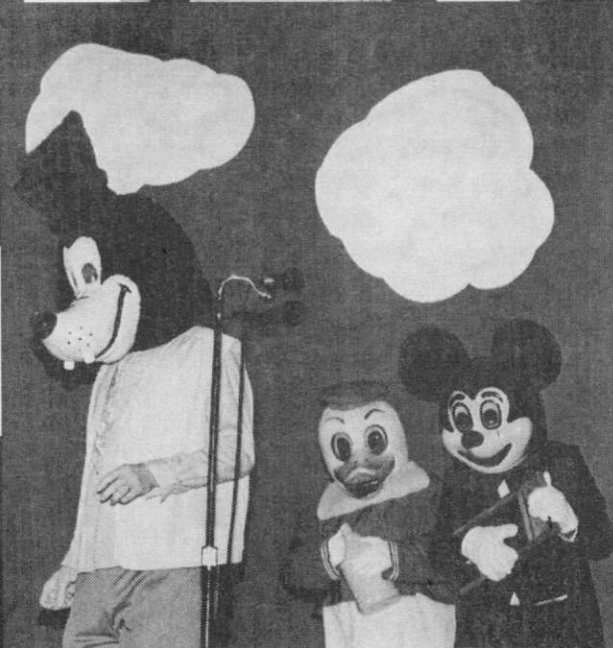




Medford Leas **LIFE**

VOL. XXXI, No. 1

JANUARY 2003



Photos by Margery Rubin

THE EMPLOYEE HOLIDAY SHOW

by George Rubin



The annual Medford Leas Employee Holiday Show was a salute to Walt Disney, but in reality it was a show of gratitude to residents.

As past and present Mouseketeers, the audience was given mouse-like ears to wear as they entered the auditorium. The evening opened with a medley of piano music sung and played by **Mark Wick** (Accounting Department). Then on stage, out came Walt Disney (**Walt George**, Maintenance). Introducing himself he said, "Today I am 101, it's my birthday, and I knew some of you here on the campus when you were babies." The curtain opened on a beautiful stage set and the merry Mouseketeers (Residents Services and Front Desk) with their large ears, tee shirts, and banners serenaded us with Disney Songs. No one could ask for a better group of dwarfs (Landscaping and Information Technology), all singing in unison, "Whistle While You Work," from *Snow White and the Seven Dwarfs*. Jiminy Cricket (**Lorraine LaPollo**, Director of Dining Services) brought out the dining room crew singing from *Pinocchio*. **Brad Mauger** (Executive Chef) tried unsuccessfully to shorten his elongated nose when he said, "I'll bring you residents lobster every day" and "no more green beans." "When You Wish Upon a Star" was beautifully sung by **Rachel Smith** (Dining Services). From *Cinderella*, "The Work Song" was presented by the Health Center Staff who found out that their hardworking woes could be cured by "Bibbidi Bodidi-Boo," the meaning of which only someone in the medical field knows. **David Gerst** (Dining Services) sang, "A Dream is a Wish Your Heart Makes" with such deep emotion that the entire cast behind him pulled out handkerchiefs to stop their tears. **Jennifer Ferris Tedesco** (Day Care Center) then danced to this song in classical ballet form with two small children, capturing fully the sentiments of the music. The Administration staff sang, "We're Late for An Important Date," for aren't we always late, here at Medford Leas, even when we are early? and "The Unbirthday

Song," both from *Alice in Wonderland*. In beautiful costumes on the stage were Alice, the Rabbit, the Queens, and others from this story.

The Fitness, Occupational Therapy, Physical Therapy, and Therapeutic Recreation Departments, in a song from *Peter Pan*, brought us "Follow the Leader." As they marched around the stage, everyone was ready to follow this group anywhere.

It was worth the wait to see Goofy (**Mike Peasley**, Executive Director), Mickey Mouse (**Bill Murphy**, Director of Operations), and Donald Duck (**Johanna Yurkow**, Director of Health Services) prance about the stage through the song "Bare Necessities," from the *Jungle Book*. **Dr. Joel Porter** (Ophthalmologist) played the violin and sang his rendition of "Belle Noite" from *The Lady and the Tramp*. This was followed by a large number of singing cats (Nursing Staff) doing their rendition of "The Siamese Cat Song."

"The Wonderful Thing About Tiggers," from *Winnie the Pooh*, was presented by the children and staff of the Day Care Center. The children's beautiful floppy ears and tails and bright orange shirts made the stage glow. There was singing and marching from *Mary Poppins* (Environmental Services). **Michelle Ingo's** bright voice gave us "Part of Your World" from *The Little Mermaid*. How often do you hear fish fresh from the sea (Assisted Living Staff) singing "Under the Sea" surrounded by floating bubbles? The song "Be Our Guest" from *Beauty and the Beast* was brought to us by the exuberant "performer extraordinaire" Joe Doyle (Beauty Shop) attired as part monster and part man-about-town.

The joyfulness of the evening was brought to a close with everyone singing "Deck the Halls." For the rousing finale, the whole cast returned to the stage as fireworks projected onto a screen brought this fun production to a magnificent end. Residents were again convinced that this was the "best show ever" until the next one.



EXTENDED HAND MINISTRIES

by George Rubin

The **Reverend Dr. Barbara A. Davis** speaks with enthusiasm and passion about the Extended Hand Ministries of which she is Executive Director and President.

She was born of African-American and Native American ancestors, raised in Philadelphia, and now resides in Mt. Holly at Woolman Commons. At an early age she learned the necessity of reaching out and giving to others, as her grandparents would take food that they had grown and harvested and distribute it to the homeless at a halfway house.

