many of you have been on one or more Elderhostel trips, and there are probably one or more which you considered outstanding or enjoyed especially. We'd like to put together an article describing some of these Elderhostel adventures which have been so special that you still remember them and would like to share them with other residents who might want to repeat the experience. Of course, some Elderhostels are unique programs which are not repeated, and others offered quite some time ago may no longer be available. But when a popular program is discontinued, a similar one is usually substituted. So do give us a brief summary of your favorite Elderhostel(s), tell us what made it special in your mind, and include the title and date, if possible, and your name. Please leave your contributions on the *Medford Leas Life* shelf, second from the top to the left of the mailboxes, no later than November 10. Thank you for your help.

**NEW BOOKS IN LIBRARY**FICTION

- Carter, S. *The Emperor of Ocean Park*  
 Clark, M. *Mount Vernon Love Story*  
 Dailey, J. *Green Calder Grass*  
 Hough, J. Jr *The Last Summer*  
 Karon, J. *In This Mountain. The Mitford Years v. 7*  
 Larsen, D. *The White*  
 Rand, A. *The Fountainhead*  
 St. Clare, K. *To Tell Me Terrible Lies. (Pine Barrens)*  
 Steele, D. *Sunset at St. Topaz*

MYSTERY

- Baldacci, D. *The Mighty Johns*  
 Gardner, L. *The Next Accident*  
 Margolin, P. *Wild Justice*  
 O'Shaugnessey, P. *Unfit for Practice*  
 Roberts, N. *The Villa*  
 Sanders, L. *McNally's Alibi*  
 Tannenbaum, R. *True Justice*

NON-FICTION

- Brennan, A. *Passion for Life (p)*  
 Fitzgerald-Catalan, D. *U.S. Customs*  
 Gotthelf, A. *On Ayn Rand (p)*  
 Horowitz, D. *Uncivil Wars*  
 Ryan, W., Jr. *Maryland's Eastern Shore*

BIOGRAPHY

- Dirie, W. *Desert Flower*  
 Murray, D. *My Twice-Lived Life*  
 Withey, L. *Dearest Friend (Abigail Adams)*

**NATURE LIBRARY ADDITION**

by Charlotte Peck

*The Botany of Desire* by Michael Pollan. How the angiosperms (the flowering plants) have prospered by seducing other creatures, including humans. Discusses in detail the apple, the tulip, marijuana, and the potato. *New York Times* best seller.

**LARGE PRINT LIBRARY ADDITIONS**

By Muriel H. Bedell, Librarian

FICTION

- Clark, M.H.. *Mount Vernon Love Story*  
 DeMille, N. *Up Country*  
 Karon, J. *In This Mountain*  
 Keillor, G. *Lake Wobegon Summer – 1956*  
 Koonz, D. *One Door Away From Heaven*  
 Patterson & DeJonge *The Beach House*  
 Ross, A.B. *Miss Julia Takes Over*  
 Sparks, N. *A Bend in the Road*  
 Steele, D. *The Kiss*  
 Steele, D. *Sunset in St. Tropez*

NON-FICTION

- King, L. *Love Stories of World War II*

MYSTERY

- Braun, L. J. *The Cat Who Went Up a Creek*  
 Brown, R. M. *Catch As Cat Can*  
 Clark, C.H. *Fleeced*  
 Talley, M. *Naked Came the Phoenix*

**SEPTEMBER CRYPTOGRAM**

by Russell Hill

Here is the solution to the September cryptogram:

THY FRIENDS ARE EXULTATIONS, AGONIES,  
 AND LOVE AND MAN'S UNCONQUERABLE  
 MIND. WORDSWORTH

Following are those who solved it correctly:  
**Lydia Andrews, Ruth Blattenberger, Mort Bregman, Don Davis, Betty Donahue, Loretta Elkin, Barbara Heizman, Warren and Euseba Kamensky, Kitty Katzell, Doris Salati, Ellen Wiener, and Marie Winton.** I welcome two new solvers—Betty Donahue and Loretta Elkin.

