



# Medford Leas LIFE

VOL. XXXI, No. 7

SEPTEMBER 2003

## RESIDENTS AWAY ALL SUMMER

by Louise Evaul

Summer is over and it flew by rapidly. Here at Medford Leas, we were busy with wonderful, challenging programs, and many fun social activities. The Lumberton Leas pool was very busy, while at Woolman Commons and on the Medford Leas "farm" our gardening residents had an abundant harvest from their vegetable plots.

But did you know that many of our residents abandon us for the summer, missing all the fun around here? Let me tell you about those who listed their summer addresses with the main desk.

**Lois and Allyn Rickett** planned to travel in their truck, topped by a boat and with a motor home in tow, from May to the middle of August to the West Coast, across Canada, and then down the East Coast. **Ed and Virginia Dreby** were picked up by one of their children and driven to their family compound on Cranberry Lake in the Adirondacks, where they have spent summers since childhood and where all five of their children have their own cottages now. **Mary Hope Mason** also spent the summer in the Adirondacks, at her parents' former home near Lake Placid, with the added pleasure of having both of her sons nearby in homes they have purchased. **Dave and Katie Lewis** went far north to Blind River, Ontario, to a community of cabins where Dave has spent summers since 1930. Boating on the Niagara River was the attraction for **Nancy Stevens and Claire Engle**,

who made their summer headquarters in Youngstown, NY.

Several residents were attracted to the expected cooler weather of New England. **Andy and Joy Moll** spent over four months at the log home they built with their children on a lake in Norway, Maine. **Pete and Judy Obbard** also went to Maine, vacationing at Southwest Harbor; and **Dot Hull** had a great time at her place in Hope, Maine. **Gordon Beckhart** won't return until the fall from his family's house in Sandwich, Cape Cod. Also on Cape Cod, at West Yarmouth, was **Esther Woodward**, who got a chance to meet there with some of her children and grandchildren. **Martha and Stuart Palmer** started their 40<sup>th</sup> summer visit to Nantucket but had to come back early because of health problems. **Sue Thorpe** spent most of the summer in her condo in the Berkshires, where she enjoyed visiting family members and friends, Tanglewood concerts, and other area cultural events.

The Jersey shore is still a favorite get-away for **Elaine Heinzelmann** at her cottage in Seaside Park; for **David and Mary Jane Sleeper** at Barnegat Light, and for **Florence Harvey** at her place on Long Beach Island.

**Wesley Smith** spends almost half the year with his daughter's family in Santa Fe; and **Alton Taylor** went back to La Porte, PA, where he lived for over 50 years before moving to Lumberton Leas.

continued on page 18

## FIELD DAY SNUBS WEATHERMAN

by Sam Howarth

Thursday, May 22, 2003, will go down in Medford Leas history as the date of the highly successful FIRST ANNUAL FIELD DAY - despite the lack of cooperation from the weatherman.

**Gerry Stride**, Director of Community Life, and **Beverly Kannengieszer**, Director of Fitness and Aquatics, deserve so much credit for coming up with the inspired idea as well as the execution of the Medford Leas Field Day. The event was to have taken place in front of the main building under sparkling sunshine; however, threatening weather made it necessary to move the competition to the auditorium.

The DAY CARE children with colorful visors and flags opened the activities with the Parade of Colors, marching down the aisles, across the stage and down the steps to their seats in the auditorium.

The six teams - easily identified by the color of their visors as well as their outfits - were Pink, Blue, Red, Purple, Yellow, and Green, captained by Information Technologist **Russell Pepe**, Maintenance Director **Jim Wolosin**, Horticulture Director **John Siminski**, Executive Director **Mike Peasley**, Operations Director **Bill Murphy**, and Executive Chef **Brad Mauger**, respectively. Rousing cheers that cleverly urged these teams to victory were led by Resident Services Director **Trudy DeLacy**, Assisted Living Nursing Assistant **Peggy Bamberger**, Residency Planning Associate **Marge Sagett**, Social Worker **Leila Krastek**, Companion **Joanne O'Rourke**, and Geriatric Nurse Practitioner **Wendi Ruddy** in the same order.

From the roster of captains and cheerleaders one might surmise that all participants were staff, but in contrast all team players were residents, another great example of the camaraderie between residents and staff that

is enjoyed at Medford Leas.