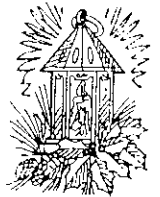
As early as 1982, as a pastor in Mt. Holly, she worked with Catholic Charities and Family Services to help the homeless. In 1984 she founded the Extended Hand Ministries. It started out by feeding breakfast to the homeless in Mt. Holly. The program has expanded, and today there are three locations: in Mt. Holly at the Christian Community Chapel, in Burlington on Belmont St., and in Camden at Northgate 1-2 and Northgate Gardens.

In 1991 the program started serving hot meals at both breakfast and dinner. Some 560 homeless clients are fed each month. Extended Hand receives no government grants and depends solely on donations of food and money from the local communities. Since 1995, Medford Leas has supplied food from its kitchen every day to the Extended Hand Ministries. Beside the daily meals, special dinners are served on Easter, Thanksgiving, Christmas, and July Fourth. Memorial Day is unique in that there is a candlelight prayer service before the meal. It is a time for the less fortunate and the homeless to remember their deceased friends and loved ones. Food is also packed and distributed to individuals and families who are in need.

Reverend Davis said the Extended Hand is more than just feeding the homeless. It provides clothing and furniture for those in need, and, most importantly, it gives support to families so that

they don't go back on the street. Reverend Davis was excited about a warehouse of furniture that has just been donated, and enthusiastic about the new building they will have for the work of the Extended Hand Ministries.

Barbara Davis is a woman who has seen her dedication to an idea become a reality. She says with pride, "Where there is a need it will be resolved." At a recent Vespers Service at Medford Leas she preached, "There is a light that shines through all people – from the inside to the outside." Extended Hand Ministries is proof that this light indeed exists.



WHO'S NEW

Although **Walter (Walt) Belfield** has been in Apt. 241 just a few weeks, he says he already loves it here and that Medford Leas has more than exceeded his expectations.

Walt grew up in Lansdowne, PA, and earned a B. A. in history and political science from Dickinson College in Carlisle, PA, and an M.A. from Harvard's Fletcher School of International Law. After a stint in the Navy as a communications officer, Walt turned to teaching history, first at Peekskill Military Academy and then at Cherry Hill West, where he stayed for 30 years and became chairman of the history department. In his semi-retirement he taught at Camden County Community College and Rutgers-Camden.

During a 32-year association with the First Presbyterian Church of Philadelphia, Walt served in several important posts. He joined the Moorestown Presbyterian Church while living in Tabernacle before coming to Medford Leas. Walt's current interests are writing a family history, reading, and studying U.S. history. He looks forward to spending summers at his family's retreat in New Hampshire. His 13-year-old Schnauzer, named Count Von Belfield, is his faithful companion.

by Nancy Carson

VISION OF MEDFORD LEAS' FUTURE

by Kay Cooley

On December 9, members of the Estaugh Board of Trustees, the Administration, and the Master Planning Team presented to residents and staff an outline of the vision for the future of Medford Leas adopted by the Estaugh Board in November. The Master Plan that was presented involves new construction and the renovation of medical units and the Community Center. It represents the initial conceptualization of how Medford Leas can be adapted to the changing needs of current and future residents and incorporate new programs for meeting these needs.

Long Range planning, always a part of Medford Leas history, in its latest phase began in the fall of 2000 when a Long Range Planning Team (LRPT) drawn from the Estaugh Board, the Administration, and residents began identifying areas on the main campus in need of improvement or change. In July, 2001, a Master Planning Team (MPT) of industry experts began the arduous work of translating input from the LRPT and Medford Leas' constituencies into site and programmatic designs. Concurrently, in-depth market surveys and evaluations of Medford Leas' capacity to finance such a project were undertaken to validate assumptions supporting the plan.

Before the MPT arrived at the final design that it proposed to the Estaugh Board in November, it had integrated market, program, operational and financial data into various options and worked through 14 different combinations of site and programmatic concepts. John Martin, a MPT architect long associated with Medford Leas construction projects, showed slides of some of these options and explained why only the last one was the most viable.

According to this plan, a new Health Center providing 72 skilled nursing beds, 24 memory-support assisted living beds, and space for primary care and ancillary health services offices will be built. Adjoining it will be a new Fitness/Wellness and Aquatics Center. Haddon

and Woolman will be renovated to accommodate 64 social assisted living apartments, while much of the Community Center and the Estaugh nursing unit will be transformed into a Main Street configuration for a variety of services, resident activities, and dining spaces. In addition, to meet market demand and to help finance the construction, 85 additional residential units will be built on sites scattered throughout the campus.

However, for the construction to move forward, Medford Leas must meet certain qualifications imposed by Medford Township. Medford Leas must build affordable housing to meet the requirement the Township imposes in order to obtain sewer permits. Medford Leas stands in one of two zones designated by the Township for this purpose. The property, separate from Medford Leas, will be developed and administered by the Elizabeth Haddon Housing Corporation, a not-for-profit entity founded in 1992 for purposes of developing affordable housing for qualified individuals regardless of age. Its trustees are appointed by the Estaugh Board. The Township also requires the installation of low-flow toilets and showers throughout the campus.

The total cost of the new Health Center, the Fitness/Wellness and Aquatics Center, and the renovations of Woolman, Haddon, the Estaugh and the Community Center is estimated at \$41,125,000. Plans for financing include a tax-exempt bond issue, a capital funds drive for three million dollars, and income from new residential units. If issues involving Medford Township and the state are resolved in a timely manner, construction is scheduled to begin in late 2003 when the first residential units will be built. The Health Care Center and the Fitness/Wellness and Aquatics Center are scheduled for mid-2004 through late 2005, the Community Center renovations from late 2005 through late 2006, and affordable housing from mid-2004 to early 2005.