A new cryptogram will be in the November issue.

## PT AT MEDFORD LEAS: 'WE'LL GET YOU GOING'

By Ellen Stimler

At the end of September 2001, I walked into Physical Therapy with a cervical collar and instructions from my surgeon to get my neck moving again. My neck had been broken in a terrible car accident and had to be immobilized by a halo brace for two months and by the collar for another one.

When Jeannie, my physical therapist, first measured my neck movements, there were none. But she devised a program to soften up the muscles with applied heat, followed by slow movements front and back and sideways. Each tiny movement was initially painful. I was sent home with written exercises to do several times a day until my next PT session. Concurrently, I was given an exercise program for my right arm, which didn't have full range of motion after a dislocated shoulder. I was encouraged to use the "ladder" and the "wheel" in the PT room to measure my progress, and eventually my arm got to the top of the ladder and turned the wheel 360 degrees.

While I was at PT three times a week for about a month, I had a chance to observe the staff at work with many different residents, on a great variety of disabling conditions. The PT staff was uniformly patient, courteous, and quietly encouraging and motivating.

There are innumerable success stories similar to mine. Here are just a few examples of patients who were motivated and determined to improve: One resident who came in walking awkwardly with a cane learned to walk confidently without a cane; another who was not able to sit up in bed after surgery is now walking independently; and others who had speech and swallowing problems are now eating and talking normally.

The area where all this activity takes place is actually called the Rehabilitation Department because it provides not only physical therapy but also occupational and speech therapy. The licensed therapists and aides in the Department are employees of the contractor Genesis Rehab Services, except for **Anna Ocasio**, rehabilitation-technician/secretary, who is a Medford Leas employee. **Vickie Pierman** is the Director and she currently has a staff of two physical therapists, one PT assistant, one occupational therapist, and one part-time speech therapist. They are assisted by two Medford Leas resident volunteers, **Tula Floridis** and **Ruth Quackenbush**. The Department treats 70 to 80 residents a month during the busy winter months.

In order to get treatment, a resident must have a doctor's referral and treatment instructions. The Department then evaluates the patient and develops a program within Medicare guidelines. This means that treatment can continue only as long as "significant progress" can be documented. When a patient has reached a plateau for two weeks and is not expected to improve significantly, he/she is usually discharged and urged to continue the exercises at home.

The Department works closely with Fitness, Assisted Living, and all other health care units so that discharged patients may receive additional help from their home bases. Rehab has also established a presence in Estaugh, where they make suggestions for improving residents' quality of life, mobility status, and safety, and also check on positioning for comfort and muscle imbalance due to neurological problems.

The goal of the physical therapists is rehabilitation after an orthopedic event, which covers a fracture or replacement of just about any body part. In addition, they work on stroke rehabilitation, gait training, general body strengthening, mobility, and balance. One lesser-known part of their work deals with wound care, using electric stimulus or infra-red equipment to promote healing.

The occupational therapists focus on activities of daily living and assist injured or disabled residents to gain independence in bathing, dressing, meal preparation, leisure activities, and community access. They arrange for appropriate equipment or changes in the home to facilitate these objectives.

The speech pathologist works with residents who are encountering problems with swallowing or communicating as a result of stroke, head injury, or other disease processes.

The Department is also the place where residents are evaluated and trained for proper use of electric carts, walkers, canes, and posture vests. Some of their shelves are stocked with colorful gadgets of every kind, which all have specific uses for training injured fingers, hands, or other limbs. They also have a large collection of cushions, foam wedges, back supports, reachers, dressing sticks, long-handled sponges, and much more, to help disabled residents accomplish tasks that would otherwise be impossible, such as picking up items without bending down.

All of us at Medford Leas are so fortunate to have this professionally staffed rehabilitation center right at our doorstep.



