



Medford Leas LIFE

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OUR WORLDWIDE FAME

by Kitty Katzell

Located in the area enclosed by Haddon, Estaugh, and the Activities Room, and known as a healing garden for its horticultural therapy, Medford Leas' Backporch Garden is visited by many health professionals and landscape designers for whom that is a specialty.

Recently, our Backporch Garden was presented internationally! Texas A&M's Roger Ulrich, a presenter at the Healing Garden Conference for Health Professionals at Medford Leas in April, 2002, featured the Garden in his keynote address to public health professionals in Stockholm, incorporating pictures he took last April.

Others are hearing about our Backporch Garden, too. Reading about the Garden last July in the *Burlington County Times*, the West Trenton Garden Club invited **John Siminski** to present a program on it. Well received, it triggered many questions about Medford Leas. Jack Carman, a landscape architect specializing in therapeutic gardens for senior communities who designed the Garden and who worked with the Eagle Scout doing much of the construction, spoke about it at the American Horticulture Therapy Association.

There are many ways to enjoy the Backporch Garden. Take a lunch tray out and sit among the trees and flowers. Take a stroll along the pathway. For a quiet escape, sit in the gazebo at the far end of the garden, basking in the loveliness around you. The Backporch Garden

is a rare treasure for all.



THANKSGIVING AWAY FROM HOME

by Catherine Hill

My most eventful Thanksgiving day was that in 1955 in Vienna, Austria. This was back in the "good old days" when one could find servants, so we had a cook. Sure that she did not know how to cook a turkey, I had bought a goose on the assumption that even a woman from the poorest province of Austria would know how to cook the national favorite. She didn't. Russell and our three older sons had a miserable meal.

Another Thanksgiving abroad was more successful gastronomically. In Paris in 1939 I invited the *Herald Tribune* bachelors to share our turkey, which I would cook. All went well until I tried to buy some sage to flavor the stuffing. My French dictionary translated "sage" as "wise." My French friends assured me that it did not have anything to do with cooking, and my best efforts to describe the herb were fruitless. The stuffing was pretty good anyhow, but I have never cooked a turkey without sage since.

The worst Thanksgiving must have been that which is reported to have happened in Manila after MacArthur had recaptured the Philippines. Turkeys had been shipped in to give the GIs a treat. The cooks decided to roast the turkeys ahead of time and, as soon as they were done, pop them into freezers. The outsides froze while the insides fermented. It was the same old C-rations that Thursday.

DIVERSITY GATHERING

by **George Rubin**

It has been a long time in coming, the need for Continuing Care Retirement Communities (CCRCs) to look at their experiences and progress in establishing diversity on their campuses. Some of these questions were tackled at a meeting held on October 9 at the Arch Street Meeting House (Quaker) in Philadelphia. Sponsored by the Friends Services for the Aging (FSA), more than 60 staff, board members, and residents of nine CCRCs attended.

David Brown of the Star Group Public Relations firm and Nancy Spears, Executive Director of Pennswood Village, shared the results of an extensive study done recently at Pennswood Village in an effort to reach out to the African-American community. This study included research, analysis, fact finding, and focus groups at Pennswood Village, Princeton, and Philadelphia.

The focus groups uncovered many misconceptions that African-Americans have about retirement centers. Some of these are that they would be seen as servants, that there would be quotas for admittance, and that they would experience financial strain. Above all, they want a place where diversity is a fact and an ongoing concern.

The study also revealed the necessity for leadership, implementation at all levels as part of the CCRC culture, and commitment to the goal of diversity at the CCRCs, including their administrative boards.

The Pennswood Village report occupied the entire morning. Participants were given a vast amount of information about the importance of having independence, quality care, activities, and even food reflecting diverse cultures.

After lunch each of the CCRCs present reported. It was an interesting mix, ranging from Stapley in

Philadelphia, which is 50/50 percent diversified, to Foxdale Village, which has no minority residents. The other CCRCs (Chandler Hall, Broadmead, Kendal-Crossland, Foulkeways, Medford Leas, Hickman, and Friends Home) all have some diversity, be it staff, board members, or residents.

At Medford Leas, in a resident population of about 750, we have limited ethnic diversity. Minorities are well represented among the staff. A staff-resident Diversity Committee is active.

After the reports, a lively discussion brought up other concerns; for example, problems relating to economic diversity. Should there be entrance-level assistance and the solicitation of funds for diversity? Especially for the African-American community there is a need to exchange more information using the FSA website and e-mail, to distribute CCRC information to schools, colleges, and churches, and to market nationwide as well as to surrounding communities. The message should not be patronizing, but tell the truth about living in a CCRC environment.

The day ended with Warren Witte of FSA saying that there would be another gathering like this a year from now. He also said that notes of the meeting and material relating to the Pennswood Village study will be distributed to all of the CCRC Diversity Committees who attended.

As one Friend said at the end of the meeting, "We want to be a better community focused on doing the right thing and going in the right direction."

IN MEMORIAM

Martha Bucher	September 23
Leigh Colver	October 3
Joseph Rich	October 4
Irvina (Vina) Cooper	October 13
Diamond Ascani	October 15
Janet Hitchcock	October 18

NEWS FROM BETH WRAY, MLRA PRESIDENT

Name Tags—At one of their recent meetings, the MLRA Board accepted the suggestions made by **Bob Anderson**, twice president of the MLRA in past years, that each resident wear a name tag the first three days of the month and at major Medford Leas programs and events. The tags have been distributed to residents' mailboxes with the help of many volunteers, and we hope residents will start wearing them starting in November and the first three days of every month thereafter. We now have over 700 residents in all three campuses and it's getting more and more difficult for residents to get to know each other. Name tag days may help. Our thanks to the many volunteers who assembled the name tags and distributed them. And we couldn't have done it without the invaluable help of **Phyllis DiCianni**, secretary to **Mike Peasley**, and **Gail Cole**, receptionist.