Next steps in the Master Planning process include obtaining final site plan approval, building designs and permits; launching a strong marketing effort; arranging financing; and achieving 70% in pre-sales of residential units.

In conclusion, Mike Peasley, Executive Director, and Bob Williams, President of the Estaugh Board of Trustees, reminded residents that communities like Medford Leas must continuously reinvent themselves in order to keep up with changing resident preferences and advances in delivering services. The Master Plan approved by the Estaugh Board is the beginning of a project that will enable Medford Leas to move confidently into the future and retain its reputation as a model community.

An opportunity for questions and dialogue between residents, management, members of the Master Planning Team and the Estaugh Board was scheduled for 11:00 A.M. on Friday, December 13. Open Forums focused on particular aspects of the Plan will be scheduled in the near future.

REPORT ON MEDFORD LEAS FINANCES

by Kay Cooley

At the November "Coffee and Conversation," Medford Leas' financial operations were highlighted by **Heather McInerney**, Chief Financial Officer; **Mike Peasley**, Executive Director; and **Connie Brookes**, Chair of the Estaugh Board Finance Committee.

Heather McInerney started the program with a Power Point (slide) presentation on the 2002 Annual Report based on the audit completed last August by KPMG. She explained two changes in accounting methods implemented by the auditors that contributed to operating results being lower than those budgeted. She demonstrated the strength of Medford Leas' financial position by comparing it to those of peer CCRC's and to the financial ratios advocated by the Continuing Care Accreditation Commission (CCAC), the accreditation arm of the American Association of Homes and Services for the Aging. She showed residents that in spite of temporary operating losses, Medford Leas is strong financially.

Continuing the Power Point presentation, Mike

Peasley discussed cost control measures that the Administration is implementing. Three of these are: using natural attrition as an opportunity to reduce staff when that will not affect services adversely; using zero-based budgeting to develop next year's budget; and retaining another KPMG company to conduct an Operational Efficiency Assessment.

Mike listed three benefits that no other CCRC offers in their entirety: full prescription drug coverage; the absence of any requirement to carry supplemental health insurance, and the option of Partial Service contracts.

To conclude, Connie Brookes announced the Estaugh Board's calendar for developing and presenting the next annual budget. Copies of the Annual Report and the Power Point presentation are available at the front desk.

WHO IS MOISHE FELDENKRAIS?

by Helen Vukasin

Rick Acton, five-time Northeast PGA Champion, has said, "The method developed by Feldenkrais and its unique approach to mind and body has helped me immeasurably, not only in the way I play golf, but also in the way I teach the game."

Moishe Feldenkrais was a mechanical engineer and physicist. He worked with Frederic Joliot-Curie in nuclear research. After a crippling knee injury in the 1940s, he taught himself to walk again without pain. In the course of this traumatic experience he developed his method. The Feldenkrais Method aims at retraining your brain to control your movements more efficiently and effectively. The result is a change in some of the habitual ways you move, an increase in your sense of balance and flexibility, and for many people, a relief from back pain.

Medford Leas is fortunate to have a certified teacher, Susan Giffen, who teaches classes once a week in the Activities Room. New classes begin January 29, 2003. Watch for the sign-up announcement.

TUTORING FOREIGN STUDENTS AT LENAPE HIGH SCHOOL

by Ellen Stimler

The 12 residents who were matched with foreign students for weekly tutoring sessions are finding it interesting, rewarding, challenging, and often surprising. This is the fourth year that Medford Leas has supplied tutors to Lenape High School, and this year residents responded in such large numbers that we presently have a "waiting list" for tutoring assignments.

Eleanor Merrick, coordinator of the program for Medford Leas, must often function as mediator and problem solver. Each tutoring session has absences of students or residents which have to be communicated, and adjustments have to be made.

The residents currently participating are: **Barbara Ballou, Isabel Daly, Jan Durbin, Neil Hartman, Russell Hill, Hilda Howell, Dorothy Hull, Jane Hunter, Joan McElhinney, Jean Nicholson, Gus Owen, and Arabelle Pennypacker.** Waiting for assignments are **Frances Lax** and **Margaret Melstrom.**

Arabelle, who is working with an 18-year old young man from Korea, says the tutoring is "a remarkable experience for both sides." She has learned quite a bit about her student's family situation, and he has invited her to his Christmas Choral concert.

At one session, a young lady from India, who was scheduled for help with English, instead brought her health text and asked for help with a section dealing with birth control and contraception. Her tutor told her gently that she was not prepared to deal with this subject and that her assignment was English.

Russell Hill, who also expected to tutor in English, easily switched to help his student with math homework when that seemed necessary, and he is also helping his student understand the meaning of difficult words and trying to get him to talk more slowly.

Jean Nicholson was told that her tutee, a girl from Taiwan, couldn't come because her aunt required her to babysit every Wednesday afternoon, which is the tutoring day. Jean now has another student.

Dorothy Hull has found that her own trip to China has been a great conversation starter with her Chinese student, who knows very little English. Dot brought some of her Chinese souvenirs to class, and this further cemented their relationship.

Hilda Howell says that, although she has never done anything like this before, she really likes the tutoring and believes that it is "doing good things" for both parties.

Isabel Daly is tutoring the same Indian student she had last year and believes that the continuity of the relationship is contributing to its success. She feels that the student is still in a state of "culture shock" and is finding it helpful to be able to discuss her problems with her tutor.



