



Medford Leas LIFE

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MARCH 2003

ANOTHER FABULOUS FITNESS DAY

by Sam Howarth

From early morning until mid-afternoon on Wednesday, January 22, anyone passing through the main building at Medford Leas knew that something special was going on with fitness as the theme.

The Activities Room was turned into a veritable jungle when 181 teddy bears and other stuffed animals arrived wearing a wide assortment of fitness gear. At manned tables in the Atrium all manner of printed fitness information was available. On that day, 103 residents signed up for the ML Fitness Challenge being held during February, March, and April. The back and abs stretch workshop conducted by **Debbie Grigg** and **Allison Eden** was held in the Auditorium. Near the display case, **John Brzostoski** delighted all who came by with his caricature sketches. A water show that included synchronized swimming was a huge hit at the pool for 60 spectators. In the Atrium, **Vickie Pierman** conducted grip strength tests; and back, neck, and hand massages were very popular.

The Fitness Day Luncheon was a sellout, with 185 in attendance. Along with healthful but delicious food, the diners were treated to good humor, excellent singing, and unique chocolate favors. Three members of the Century Club, all of whom attend strength training classes twice a week, were honored as part of the program. **Alice Jones**, born December 10, 1901, was an avid sailor who sailed up the east coast to Maine many times. **Anna Burr**, born March 12, 1900, worked in the education field for 44 years. **Edward**

Folwell, born July 28, 1900, who is better known by his nickname "Ping" (the name of the Korean village where he was born), is looking forward to returning to Ohio Wesleyan this Spring for his 80th reunion. The names of all of the many resident volunteers who help immeasurably with the fitness programs throughout the year were also read at the luncheon.

Of all the stuffed animals on display in the Activities Room there were two of very special note. The oldest teddy bear was 74 years old and has belonged to **Bob Minter** since he was a tot. The Best in Show was **Ann Walker's** teddy riding a tricycle, wearing an outfit that Ann had made and carrying a pennant reading "Medford Leas Fitness." This bear also had a golf bag and baseball bat slung across his back. There were eighteen other winners in various categories. A special 'thank you' goes to **Linda Schultz** who handled the details for this display.

Fitness Day is just one more example of how well Medford Leas staff and residents work together. Many staff departments contributed to the success of Fitness Day.



Fitness Staff

picture by Rick Trandahl

HOW OTHER CCRC'S ARE EXPANDING

by Ellen Stimler

Medford Leas is a relative latecomer as far as new construction and remodeling of existing facilities is concerned, compared with its sister Quaker communities in nearby Pennsylvania.

Crosslands in Kennett Square, Pennswood Village in Newtown, and Foulkeways in Gwynedd are all expecting to welcome new residents to additional, full-service units some time this year, and most of these units are larger and have more appliances than the existing apartments. Pennswood is also building a new Fitness and Aquatics Center, and Foulkeways, which opened a new health center about 1 ½ years ago, is adding new assisted-living facilities with a larger dining room.

Our survey of these CCRCs' expansion plans is based on reporting in their monthly newsletters, supplemented by telephone interviews with residents and staff closely involved with the building plans.

CROSSLANDS

At Crosslands, 11 full-service cottage units containing 44 apartments are being constructed on one-half of a large meadow property which was purchased by their governing board about eight years ago. The largest units will have two bedrooms and a den, but there will be some smaller ones. All of these new units have been sold, and there is already a waiting list. Several of the new units will be occupied by residents who are now in membership-type housing without the Crosslands healthcare.

The only additional construction planned now at Crosslands is an enlargement of their coffee shop. The new apartments were financed by bank loans. Before the start of construction, the Nature Conservancy Committee filed a petition with the executive director expressing concern that the siting of the new clusters was too close to the existing cottages. After meetings and site visits with residents and staff involved, it was agreed that the construction line would be moved

back to afford more privacy for the existing cottages. The new residents are expected to move in late summer or early fall.

FOULKEWAYS

At Foulkeways, a community with about 375 residents, a new health center with 40 skilled nursing rooms was completed in the summer of 2001. Their old health center was torn down to make room for expansion and renovation of their Assisted Living Building; when completed, this will have 56 two-room assisted living units, inclusive of an Alzheimer's unit, and a new dining room for assisted living as well as cottage and apartment residents. The existing dining room in the community building will remain in service. The proceeds of a \$15,125,000 bond issue financed the new health center and part of the new assisted living facilities.

Their "final draft plan," approved at their November "town meeting," calls for construction of possibly 32 two-bedroom plus den units over a period of up to eight years. In the first phase, 26 of the units will be built starting in June of this year, provided 75 percent of the units have been presold. Six more would be added in phase 2 "if market forces continue to support the need for larger units." As to the location of the units, their newsletter says that "the meadow view will be preserved and no units will be built in the woods across Perimeter Road in this area."

In a third initiative, 64 studio and one-bedroom standard units will be combined into 32 larger one-bedroom with den and two-bedroom apartments "as opportunities arise" over a 10-year period. When the planned new construction and unit combinations are completed, the number of living units will be unchanged but the resident population will have increased. The new and combined units will be funded with possible short-term loans, entrance fees, and reserve funds.

PENNSWOOD VILLAGE

At Pennswood, which has a current population of about 367, occupancy will start this fall of 62 new

units in two three-story buildings sited behind their health center and connected to the community center by an enclosed walkway. About the same time this fall, they hope to open a new Fitness and Aquatics Center. The new construction was financed by a bond issue of \$36.5 million which was sold in two days.

Four different versions of two-bedroom plus apartments are offered in the new buildings, and all will be larger than the existing ones. Half the new units were sold to couples, and half to individuals, adding a total of 106 new residents.