Red Book Revision—The Residents' Handbook or "Bible" will be subjected to a thorough review for needed changes or outdated material, first by a group of resident volunteers, then by **Jane Weston**, Director of Community Relations, and her staff, and finally once more by the resident volunteers. Any resident who has suggestions for changes should submit them in writing, attach a copy of the page(s) involved, and place them on the MLRA President's shelf.

Guide to Local Restaurants—**Connie Borotraeger** has volunteered to update this useful booklet available at the Front Desk. Get in touch with her at 3616 if you'd like to help or have suggestions for additions or revisions. Thank you, Connie!

A Plea For Water Conservation—New Jersey's water supply is still very low and all of us need to conserve water. One way to do this is to avoid washing small loads of clothes in the washing machines and wait until you have a full load.

Copier Problems—The MLRA copier on the Third Floor Haddon is still running a deficit because some residents forget to pay for their copies at the very reasonable price of five cents a page. *Please remember to pay for your work by putting the correct change in the box or entering the amount you owe in the notebook and then pay later. Thank you!*

NEWS FROM LUMBERTON

by Helen Vukasin

The big news at Lumberton Leas is the new family that has taken up residence beside the pathway around the periphery of the campus. In June residents observed snapping turtles laying eggs in the area. On September 14 **Claire Engle** and **Nancy Stevens** spotted an itsy bitsy baby on the path near where the eggs had been laid. It was just one hundred days after the laying of the eggs.

The Lumberton Leas sub-committee of the Medford Leas Forum presented a fine program on October 7 featuring the Reverend Ann Rob Smith. She told the audience about the trials and tribulations of "A Woman in the Clergy." Leas Forum has been fortunate to have many great speakers, including Reverend Smith, identified and delivered by **John and Margaret Mikuta**. **Dr. Mikuta** has shared with all of us his advantage of long association with the University of Pennsylvania and contacts in Philadelphia.

The annual Oktober Fest was celebrated as usual with fine food, catered by Medford Leas food service, and great company. It was scheduled for two nights, October 22 and 23, and was fully subscribed.

The Residents Meeting on October 28 adopted the revised Guidelines for Operating the Common Areas. The Guidelines and the rules for the Community Center reservations, the pool, and the tennis courts will be published in the planned handbook.

DOUGLAS R. FORRESTER VISITS MEDFORD LEAS

by George Rubin

Douglas R. Forrester, making his bid in November to become the new Republican Senator from New Jersey, visited Medford Leas on Tuesday, September 24. He spoke to residents about his early upbringing in California before graduating from Princeton Theological Seminary. He has been the CEO of Benecard Service, which provides prescription coverage for New Jersey families. Mr. Forrester's main theme was the need for national security coupled with a strong national defense. He also wants to protect Social Security and obtain more federal funds for Medicare payments. He sees the need for a speedier cleanup of toxic waste sites. After these opening remarks, four residents questioned him. Their questions were articulate and thought-provoking.

Edward House asked about the legislation, now stalled in Congress, for a prescription drug plan to help the elderly. Mr. Forrester said he was in favor of more generic drugs but also concerned about extended drug patenting. When Ed responded that Forrester had not answered his question on prescription drug costs or expanding Medicare benefits, Mr. Forrester replied, "I guess I better go home and read up on the legislation."

Chuck Woodard asked him his position on the President's plan for a preemptive strike against Iraq and the projected cost to us militarily and financially if we had to execute this alone or with few allies. Mr. Forrester replied, "I have talked to the President about this and he feels that there is wide support in both houses of Congress for whatever action he will take." Again Chuck's question was not fully answered, as Mr. Forrester acknowledged that he has not fully assessed the cost to the US but that he totally supports the President in whatever he does. "Saddam Hussein is a threat to our security," he said.

Art Hartwig asked him about the cleanup of toxic waste in New Jersey. Mr. Forrester said, "I feel that the present Superfund is inadequate to deal with the problem. There is too much money in overhead and for litigation in the Fund. This hurts small business. But I hope, if I am elected, to speed up toxic waste cleanup and make substantial changes in the use of the Superfund."

Doris Shamleffer questioned him about the Patriots Act and how it affects our constitutional rights and the fate of our immigrant population. He said, "There has to be a balance in the war we're in between civil liberties and security. We must remember that this is a different kind of war and a different enemy. I believe that Attorney General Ashcroft is doing the best he can in handling the situation with non-citizens even though there will be mistakes. I believe President Bush is doing a good job with homeland security."

Mr. Forrester concluded his remarks by saying that if elected he would bring more money into New Jersey and increase our security.

Evert Bartholomew, who had introduced Mr. Forrester, thanked him for his presentation.

EMPLOYEE OF THE MONTH

Suzanne Wells was July's Employee of the Month. Previously a dining services supervisor, she returned in September 2000 to be the primary caregiver of five one-and-a-half to two-year-olds in our Child Day Care.

August's Employee of the Month was **Rick Trandahl**. Rick has worked at Medford Leas since 1989, starting in the Environmental Services Department. After studying for, and receiving certification as a Nursing Assistant, he worked for five years on John Woolman. Presently, he is on the staff of the Fitness and Aquatics Department.

HUNTERS OF THE SKY

by Elmer Rowley

There was standing room only in the Activities Room on Wednesday, October 2, 2002 for Medford Leas' first live raptor performance. The show was shared with Renee Jerome-Schwarz's Day Care class, which sat in a row on the floor in front of the seats and behaved admirably.