Competition included cheerleading, wheelchair race, wheelchair drop relay, walker race, accessory relay, tricycle relay race, football throw, basketball toss, and golf ball on spoon relay. Like a Barnum and Bailey circus the excitement for both participants and audience was intense. All involved were winners, but the Green Team cheered by Wendi and captained by Brad came out on top due largely to the skillful maneuvering of **David Campbell**, **Ginny Coe**, **Doris Curley**, **Bettina Frost**, **Martin Klaver**, **Frances Montgomery**, **Kate Mundy**, and **Miriam Wurst**. Special thanks go to the Therapeutic Recreation Department, **Linda Shultz**, **Pam Fake**, and **Devina Cornish** for their efforts in organizing the Haddon and Estaugh residents to participate so fully.

The Colonial Dining Room served well as a substitute for the Back Porch for the picnic that followed. It was a memorable day marked by participation of all ages from the Day Care children to those in wheelchairs from Assisted Living.

\* \* \* \* \*

## WHO'S NEW

**Eleanor Horner**, Apt. 14, grew up in Philadelphia, and has lived in New Jersey since 1946.

She has two children: a son who lives in Cherry Hill and a daughter, son-in-law, and grandson who live in Audubon, PA.

After 13 years as a secretary with the Township of Moorestown, Eleanor retired in 1988. Since then she has enjoyed traveling. Her other interests include reading, music, theater, films, art, and sewing.

She looks forward to making new friends at Medford Leas.

## REPORT FROM CDC

by Kitty Katzell

The Conceptual Design Committee (CDC) has continued to meet throughout the summer, but often without one or more of its members who were on vacation at various times. The subcommittees have also continued to meet, focusing their attention on communications, finances, and dining services. The space subcommittee was laid down and the full CDC now considers all space matters.

The resident members of CDC feel that considerable progress has been made recently. On July 25, **Dave Taylor, Ed House, Jack McKeon, and Doris Allebach**, members of the Master Plan Advisory Committee (MPAC) met with CDC and asked that CDC develop a minimum cost conceptual design alternative that would provide for the highest priority improvements, limiting costs, maximizing the use of existing space, and minimizing the size of new buildings. They also asked that the initial phase of the Master Plan be limited to the highest priority improvements that can be financed safely without having to rely on building any new independent-living units, and before any part of the Master Plan is implemented, that CDC review Medford Leas' current and projected financials to identify the resulting impact on fees for current and future residents.

Since that meeting, CDC discussions have focused extensively on alternative approaches. Although no plan is yet ready to be submitted to the Estaugh Board, there seems to be consensus on such things as phasing, maximizing use of existing space, building a minimum number of new independent-living units, controlling costs, giving priority to immediate needs, reducing the size of the proposed Fitness/Aquatics facility, and using 3-story structures rather than 2-story to minimize the footprint of new construction. All of these aspects are receiving direct attention and are beginning to seem like realistic possibilities.

It would be premature to include details of any plans now under consideration, since revisions

and modifications are ongoing. It is, however, important for residents to be aware that real progress has been made and will continue to be made in order to assure that the Medford Leas of the future will be attractive to new residents and will be the same sort of place we liked when we first decided to come here.



## FALL FLOWER SHOW

by Kate Haupt

For the first time this year, the Medford Leas Flower Show will extend over two days from September 9 to 10 in the Activities Room. The show is open for visitors on Tuesday from 1:30 to 8 p.m. and on Wednesday from 7 a.m. to noon. The theme this year is "Over the Rainbow." **Lois Rickett** and **Shirley Somers** are co-chairs of the show, with **Kate Haupt** as consultant.

The very strange weather during the early growing season and the destructive behavior of many small animals, especially rabbits, may have been discouraging to the gardeners; but always, when the day of the show arrives, miraculously, so do the exhibits.

During August, residents were busy learning about and practicing for their exhibits at four workshops conducted on Friday mornings. Anyone who had to miss the August sessions can still go to the last one on September 5 in the Activities Room, starting at 10:30 a.m. They will see demonstrations how to make specimens show-worthy and get information on schedules, the requirements for each class, and how to fulfill them.

On the morning of September 9, exhibitors competing for ribbons must register them in the Activities Room between 7:30 and 9:45. The rest of the morning is devoted to arranging the exhibits by divisions and classes and having them evaluated and judged by a group of distinguished judges.

## Coping with Loss of A Spouse

by Maggie Woodard

During the last few years, a large number of married residents suffered what is probably the greatest loss in their lives, the death of a spouse. Eighteen residents were interviewed and generously shared their feelings and coping strategies incident to this loss, hoping that some of them might be helpful to others in the future.

Each person copes differently, depending on the circumstances of the death, his or her personality, life experiences, and the dynamics of the relationship. A sudden death is devastating and can be overwhelming. A prolonged, terminal illness, although extremely difficult and heartbreaking, provides time to prepare for the death and, finally, brings relief that the spouse's suffering has ended.