LET'S DANCE!

by Maggie Woodard

The folk and line dance group has been gaining in attendance and popularity. It's no wonder. The music is varied and interesting. The dances come from around the world, are mildly aerobic, and are performed without partners. The leader is resident **Evert "Bart" Bartholomew** whose avocation has been leading folk dance groups for many years in North Jersey. He knows how to make the steps easy to learn even for people with "two left feet." The group meets on Thursday evenings as scheduled, and newcomers are welcome—even solicited. Best of all, it's free! See the calendar for exact dates or call **Myra Binstock** (3622) or **Colette Bartholomew** (3638).

SERVICES FOR RESIDENTS

by Gertrude Marshall

Among the many activities here at Medford Leas, there are some especially by and for residents. Is your lamp broken or a chair showing signs of age? Do you need a small shelf in your bathroom? The resident workers in the woodshop will fix or build almost anything in your apartment for a modest price. If you are not able to sew on a button, turn up a hem, or put a gusset in a pair of trousers, knitting and sewing will assist you, again very reasonably. These resident sewers also make and sell clothes and knit goods for local charities as well as the American Friends Service Committee. Small afghans are knitted for use in the Day Care Center and on the medical wards. At their Open House, knitted or hand-sewn children's sweaters and dresses can be purchased.

Are you in need of a copy of some letter or document? At the suggestion of **Jane Burgess**, the MLRA bought and installed a copier on the third floor of Haddon, where each copy for personal use costs five cents, and copies for MLRA committees are free. The copier is serviced 24 hours a day by a committee.

Next to the copier is the Computer Room, containing five computers. The room was provided and wired by management; it also recently provided instant Internet access. But the room and the machines are serviced by a resident committee which will instruct residents in its use. Also, this committee daily downloads, prints, and distributes to Atrium mailboxes incoming e-mail.

Another room provided by management is the Low Vision Center, on the ground floor near the Pharmacy. The reading machines were provided by a legacy from a former resident, **Ruth Bump**. The Low Vision Committee will instruct those with limited vision, and also read mail and help residents order from catalogs.

The Thrift Shop not only helps residents get rid of unwanted clutter but restrings necklaces and provides them with a magnetic clasp, again at a

small charge.

And then, there is the Coffee Shop where residents can pick up needed items: milk, eggs, bread, juice; vegetables on Tuesday and baked goods on Thursday for a price. This, of course, is provided by management and is much appreciated.

Many volunteers help out in the Health Department, pushing wheel chairs, accompanying a resident to a medical appointment, delivering drugs. These helpers put in 200 to 300 hours a month and were coordinated in the past by **Ginny Coe** and now by **Berta Numata**.

These are among (have we forgotten any?) the small but vital services which help to make Medford Leas the caring place it is.

MEDITATION GROUP

by Maggie Woodard

Since August 1998, a small group of residents has gathered weekly to meditate together. We meet from two to three every Tuesday afternoon in the Third Floor Haddon Lounge. On occasion, we have outside speakers or special programs. Each of us finds meditating helpful and rewarding, not all for the same reasons. Comments by some of the participants:

"Meditation brings me a sense of focus, calm, and serenity."

"I turned to meditation to help control my blood pressure. Research has demonstrated that while chronic stress is harmful to the body, meditation can promote relaxation and overall well-being."

"I find the daily practice of meditation spiritually rewarding and refreshing, and the effect is enhanced by our weekly group meetings."

If you are interested in joining our group and/or wish to learn more about the practice of meditation, please contact one of the following: **Lillian Goldenberg** (3415) or **Alma Paulsen-Hoyer** (3512).

NEWS FROM LUMBERTON LEAS

by Helen L. Vukasin

The Christmas Season is upon us here at Lumberton Leas as everywhere. Our opening gambit was a tree trimming party on December 3. Residents brought hors d'oeuvres, which means there was plenty of food, and beverages. The group also collected toys for the Lumberton Police Association toy drive. So residents arrived with armloads of food, toys and in their hand a Christmas greeting for the community in the Medford Leas tradition.

The toys were jumbled in a box for Santa to pick up and deliver on the fateful day. The cards were stapled to beautiful red ribbons hanging from the top of the wall. As usual, Gini Mutschler created a magnificent Christmas wreath above the fireplace. The tree was decorated with ornaments contributed by residents our first Christmas. New residents were encouraged to be part of the scene by contributing an ornament.

Two more events created more Christmas spirit. The annual "Community Holiday Party" was held on December 20. For this event we take advantage of the remarkably delicious preparations that Medford Leas food service prepares. We were not disappointed and one and all enjoyed a convivial evening.

On December 26, the second annual Magic Show for the grandchildren and their grandparents, featuring our own Warren Reeves, was held in the Great Room at the Community Center. It was mystifying for lay persons as usual and the children had their fill of cookies.

On a non-seasonal note, the Lumberton Leas Council approved the final draft of the Handbook for Residents prepared by Helen Vukasin and Barbara Zimmerman. It is expected that it will be printed in January and distributed by February 1. In the future much of this information will be incorporated into the Medford Leas Handbook which is undergoing significant revisions at this time.

Happy New Year to all our friends on the other campuses from the Lumberton Leas Community.



ART GALLERY NEWS

by Helen Vukasin

The Medford Leas Art Gallery once more was host to the incredible works in calligraphy of **Harry Forrest** and his associates. Each year for more years than I can count, Harry has shared these treasures with us, and we are really pleased to have him here once more.

December brought us another arts event. The South Jersey Camera Club had an exciting slide show presentation and dessert table in the auditorium on December 17. The work of the Club is remarkable, as demonstrated by the exhibit of some members' work in the Art Gallery in October.