The program, sponsored by the Medford Leas Bird Club, was presented by the Woodford Cedar Run Wildlife Refuge and Pine Barrens Education Center. Terry Loy, education coordinator at the Center, began by reviewing some of the basic characteristics of the different types of raptors (owls, hawks, falcons). All are hunters but differ widely. Some hunt during the night, thus are nocturnal, and others during the day, hence are diurnal. Some have adapted to capturing their prey in flight, some by diving upon them from the sky, and still others by pursuing their targets even through thick woods.

All of these evolutionary adaptations and more were shown in the four birds that Terry Loy and her assistant, teacher-naturalist Pat Gurgul, brought with them. Three were injured birds brought to the refuge and restored to good health but not ready to be released to the wild; two, having lost the sight of one eye, could no longer successfully hunt. They would soon starve or become prey to some other animal if released. All four birds were tethered and trained to perch on a gloved lower arm.

First displayed was a beautiful, two-year-old female red-tailed hawk, a large bird only recently acquired by the refuge, with very distinctive red tail feathers. Terry pointed out that she was well adapted to soaring and conserving energy while looking for prey—broad wings, short, wide tail, et cetera. Years ago farmers called this bird the chicken hawk. When the hawk settled down on her arm, Terry slowly circulated around the room so everyone could get a fairly close-up view. All the while she described the various features of

the hawk, which rather lovingly was called *Aldora*.

Pat next introduced *Squam*, a barred owl, quite appropriately named because of dark striping on the upper breast and streaking below. *Squam* is the Native American name for owl. It is similar to the great horned owl in size but without the ear tufts. (We often see/hear one or a pair in the woods along Rancocas Creek.) Pat also circulated around the room, answering questions and describing the bird's many features, such as its ability to turn its head 280 degrees.

Next on the scene was *Okey*, the barn owl, named by Jeanne Woodford after her grandfather. *Okey* was perhaps the most handsome of them all, with the full heart-shaped, almost white face and with the amazing ability to pounce on a mouse in total darkness. *Okey* also made the circuit around the room.

Last to come was *Killy*, the kestrel. She was a perfectly healthy little falcon with only one problem—she didn't know she was a bird, she thought she was human. She had been orphaned while just a few days old and had been fed and raised by hand. She had become imprinted with human ways of behaving. When brought to the refuge she could not be released. She has become Terry's challenge. Terry hopes to train *Killy* to the point where she can release her, let her fly around a room and return to Terry's arm.



Terry Loy showing Killy.

Photo by Elmer Rowley

WHAT'S NEW IN MAGAZINES

by Ellen Stimler

After examining 32 recent suicide bombings in Israel, a psychology professor at Tel Aviv University found "no illuminating socioeconomic or personality factors" in any of his subjects and expressed the belief that neither fanaticism nor nationalism were adequate explanations for their behavior. He suggested that the key ingredient may be susceptibility to indoctrination. This conclusion was buttressed by other terrorist experts who have been studying the psychology of suicide bombers in Israel. They believe that the best way to stop the attacks is not by trying to decode the motives of the bombers but by going after the terrorists "who press these young men and women into their last, ghastly service." (*Psychology Today*, Oct. 02, by Kaja Perina)

A study on knee surgery published in the *New England Journal of Medicine* last July concluded that arthroscopic surgery designed to relieve severe knee pain is essentially worthless. The procedure, which costs \$5,000 or more, is performed on patients diagnosed with osteoarthritis of the knee and who have suffered severe pain and movement impairment for a significant period of time. Based on the study, several leading orthopedists, including one from the Philadelphia area, have discontinued the operation, which is done on an out-patient basis. Other surgeons say that they will still offer it to patients who request it after being given a full explanation of the research and other available options. (*Arthritis Today*, Sept./Oct. 02, by Nancy Ross-Flanigan)

Are the people of the United States willing to pay the deficit-ballooning expenditures required to rebuild a destroyed Iraq and invest the manpower needed for uncountable years, asks James Fallow in the leading article in the November *Atlantic Monthly*. His searching examination of post-victory problems is based on dozens of interviews with spies, Arabists, oil

company executives, diplomats, scholars, and policy experts. The majority of them were extremely pessimistic about chances of solving the complex post-war problems of feeding and housing the uprooted population, rebuilding the infrastructure, establishing security and a new government, dealing with oil production, and even finding Saddam Hussein. Each one of these issues, and many more, are discussed in detail.

DAYCARE AT FIFTEEN

by Gertrude Marshall

Friday, October 11, the Gloria G. Bregman Child Day Care & Pre-School (usually referred to as the Day Care Center) celebrated its fifteenth birthday in the Activities Room with 33 little ones, including several tiny babies, and residents and staff. In a brief speech **Mike Peasley**, our Executive Director, emphasized how much Day Care means to parents and staff as well as the residents, providing the latter with an intergenerational experience. Arousing discussion and even opposition 15 years ago, the program is now seen as our "crown jewel." Accompanied on the guitar by **Inge Raven**, we all sang "Happy Birthday, Dear Day Care..." followed by several more songs by the children. For a tasty finale, all were treated to birthday cake and lemonade. We wish Day Care and its staff many happy returns.