Front (l-r): Alison Eden, Anna Ocasio, and Jeannie Roland  
Rear (l-r): Vickie Pierman and Laura Bloom

## RESIDENTS, STAFF IN THE NEWS

**Mary Lou Mullen** and **Ellen Stimler** were pictured in the Neighbors section of the September 1 *Philadelphia Inquirer*, shown listening intently to the life story of Susan B. Anthony, as interpreted by a member of the American Historical Theater in Philadelphia. The occasion was to celebrate the opening of Paulsdale in Mount Laurel, the birthplace of Quaker suffragist Alice Paul. The visit was arranged by **Jean Cronin**, bookkeeper for the Alice Paul Centennial Foundation, and also included **Florence Sawyer**.

**Eleanor Merrick** arranged to have her church bulletin carry an announcement about two Lenape High School students from Taiwan who needed an American family homestay for the 2002/3 school year. Both girls, who are sisters, had been tutored during the preceding school year by **Jan Durbin** from Lumberton Leas and **Ellen Stimler**. Miraculously, one of the parishioners called to say she would like to have the students live with her in her large home on Route 541. After lots of e-mails back and forth during the summer, the two girls, Ellen and Karen, have now moved into their new home and will have a great opportunity to improve their English and learn about the American way of life.

**Dolores Redner**, Director of Health Administration, recently received her M.S. in Health Administration and happily accepted congratulations and a gift at a meeting of Department Heads.

**Jane Weston**, Director of Community Relations, will be contributing a monthly column to *Cherry Hill Connection*, a local publication. Her inaugural article in the September issue says that her column, entitled "That's Life," will "explore life and all that it has to offer for those age 55 and over."

## WHO'S NEW

Retiring at Medford Leas was a "natural" for **Elizabeth Ingham Kressly**, Apt. 411, since she is the mother of **Marianne Steely**, Director of Residency Planning. Elizabeth hails from West Reading, PA, where she lived with her late husband for over 50 years. Her husband died in 2001, spending his last week under the compassionate care of the Woolman staff.

After her daughter started Junior High, Elizabeth got a job as chief vault keeper for the Vanity Fair organization in Reading, where she was responsible for the accurate counting and recording of millions of dollars. Elizabeth says she never again wants to do anything requiring the counting of money! During her married years, Elizabeth's main hobby was growing perennials, drying them, arranging them, and often depicting them in crewel or counted cross-stitch embroidery. Around the Christmas holidays Elizabeth created miniature Christmas trees bedecked with all kinds of tiny ornaments, many of which she brought to Medford Leas. Unfortunately, declining eyesight in recent years has made this beloved activity no longer possible. Nevertheless, even before coming here, Elizabeth has done volunteer work in the Fitness Center and the Administrative Office, and she hopes to continue with them after getting settled. Also getting used to his new surroundings is Shadow, Elizabeth's Lhasa Apso dog.

by Ellen Stimler

*There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea.*

- Henry James

**Everyone Invited**  
**The Autumn Tea**  
**In the Lounge**  
**Tuesday, October 15, 2002**  
**2:30 p.m. to 4:00 p.m.**

## NEWS FROM LUMBERTON LEAS

by Helen Vukasin

The long hot summer is ending at the Lumberton Leas Resort. The pool will remain open at least through September, perhaps longer if the weather warrants. The Lumberton Leas volley ball players invited their counterparts at the main campus to a challenge game and a pot luck luncheon on September 17. Players from all campuses were divided into four teams. The following were the players on the winning team: **Ethel Cebra, Liz Gyswyt, Tom Lang, Charles Morrow, Ann Naulty, and Bill Wythoff.**

The Lumberton Leas Council is planning an all-resident meeting on October 28 to consider some clarification of the *Guidelines for Operating Lumberton Leas Common Areas*. Based on three years of experience the Council is considering restructuring of the committees that have stewardship over the facilities. The residents will also discuss other issues of interest. A Handbook for Residents with the guidelines and other rules and regulations and other pertinent information will be completed for the approval of residents of the proposed changes.