**SELECTING NEW MEMBERS FOR
MLRA BOARD**
by Maggie Woodard

On February 2, all residents received a request from the MLRA Nominating Committee to submit the names of residents they recommend to serve as Directors of the MLRA Board of Directors for the next two years. This article was written to help new residents learn how the Committee is formed and how it functions.

According to the MLRA Constitution, the MLRA Board at its first meeting chooses a Board member (but not the President or Vice President) to be chair of the Committee. The chair then asks four residents to be on the Committee and presents their names to the Board for approval. The Committee must include one person who has previously served on the Nominating Committee or has served as Director. This year's members are **Berenice Finkelstone**, chair; **Jean Henderson**, **Donald Knapp**, **Nickie Stevenson**, and **Helen Vukasin**.

It is the job of the Committee to select nominees (five or six, depending on the number of Board members retiring that year) to serve as Directors for the next two years.

The Committee first meets to discuss procedures

and desirable qualities and qualifications of potential Board members. In February, the Committee sends a letter to all residents, with a tear-off sheet at the bottom, requesting that they submit names of residents they recommend to serve as directors. Residents who previously served on the MLRA Board may be re-nominated after an interval of one or more years.

The Committee meets again in February (after resident recommendations have been received) to decide who they think is best qualified to serve on the Board. The selection of nominees is not limited to those who have been suggested by residents. In considering nominees, a prime factor will be the leadership needs of the community during the next year. In this context, the qualifications of the carryover Board members should be a factor. The nominees should represent a reasonable balance of gender and, if possible, should equitably represent the several residential areas of Medford Leas. After the nominees have been chosen, Committee members will call those selected to ask if they are willing to serve.

The chair of the Committee presents the list of nominees to the MLRA Board at the next meeting. If approved, a confirming letter is sent to the nominees. At the March MLRA general meeting, the chair introduces the nominees to the residents and then reads from the MLRA Constitution the provisions allowing residents to submit further names by petition. Notices giving the names of nominees are put in every resident's mailbox that evening or the next morning. Formal election takes place at the April MLRA general meeting.

THE MOUNTAINS OF MARRIAGE
by Stanley Brush

The mountains of marriage
Are climbed with more ease
With three little words
"Thank you" and "please."

GERRY STRIDE'S VISION FOR THE FUTURE

by Maggie Woodard

Gerry, who describes herself as a "great idea person," looks like an ideal choice to take on the newly-created position of Director of Community Life. She will be coordinating therapeutic recreation and programs on Assisted Living, Woolman, and Estaugh. One of her goals will be to develop activities that are fun, that also help residents find purpose in their lives, while giving them an opportunity to feel success. Above all, she wants to help them combat the plagues of old age, as identified by the *Eden Alternative Program*: boredom, loneliness, and helplessness. (The *Eden Alternative* is a program which uses children, plants, and animals to make life more meaningful for the elderly.)

Because Gerry feels that programs to stimulate Estaugh residents are needed, she has already initiated two. Every Monday afternoon is to be Spa day on Estaugh. Two companions, **Jane Menie** and **Joanna O'Rourke** will be trained by the Occupational Therapy Department to do hand message and other activities to stimulate the residents' senses.

On Wednesday mornings, a special breakfast will be offered in one of the different units. **Anthony Reyes**, an aide, will cook to order: eggs, pancakes, waffles. Usually the food comes already cooked, but now these residents will get to smell onions and peppers cooking and will be able to order individually.

Gerry sees herself also as a facilitator and advisor for new resident projects. Over the years, she has helped residents start programs, such as the Opera Trips, the Low-Vision Center, and various support groups. Once they were launched, the residents took over.

If people from the outside volunteer, Gerry hopes to help them find meaningful work in our community. She has in mind developing intergenerational programs, perhaps bringing in children from area schools as well as our Day Care Center to be with residents.

An important part of Gerry's vision is to plan activities that will be open to the entire Medford Leas community and which will enrich the lives of all who attend. (Last summer's concerts in the Back Porch Garden were enjoyed by many residents in addition to those living in the licensed units.) One such program will be on improving memory. Also, a music program is planned; music is Gerry's field of expertise. Artists from the 40's, such as Cole Porter, will be featured.

Gerry hopes to work with other departments in meeting her goals. For example, Debbie Lux from Landscaping will be involved with horticultural projects.

When talking about future plans, Gerry is very enthusiastic. She happily quoted a resident in a CCRC where she once worked: "I came here to die—you're going to kill me!" In this new job, Gerry is sure to hit her Stride!

EMPLOYEES OF THE MONTH: JANUARY AND FEBRUARY

by Maggie Woodard

Linda Nims, who has worked at Medford Leas since November 1978, was named Employee of the Month for January. A CNA (Certified Nursing Assistant), she has always been diligent in advocating for the residents in her care in the John Estaugh Unit and constantly gives them extra love and attention. Her co-workers describe her as "professional, caring, compassionate, and a pleasure to work with."

Steve Sweet works for the Dining Services Department; he came to Medford Leas last year as a junior from Shawnee High School. The youngest staff member to be promoted to a host position, he was described in a PIW as "mature, efficient, caring, full of good humor, and most capable." He was named Employee of the Month for February.

Congratulations to Linda and Steve and many thanks for your good work!

A VISIT TO THE KIMMEL CENTER

by Karl Mendel

Although some Medford Leas residents have attended a Philadelphia Orchestra or a chamber music concert at the now one-year-old Kimmel Center in Philadelphia, few or none had ever toured the whole complex itself. So to give our residents such an opportunity to rectify this omission, the coordinator of Medford Leas Friday afternoon Orchestra concerts arranged a special trip to have such a tour.