ELDERHOSTEL DEADLINE EXTENDED

Because the October issue of *Medford Leas Life* arrived later than expected, we are delaying the planned Elderhostel story to December and giving residents plenty of time to submit summary reports of the Elderhostels they enjoyed the most and would recommend to others. Please put your comments on the *Medford Leas Life* shelf by **November 10**. If you prefer to tell us about your experiences on the phone, please call either Maggie Woodard at 3663 or Ellen Stimler at 3116. **But please, do call or write!**

THE QUAIL STORY

by E. Wayne Marshall

When we came to Medford Leas in 1987, we found that the area, including Camp Dark Waters, had many varieties of birds, but no quail, also known as bobwhite (*Colinus virginianus*). In 1988 I heard that a nearby farm on New Freedom Road was closing down and moving to a new area. So I bought four quail from them, and they gave me three pheasants. We released these birds in our woods and meadows and put out grain for them. That autumn, as I was banding birds for the U.S. Fish and Wildlife Service, I was surprised to catch and band 11 young quail. They flourished, but over time the pheasants disappeared. Ever since then we have heard the beautiful quail whistle "bob white" and the whir of their wings as they take off. But recently they have decreased and this past summer I have heard only one quail call.

Johanna Yurkow, our Director of Health Services, told me that she wanted to buy some peacocks to brighten the campus for the residents. I told her that I thought the peacocks were rather raucous birds with lots of droppings and therefore not suitable for Medford Leas. I suggested she buy some quail for our campus and arboretum. Johanna turned the project over to **Jim Wolosin**, Director of Maintenance and Security. Jim is a man of action. He had a strong wire cage made and told me he had ordered the birds from the Bush bird farm. He phoned me when they arrived, took me in his work cart to see them, and explained just how they would be managed. The 36 quail were transferred to their wire pen down in our woods; during the transfer, one female escaped. The pen was made in two sections, one wooden, the other wire. The top of the former could be raised at the back and was secured with a padlock. Water and special food with antibiotics were put in the wire section. Poultry farms often use this to prevent disease caused by confinement. When I visited the area recently, the little escaped female was staying close to the cage. The quail will be kept there for three weeks, and every evening five females will

be released. In the morning, the males will sound their two-note covey call, but slurring upward instead of the distinct two-syllable, "bobwhite." The females will then come running to the wire pen where the door has been opened so that the birds can enter the wooden section. After several weeks the door will be left open and food will be put in the area until spring. Then we hope the females will disperse, build their nests, lay eggs, and produce young. When they want to summon the gang, they give the covey call and the young come running. If a hawk or other predator appears, they will suddenly fly up with much whir of wings and scatter in all directions leaving the predator confused.

However, the best-laid plans were disrupted on the last weekend in September. Early Sunday, September 29, we got a call from Maintenance, telling us that someone had opened the door to the quail pen and liberated the quail. Maintenance was able to recapture six of them, and by putting feed around the pen, kept most of the outsiders away. Were our careful plans for acclimatization disrupted by teenagers? animal rights people? concerned residents? In spite of this, we hope the liberated quail will stay in our woods and fields for the enjoyment of our resident walkers.

Since this article was written, the quail have been released and return to their home base where they are fed.

CRYPTOGRAM

by Russell Hill

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JZTWAZJTBCN! MJHN FMUN, FP

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HMCNUZKTN

Put solutions in Box 45 by November 15.

ART GALLERY NEWS

by Helen Vukasin

On October 6, 2002, the Art Gallery Committee hosted a reception for 25 photographers of the South Jersey Camera Club that meets monthly at Medford Leas. The show was on exhibit until the end of October.

In November the media will be pastels and watercolors by Ms. Patricia d'Annunzio Mahoney. She studied with the Art Students League in New York City and the University of the Arts in Philadelphia and elsewhere. She has exhibited extensively in Southern New Jersey. Ms. Mahoney says of her work that she began with a fascination with people's faces and later shifted her focus to representing her inner images and privately heard voices. "My paintings," she said, "became rich blends of design and color that began to reflect a journey of the spirit."

WINTER HOLIDAY TRADITIONS

by Maggie Woodard

Several Medford Leas traditions will help make the coming winter holidays warm and festive. First, most residents will prepare one holiday greeting card for all other residents and staff and on the day after Thanksgiving place it in a basket at the front desk. Then on Tuesday morning, December 3, **Helen Flynn, Jeannette Muir**, and their committee will transform Medford Leas into a holiday wonderland. In a few hours, decorations will appear in public areas of the Community Building. A large tree will sparkle in the Atrium. Wreaths, garlands, and greenery will be placed throughout the common areas. Residents' greeting cards will be displayed. Dining Services will produce their fragrant, beautiful gingerbread houses. Everyone will enjoy the cards and decorations for several weeks, and then "Undecorating Day" (January 7) will bring forth residents who, with staff assistance, will magically restore everything to its customary order.

CHAMBER MUSIC IN THE LOUNGE

by Gertrude Marshall

On October 3 Medford Leas residents were again treated to a recital by our two accomplished pianists, **Mary Fenimore and Tamara Kosteljanetz**, who gave us an all-French program of five works arranged for four hands: Bizet -- *Childrens' Games Suite*; Faure -- "*Dolly*"; Poulenc -- *Sonate*; Debussy -- *Petite Suite*; and Ravel -- *Mother Goose Suite*. The performers alternated playing treble and bass. There was a "standing room only" crowd overflowing the Lounge. We are fortunate to have such talented residents among us, and the audience was loud and enthusiastic in its applause for the two artists.

THE DISPLAY CASE IN THE ATRIUM

by Hana Stranska

The October exhibit is meant to make you smile. Its motto is "*I Couldn't Resist Bringing It to Medford Leas.*" If you cast your mind back to the time when you started assembling the things you would like to have surround you in your new home, your loving eye might include a huge black garden-party hat in its gorgeous round space-devouring hatbox. How could you possibly do without it? Next, the wire-and-woodframe "guitara," a pasta cutter, is another "essential." Could you leave behind a bronze school-bell? Not likely. Also, a frat-house paddle, with names inscribed. Remember when you used to grind coffee beans in that hand-cranked mill, and the fine grounds landing in the little drawer at the bottom? An iron silver fish scaler, ladies' silver nail buffer, glove stretcher, curling iron with travel case are other not-to-be forgotten treasures. Remember the big white "His Master's Voice" dog, complete with puppy? There it is!