**Jean Nicholson** was helped to deal with the shock of Frank's sudden death, after 54 years of marriage, by their six children and some grandchildren coming to be with her in her home. Reminiscing, crying, hugging, and planning his memorial all helped. (She recommends an article by the psychiatrist Smiley Blanton, *The Magic of Being in Touch*, which extols the healing qualities of a loving touch.) Sympathy cards and notes from friends and relatives helped her "a lot." She made scrapbooks of them. Lying on the sofa, closing her eyes and bringing back hundreds of fun memories was "restful and therapeutic from the first evening." Also important was keeping busy and gradually, later, adding to her activities: her art work and going to concerts and other events here at Medford Leas. Very helpful was keeping in touch with old friends by mail and getting together with new friends here.

**Dorothy Tillman** needed to be alone at first. For a week or two, she could not go to dinner. It was daunting to go into the dining room to face too many people feeling sorry for her. Without a special invitation from a friend, she is still not able to go into the "big room" for dinner. Someone to talk to about worries and guilt is helpful, as is keeping busy. Sometimes lethargy comes over her and she does not do anything. It is a shock to find that Don is not there, when she turns to tell him about fun at a party or expects him to turn off the alarm. She tells herself, "I have to build a life for myself," but it is hard. Cards and phone calls were tremendously helpful

even though they made her cry. But it was good crying!

**Scott Charles** says: "Carry on!" - no regrets, no looking back, just go on with life. Keep occupied.

**Inge Raven** says that after Gary's death, she needed to get away from people whose sympathy made her cry. At first she could not bring herself to get rid of his things. Her most comforting experience was spending four days with their daughter, Judy. They laughed and remembered him in a good way. There were no tears then. It was just good to *remember*. She and Gary had laughed a lot every day of their long life together. Those days with Judy helped her to come to some kind of acceptance.

**Colgate Prentice** was deluged with condolence cards to which he felt an obligation to respond. This focused him and took his mind off his loss. He was numb at first but later it began to sink in. It took him quite a while to adjust; he thought he would never do it, but he did. He says that people here are sympathetic, and that helps. He found the C.S. Lewis book, *A Grief Observed*, helpful. Lewis kept a daily journal after his wife died. (The book is in the Medford Leas library).

**Ellie Stimler** found very helpful the fact that Saul and she had to deal with the death of their son-in-law about a year before Saul's death. The many conversations they had with their daughter during that aftermath were still fresh in her mind. They had urged her to cherish and preserve her husband's lifestyle and values by carrying on as he would have. Ellie has tried to follow that advice herself by continuing their exercise and healthy eating patterns, participating actively in the community, and being helpful to family members and friends.

For **Kitty Katzell**, Ray's entire last year having been so awful for both of them, made it easier to let him go. She put together an album of pictures of him, and of both of them, that had accumulated over the years. That activity allowed her to remember all the wonderful times they had shared. They were just three months short of reaching their 50th anniversary so there was a lot to remember. She focused on being grateful for those years, rather than being sad that they were over. She has kept very busy—with CDC, the Handbook Revision Committee, and now as MLRA president. Also packing

to move to the courts, moving, and then unpacking, plus planning a trip to England to see a cousin with whom she is very close. "There has been no time to sit and mope!" She recommends a book, *The Hardest Challenge*, published by TIAA/CREF, which is a compilation of information gathered through surveys and support groups dealing with loss of a spouse. She says it is full of observations which one can consider, reconsider, adopt, or ignore.

**Breck Jones** tries to carry on as closely as possible and to do what Rie would have expected. He thinks you never do get over the loss even if you eventually adapt. He does not want to try to forget Rie; he has kept her books and some of her things.

**Ruth Quackenbush**, after Vic died, took the advice of a college friend to be sure to get out of the house every day. After about eight months, she decided she did not want to be a recluse and needed to build a life of her own. She signed up for an Elderhostel, Winterthur, in nearby Wilmington, DE. Because she chose not to have a roommate on her solo venture, she could be with people during the day but have privacy at night. She came home from that trip feeling good. In subsequent Elderhostels, she has had roommates; she has been lucky because she liked the women, mostly widows, with whom she was paired. She still does income tax work which has kept her in the mainstream. She sees people and keeps up on her education.