Beginning in October a new exhibition of photographs will be in the Gallery Space at the Community Center. The following Medford Leas and Woolman Commons photographers have been invited to show their work from October through December: **John Brush, Margery Rubin, Dorothy Tillman, and Hannah Wilson.**

Other upcoming dates at Lumberton Leas:  
**October 7**—Leas Forum at LL, 7:30 p.m. The Rev. Ann Robb Smith will speak on *A Woman in the Clergy*. Transportation from ML will be available.  
**October 22 and 23**—Oktoberfest for all LL residents.



**WHO'S NEW**

**Angeline (Szczur) Pheiffer**, who moved into Apt. 408 from Medford, is the mother of **Linda Kleer**, who cooks up those wonderful dishes in the Medford Leas Coffee Shop. Angeline describes herself as a homebody, who loves gardening and fixing up her new home with all the favorite things she brought with her. Angeline's childhood and adolescence were spent on her parents' vegetable farm in Rushland, Bucks County, PA, where she and her older brother had to help with all the farm chores on a day-to-day basis. After the farm was sold the family moved to Hatboro, PA. There, on a blind date, Angeline met her future husband, Clifford, a sergeant in the U.S. Army. They were married in 1942 but remained separated much of the time while Clifford served at many different posts before, during and after WW II. Clifford's family was from Medford, so the couple settled down there, too, and had two children. Sadly, their son was born with a spinal cord defect which led to his death at age 21. Angeline's focus during the early years of her married life was to find the best medical help for her son. Later she took a job in the school cafeteria. Clifford died in 1979. Angeline loves to cook, sew, and crochet. Her bureaus and tables are covered with hand-made doilies that have been crocheted together.

by Ellen Stimler

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**IDENTITY THEFT**

by Kitty Katzell

Do you have a record of all your credit card numbers and their expiration dates? Your driver's license number? Your Social Security number? You should have all of that information in a safe place where you can find it promptly, because you will need it if you ever lose your wallet. You should also keep the following phone numbers handy, so thyou can report the loss immediately:

Police: local number for non-emergencies

Credit reporting agencies :

Equifax: 800-525-6285

Experian: 888-397-3742 (formerly TRW)

Trans-Union: 800-680-7289

You report the loss to the police to prove to the credit card companies that you were diligent. You notify the credit reporting agencies to place a fraud alert on your name so that any company that checks your credit will know that the information was stolen and they must contact you by phone to authorize new credit. It's well to notify the Social Security fraud line, too, since your Social Security number could be used in case of identity theft.

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**SOMETIMES A LOT GOES RIGHT**

by Robert Minter

Sometimes everything goes wrong! But some weeks ago a surprising sequence on the "right" side began at the Acme Market checkout. A lady ahead of me accepted an offer to rest a 24-pack of soft drinks on the corner of my cart. Then the shopper ahead of her with a full cart said, "go ahead of me, you won't take long." That offer also was accepted, and good neighborliness and good feelings reigned supreme.

But there is more...I had absentmindedly locked the keys inside my wife's car, with the engine running (a very quiet, smooth-running engine!). What to do? Back into the store to phone my wife that I was walking home with the groceries. An Acme employee overheard, and learning that I was living at the Leas, said, "I'll take you home and bring you back with the keys!"

During the transfer, I sincerely thanked my benefactor, Eleanore Brown, who said, "who knows, maybe you can help me sometime." I mentioned having read *The Magnificent Obsession* by Lloyd Douglas. So had she, and we agreed that repaying a good deed to someone else in need would discharge the debt without waiting for our trails to cross again. Then we speculated that, if we helped more than one person and told them the *Obsession* story, we might make a significant difference in a lot of lives.

Asked how often these missions of mercy were run to the Leas, she said there had been others, and I had the privilege of joining that crowd.