All this, and much more, forms the current display, loaned by some fifteen residents, and shown off in **Todd Butler's** inimitable way.

A LONG TRIP FOR LUNCH

by Maggie Woodard

Residents from Medford Leas left at 7:30 A.M. on Thursday, October 3, on an Omni Tour bus bound for New York City and a guided tour of the United Nations. They arrived safely and after spending some time in the gift shop, enjoyed an elegant international buffet in the Delegates' Dining Room.

While they waited to be taken on a tour, Sue Maddox, Omni Leader, came to tell them that there had been a shooting and that the tours were cancelled. (Newspapers reported the next day that a single man, protesting the plight of North Koreans, fired seven shots in the air outside the U.N. entry at 1:10 P.M.). Eventually, the building was evacuated peacefully, but all but ten of the Medford Leas group missed taking a tour, the point of the trip!

The bus driver suggested going to the South Street Seaport Museum, since it was a beautiful day, weather-wise. The tour group walked along the Hudson River and went into some of the many shops. Also, on the way out of the city, the driver drove past Ground Zero, so the day was not a total disappointment. Given 9/11 and the dire warnings of possible disasters since then, we are glad that no one was hurt by the shooting and that everyone arrived home safe and sound!

NEW RESIDENT WORKSHOP

by George Rubin

It was in our mailbox, a lovely, colorful invitation to attend the New Resident Workshop. On Wednesday, September 25, more than a dozen newcomers met in the Activities Room. **Charity Reiley**, Assistant Director of Resident Services, welcomed us. She introduced **Ellen Stimler**, representing the Medford Leas Residents Association, who described many of the various hospitality services, programs, and materials

available to newcomers. Next we heard from **Trudy DeLacy**, Director of Resident Services, and **Leila Krastek**, Social Worker. They spoke about their work and how it would assist us in making our everyday life here easier and help us to feel more part of the community. To end this fine program we were entertained by a special appearance of children from the Day Care Center. With their teacher and a guitarist, the children sang a number of songs for us. As we chattered over refreshments, we left feeling more comfortable about living in our new home here on the Medford Leas campus. Trudy DeLacy announced that there would be future workshops for new residents on November 19 and monthly thereafter through February, 2003.

WHO'S NEW

Hilda (Murray) Howell, Apt. 162, may be the most well-traveled person at Medford Leas. In her 52 years as a tour guide with American Express and then with her own travel agency, she visited 82 countries, took 106 cruises and traveled on 44 different airlines. Hilda usually escorted special interest groups such as college, garden, or art groups. Her many travels have included sailing down the Nile, attending performances at Oberammergau, and visiting the Taj Mahal by moonlight. But her greatest pleasure was her association with the people with whom she traveled. Hilda grew up in Philadelphia and was married for 46 years to Russell A. Howell, who was cooperative about her being away from home for much of the time. The couple lived in Leisuretown for 29 years, during which time Hilda was president and vice president of various organizations there. Hilda loves to knit and do needlepoint. Her apartment will be decorated with interesting memorabilia from many places. And, because Hilda has worked for Omni Tours, she already has many friends at Medford Leas.

by Margaret Melstrom

Miss America in the Activities Room

by Gertrude Marshall

Friday, September 27, was planned as a picnic for Assisted Living, Estaugh, and Woolman. As entertainment, members of the staff had decided to put on a spoof of the recent Miss America contest in Atlantic City. Presiding as MC was our familiar **Joe Doyle** of the Beauty Shop (of course), and he was a *Master MC*. As the show started, first came a small contingent from the Day Care, clad in bikinis, such as only three- or four-year-olds can wear. Then various female staff paraded up and down a central aisle in unique costumes; **Gerri Stride** (Miss Idaho as a potato), **Linda Schultz** (Miss Nebraska as an ear of corn), and **Bea Chawla** as Miss New Jersey, our Garden State representative with fruits of the state on her apron. There were many other contestants in beautiful or suitable garb. Our

applause indicated our approval ratings, agreeing with our MC that they all should win first prize.

But then, another contingent appeared, most clad in elegant evening dresses but looking as if they had all taken growth hormones, representatives of our male staff. Going back to pre-historic times such as my memory of "Charlie's Aunt," there is little funnier than a big burly specimen in female attire. **Mike Peasley**, our Executive Director, as Miss Illinois, was clad in a gorgeous pink satin gown, boots, and a black stove pipe hat. They all did their strut. The winning title of Miss America went to **Joe Greipp** of Landscaping, dressed as Miss Vermont in a lovely gray tea gown, white shawl, and, wonder of wonders, pumps with two-inch heels! Suitable music was provided throughout by our resident musician extraordinaire, **Mark Wick**. A happy and hilarious time was had by all.