Twenty-seven residents availed themselves of this unusual "treat." From the ground floor throughout the several levels of audience-seating tiers of both the Verizon Hall and the Perelman Theatre to the penthouse level of the latter edifice, the visitors saw concert halls, various in-house restaurants, and special party rooms available to the attending public for events south down Broad Street to the distant, former Naval Yard from the most attractive, inviting penthouse terrace.

Probably the zenith of the tour was a prolonged visit to the Library of the Philadelphia Orchestra. Here could be seen the library archives of orchestral scores dating back to earlier years of the Orchestra. Many are annotated in personal penmanship of past musical directors or instrumentalists. Some of these scores are valuable antiques today. We also learned that the Orchestra rents scores which are to be used by the Orchestra but are not owned by it and in its library's holdings.

In the spring of this year, there are plans for a similar trip and visit to the Kimmel Center for Medford Leas residents unable to go on this first tour, and notice of such will be publicized in the spring.



NEWS FROM LUMBERTON LEAS

by Helen Vukasin

It's a fact! Fifty percent of the 30 volunteers in the Fitness Center are residents from Lumberton Leas. This column usually focuses on what is happening on the Lumberton Leas campus. But this month I want to share some statistics about the volunteer activities of LL residents on the Medford Leas campus:

Fitness Center, 15
 Pool, 1
 Health Center (all units), 10
 Occupational Therapy, 4
 Recreational Activities, 3
 End of Life Supporters, 6
 Internal Mail Delivery, 2

In addition to these volunteers in various health-related activities, five LL residents work in the Gift Shop, one in the Thrift Shop, and one assists the Administration.

Besides these direct services to residents, LL residents are members of MLRA committees and chair four of them: the Art Gallery, Health Volunteers, Interior Decorations, and Leas Forum. Two LL residents are directors of the MLRA Board, and two of them are members of the MLRA Financial Review Committee.

Back home, LL residents work on the LL council and serve on the nine committees that act as stewards of the facilities and common areas and plan activities for the campus.

The big activity in February was the annual Valentine's Day catered dinner at the Community Center. LL residents welcomed about a dozen guests from Medford Leas and Woolman Commons. It was great to have one table with representatives from all campuses.

The Lumberton Leas handbook, edited by **Helen Vukasin** and **Barbara Zimmerman**, was completed and distributed.

GETTING TO KNOW OUR NONAGENARIANS

by Dorothy Tillman

Ed. Note: This article is the first in a new series on the lives of residents who are 90 years or older. About 10 years ago, Dorothy Tillman profiled many 90+ year-olds in a series called "Life in the Nineties," and these stories were collected in a booklet available in the library. In our current series, we will write about residents who reached 90 during the past five years and are still leading an active lifestyle.

Mimi Siersema is 93 but, as she will tell you right away, on June 1 she will be 94. It seems appropriate that she was born in the sunny month of June because she is such a sunny person—always smiling, beautifully dressed, with just the right jewelry.

She lives with her lovely cat whom she addresses with so many terms of endearment that it is difficult to decide what her real name is—is it "Baby" or "Lovey" or "Darling?"

She lives surrounded by mementos of her family whom she obviously adored. Her father read to her as a child, thus instilling a lifelong love of poetry. She was born on Long Island, but the family soon moved to Staten Island, where her ancestors on her mother's side had a long history going back to the Quakers who fled from England to escape persecution.

Among the many, many pictures on the walls was one of her very beautiful mother—"A wonderful mother," she said, "Serene and intelligent." There is also a sampler beautifully embroidered by her great-great-grandmother in 1800 when she was 11. There is a silhouette of her great-grandfather and, on a nearby table, a silver snuff box, dated 1835.

The past is very much in the room, but Mimi is very much in the present. "I've been watching television all day," she said, when I interviewed her a day or so after the shuttle Columbia disaster. "I don't want to miss anything, even if it is all bad." She spoke with disdain of the danger

of "little men with great power." Married 54 years, she has one son who lives in Virginia and who calls her every morning, and they talk for an hour or so. "Well, he talks and I listen. You can learn a lot that way."

When I asked about her activities at Medford Leas, she claimed that she didn't really do anything. She plays duplicate bridge every Wednesday, and progressive bridge every Friday night, and she helps out in the Large Print Library ("but the others do all the work"). She's volunteered to read to people, but no one has called yet. "Oh, yes, she does the Voice, but that's nothing" (It's just recording the menus and the activities of the day every day for a week, so that those with visual problems will know what is going on—and the week that it's your turn seems to come very quickly.)

And what is she most pleased about in her life? That she was able to stop, cold turkey, her two-pack-a-day cigarette habit!



Mimi Siersma
Photo by
Margery Rubin

QUAIL NEWS

by Gertrude Marshall

Remember the covey of quail which Management bought, then built a cage for in the woods, and eventually released last fall? Several residents have seen them recently. **Dorothy Hull**, whose apartment is near the woods, has seen as many as six. And **Eleanor Henderson** has two coming to her feeder. We are so glad that some are still with us; we hope to hear their distinctive call "Bob White" next spring.

A TIME TO CELEBRATE

by George Rubin

On Saturday, January 4, 2003, a combined sixth anniversary celebration of Medford Leas and The Extended Hand Ministries, Inc. (TEHM) was held in the auditorium. Elder Tara Davis opened the ceremony with introductions. **Jane Weston**, Director of Community Relations, thanked **Jean Henderson** and **Mary-Glenn Morin** for organizing this program. She then introduced **Reverend Barbara A. Davis**, Executive Director of TEHM. Reverend Davis spoke about the food, clothing, and other equipment that is donated by Medford Leas to TEHM. The Ministries is now feeding about 1,500 people a month. She outlined how the food goes from our kitchen to feed the homeless. There was a special need after the disastrous fire in Camden on December 22. This need was filled by TEHM with donations of food and clothing from Medford Leas.