**TRY TO REMEMBER**

by Hana Stranska

Yes, I remember,  
 First comes June, then December,  
 And September comes in-between.

I cast my mind back  
 To the fact-studded past,  
 To the many things I have seen.

Some good, some horrid,  
 Some sad to recall,  
 And some were gems of delight.

My childhood, my loves,  
 My enemies, too,  
 I remember with backtracking sight.

But where is my pencil?  
 Where is my paper?  
 When did I put them away?

Why is my memory-space empty  
 Of things I did yesterday?

Five minutes ago  
 I had a thought—  
 I now try to catch it in flight.

The image I had  
 Of the movie I've seen  
 Fades rapidly into the night.

So, why not pack up my troubles  
 In my—oh, so old—kit bag,  
 And tickle my old recollections?

There's plenty of them still roaming round  
 And gaps can be filled with reflections.

Put pencil in pocket,  
 And paper in hand,  
 So I'll know for sure where they are

Then, write down my thoughts  
 Before they escape,  
 And hitch my fate to a star!

**'VOICE' CHAIRMAN HONORED**

by Maggie Woodard

**Fran Werrell**, outgoing Chair of the Voice Committee for nearly six years, was honored at a luncheon on August 22 attended by 16 residents. The festivities started off with a toast, thanking Fran for her hard work, superb organization skills, and the important changes she had brought about during her tenure.

Following the toast, people began to share memories, goofs, and funny experiences. Fran told of her response to residents who criticized the pronunciation of some foreign menu items: "It is not required that someone doing the Voice be fluent in a second language." **Kacki Anders**, who is replacing Fran as Chair, reported that a person new to the Voice once announced that the Bookmobile would be in the Activities Room the next day. (That would be a pretty tight fit!)

**Jane Burgess** recounted how one night, while brushing her teeth at a very late hour, she realized she had forgotten to do the Voice. She called Security at 2 a.m. to find out how early in the morning she could get into the building. The woman on duty said, "Why not do it now?" Jane went over in her bathrobe and was shown by flashlight to the Voice Room in the basement near the Day Care Center. When Jane finished recording the Voice message, she went out to the hall and found it completely dark. As she felt her way along the walls, she heard a noise and called "Whoever you are, let me out!" It was Security, who again used her flashlight to help Jane escape.

The luncheon, with its lively conversation, provided a perfect farewell for a very special person.



## NEWS FROM WOOLMAN COMMONS

by Nickie Stevenson

At our monthly birthday party we asked our honorees to tell us where they were living when they were ten years old. **Sumi Kobayashi** was living on an estate near Chicago. Her father was the gardener for the Japanese garden on the property. **Gene Raup** was living at Girard College. It was fascinating to learn from him about the school and the wonderful education it provided for the boys who attended.

We had a splendid Labor Day picnic and we put our best foot forward for a special guest. It was **Louise Evaul**, who will be moving to Woolman Commons in a few weeks. **Gus Owens** and **George Clarry**, who were recruited by Sumi Kobayashi, provided entertainment. Gus drew for us individual pictures of the twelve animals in the Oriental Zodiac, and George explained the characteristics and personality traits associated with each of these animals. **Marian Burk** led us in singing songs of remembrance for those who died on September 11, 2001.

The drought has created new problems for many of our gardeners. The squirrels are chewing on the growing tomatoes to obtain water. At the suggestion of **Pat Lowe**, the Garden Chairman, we are now putting out bowls of water for the thirsty squirrels.

### THIRD FLOOR HADDON

by Sally Burrowes

"How do you like it up there?"

This is a common greeting from friends in the courts.

Third Floor Haddon means one is closer to medical facilities, dining rooms, coffee shop, programs in the auditorium, and exercise centers. One is saved from long treks whatever the weather.

This comes without loss of autonomy or independence. We are not in assisted living on Third Floor. We are rather a neighborhood with diverse personalities ready and willing to help each other.