Russell Pepe as Miss Virginia

WHO'S NEW

Richard and Elizabeth (Liz Ralston) Dill, Apt. 36, grew up in adjoining neighborhoods in Trenton and met at neighborhood social gatherings. Dick's mother died when he was a baby, and after the death of his father when he was only 15, Dick moved in with his older brother and was also parented by a wonderful nurse in the neighborhood. After two years of Army service during WWII, Dick finished his undergraduate degree in business at Rutgers-New Brunswick on the GI Bill and then went on to Rutgers Law School in Newark. All of Dick's legal career was spent at the firm of Parker, McCay and Criscuolo in Burlington County, where he specialized in municipal, school, real estate, and estate law. Dick used to play tennis and sail a Sunfish but right now he's developing new leisure-time interests. Liz went to local schools and then majored in government at Smith College. She worked several years in the government document section of the Princeton University library and also a few years doing secretarial work at U.S. Steel in Fairless Hills. After her marriage in 1954, her focus became her two children and their late- 18th century house in Crosswicks. Liz is very interested in historic preservation and research, and she has done volunteer work at museums, Trent House in Trenton, and on a local environmental commission.

by Ellen Stimler

WHO'S NEW

Annette (Nan Hadley) Allen, Apt. 26, moved here from Summit, NJ, in September. She and her late husband lived in a number of states during his career as a venture capitalist and eventually settled in Summit with their three children. Nan went to the Emma Willard School and Brown University, where she earned a B. Sc. degree in sociology. She then started on a course leading to a nursing degree but was unable to complete it because of growing family demands on her time. The family owns an island

in Canada where they spent many happy summers and where Nan and the children still manage to spend time together. Nan has always found time for various kinds of volunteer work, including active membership in the Garden Club of America and service in health care facilities. She is particularly interested in landscape design and preservation and restoration of historic gardens. Other current interests are contract bridge, flower arranging, and gardening.

by Cis Cooper



BIRD CLUB NEWS

By Miriam O. Swartz

Russell Juelt of the Pinelands Preservation Alliance spoke to the Bird Club in September. He gave a slide presentation of threatened and endangered species that travel through the Pine Barrens. Many of these species breed only in the Pinelands. Within the Pinelands Preservation Area are some unique habitats which, if destroyed by development, will lose their inhabitants forever. He told about the red knots, birds that fly from Tierra Del Fuego, at the tip of South America, stopping along the Delaware Bay to refuel by eating horse shoe crab eggs; they then fly on to the Arctic to breed. The population of red knots is down 54% since 1997, due to the increased harvesting of the horse shoe crabs. Our September field trip was to the Taylor Farm and Wild Life Refuge, situated on the Delaware River at Riverton, N.J.. We observed several red-tailed hawks and ospreys floating above us on the northwest wind. As we hiked the trails, the group observed a yellow-shafted flicker, a belted kingfisher, white-eyed vireos, and an eastern pewee. We missed seeing egrets and herons seen there the year before. Two large turtles, covered with green duck weed, were sunning themselves in the marshlands. On this lovely, crystal clear fall day, we delighted in smelling the fall-blooming white clematis, purple iron weed, pink Joe Pye weed, and blue, wild morning glories growing along the paths.

THE THRIFT SHOP STORY

by Catherine Hill

Since many new residents of the Leas have little awareness of the Thrift Shop's aims and activities, I am offering an overview of our services and history.

The Shop was started in the early days of Medford Leas to provide an orderly way for employees to acquire surplus possessions of residents (gifts from residents to employees are prohibited) or items from estates donated by relatives or willed to the Shop.

As the Leas grew, so did the stock of the Shop until we had more, at times, than our clientele could absorb or we could store. We gave excess clothing to the American Friends Service Committee and furniture and other objects to Good Will. Occasionally an employee has been a victim of robbery or fire and has been allowed to replace losses from our stock. St. Vincent's Thrift Shop received clothing too dressy for the AFSC.

It was not long before we added the Extended Hand Ministries in Mt. Holly to our list of recipients. This distribution system is at the service of residents who wish to make personal donations to any of our charities but are unable to make the deliveries themselves.

Medford Leas and all MLRA committees are given anything from our stock which they need. For example, we are proud that we dress many of the Halloween scarecrows as well as some performers in the employees' Holiday Show.

Another service is the stringing of beads for the nominal fee of 5 cents a bead and 10 cents a knot. Clasps and other necessities are provided at cost, and we can now offer the recent invention of magnetic clasps at only \$4.00 - a blessing for arthritic or numb fingers.

All our income is given to the Employee Educational Advancement Fund. This year we made the record contribution of \$48,392.75. With

residents' and employees' help in giving and buying, we hope to reach \$50,000. this year.

Dorothy Test opens the Shop every other Wednesday evening from 7:30 to 8:30 for the benefit of the nursing staff. These Night Owls were responsible for \$2700. of our total.

The Thrift Shop is open for purchases on Tuesdays 10:30 A.M. to 12:30 P.M. and for donations on Mondays 8:00 to 10:30 A.M. Small donations may be left any time in the bin at the very end of the hall.

WHY YOUR NEWSPAPER MAY BE LATE

by Ellen Stimler

If your *Philadelphia Inquirer* or *New York Times* arrives late at your front door, it probably isn't the fault of Dorrie Allen, your newspaper deliverer, who sprints through the courts at top speed, loaded down with bundles of white and blue plastic bags with your paper.

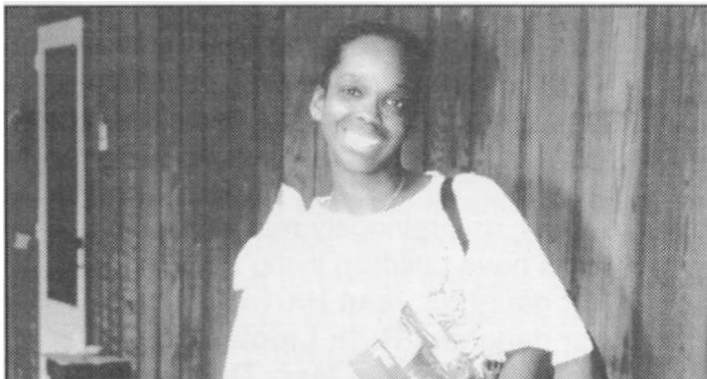
Dorrie, in her early 40's, lives in Pennsauken and gets up around 2 a.m. every day to get to Vincentown between 2:30 and 3 a.m. to pick up her allotment of *The Philadelphia Inquirer* at a distribution shed. There are just tables there, no chairs, and sometimes she has to stand around for an hour until the trucks arrive. Depending on the time of delivery, she distributes *The Inquirer* to single homes in the area before heading to Moorestown to pick up *The New York Times*, which is supposed to be there by 4 a.m. but may be as late as 5 or 5:30 as it was on 9/11/01. Dorrie then rushes back to Medford, bagging papers as she drives, and starts her run through the Medford Leas courts and independent living units.