Elder Tara Davis presented a panel consisting of Medford Leas people responsible for the donations. **Bill Murphy**, Director of Operations, spoke of equipment given to TEHM. **Lorraine LaPollo**, Director of Dining Services, explained how the food, after each meal, is packaged and prepared for shipping to TEHM. Lorraine said that her skepticism about the program was turned around "by the commitment and faithfulness I encountered in the people running and working on the project." **Kay Hill** gave a short history of the Thrift Shop and its many contributions of items to TEHM. Sister T. Lucille Boone informed the audience of how the Extended Hand Ministries uses volunteers, and how they could use more people who are interested in helping the homeless. Minister Janice McNair said that her tears "were those of compassion for those we serve. I believe so deeply in the mission of TEHM and what it provides."

The panel was followed by information about a new program under TEHM that was started at Rancocas Regional High School to counsel pre- and post-college students. This was followed by a "Praise Dance" performed by the Christian Community Chapel Center of Youth. After a

question-and-answer period for the audience, Sister **Geri Dickerson** (a Woolman Commons resident) presented gifts from TEHM to **Jane Weston** and **Lois Forrest**, who was Executive Director of Medford Leas when the food donation program was started.

The celebration closed with thanks and gratitude to Medford Leas and its involvement with TEHM over the last six years. In response, Medford Leas residents expressed their commitment to continue to help and be involved with TEHM, as it provides a most needed service to the community.

COINS, PURSES IN DISPLAY CASE

by Hana Stranska

"Not all that glitters is gold," but the collection of coins, purses, and handbags, supplied by residents of all our campuses and ably displayed by **Todd Butler**, has a glitter and sparkle all its own. There are British coins, minted for their new decimal system, as well as those of the last pre-decimal I.s.d. (pound, shilling, pence) issue. Coins from the British Virgin Islands, and a variety of European currencies, some from the eighteenth century, are also displayed.

Two opera glasses with pearl inlay and tiny sunglasses are other noteworthy items, but the bulk of the display is of purses and handbags ranging from tiny pearl-studded to larger items from times gone by. Two large bags, one of black and white petit point, the other of brown and white gros point, and a wooden box covered with intricate *decoupage* command attention. "Diversity of origin" could be the motto: there's a Chinese silk purse to be worn around the waist; a small purse showing a town hall described in a Scandinavian language; another with thread embroidery from India; one of Venetian origin; one made of metal meshwork; a crocheted purse; a silk purse in a wooden frame; a linen purse made to hold sewing gear; and many other, unmentioned but equally deserving items. So come, see, and admire!

JOE'S TABLE IN THE COFFEE SHOP

by Ellen Stimler

A colorful presentation and surprising combinations of ingredients are the hallmark of 'Joe's Table,' which is a major attraction for residents in the Coffee Shop on three or four days of the week.

"Joe" is **Joseph Michael Filer**, who has worked at Medford Leas for 13 years, starting as a dishwasher, progressing to cook, and with an ambition to become an executive chef one day. Before coming to Medford Leas, he worked four years as a cook at a restaurant in the Ironstone Village Shopping Center in Medford. Joe lives in Mt. Laurel with his wife and two boys.

Joe probably drank in his love of food with his mother's milk. His mother, with an Italian background, made meal preparation and food an important part of family life, and Joe doesn't remember a time when he wasn't helping in the kitchen. He chose the culinary arts course for his four years of high school at the Burlington County Technical Institute in Medford (formerly the Vo-Tech School), and is currently enrolled in an Internet course given by the American Culinary Federation leading to certification as executive chef.

Some of Joe's specialties include a sundried tomato pesto used with a variety of sandwiches and a chicken dish with mango coulis (a fruit puree). Joe says he gets some of his ideas from TV cooking shows and magazines. He likes to be as creative and artistic as possible, within the limits of his budget, and tries various combinations of ingredients at home before producing them for the Coffee Shop customers. Judging by the crowds around Joe's table, those customers are delighted with the varieties of taste and textures available from his creations.



ESCAPE THE WINTER BLUES WITH ELDERHOSTEL ONLINE

by Kay Cooley

Stuck in New Jersey while friends escape to sunny, warm beaches? Never mind! Elderhostel's Student Learning Center offers an even more rejuvenating experience. At its website <http://www.fathom.com/elderhostel> adult students can attend free lectures, enroll in free seminars and register for tuition-based university courses. With the click of a mouse one can be in ancient Egypt, Shakespeare's London, or the farthest reaches of the cosmos.

Elderhostel has teamed up with Fathom, a consortium of the world's leading universities, museums, and libraries to provide adult learners with exceptional learning opportunities. From its home page, one can access educational offerings in arts and architecture, history and cultural studies, and science. In each of these areas a "learning center" is set up within which several courses and lectures are clustered. The current learning centers are: The World of Pyramids, Shakespeare, and Science and Technology. Some current course titles are: "Ancient Egyptian Society and Family Life" (University of Chicago), "Search for Life: an Introduction to Astrobiology" (Natural History Museum), and "Agatha Christie and Archeology" (British Museum). Learning center themes change periodically.

Once students enroll, they have several months in which to complete the seminar or course. Seminars are two to four hours divided into lessons; courses are longer, involve readings and interaction with the professor. Frequently asked questions cover almost everything one needs to know to select and sign up for an offering. In addition, links between courses and related Elderhostel programs are given, so that Elderhostelers may use Adult Learning Center courses and features to prepare for programs. More information can be obtained from Elderhostel's help line for Adult Learning Centers at 800/286-9492.