January brings us another local person: Diane Rappisi, Chair of the Medford Cultural Arts Committee, Township of Medford. She also heads the Mural Arts Camp for children. You may have seen the murals by the children, under her direction, in Cranberry Hall, Medford. Diane was also instrumental in creating the exhibit we shared with the Medford Community to recognize nine/eleven and its impact on all of us. Her watercolors and oils are charming and very professional. It will be a good show.

In place of the regular display of sculpture, there will be a special treat during the January exhibit. Mr. David Jaenkels, a retired IBM designer from Kingston, New York, will be visiting us some time during the month to give talks and workshops for woodworkers and budding woodworkers on all campuses. Mr. Jaenkels will display some of his unusual artistic boxes on the pedestals in the Art Gallery during the exhibit.

WHAT'S NEW IN MAGAZINES

by Ellen Stimler

Investors discouraged by negative economic indicators and market ups and downs may take heart from *Fortune Magazine's* "Special Investment Guide 2003 (Vol. 146, #12). In their introduction to nine separate articles comprising this section, the editors state that 2003 presents "a golden opportunity for investors" and that the aim of their project is to limit exposure to loss and discover stocks and sectors that can profit "from the new world disorder." The separate articles discuss (1) stocks which insiders are buying, (2) what good stocks are paying the best dividends, (3) what industry sectors are expected to be leaders, with lists of the best stocks in those industries, (4) industries and stocks to avoid, and other related topics.

"Science will have to adapt to women," according to Elizabeth Blackburn, a biologist whose research spurred a major advance in unraveling the mysteries of cancer and aging. She points out that 50 percent of graduate students in science are women, yet women represent a very much smaller percentage in academic teaching and research. In interviews with Mrs. Blackburn and other women scientists about this situation, there is near unanimity that "the culture of academic science" is anti-feminist and needs to be changed if women are to thrive in research and teaching. The women say they are put off by the combative style rewarded in scientific research; by the emphasis on self-promotion; and by the round-the-clock lab work that is incompatible with family responsibilities. Additionally, they point to studies clearly showing an anti-feminine hiring bias by male research managers and lab directors. (*Discover*, Dec. 02, by Peggy Orenstein.)

"Sheer demographics are endangering the Jewish democratic state." This is the reluctant conclusion of a columnist for an Israeli daily, whose Zionist grandparents settled in an affluent Jerusalem suburb in the late 1920's. Today, he is the only one of 20 descendants still living in

the city. He says he clings to the idea of the pre-Intifada Jerusalem when Jews and Arabs lived peacefully together, and the hope that this may some day be possible again. At this point, the world-class King David Hotel and busy eating places and bars have closed their doors; and the secular population is shrinking fast, after the exodus of over 140,000 Jerusalem Jews, most of them young, well-educated professionals. Presently, secular Jews represent only about 20 percent of the entire metropolitan area. (*The New Yorker*, by Ari Shavit, December 9, 2002.

A LETTER IN THE NEW YORKER

by Ellen Stimler

Getting a "Letter to the Editor" published in *The New Yorker* is a little like winning the lottery. Well, **George Rubin** did, in the December 2 issue. Quite an elaborate process was involved, starting with a telephone call from an editor to verify his identity. It was followed by e-mail correspondence leading to George's approval of the edited version of his letter and a final promise that his letter had been selected.

Tying in to an article in a previous issue which described the WWII bombing of the German town of Sonthofen, George's letter recalled that he was a member of a bombing mission to the same town in the same month, during which his plane was shot down and the crew beaten and imprisoned. He added that, on a return visit to this town in 2000, he met with three of his German captors who apologized to him and tried to explain their actions at the time. For him it was a time of remembrance and reconciliation.

George had another opportunity to talk about this same WWII experience at a program arranged by the Roosevelt Island Visual Arts Association on December 2, as part of a series called "Our Lives—Roosevelt Islanders Reminisce." George and his wife, Margery, lived on Roosevelt Island in New York before coming to Medford Leas.

RECOMMENDED INTERNATIONAL ELDERHOSTELS

by Maggie Woodard

International Elderhostels usually last anywhere from 11 to 23 days. The total cost includes lodging, all meals, sometimes side trips, and transportation.

Barbara and Wil Britten wrote very enthusiastically about their walking trip last year in Tuscany and Umbria. Every morning they left their hotel and traveled by van to the cool woods or, less desirably, to open back roads. Each day included a stop for a simple, delicious luncheon in a small village. After lunch there was time to explore the town and then return home by a different route. On some days they were sightseeing tourists visiting points of interest, a museum, a cathedral, or a winery. Wherever they went, they were struck by the beauty. "A splendid way to visit Italy."

Patricia Charles' first choice was a program in Spain: "Pathways of Culture: Madrid, Granada, and Seville." The courses were very interesting and the accommodations were excellent. In Madrid, their hotel was conveniently located in the middle of the city. They enjoyed a four-star hotel in Seville. Learning about Islamic history in Spain was fascinating. The highlight of the trip was seeing the Alhambra in Granada – "Fortress, palace and treasure."

Ellen Stimler's favorite Elderhostel was a three-week tour of Turkey called "Treasure House of History." The tour crossed Western Turkey and included visits to major sites dating from the period of Greek dominance through the reign of Ataturk after WWI. A highlight of the trip was a five-day stay at a small town near Ephesus, a well-preserved city that was formerly Greek. During their travels, they had a chance to visit with Turkish families in many towns, enjoyed a lunch of native dishes cooked in wood-burning outdoor ovens, and had five days in Istanbul to visit mosques, bazaars, museums, palaces, the old Roman waterworks, and universities. The tour ended with a boat ride on the Bosphorus and a concert of native music in a private villa.