Dorrie says that Mondays through Wednesdays

the papers are less bulky and usually on time, and those are her "easy" days. Saturdays and Sundays are the worst because of all the extra sections, and Dorrie usually takes along a grocery cart to ease the load. The decision to bag the papers is hers, mainly because she thinks it's easier for older people to pick up a plastic bag than a multi-section paper. Dorrie's mother is 73 and told her plastic bags are helpful. When a resident doesn't have a table or stool by the door, Dorrie hooks the plastic bag over the door handle. Occasionally, she'll meet a resident who complains about a late paper "or just gives a dirty look." Dorrie then tries to apologize or leave an explanatory note on the paper.

Dorrie delivers about 200 papers at Medford Leas Monday through Wednesday, 230 Thursday and Friday, and 300 Saturday and Sunday. She gets \$1.60 per week per resident for *The Inquirer*, but amounts ranging from \$2 to \$6 are deducted from her pay for every complaint received by the paper about her delivery service. Cancellations do not result in a charge against pay. *The Times* does not make any pay deductions for complaints.

Dorrie spends about 42 hours a week on this job and many more waking hours baby-sitting her 18-month old grandson. If the job is so hard, why do it? Compared to other jobs she's had, secretary, waitress, selling real estate, this is best because she doesn't have to punch a time clock and gets plenty of exercise and fresh air.



Dorrie Allen

photo by Margery Rubin

MEDFORD LEAS FORUM

by Helen Vukasin

Medford Leas Forum has had a rich history under the early leadership of **Ray Katzell** and the late **Bob Stebbins**. Over the years the composition of the organizing committee has also changed.

The purpose of the Forum is to provide stimulating, interesting, informative, and entertaining programs for all Medford Leas residents. As you know, there are now 700-plus residents in all the campuses. That makes for a real challenge.

The current committee is trying to provide a variety so that there will be at least some programs that are attractive to each resident. We have presented entertaining programs such as Walt Whitman; Dr. Franklin, I presume; and Marta Sanders Cabaret. We have had stimulating programs such as one on stem cell research and informative programs such as the presentation by the Medford Postmaster.

At present we are continuing a series that we hope is stimulating and informative on various major religions. We have had programs on Judaism, Islam, and Christianity. Upcoming programs include a discussion of mysticism, the values of the Society of Friends, and in 2003 another version of Islamic beliefs.

We are aware that not all programs will be attractive to all residents. We hope that many will be interesting to a majority. If you have ideas for speakers or subjects you would like to see presented, please contact a committee member or call the Chair, Helen Vukasin at 261-3166.



Happy Thanksgiving
to our readers
from the **Medford Leas Life staff**

A NOT QUITE SO DRY SUBJECT

by Robert J. Minter

The recent rain has momentarily eased the drought pressure, but a few inches below the surface the water deficit is still with us.

Drought is important at Medford Leas. The residents in the Lewis W. Barton Arboretum, the plants, don't talk much but they show it. Before the rain, shallow-rooted lawns and seedlings stopped growing, became dull green, wilted and died. Trees hunkered down, dropped some leaves, and closed their leaf pores when water loss exceeded intake from the roots. Older inner needles of pines turned brown and died. In some succulent plants, flowering was delayed, petal colors became pale, and growing tips died back. The Arboretum is exempt from water use restrictions. At Lumberton Leas the newly planted trees are at risk. The inkberry plants were particularly hard hit. Several droughty years can cause progressive decline, and all stressed plants are less disease- and insect-resistant. More profuse and weaker flowering is common.

Drought impact on the Leas campus is lessened by long-range planning: diversified planting of drought-resistant holly, bayberry, and St. John's-wort; less turf and more stone; and heavy mulching. Open your eyes and your mind to further appreciate the problems of the plants around us.

Gross evidence of drought can be seen in outlying farm fields. Living here at the Leas we are not aware of the losses that have been sustained. Some of our residents were in farming; ask them how they coped with losses in the bad years and low prices when production was high. In the fall some fields may look nearly normal, but look closely to see how few ears of corn have formed and whether they are fully filled. Soybeans normally drop their leaves about now. Check whether the normal number of pods are present and if the seeds are fully developed.

Farmers suffer financial drought when soil preparation, herbicide and fertilizer application, and seeding yield little or no return. Even though the effect of that upon us is indirect, the loss is real.

FAMILY CONNECTIONS, GENERATIONAL

by Maggie Woodard

Further evidence of satisfaction with life in Medford Leas is found in the number of second generation residents.

There are presently 21 whose parent(s) once lived here; children are listed first.