Our apartments here reflect our histories and preoccupations. From our balconies we observe the world of treetops busy with birds. We follow dogwood bloom by the Greenhouse and see in the Activities Room courtyard below summer blooms, hear special music programs, enjoy occasional visits of preschoolers.

We rub elbows with computer buffs, bridge players, singers, those in Elsie Lisovitch's philosophy classes, and copier addicts,

Third Floor Haddon offers this special kaleidoscope of skies clear or stormy, as well as remarkable people. Give us a call. Come up and be enriched. We like it here.

\* \* \* \* \*

### NEW VIDEO LIBRARY

by Gladys O'Brien

Why a "video library"? It was the inspiration of **Elsie Lisovitch**. In 1994, when Elsie began to be troubled by failing eyesight, she looked for a way to compensate for the reduction in vision that interfered with her pleasure in reading. An advertisement in the *Christian Science Monitor* led her to a series of video lectures sponsored by the Smithsonian Institution.

She bought the first set, on literature, and was much impressed with their content and quality. Since then, she has acquired a collection of more than one hundred of the tapes, embracing many categories, including "Great Authors of the Western Literary Traditions," "Ethics in America," "Great Principles of Science," and "Fiction in Film." Now Elsie is making her collection the foundation for the new Medford Leas Video Library.

**Joan McKeon** and **Gladys O'Brien** are charged with maintaining the library. The collection is housed in the large cabinet next to the elevator on the third floor of Haddon. Borrowing and returning tapes is "self-service" and may be done at any time. Simple rules are posted and a notebook is provided for borrowers to record the check-out and return of tapes. Opening date was September 3, 2002.

## OCTOBER CALENDAR HIGHLIGHTS

- 2- Bird Club
- 2- "Writers Read" – Stanley Brush
- 3- Bus: U.N. Tour
- 3- Vid-U (also 10, 17, 24, 31)
- 3- Piano 4 Hands Fenimore & Kosteljanetz
- 4- Open Forum
- 4- Bus: Philadelphia Orchestra A
- 4- Music Video: Verdi's Requiem - NJ Symphony & Westminster Choir
- 5- Bridlington Brunch
- 5- Movie: "She Done Him Wrong"
- 5- Concert: S.J. Philharmonic Chamber group
- 6- Friends Worship (also 13, 20, 27)
- 6- Vespers (also 13, 20, 27)
- 6- S.J. Camera Club Show & Reception
- 7- Lumberton Leas Forum: "A Woman in Clergy"
- 7- Movie: "A Beautiful Mind"
- 10- Slide Show: "Lesotho" – Frances Carter
- 10- Medford Leas Forum: "Philadelphia Orchestra at Kimmel Center"
- 12- Rushmore Brunch with Woolman Commons
- 12- Movie: "Annie Hall"
- 14- Pinelands Garden Club
- 15- Wallach's Traveling Shoe Store
- 15- Autumn Tea
- 16- Bereavement Group
- 16- Catholic Mass
- 16- Bus: Chamber Music
- 16- S.J. Camera Club
- 17- Bus: "Gaughin Exhibit" Metropolitan Museum
- 18- Music Video: "NJ Symphony - Andrae Bocelli"
- 19- Bus: Ballet "Balanchine Favorites"
- 19- Movie: "The Lavender Hill Mob"
- 20- Concert: the Stokings – Cello & Piano
- 21- MLRA Business Meeting
- 22- Bus: "Insider Tour of the Hudson Valley"
- 23- Care Givers Group
- 23- Family History: Social Security Records
- 24- Bird Club – Island Beach State Park
- 25- Bus: Philadelphia Orchestra B
- 26- Medford Leas Forum: U.N. Association "One Land Mine at a Time"
- 26- Movie: "Beetlejuice"
- 28- Bus: Chamber Music at Kimmel Center
- 30- "Scarecrow Walk"

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