Fran and Bill Stoll wrote that another program in Turkey entitled *Crossroads of Civilization* was the best of the 21 they had attended. Extremely well conducted, it was a three-week tour during which they visited Istanbul, Troy, Pergamum, Ephesus, Pamukkale, Cappadocia, and Ankara.

Ellen Wiener enjoyed, and found interesting, her Elderhostel trip to Japan. She traveled to five cities: Tokyo, Kyoto, Osaka, Nara, and Nagoya. (Now the programs include three or four cities.) Her group stayed in small, business-class hotels. The food was served from a large Lazy Susan, family style. The main focus of the program was on the different religions: Buddhism, Hinduism, and Shintoism. Highlights of the visits were trips to the temples. In each city, local English-speaking people showed their group around and arranged for them to have one-to-one contact with the people. They visited homes and had dinner in one. Although not much English was spoken they managed to communicate with their hands and facial expressions. In the home, demonstrations of the tea ceremony and wrapping of a kimono were given. By the end of her stay, Ellen had a real feel for the people of Japan and how they live.

Doris Brown strongly recommends a program in Norway, which included four nights in Bergen, four nights on a coastal express boat, six nights in the Lofoten Islands and one night in Oslo. They stayed in a suburb of Bergen, Sana, which is a beautiful little village thick with gorgeous rhododendron. Trips on the Flam railway took them to places of lovely scenery, historic sites and buildings. The highlight of the Sana stay, however, was seeing the midnight sun at 1 AM, with champagne! The coastal express boat picks up mail and delivers cargo. The Elderhostelers had staterooms on this boat, enjoyed excellent food and stopped in a number of towns on the way to the Lofoten Islands. These islands, located beyond the Arctic Circle, include huge mountains rising out of the sea and are more awesome, in Doris' opinion, than the fjords.

Continued on next page

Betty Irvine's favorite Elderhostel took place in Assisi, Italy. The program was about art, architecture, St. Francis, and Italian culture. They were housed in a modest hotel in the center of town in a plain room with a view of the courtyard of the Church of Santa Clara, a lovely Romanesque church. On occasion they would hear the nuns' beautiful chanting of vespers. A highlight was an on-site lecture in the Basilica of St. Francis with its ceiling of stars and the superb Giotto and Cimabue frescoes. The performances of music in several Romanesque twelfth-century churches were unforgettable. At the hotel home-style pasta and pitchers of wine were served. Betty described her two weeks in the beautifully restored historic site as "enchanting."

Bea Smolens' most exotic (of 37) Elderhostel was to Fiji, Tonga and Western Samoa. She has a video of these three weeks if anyone is interested in this trip.

The next issue will feature "Outdoor Active" and more U.S. programs.



"GREAT DECISIONS" RETURNS

by Gary Raven

The time is approaching again for our *Great Decisions* program. Problems and issues confronting the United States and the rest of the world will again be discussed in eight sessions starting February 20 at 10:30 AM in the Auditorium. The topics to be discussed were selected by the Foreign Policy Association and will be made available in book form. We recommend that you purchase these briefing books in order to get some background and for a better understanding of the subjects to be discussed. We will keep you further informed when the briefing books will be available and this year's especially interesting and challenging topics to be discussed.

Don't forget to keep Thursdays, from February 20 to April 10, open on your calendar. There will be no Video-U lectures during this period.

WHO'S NEW AT LUMBERTON LEAS

Robert and Shirley (Foresman) Somers, 49 Woodside Drive (609-702-9112) lived in Moorestown for 25 years before moving to Lumberton Leas. Shirley was born in Harrisburg, PA, and graduated from New Cumberland High School in 1951. She and Bob met through friends while she was a sales correspondent at AMP, Inc. in Harrisburg and he was auditing AMP with Arthur Andersen & Co. Following their marriage in 1963, she and Bob moved about in Pennsylvania, Canada, and New Jersey while raising their four children. Shirley is an avid gardener, a member of the Moorestown Garden Club, and an Accredited National Council Flower Show Judge. This takes her to flower shows throughout New Jersey and Florida. She was recently appointed District 7 Director for the State of New Jersey Garden Club. Shirley is also a volunteer participant in the Women's Auxiliary of the Salvation Army in Philadelphia. As planner and coordinator of their gardening projects, she designed a rose garden and perennial beds for the Eliza Shirley Campus on Conshohocken Avenue, Philadelphia.

Bob was born in Pottsville, PA. He served in the Air Force during the Korean War, assigned to a tour of duty in France. In those three years, Bob toured Europe in his leave time, as a member of the Air Force basketball team. In 1957 he graduated from Penn State University with a degree in Accounting. In 1973 he was made Chief Financial Officer of Aramark Corporation's affiliate in Toronto, Canada. After returning to the US, he became CFO of ARA's food service division. In his retirement, he served on the Advisory Board of the Greater Philadelphia Salvation Army.

In addition to his volunteer activities, Bob plans to be more active in the First Presbyterian Church of Moorestown and in the fitness center at Lumberton Leas. Shirley looks forward to playing bridge. They both enjoy traveling.

by Doris Brown



MLRA BUILDING COMMITTEE

by Joan McElhinney

By now, all residents of the courts must be aware of the construction of apartment extensions, both on the perimeter and in the quadrangles. The Estaugh Board finds this necessary because of waiting list demand for larger, brighter and better equipped living space.

Many long-term court residents have concerns about the effect of the extensions on their own privacy, outlook, and living space.

To address these concerns, the MLRA Building Committee was formed a year ago. The purpose of this committee is to ensure that all residents in the vicinity of a scheduled extension fully understand the impact that it will have on their area. It also seeks to assist those who want help in attempting to arrange for the modification of undesirable aspects of a planned extension.