SHOPPING WITHOUT A CAR

by Doreen Lee and Hana Stranska

Medford Leas runs an excellent bus service; so, if you do not drive, there are options to meet your needs. This service is free to all full service residents; those in partial service pay a small fee. The daily schedule of bus times and routes is listed on the back of the monthly calendar, and in addition the Voice gives the same information.

However, that listing could not give the multiplicity of stops and shops which are available upon request. Here we will attempt to give a somewhat fuller schedule.

On Monday mornings the bus goes to Moorestown Mall. Here some of the better known shops are available: Boscov's, Lord & Taylor, Strawbridge's, to name a few. In addition, the driver upon request will also take you to the Eastgate Shopping area where you will find A.C. Moore (an art, craft, and knitting supply store), Home Depot, a bookstore, a shoe store, and two computer stores. On the return trip the bus stops at Acme supermarket in Moorestown.

On Tuesday morning the bus goes to the Cherry Hill Mall. Here there are a variety of stores such as Strawbridge's, Macy's, and J.C. Penney, as well as an Eckerd Drug Store and an assortment of smaller stores. Tuesday afternoon the bus goes to Shoprite for an extended stop (nearly an hour) and then makes a shorter stop at Acme in Sharpe Run Plaza in Medford. Here there are a Pack and Ship store, an optician, a discount liquor store, a dry cleaner, a shoe repair shop, a Blockbuster video store, and a Chinese restaurant where food ordered in advance can be picked up.

Wednesday morning takes shoppers to the Echelon Mall and Hi-Speed Line to Philadelphia; the return trip for later in the day has to be arranged in advance. Wednesday afternoon the bus goes for a longer trip to Acme; residents

can also make use of the various services and stores listed above under Tuesday afternoon.

Thursday mornings the bus goes to a wider variety of destinations depending on the week of the month as described on the back side of the monthly calendar. A trip to Moorestown includes a stop at Carl's shoe store where even problem feet can usually be fitted and orthopedic prescriptions can be filled. Thursday afternoon the bus goes to Ironstone Village, CVS, and Murphy's Market. Ironstone Village has a jewelry and watch repair store, a shoemaker, and a Mail'n More store, as well as a sporting goods store. The stop for Murphy's Market also allows a shopper to go to Spotts—a hardware and gardening store—as well as Binkley's, a good variety store. Upon request the driver will also stop at a stationery store which has a sub-post office for mailing packages and buying stamps.

The Front Desk has an up-to-date listing of local drivers for hire, with whom private arrangements can be made to take you just about anywhere.

So residents who have to give up their cars have no reason to despair. The Medford Leas bus will take them almost anywhere!

Inadvertently the last two lines of this story published in last month's issue were cut off. We apologize for keeping readers in suspense for a month.

THE WISDOM OF TODAY'S YOUTH

by Maggie Woodard

While I was standing in line at the bank recently, an eight- or nine-year old girl (probably a resident's grandchild) strode out of the coffee shop, carrying a tray of food, saying in a loud, clear voice: "This is not a healthy meal and I'm proud of it.!"

UNDERGROUND AT MEDFORD LEAS

by Bob Minter

Probably most residents don't know—or even don't care to know—what happens to the water and waste when they open a sink drain, run a garbage disposer, or flush a toilet. In recent months, **Bill Murphy**, Director of Operations, led residents on a tour of the various systems functioning above ground but did not include the sewage system. This is a report for those who are interested in finding out what goes on underground at Medford Leas.

On our campus, movement and collection of waterborne wastes is entirely by downward gravity flow. Beneath each court the individual drain lines connect to a drainage loop which opens to a single line that connects to similar lines coming from other courts. At several points the larger collection pipes pass through manholes where flow can be monitored and stoppages cleared out. A similar system of collection pipes serves the multiple floors of our Haddon/Woolman and Estaugh buildings, the Health Center, Bridlington, and Rushmore. Sewage from Lumberton Leas and Woolman Commons is handled by the Mt. Holly Township plant. Flow from all sources goes to a large sump. Above ground only a large metal cover and a vent pipe are visible. Below ground, two electric pumps (one is the stand-by for the other) raise the entire flow into a siphon line that leads to the Medford Township sewage treatment plant about 1.5 miles away on Fostertown Road below Kirby's Mill.

At this point the real work of sewage treatment begins. Just to put our output in perspective, Medford Leas' 25,000 gallons per day are about one-seventh of the plant's capacity. The steps in the process include grit removal, a half hour of primary sedimentation, and one day of aerobic (activated sludge) digestion. The "health" of the microorganisms that "digest" most of the organic matter is tracked by laboratory tests. A second clarification step is followed by chlorine treatment to kill the active microbes, dechlorination sand-bed filtration, and a final

chlorination. To protect downstream users, the ammonium level is controlled by treatment with aluminum sulfate before the water is released into the Rancocas Creek.

Medford's sewage treatment plant serves no heavy manufacturing or food processing operations. Thus, its final sludge residue can be safely spread on farm fields.

WHO'S NEW

Sally (Millard) Miller moved into Apt. 236 from Skaneateles, NY. She grew up in Hastings-on-Hudson and obtained a liberal arts degree from Oberlin College in Ohio. There she met her future husband, Philip, who became a Quaker pastor and teacher. Sally taught elementary school and earned a M.Ed. degree at SUNY (State University of New York). The couple lived and worked in Massachusetts, Oregon, California, and finally settled in central New York with their four children.