**Jean Robbins** has lost two spouses. The first death was sudden, at a young age, and involved pain, shock, and heartache. The second occurred after her husband, Lew, had been in Estaugh for many months. There had been time to talk about his impending death, and by the time he died, it was almost a release. At first, though, she felt as if she had lost control of her life. Now she feels a dull ache, still has an empty feeling. After Lew's death, she went away for two months, with her family. Very tired, the first month she spent much time sleeping. The Estaugh staff had been so very helpful in Lew's last months that she felt a need to make some repayment; so, since returning to Medford Leas, she volunteers in Estaugh, and has found "peace through service." She says a bond grew between the residents whose spouses were dying in Estaugh—a camaraderie, an unspoken bond which carried over afterwards. It was wonderful to go into the coffee shop

and see someone with whom she had this bond. The community, Jean says, is very understanding; there is tender, unspoken feeling here.

One man reported that after his wife died, he tried hard not to be morbid. Grief is unavoidable, he observed, but it passes. He tried to befriend someone who needed support, who was in worse shape than he. His efforts turned out to be helpful, and this gave him a feeling of accomplishment which, in turn, helped him to compensate for his loss.

**Eleanor Merrick** found that the knowledge that Sam's beginning dementia might have worsened made her ready to accept his death. He would have hated it. She felt it was "God's will, time for him to go." Missing him, she was numb for quite a while. She says she will always feel emptiness but has to build a new life. She composed a haiku, says she suspects many who have lost a spouse may have that experience of deep loss.

Where has my Love gone?  
In the dark cave of my heart  
Emptiness - Silence

**Bob Hambleton** says that the months of Isabel's health problems while she was in Woolman were the worst for him. By the time she died, it was expected. Barbara Taylor, an outside nurse-psychologist to whom he was referred by the nursing staff, was most helpful. The medical and nursing staff were very supportive, as were his children and fellow residents. It was good to have people with whom to eat, talk, and socialize.

**Marion Rich** found that a list **Lillian Goldenberg** had given her of 17 things you should do every day (to cope with the loss of a spouse) helped her after Joe's death. Among suggestions which most appealed to her were to contact IN PERSON at least one individual each day and to plan some special event to look forward to each day. Marion has found her Court to be a supportive community. Her volunteer work also helps. She says a common complaint from widows is about all the paperwork! She has hired an accountant from Moorestown to assist her with her finances.

**Jean Henderson** talked about how wonderfully helpful and supportive the aides in Estaugh were to her and Curt. Ten of them came to his memorial service on their

own time; one came on the wrong day and drove back the next week. She found it especially comforting when family members, residents, and outside friends remembered incidents with Curt which brought back a facet of him.

**Sam Burgess** misses Jane most terribly because she was the steady anchor of his life. But he says that perhaps he has a somewhat different outlook on the problems that arise out of the death of a spouse because he has lived with death for the many years of his professional life as a pathologist. He feels that death is part of life, and while it does not bring happiness, nevertheless it is to be expected and, in a sense, welcomed.

**Ann Walker**, who has lost two husbands, tries to keep going day by day. Feeling it important to have responsibilities, she has agreed to co-chair the Health Volunteers Committee. Also, because of the kindness and love she received from the community during her husband's final illness, she wanted to "pay back." Ann endeavors to be positive. Bill was "ready to go;" he was not enjoying life. They had almost 18 wonderful years, were able to climb mountains, travel and share a rewarding life. Now she tries to retain her relationships in Moorestown and make new friends here—in what she terms "a remarkable community."

**Louise Stiles** had a physical reaction to the sudden loss of Lorren, her husband of 55 years. She could barely eat, and lost weight. (Physical illness often accompanies grieving, according to the literature.) Anything she does for the first time without Lorren is hard. Consequently, a daughter in Medford has accompanied her in many new experiences. The comfort of family and friends has been very important to her and her efforts to cope. She has made herself do things, thinking "Don't sit back and feel sorry for yourself"—and that helped. Volunteering for the Physical Therapy Department here was good because she saw other people. Her tendency was not to want to see people, but when she did, she felt better. She could not bear to sit and look at her husband's empty chair. At her doctor's suggestion, she now sits in his chair and has changed her eating habits and many routines. She is making progress in dealing with her loss but it is a slow process. One book has been very helpful: *Healing After Loss* by Martha Whitmore

Hickman.

Some resources available to bereaving residents are: **Leila Krastek**, Medford Leas Social Worker, who is available for individual consultations and offers a Bereavement Group which meets once a month. Hospice, if it was involved, provides counseling if desired, and a social worker follows up for as much as a year.