During the past year, the committee has actively carried out its mission. Initially, residents were contacted who had been affected by construction before the committee was formed. Their experience was a valuable source of information.

Committee members work with **Bill Murphy**, Director of Operations, to more fully inform residents about planned construction. This is accomplished by a notice with a map and descriptive paragraph. Bill also personally contacts residents on either side of the extension. In a follow-up to Bill Murphy's notice, the committee offers to meet with concerned residents to discuss any problems and to seek possible solutions.

To date, committee members have consulted privately with residents about their concerns regarding 12 new constructions. Problems addressed have been: privacy, placement of air conditioners and windows, landscaping and obstruction of view. Follow-up indicates that most of these problems have been satisfactorily resolved to date. However, ongoing construction will undoubtedly present a greater challenge in the future for all those affected by it.

Residents are encouraged to contact any of the committee members: **Doris Allebach**, Chair (3198); **Joan McElhinney**, Co-Chair (3248); **Albert Andrews** (3242); **John Hambleton** (3017); **Ed McVaugh** (3081); **Allyn Rickett** (3111); and **Bud Stratton** (3193). The MLRA Board Sponsor of the committee is **David Sleeper**.



NEW GROVE IN ARBORETUM

by Kitty Katzell

In 2000, the Katzells established an Arboretum Endowment Fund, the interest from which is to enable special projects for the Arboretum to go forward without draining the Landscaping Department budget.

Since the Fund was established, the interest it has generated has been used to acquire a camera, a back-up computer for staff use, and an extension to the lightning rod on the big holly tree in front. As additional interest accumulates in the Fund, a new grove is being created, with the approval of the Arboretum Committee. This grove will be located along Estaugh Way in Bridlington and will feature special native American hardwood trees. The first of some 20 trees to be included in the grove were planted on November 19: a sugar maple, a fringetree, and a snowball.

EMPLOYEE OF THE MONTH

Pat Collom, who works as a part-time housekeeper at Lumberton Leas for the Environmental Services Department, was named December's Employee of the Month. Residents

HIKING IN THE PINE BARRENS

by Ellen Stimler

On a grey, damp Sunday in mid-November, with rain predicted in the afternoon, **Dot Hull, Ruth Quackenbush, and Ellen Stimler** got into Ruth's car to drive to Byrne (Lebanon) State Forest for a five-mile hike with the South Jersey Outdoor Club. At the appointed start time of 1:30 P.M., the group consisted of the leader and his wife and the three from Medford Leas. Usually, these hikes draw anywhere from 30 to 50 people ranging in age from the teens into the eighties. There was some discussion about shortening the hike as it started to drizzle, but we were dressed with our foul weather jackets and pants and wanted the exercise. Starting from the park office (with good rest rooms, historical displays, and trail maps), our genial leader took us on a two-hour round trip over park roads, narrow trails, and alongside abandoned cranberry bogs from where we could see tundra swans in the distance. After a while the drizzle turned into light rain which started to become heavy just as we got back to our cars. Despite the rain, all three of us felt exhilarated by the physical activity and looked forward to a hot shower and dry clothes.

The Outdoor Club of South Jersey publishes a quarterly activities schedule which lists hikes of different lengths and speed for almost every day of the week. Retirees generally opt for the Monday hikes which are five miles at a moderate pace. **Barbara Britten** and **Ann Walker** have gone on these hikes. The schedule lists a host of other outdoor activities, including overnight trips, biking, canoeing, skiing, and more. The booklet is sent to persons applying for membership, which costs \$8 for an individual or \$10 for a couple. The address is Outdoor Club of South Jersey, P.O. Box 455, Cherry Hill, NJ 08003-0455.

BIRD CARVINGS IN THE DISPLAY CASE

by Hana Stranska

Alex Webb's wood carvings of birds are expected to appear in the display case around mid-January. Alex began his hobby in 1983, after he retired from work. Always interested in

woodwork, he was sent an article by his brother-in-law about carving miniature geese. That started him off. At first, he did decoys—simple models of birds—but over the years, his carvings became more detailed, showing feathers, eyelids, bills, et cetera. The display consists of about 15 birds, mostly three-quarter size: little Sandpipers, larger ducks, and shore birds such as Yellowlegs, Dunlins, Turnstones, Avocets and Plovers. The artist, who still works in our woodworking shop, says modestly that his work is "hobbyist's work." Todd Butler's usual splendid display will enable you to judge for yourself.

WHO'S NEW

Nannette R. (Reese) Hanslowe, Apt. 296, joins our expanding group of musical artists. She is a singer of lieder and opera, plays the piano and cello, and is interested in composing. Her good friend **Mary Cullen** occasionally accompanies her.

Nan, as she likes to be called, graduated from the University of Texas with a B.A. in Romance languages and then went on to North Texas U. for an M.A. in music. Her work toward a doctorate was cut short by marriage to Kurt Hanslowe, then a student at Harvard Law School. Their first home was in Boston while Kurt was finishing law school. After moving to Detroit for Kurt's job in the legal department of the United Auto Workers, Nan went to Wayne State U. to get certified as a music teacher and then taught music at a middle school in Detroit.

In 1958 Kurt received an appointment at the Industrial and Labor Relations School at Cornell and taught there and at the Cornell Law School until his death in 1983. Nan meanwhile studied singing and worked as a producer and fundraiser for a local opera company. For two years she studied lieder and oratorio at the Vienna Conservatory. On her return, she gave private piano and voice lessons and became active in the National Federation of Music Clubs (NFMC). Currently she is secretary of "Opera For Youth," chair of the mens' voice competition of the NFMC, and opera chair of the Northeast Region of NFMC. Nan has two sons, a daughter, and four grandchildren.

by Ellie Stimler

260 TEDDY BEARS IN A ROW

by Grace Schaffel

Imagine, if you will, three tables – 4 feet by 10 feet long – loaded with teddy bears and dolls in brightly-colored clothes, situated in a large room where three sides of the room were lined with these adorned tables. That was the scene at the RSVP (Retired Senior Volunteer Program) Teddy Bear Tea held at Burlington County Community College Student Lounge on December 3 of this year, which was attended by four knitters from Medford Leas.