After Philip's death at age 39, Sally found personal support, comfort, and spiritual guidance at the Syracuse Friends Meeting. For many years, Sally was involved with the New York Yearly Meeting and Friends World Committee for Consultation. Recently she accepted the job of Educational Coordinator for Right Sharing of World Resources, Inc., which provides seed money for small-scale economic development projects in Third-World countries and speaks with Friends about the spiritual complexities of consumerism and materialism. Sally has many interests in her life: family that now includes four grandchildren, art, music, nature, reading and writing, and, most enjoyable, nurturing people

by Cis Cooper



WHERE CAN I FIND IT?

by Gertrude Marshall

Have you ever wondered about certain aspects of life at Medford Leas and wished you knew where many parts of our paper trail are kept?

Minutes of the MLRA Board, which meets twice a month: These are in a book on a table just outside the Coffee Shop and on a table around the corner from the ground floor Haddon elevators.

Want to learn about a resident and therefore need to find his/her profile in Medford Leas Life? In the Library all the way in the far corner next to the window is a card file listing residents alphabetically with the date of their profiles in *Medford Leas Life*.

On the same table are bound volumes of Medford Leas Life in chronological order. Be aware that a few residents have opted for no biography.

Albums with residents' pictures: These are arranged alphabetically in albums in the Lounge, three for current residents, three for departed residents, and one for Lumberton Leas. All seven are on a sideboard along the wall near the jigsaw puzzle tables.

Annual reports and job descriptions of MLRA Committees: These are in the Library on the bottom shelf nearest the window display.

Binder that lists residents in a hospital or in John Woolman: This is at the main desk of the Community Building just to the left of the mail boxes.

Boxes for Pharmacy for renewal of medicines: one is in the Atrium across from the large bulletin board. There is a similar trough just outside the Pharmacy window.

MLRA box for checks: In the Atrium above the Pharmacy Box (only for checks for the Activities, Appreciation and Community Services funds.)

Box for medical consultations and letters to

medical personnel: This is in the Health Center waiting room.

Notary Public: Both **Trudy Delacey** of Resident Services and **Phyllis DiCianni**, Administrative Assistant, are notaries public. Call for an appointment when needed.

The bulletin boards themselves are gold mines of information. There are four: in the Atrium across from the reception desk; in the corridor leading to the bank; around the corner next to the bank; on the ground floor across from the Haddon elevators. Each day's menus are posted on the Atrium and ground floor boards.

Good luck finding the information. For a shortcut, try Charity Reily in Resident Services at 3119.

NEWS FROM WOOLMAN COMMONS

by Nickie Stevenson

January was a festive month for us. We honored **Nancy Darling** and **Laura Farr** at our Birthday Tea, said good-bye to **George Clarry**, who is moving to Florida, and celebrated the Super Bowl with a covered-dish supper. Twelve of us gathered for supper, but only four stalwart people stayed until the end of the game.

As usual, we went "Out-To-Lunch." This month we went to Yama's Japanese Restaurant here in Mount Holly. Fourteen of us joined the outing and enjoyed the food. Some of us even showed facility with chopsticks.

The highlight of the month was the appearance of a creative snowman made by **Laura Farr**, her son Rob, and his two children, ages 2 and 5. It was rolled all over the court to get enough snow to make a sizeable snowman. Though the snowfall had been slight, they collected enough to make three large balls, mottled with dirt and grass. It was finished off with two branches (not just sticks) for arms. The children named it sycamore, no reason given.

MORE RECOMMENDED ELDERHOSTELS

by Maggie Woodard

Elderhostel offers many "Active Outdoor" programs in the United States, Canada, and foreign countries. **Ruth Blattenberger's** favorite program (out of 30) was *Paria Canyon Backpacking*, sponsored by Yavapai College in Arizona. The five middle days of this 30-mile hike were spent backpacking in a very narrow canyon leading down to the Colorado River. Special access permission was needed since camping spots were infrequent and on narrow ledges along the river. The group was small (sixteen) and quite compatible. Their backpacks contained all the cooking equipment and food for the group. They also carried their own tents but never used them. The sky was clear and the stars seemed close enough to touch. Hiking was mostly downhill, with some slick-rock places and slot canyons presenting challenges.

In one Elderhostel, **Ruth Quackenbush** hiked along the coast of Cape Cod and from the ocean to the bay. Her all-time favorite adventure was hiking for two weeks in Switzerland in the Alps. She also enjoyed hiking in the Lake District of England. In each of these trips, she learned much about the history and geography of the areas.

Of the traditional Elderhostels, **Bea Smolens** enthusiastically recommends *The American Foreign Service Association Program*, the only program she has repeated. Courses were taught by an extraordinary group of retired ambassadors and other veteran diplomats and were unusually informative. Their group was housed in a motel in Arlington, Virginia, minutes from Washington, DC.

Becky Monego recommends the *Ozark Folk Center* Elderhostel in Mountainview, Arkansas. The Center, a state park, houses examples of music, crafts, and dance of the Ozark Mountain folk. It is beautiful country and the people are interesting. During lectures and demonstrations, the group learned about the Ozark traditions, history, and foods. They were shown how the

settlers lived and how things changed when railroads and electricity came to the hills. Every evening there was music in the auditorium, where musicians played and many joined in the dancing, even families with their small children.

Marian and Neil Hartman enjoyed an unusual program at Central College in Pella, Iowa. Pella was founded in 1847 by a group of Dutch refugees fleeing from the state church in Holland. A large majority of the town's citizens have Dutch ancestry. There is a restored Dutch village in the center of town, with the largest Dutch windmill in the United States. Courses included Dutch painters, organ music, dancing, culture, and pastry. The College sponsors just one Elderhostel a year, and the Hartmans say "they really do it up right!"

Bob and Helen Peterson recommend *Historic Gettysburg Battlefield* in Gettysburg, PA, within easy driving distance from the Philadelphia area. They enjoyed the program especially because it made history come alive in a very interesting and pleasurable way. They met nice people, and the food and accommodations were excellent. They strongly advise reading the book *Killer Angels* ahead of time to get the most out of the experience. The lectures and daily field trips to the Battlefields were based on this book.