\* \* \* \* \*

## WHO'S NEW

Early in June **Elizabeth (Betty) Clark** moved into Apt. 255. She was born in Oaklyn, NJ, and remembers Cherry Hill when it was a farming area. Because her father's work was subject to frequent transfers, she went to several schools in New Jersey and Delaware. After graduating from high school in Salem, NJ in 1942, she took a summer job with the Du Pont Company's Jackson Laboratory in Deep Water, NJ. It turned into a "summer" that lasted for over 43 working years there. She found the job interesting and satisfying. She learned to work as a draftsman/chartist for a staff of several hundred chemists and engineers who constantly gave presentations both in-house and around the world, and published much of their work.

Betty's father passed away in 1953, after which she had a house built for her mother and herself in nearby Woodstown, NJ, and she continued to live there for a total of 50 years. After retirement, Betty enjoyed her freedom and turned to volunteering. Long-time friend **Edith Joseph** introduced her to life at Medford Leas several years ago, so now she says, "Another phase of my life begins!" Welcome, Betty Clark.

by Cis Cooper

### TRIP TO CONSTITUTION CENTER

The MLRA Citizens Committee has arranged for a group visit to the new National Constitution Center in Philadelphia on September 22. Flyers have been distributed to all residents. For information, please call Ellen Stimler at 3116.

## RESIDENTS IN THE NEWS

**Dorothy Pierce** had one of her sculptures on exhibit during May and June at the Noyes Museum in Atlantic County. She said it was a work in clay showing two half faces, one smiling and one screaming.

As the oldest living graduate of Ohio Wesleyan University, 102-year-old **Ping (Edward Follwell)** led the alumni parade on May 17 during the university's alumni weekend. For the third time in a row, Ping, as the oldest graduate, had the distinction of carrying the cane used by W.G. Goodman, the first person to graduate from OWU in 1846. Topping these honors, Ping's picture was on the cover of the summer issue of the *Ohio Wesleyan*. The magazine carried a cover story, written by a college senior majoring in journalism, titled "The Life and Times of Mr. Ping," illustrated by three more photographs of Ping holding the famous staff. Ping celebrated his 103<sup>rd</sup> birthday with a standing-room only party on July 26.

**Ellen Stimler** will teach an eight-session course titled "Reading and Writing Short Stories" for the Learning Institute for Elders (LIFE) at Burlington County College, but the classes will be held at Medford Leas in the Third Floor Haddon Lounge on Wednesdays, from 1:30 to 3 p.m., starting on September 17. Attendance is limited to 16 LIFE members. LIFE's fall course brochures are available at the main desk.

Winning a bet made with his doubting children, **Wil Britten**, at age 80, was the oldest contestant to finish the Medford Recreation Department's 5-K footrace and carried home a goldplated trophy of a runner on a pedestal. The race, an annual affair that had over 200 participants this year, was held on June 21 over a course the equivalent of 3.1 miles. Wil finished in 42 minutes, walking and running alternately. After his children questioned his ability to finish the race, Wil was more determined than ever to prove them wrong, and he trained for some days to be in shape for the challenge.

**Barbara Nelson** got the red carpet treatment as the oldest living graduate in attendance at her 75<sup>th</sup>

class reunion at Wheaton College in Massachusetts. Transportation was worked out with a former Chatham neighbor of hers who was a 1972 graduate and was able to take her along. On the big day, Barbara rode at the head of the parade around campus, was seated in the front row at the meeting of all classes in the chapel, and was in the receiving line at the Alumnae reception in the President's house. But the highlight for Barbara was the dance on Saturday night with a young Wheatonian for a partner.

At the annual awards and installation dinner of the Medford-Vincentown Rotary Club on July 1, **Elmer Rowley** was presented with a plaque designating him as the "Rotarian-of-the-Year, 2002-2003" for his service as club photographer and publicist. As such, he was consistently on hand to record and photograph important speakers and events and get out the messages through press releases and photos. He has been a member of Rotary International since 1947 and the president of two clubs, including the charter president of the Northwest Philadelphia Club.

## WHO'S NEW

For **Loretta (Greenberg) Strassler**. Apt. 53, dancing is still an important part of her life. She participates in the dance groups at Medford Leas travels to North Jersey for English country dancing, and may join other area dance organizations. She met her future husband, Louis, a city planner, at a folk dance, and it was through dance events that she met **Colette** and "**Bart**" **Bartholomew** and signed up for Medford Leas after her husband died two years ago.