Barbara Stiles	Mildred & Howard Wills
James Cox	Edith Cox
Connie Mercer	Helen Biddle Porter
Patti Hopton	Betty Dee
Leigh Colver	Anne Grimes
Paul Coward	Jessie & Charles Coward
Gordon Beckhart	Elizabeth Meyers
Peggy Goering	Evalyn Thacher
Sumi Kobayashi	Suye Kobayashi
Wayne Marshall	Viola Marshall
Bill Phile	Jenny Phile
Bill Angus	Emma Angus
Miriam Wurst	Edith Garwood
Berta Numata	Dr. Harry Rogers
Lois Forrest	Emma Bonsted
Doris Allebach	Martha & Alfred Johnson
Dorothea Kriebel	& Martha Palmer
	Edith Reeder
Ken Cooper, Joyce Haase & Betty Lees	
	Marguerite Cooper

In addition, as previously reported, four current residents have children living here: **Emily Taylor** and her daughter **Jean Hartwig**; **Emily Gusk** and her daughter, **Ruth Lipoti**; **Andrew Seeger** and his son, **Dan**; and **Mary Domenico** and her daughter, **Ann Naulty**.

MY CHARIOT

by Gertrude Marshall

At Medford Leas there are a number of residents who are clear in their minds (relatively speaking) but weak in the legs and knees. For them an electric cart is a godsend, and I am one who feels that way. There are 51 of us (and also 10 electric wheelchairs) with the numbers varying up and down with time.

In the spring, a three-page memo was circulated by the Health Department with rules and regulations for use. In my case, I was instructed and observed by a member of the Physical Therapy staff, particularly in entering and exiting the elevators. I was a bit nervous at first, but soon felt comfortable running my chariot. In fact, after a short time I soon felt that it was *fun*.

The carts have no brake, as does an automobile, except to release the forward lever. I found that I did my best by moving slowly; there is a dial indicating speed. Moving slowly is best in the Community Building where there are other moving residents and carts. As the three-page regulation sheet notes, "Pedestrians have the right of way." If one sees a pedestrian with a walker ahead, one can call out, ring the cart's buzzer, and pass or follow patiently. I find doing the latter works best for me. Maintenance placed an orange flag on a pole on the back of my cart, and this permits me to navigate outside, the flag being a warning to cars.

At night I plug the cart into an outside electrical outlet. If it is raining hard, we have found it possible to bring the cart inside our kitchen where there is another three-pronged outlet. My husband enjoys this bringing in and taking out. In fact, I found members of my family, especially grandsons, wanted to try out the cart and enjoyed moving in it as much as I. It requires a new skill, a challenge, but provides also an unexpected

pleasure, something somewhat rare for a senior citizen.

NEWS FROM WOOLMAN COMMONS

by Nickie Stevenson

The Out-to-Lunch Bunch started the new season with a wonderful dinner at Camp Ockanickon in Medford Lakes. **Dave Lewis** arranged for us to have a campfire for a sing-along after dinner, and 23 of us relived the memories and songs of our youth blended with some new ones.

Having heard nothing but praise about the historic Mt. Holly tour given by **Teddy Raup** at our September "Open House," we asked Teddy to do an encore for Woolman residents, and she was pleased to oblige. After the tour we returned to our Common Room for refreshments, provided by **Jane Weston**, Director of Community Relations, who had also arranged for the bus and accompanied the tour. Hearty thanks were expressed to Jane, Teddy, **John Brush** for additional historical commentary, and Mt. Holly Police Sgt. Joe Byham, who facilitated our parking and maneuvering in traffic.

HELP HELP HELP

The Knitting and Sewing Group is in GREAT need of volunteers who can sew. Since we make repairs for many residents in Medford Leas, and the numbers of requests for some is increasing (waistline spread or shrinkage, hemline lengthening or shortening, buttons to sew on, etc.), we have a shortage of people who are willing to make such repairs. Equipment, including sewing machines, is available in the Sewing Room. The group meets every Wednesday from 10 to 11:45 a.m. in a room on the ground floor of Haddon near the Greenhouse. Please join us and perform a valuable service. For more information, call **Grace Schaffel** at 3655.

NOVEMBER CALENDAR HIGHLIGHTS

- 1- Bus: Philadelphia Orchestra A
- 2- Concert: Bean & Krantz, violin, guitar
- 2- Movie: "The Senator was Indiscreet"
- 3- Friends Worship (also 10, 17, 24)
- 3- Vespers (also 10, 17, 24)
- 4- Movie: "Bridget Jare's Diary"
- 5- VOTE in the Activities Room
- 5- Medford U: Prof. Hedrick, "Hemingway" (open to all at no charge)
- 5- Game Night (also 12, 19, 26)
- 6- Bus: Philadelphia Tour & Musical, "We the People"
- 7- Vid-U (also 14, 21)
- 7- Art Gallery: reception - Patricia D'A. Mahoney
- 8- Philadelphia Orchestra B
- 8- Musical Video: Bizet's opera "Carmen"
- 9- Movie: "Bachelor Mother"
- 10-Bus: Opera "Carmen"
- 11- Pinelands Garden Club: "Ikebana Design"
- 11-Lumberton Leas: Health Services Talk
- 12-Square Dancing (also 19, 26)
- 13-Knitting & Sewing Open House & Sale
- 13-Woolman Commons: Health Services Talk
- 14-Folk & Line Dancing
- 15-Bus: Philadelphia Orchestra A
- 16-Movie: "Friendly Persuasion"
- 18-Bird Club Trip: Brigantine Wildlife Refuge
- 18-MLRA Meeting
- 19-Bereavement Group
- 19-Catholic Mass
- 19-S.J. Camera Club
- 21-Trip to Wheaten Village
- 21-Bus: Walnut Street Theatre, "Sound of Music"
- 22-Estaugh Council Meeting
- 22-Health Services Talk
- 22-Medford U: (previous enrollment required)
- 23-Leas Forum: "The Mystical Path: Pilgrimage to the One Who is Always Here"
- 23-Movie: "Macaroni"
- 27-Care givers group
- 27-Family History Group "City Directories"
- 30-Movie: "Laura"

MEDFORD LEAS LIFE

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