Wesley Smith recommends especially two Elderhostels of the many he has attended: *College of Santa Fe/Downtown*, Santa Fe, New Mexico, and *The Baja: History and Culture (Mexico)*. In Santa Fe, he saw a lot of the city, enjoyed going to many of the ten good museums, the governor's mansion, and the art galleries on Canyon Road. The exciting highlight of the Baja program was taking a boat ride and touching the whales, as big as a couple of cars! The food at both places was excellent. In Santa Fe, Marriot catered the gourmet food and three choices of cuisine were offered. The group stayed in a lovely, well-known downtown hotel, two blocks from the historic Plaza.

In the next issue, the remaining Elderhostel recommendations will be described.

WHO'S NEW

David and Loretta (De Savio) Taylor, 659 Bridlington, met and dated in Merchantville High School, then went their separate ways, but finally got back together and married shortly after David received a civil engineering degree from Princeton. Loretta, who is Beni to her friends, attended Goucher College for 1 ½ years before her marriage but then went back to school at age 50 and got a political science degree from Rutgers-Camden.

Beni says that "a circle with a 15-mile radius would include every place either of us ever lived or worked including Medford Leas." In the late 40's David's father left his job as Camden County engineer and started a civil engineering firm with his two sons, David and Bill. The firm later split into two, Taylor, Wiseman and Taylor (TWT) and Environmental Resolutions (ER). ER is the municipal engineer for Medford Township. TWT designed major highways and bridges, sewage and water treatment facilities, and land planning and development projects. David eased out of the firm during the 80's. Over the years, his civic activities have included first chairman of the founding board of Stockton State College, chairman of the boards of the Southern NJ Chamber of Commerce and of the Southern NJ Development Council and several years on the Moorestown School Board. Currently, he's "a bit of a computer nerd," enjoys golf, and volunteers for Habitat for Humanity.

For 15 years the Taylors had a summer place in Tuckerton and sailed small boats and a trimaran on nearby waters but also chartered larger boats in the Virgin Islands.

During their 50 years in Moorestown, the household included five children (one died at age six) but Beni found time for many volunteer "jobs." After she got her degree, she worked in Senator Frank Lautenberg's New Jersey office until 1982. In her "retirement" she ran three times for Township Council but wasn't able to break the Republican lock. Now she wants to assist in getting out the vote in elections; reading and travel are other delights. **by Ellen Stimler**

RESIDENTS IN THE NEWS

Rev. Barbara A. Davis had her picture in *The Philadelphia Inquirer* (Feb. 2, p. L-6) and was shown helping a youngster in her new after-school program at Rancocas Valley Regional High School. Barbara, a resident of Woolman Commons, first announced this program during the sixth anniversary celebration of her Extended Hand Ministries in the Medford Leas auditorium on January 4. The after-school sessions are free and open to students of all grades in area schools from 3 to 5 p.m. on Tuesdays and Thursdays. The program has attracted many volunteers and support from local businesses and community organizations.

Barbara was mentioned again in an *Inquirer* article on February 9 dealing with homelessness in the suburbs. The article described the manifold services provided to the homeless by the Extended Hand Ministries headed by Rev. Davis.

Bill Farr of Woolman Commons was featured in the Senior Life column of *The Philadelphia Inquirer* on February 10. He discussed his newly published *Waterways of Camden County*, the first of a trilogy of books on aspects of Camden County.

DONATE YOUR OLD EYEGASSES

The eyeglasses you are no longer using can help improve the vision of a poor person who can't afford to buy glasses. All you have to do is take them to the front desk to be placed in the collection box of the Medford Lakes Lions Club. A club member makes regular pickups of the glasses and takes them to their recycling place, where they will be cleaned, measured, repaired, and then packed and shipped, free of charge, to needy people all over the world. Over 2.7 million donated eyeglasses were distributed by the International Association of Lions Clubs last year, and the local club is trying to increase its contribution and asking for your help.

UPDATE ON ML "INTRUDER"

by Ellen Stimler

In the spring of 2002, residents received a number of warnings about locking their front and sliding doors at all times, after an intruder had gained entrance into a number of unlocked apartments and made off with money and some valuables. Following intensive surveillance by local police and Medford Leas security and maintenance staff, a suspect was arrested on May 6. Many residents have wondered what happened since then.

A telephone conversation with a staff member of the Burlington County Prosecutor's Office disclosed the following: The suspect, Theodore Soesbee, spent the night of May 6 in the Burlington County jail; on May 7, he was released after his family posted cash bail of \$5,000. His case was presented to a grand jury which indicted him on nine counts of burglary on July 24. When he failed to show up for his prearrest on August 14, a warrant was issued for his arrest. This was cancelled when he came in on August 16. The defendant was arraigned on October 18, following two postponements requested by his attorney. A status conference scheduled for January 27 had to be postponed at the request of the defendant's attorney to March 3. The Prosecutor's Office expects to go through several more status conferences and explained that these are to explore terms of a plea bargain (settlement without a trial), if the defendant is willing to enter a guilty plea and agrees to a sentence acceptable to the Prosecutor.

ART GALLERY NEWS

by Helen Vukasin

The Art Gallery Committee will feature the work of Steve Kuzma during the month of March. Mr. Kuzma studied at Parsons School of Design in New York City and also in Siena, Italy and Paris, France. He worked as an illustrator for 15 years for the *New York Times* illustrating children's books and for the Olympic Committee.

He left illustrating to develop his talents as a fine arts painter. Mr. Kuzma's work focuses on a spiritual interpretation of nature.