Loretta grew up in New York City, went to Brooklyn College and then received a MSW degree from the Columbia School of Social Work. She worked for an adoption agency until her first child was born, then took time out to raise two children. When her youngest was in high school she joined the child study team in West Orange public schools, retiring in 1997. In addition to her interest in dancing, Loretta wants to participate in fitness activities and attend ballet, opera, and theater performances.

by Ellen Stimler

## MEET OUR NONAGENARIANS

by Dorothy Tillman

If she weren't so nice you could hate her. Here she is – going to be 91 in September – and she wears a size 6. Well, sometimes a 4. Her waistline? 28! Her posture is better than people half her age, and she hasn't had a physical exam in two years. See what I mean? As if that weren't enough, her hair is naturally curly! Can you guess who? It's **Blanche Lippincott!**

So, you tell yourself, she probably spends all day taking care of herself. Not our Blanche. Every Wednesday she spends four hours working in the West Jersey Hospital Thrift Shop – and she's been doing that since 1977. She was recently honored at a luncheon for having clocked a total of 3500 hours.

After putting in her four hours, she shows up for Duplicate Bridge at Medford Leas. She gets there early so she can push the chairs and tables around and get pillows for us youngsters who just want a soft chair to flop into. She's a good bridge player – probably because of the practice she gets playing weekly with her other four or five bridge groups.

She volunteers in the Medford Leas Gift Shop when needed. And, of course, she helps out in the office – seeing to it that Medford Leas Life goes out to all those on the waiting list.

She wanders all over the campus picking up items that residents have donated for use in the Display Case. Then, when the month is over, there's the return trip, returning the precious items to their owners.

Are you tired yet?

She was 27 when she had her son, and 40 when her daughter was born. She says she feels 71, not 91, and her daughter is convinced she will live 30 years more. In spite of all this, she is warm and kind and helpful and fun to be with, but I do think it's a little much that, in addition to all this, her hair is naturally curly.



## NEW TALKING BOOKS - ALL DONATED

Myra Binstock, Librarian

### Non-Fiction

Alien, S.	<i>Meeting Minds</i>
Alien, S.	<i>Put Laughter Back in Your Life</i>
Armstrong, K.	<i>The Battle for God</i>
Bradlee, B.	<i>A Good Life</i>
Bryson, B.	<i>A Short History of Nearly Everything*</i>
Fulghum, R.	<i>UH-OH</i>
Robertson, P.	<i>The Turning Tide</i>
Schieffcr, B.	<i>This Just In</i>
Thomas, E.	<i>Tribe of the Tiger</i>

### Fiction

Keillor, G.	<i>Stories</i>
-------------	----------------

### Mystery and Suspense

Block, L.	<i>In the Midst of Death</i>
Kellerman, J.	<i>Over the Edge*</i>
Parker, R.	<i>Back Story</i>
Patterson, J.	<i>Jack and Jill*</i>
Scottoline, L.	<i>Dead Ringer*</i>

\*These items were purchased with a donation from Ann Walker in memory of her husband. Bill. Thanks so much.

We recently received a very generous anonymous donation which will be used for purchases in the Fall and Winter.

## SUMMER EXPERIENCES FOR RESIDENTS WHO NEED ASSISTANCE

by Peg Cowan and others

**Gerry Stride**, Director of Community Life, and **Ann Naulty** are working together again to coordinate trips and other interesting outings and activities for independent residents who are physically challenged. Several of these residents expressed a desire to go on trips, but this meant that special assistance had to be arranged because they can no longer walk long distances or get on and off a commercial vehicle. Consequently Ann Naulty, who in the past coordinated wonderful outings, was called out of retirement to arrange trips which meet their needs. Volunteers push wheelchairs or lend assistance as needed. In May, residents enjoyed the Degas exhibit at the Philadelphia Museum of Art. The June outing was to Ocean City, where everyone had a happy time on the boardwalk and the beach. The Therapeutic Recreation Department was also busy.

On July 25, there was a moving ceremony in the Back Porch Garden. With Haddon and Estaugh residents observing and **Jim Muir**, a Presbyterian Minister, officiating, five couples from Estaugh renewed their wedding vows, some taken more than 50 years ago. The couples and the years of their marriage were: **David and Joan Campbell**, 60; **Robert and Patricia Donnelly**, 39; **Fred and Eleanor Greenley**, 63; **Donald and Beatrice Quick**, 68; and **David and Jeanne Shoemaker**, 45.