Of the 260 bears and dolls attired in hand-knitted and sewn clothing, 60 or more were dressed by Medford Leas residents. Other contributors were some residents from "The Homestead" senior community in Columbus, "The Renaissance Club" in Mount Laurel; and various and sundry individuals. Our thanks to the many people in Medford Leas who contributed to this worthy cause.

Also present at the Tea was a member of the Salvation Army (in full-dress uniform), who distributed certificates of appreciation to the knitters present. The Salvation Army donated the teddy bears and will distribute them to needy children in the Christian Caring Center in Browns Mills, Head Start, some police departments who also distribute to those in need, as well as to some gravely-ill children.

Most people who took part in this program were rewarded by the thought of the shining faces of children whose Christmas would be made joyful by the gifts of love and teddy bears. Here's to next year and even more knitters among us to bring joy to needy children.

IN MEMORIAM

Helen Ware	November 18
Patricia Charles	December 4
Margaret Schmit	December 6
Elizabeth Mowers	December 15

THE GIFT OF A VIDEO CAMERA

by Ellen Stimler

This story starts with Christopher, a little boy in Children's Hospital in Voorhees, expected to die of cancer before Christmas. His family so much wanted to get hold of a used video camera to capture their son's final days. A member of St. Mary's Episcopal Church in Burlington learned about this need and asked her church to put out an appeal to their members, but there was no response. This was like a call to action for **Katharine Church**, a long-time member of the congregation, who figured that maybe the Medford Leas Thrift Shop had such a camera. She got in touch with **Jack Allen**, who handles electronics for the shop, and sure enough he did have one which he had hoped to sell for between \$100 and \$150 but found no takers for about a year. So "yes," he was happy to sell it to Katharine for a very reasonable price.

Jack spent a couple of hours checking out the camera to make sure it was in good working order and recharged the battery. After having reviewed the camera's operating manual, he decided that it was probably too complicated for ordinary lay people to understand, so Jack spent another couple of hours writing clear, simple instructions of how to work it.

The next day, the camera was picked up and given to the joyous family. It turned out that the camera isn't used only by them to take pictures of their son, but the boy himself is using it and taking pictures all over his area in the hospital and having great fun with his new "toy." When the family no longer needs the camera, it will be lent to another family in a similar situation, starting a long "caring chain" that was fashioned with deep compassion by two caring residents of Medford Leas.

CORRECTION

The article on Kirby's Mill in the December issue, page 14, had two errors. The mill was bought by the Kirby brothers in 1875, not 1775, and the site included a barn, not bar, across the street when purchased by the Medford Historical Society.

MEDFORD LEAS LIFE

Ex Officio: Beth Wray, MLRA President; Barbara Britten
MLRA Sponsor

Editorial Staff: Ellen Stimler, Senior Editor; Kitty Katzell,
Consultant; Mary Cullen, Gertrude Marshall, George Rubin,
Dorothy Tillman, Maggie Woodard.

Proofreaders: The editorial staff, Arabelle Pennypacker, and
Florence Sawyer.

Secretary: Doris Curley

Production: Kay Cooley, Manager; Doris Curley, Assistant

Distributors: Berenice Finkelstone, "Pete" Johnson, Mary
Lou Mullen, Mary Toda, Ginette Weld

Business Manager: Charlotte Peck

Recorder: Florence Sawyer

Medford Leas Life is published monthly, September through
June, by the Medford Leas Residents Association. Copies
are distributed to all residents and to those on the waiting
list. Subscriptions are available to others at \$7.50 per 10-
issue volume by writing to Medford Leas Life, 676 Medford
Leas, Medford, NJ 08055. Medford Leas can be reached
by phone at (609) 654-3000; by FAX at (609) 654-7894; on
the World Web at www.medfordleas.org. The e-mail
address is <medleas.org> When using FAX or e-mail,
specify the name of the person to receive the message.

**Deadline for submissions: 10th of the month preceding
publication**

CRYPTOGRAM

by Russell Hill

Here is the solution to the December Cryptogram:

BUT ONE THERE IS BY TURNS GIVEN UP TO
RIBALDRY, VEXATION, ENTHUSIASM, ANGER, AND
ELATION. H. M. JONES

Following are those who solved it correctly: **Mary Barth,
Ruth Blattenberger, Florence Brudon, Don Davis, Betty
Donahue, Herb Heineman, Barbara Heizman, Euseba
Kamensky, Helen Peterson, Betty Preston, Doris Salati,
Ellen Wiener, John and Marie Winton, and Gladys
Wynkoop.**

Here is the January Cryptogram:

RLHNN-XMLQVLVT NUMBFN MFT TMBLW

XBLDN, UZVF JMF'N NZLBDD JBJV PVXBFN

QH JDMW, UBQZ TMFRBFX UVML HSQ

FBXZQ MFT TMW.

DWDW

Put solutions in Box 45 by January 15.

Mark Your Calendar:

FITNESS DAY

Wednesday, January 22, 2003

Look for the details in the
Fitness and Aquatics Newsletter
the first week of January

*The Staff of Medford Leas Life
Wishes all its Readers Abundant
Health and Happiness
In the New Year*