DONATED TALKING BOOKS

by Myra Binstock

Fiction

Bronte, Emily	<i>Wuthering Heights</i>
Eden, Dorothy	<i>Crow Hollow</i>
Ferber, Edna	<i>So Big</i>
Gordon, Neil	<i>Sacrifice of Isaac</i>
L'Amour, Louis	<i>Four More by L'Amour</i>
Steinbeck, John	<i>Of Mice and Men</i>
Thurber, James	<i>The Wonderful O</i>
Thackery, Wm. M.	<i>Vanity Fair</i>
Walker, Alice	<i>The Temple of My Familiar</i>

Mystery & Suspense

Cannell, Dorothy	<i>The Thin Woman</i>
Christie, Agatha	<i>4:50 From Paddington</i> and <i>A Pocket Full of Rye</i>
Christie, Agatha	<i>Death by Drowning</i>
Francis, Dick	<i>Come To Grief</i> <i>The Danger</i> <i>Dead Cert</i> <i>Decider</i> <i>Driving Force</i> <i>Knockdown</i> <i>Longshot</i> <i>Odds Against</i> <i>Rat Race</i> <i>Risk</i> <i>Smokescreen</i> <i>Spring Fever</i> <i>Wild Horses</i>
Grafton, Sue	<i>"A" is for Alibi</i> <i>"B" is for Burglar</i> <i>"C" is for Corpse</i> <i>"Q" is for Quarry</i>
Grisham, John	<i>The Partner</i> <i>The Chamber</i>
Kellerman, Jonathan	<i>The Clinic</i>
O'Connell, Carol	<i>Judas Child</i>
Peters, Elizabeth	<i>Silhouette in Scarlet</i>
Sanders, Lawrence	<i>McNally's Secret</i> <i>McNally's Luck</i>
Sayers, Dorothy	<i>Unpleasantness at Bellona Club</i>

BOOKS WE ENJOYED READING

Ed. Note: Residents are encouraged to share in this space comments on books they enjoyed.

The Corrections by Jonathan Franzen (in ML library). At the heart of this sprawling novel, much of it taking place in Philadelphia, is a Midwestern couple whose two sons and one daughter are now raising their own families and dealing with the problems of another time. The parents/grandparents are now trying to come to terms with old age and the husband's Parkinson's. The mother/grandmother is the prototype of the conventional housewife concerned about "keeping up appearances." The oldest son's wife won't play her game. The other son, who lost his teaching job after an affair with a student, has long ago isolated himself from his parents. The daughter tries to placate her mother, despite the mother's disappointment with her failed marriage and status as a restaurant chef. The writing is compelling, particularly the dialogue among the many characters. The novel manages to explore critical facets of American life and culture, including marriage styles, parent/teen relations, the digital revolution, class differences, feminism and lesbianism, work ethic, and so much more.

by Ellen Stimler

E-MAIL DIRECTORY UPDATE

The Administration is about to distribute a revised e-mail directory. Any resident who has an e-mail address and is not currently listed in the Medford Leas resident directory or has a new address is asked to e-mail phyllisdicianni@medfordleas.org or drop the information off at the main desk for Phyllis' attention.

CRYPTOGRAM

by Russell Hill

Here is the solution to the February Cryptogram:

**ALAS FOR THE SOUTH
HER BOOKS HAVE GROWN FEWER
SHE NEVER WAS MUCH GIVEN
TO LITERATURE.**

SWEET SINGER S.C.

Following are those who solved it correctly: **Mary Barth, Joan Bellman, Ruth Blattenberger, Mort Bregman, Marion Burk, Don Davis, Elizabeth and Richard Dill, Betty Donahue, Lorretta Elkin, Barbara Heizman, Jane Hunter, Euseba and Warren Kamensky, Helen Peterson, Betty Preston, Liliane Reynolds, Doris Salati, Florence Sawyer, Nickie Stevenson, Ellen Stimler, Ellen Wiener, John Winton, and Marie Winton.**

Lorretta Elkin was left off the list of December solvers. Most of you pointed out that there was a typo in the January puzzle, so that "fewer" came out "fewew." That was especially unfortunate because it spoiled what was supposed to be a humorous rhyme.

Here is the March cryptogram:

**SRN NRKVV, SRN ABNNYS BNY
LVY JUSZUSW JBHM RX VRBN
BSLUPKULH, AKL MLNYJS JULV
XTRJYNM.**

L. JBNLRS

Put solutions in Box 45 by March 10.

IN MEMORIAM

Mary Anglemyer	January 26
Andrew F. Seeger	January 29
Raymond A. Katzell	February 5

IDENTITY THEFT AND YOU

by Helen Vukasin

On February 8, Medford Leas Forum Committee sponsored an informative program on an increasingly common crime—identity theft. The Director and Assistant Director of the Burlington County Consumer Affairs urged residents to call their office at 609-265-5054 with questions or to report suspected fraud. Below are some tips on protecting yourself and on what to do if you are a victim:

Tips on protecting yourself:

- Give your Social Security number only when absolutely necessary.
- Put passwords on your credit card, bank, and phone accounts. Avoid using easily available information like your mother's maiden name, your birth date, etcetera.
- Minimize the identification information and the number of cards you carry to what you actually need.
- Be careful about where you leave personal information in your home.

What to do if you know you are a victim:

- Call the three accrediting agencies listed below:

Equifax: 800-525-6385
Experian: 888-397-3742
TransUnion: 800-916-8800

- Alert your bank and credit card companies.
- File a report with the local police department.

More information from the Consumer Affairs Office is available in Trudi DeLacy's office.

MEDFORD LEAS LIFE

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Deadline for submissions: 10th of the month preceding publication