Preceding the garden ceremony was a fashion show in the Activities Room, with staff and children from the Day Care Center modeling the latest bridal and bridesmaids gowns and outfits. The gowns, provided by *Silhouette Bridal of Medford*, were for summer weddings, beautifully trimmed with sparkles and other embroidery, some strapless, and all floor length with long trains. Several of the staff models admitted that they had not worn such finery at their own weddings! There was even one groom, **Jim Wasson**, who escorted two brides. This was coordinated by Tracy Lear, a new addition to the

TR Department, Pam Fake, and Linda Schultz. On July 29, Haddon and Estaugh residents went to Camp Ockanickon in Medford, where Gary Graham, executive director of the camp, took them on a tour of the facility. To many of these residents, the visit was reminiscent of their own childhood camping experiences. In fact, **Howard Knight** attended Camp Ockanickon as a child.

Another special treat at the end of July was a fishing expedition to the nearby Rancocas Creek. Several maintenance staff arranged chairs on the river bank and brought fishing tackle and bait for seven residents who came over in wheelchairs or golf carts. Every one of them caught at least one fish, but the catch was all thrown back into the creek. The day ended with a story-telling session in the Back Porch Garden around a campfire (artificial).

## BIRD CLUB TRIP TO BRIGHTVIEW FARM

by Louise Tompkins

On June 10 eight members of the Bird Club drove northeast of Medford to visit Brightview Farm in Chesterfield Township. Brightview Farm is a 270-acre horse farm whose owners welcome birders and generously delay mowing their extensive fields in order to encourage the grassland birds found there at this time of year.

As soon as we started walking, we spotted Bobolinks, in their colorful black, white, and yellow plumage who look as if they have a dress suit on backwards. We also saw three species of Sparrows - Chipping, American Tree, and Song - and Eastern Bluebirds, Great Crested Flycatchers, Kingbirds, and Yellow Warblers. In all, we saw 24 species of birds.

The participants were **Jane Bourquin**, **Doris Curley**, **Jean and Joe Jordan**, **Howard Kriebel**, **Ida Shiminouchi**, **Arthur Steitz**, and **Louise Tompkins**. Brightview Farm is a lovely place with its rolling fields, cool woods, beautiful horses, and many birds. We felt fortunate to be able to spend the morning there.

## WELCOME TO MAIN CAMPUS

by Ellen Stimler

During the late spring and summer, a number of residents who had been living in partial-service areas moved into full-service apartments in the Courts. While their full biographies are on file in the Medford Leas library, in the bound *Medford Leas Life* volumes on the encyclopedia table, we offer you here some brief sketches which may help you get better reacquainted with them.

**Winifred Badgley** has settled into Apt. 192 after having lived at Woolman Commons for about four years. She says she already feels very much at home. A birthright Quaker, Winifred graduated from the Oakwood School, and three of her four children also went there. She was married to a farmer she met while at Oakwood, and he brought her back from New York City where she was working for the Borden Company. Winifred was a mother and housewife for her family, while her husband served on behalf of many Quaker causes. She has accumulated a large antique doll collection which she hopes to store with one of her sons.

Many main campus residents already know **Joy Cronk**, co-chair of the Knitting and Sewing Room for over two years. Joy and her husband, **Elwood**, moved into Apt. 66 from Woolman Commons, where they lived for eight years. Joy has made a specialty of counted cross-stitch and many of her framed "pictures" decorate the walls. The clothing Joy creates and mends in the Sewing Room raises substantial income available for donations. Elwood's lifetime focus has been conflict resolution, which he practiced while associated with the Philadelphia Yearly Meeting, the William Penn Center in Bucks County, and other Quaker organizations. He keeps up his skills teaching at the Rancocas Friends Academy and doing custody mediation at the Burlington County Court House.

**Isabel Daly** has downsized from a home on New Freedom Road to Apt. 74. She and her husband, **Brian**, moved into the house in the fall of 1998, but Brian suffered a stroke a year later and had to be moved to Estaugh. Isabel

graduated from Swarthmore and later got a degree in library science and worked as a librarian until coming to Medford Leas. At present she is busy assisting in the care of her husband and running the tutoring program at Lenape High School

**Reece and Mary Haines** have moved into Apt. 274 from Rushmore. Reece went to Westtown School and to Rutgers both before and after WWII. During the war, he worked as a fireman for a railroad and later on he was a volunteer fire engine driver for a Medford Fire Company located on Main Street right next to his insurance business. Mary graduated from West Chester University and taught first grade at the Haines School in Medford.

**Kitty Katzell**, who has settled into Apt. 56 after 14 years in Bridlington with her late husband, **Ray**, needs hardly any introduction. After nine years as editor of *Medford Leas Life*, she just started her second term as MLRA President on July 1. Kitty has a Ph. D. from Columbia University in psychological testing and measurement. Before coming to Medford Leas she was director of evaluation services at the National League for Nursing and did consulting for various testing organizations.

**Paul and Tina Mecray** are now in Apt. 107 after giving up their Rushmore home of almost 19 years. Paul was chief of surgery at Cooper Medical Center during his professional career. Tina graduated from Vassar and earned an M.S.W. degree from the School of Medical Social Work at Washington University in St. Louis. Both Paul and Tina are passionate gardeners, Tina has been a longtime member of the Pinelands Garden Club and of the Medford Leas Arboretum Committee and has served as head guide.

**Gene and Teddy Raup**, who lived in the Courts for a few months before moving to Woolman Commons in September, '99, have returned into the Courts (Apt. 144), saying that their involvements at the main campus required as many as three daily round trips a day, which

didn't make much sense to them. Teddy has another year on the MLRA Board and is on the Fitness Committee, and Gene is the new MLRA Archivist. In addition, they conduct quarterly book sales for the Burlington County Library. Teddy went to Lincoln School and Earlham College for two years but graduated from West Chester University and taught school at West Chester Friends and in Willingboro. Gene went to Girard College, served six years in the Coast Guard, graduated from Penn State in communications and worked for the Insurance Company of America.

\* \* \* \* \*

## MEDFORD UNIVERSITY SPONSORS SCIENCE-RELIGION FORUM

by Kay Cooley

Medford University's fall course will examine, in the light of contemporary science and religion, six challenges to modern society. Each class will focus on a single issue and allow for a high degree of interaction between the audience and the presenter. The issues are: (1) What is religion? (2) What is science? (3) What is the nature of human nature? (4) Science, religion, and ethics; (5) Science, religion and public policy; and (6) Science, religion and personal identity. The presenter is Stacey Ake, who holds PhD's in both Biological Sciences and Philosophy, and who has lectured at universities, learned societies, and academic gatherings, as well as published numerous articles. She also has a book under review for publication. Most recently Stacey served on the staff of Metanexus, a project of the Philadelphia Society for Religion and Science that disseminates via the Internet scholarly articles and research opportunities in science and religion.

Classes will meet Monday afternoon 3:30 - 5PM on September 15, 22, and 29; and October 6, 13, and 20. Tuition is \$20. Enrollment forms and checks payable to MLRA are due September 6. For information call Kay Cooley at 518-0109.

## WHO'S NEW

*Ed. Note: This "Who's New" is being reprinted, with apologies to the Molls. In the June issue the second paragraph was inadvertently omitted.*

**Andrew (Andy) and Joy Kaiser Moll** are making their new home in Apt. 101 but will continue to spend four or more summer months in their year-round log home which they and their children built on a lake in Norway, Maine. Because that house is at the end of a half-mile dirt lane which is often blocked in winter, the Molls spent the last three winters in rented quarters in Boothbay Harbor just to enjoy the varied indoor activities of a winter season in Maine. Joy kept busy with writing, knitting, needlework, and exercise, and Andy played indoor tennis and volunteered at the Maine Maritime Museum.

Andy earned graduate mechanical and electrical engineering degrees from the University of Pennsylvania. He worked at various RCA sites, starting as a mechanical engineer and retiring as systems engineer when GE took over. Andy then worked for another ten years as a communications engineer with DGM&S which later became Comverse.

Joy majored in Spanish at Rutgers and spent a graduate year at the University of San Marcos in Lima, Peru. She served as secretary to the initial study committee that led to the founding of Burlington County College. Later Joy earned a library science degree from Drexel and worked for seven years as media specialist in the Moorestown Middle School. Returning to Rutgers, she earned a Ph.D. in Information Science and taught for 16 years at Stockton College, retiring as a full professor.

During their professional lives, the couple lived in Moorestown for 35 years until their three children were living on their own, and then they enjoyed an "empty nest" in Cherry Hill for another 12 years before moving to Maine. At Medford Leas they are looking forward to participating in activities here, renewing old friendships, and seeing children and grandchildren more frequently.

## NEWS FROM WOOLMAN COMMONS

by Kay Cooley

Summer was relatively quiet at Woolman Commons. Business meetings, monthly movies, and Out-to-Lunch Bunch gatherings were all suspended while residents came and went, mostly on vacation.

However, some notable events took place. In June a new group of office holders was elected to start their jobs on September 1. **Toby Riley** replaced **Howard McKinney** as Coordinator; **Kay Cooley** took over secretarial duties from **Katie Lewis**; **Louise Evaul** joined **Sumi Kobayashi** to co-chair the Hospitality Committee; **Carolyn Terrell** replaced **Pat Lowe** as Coordinator of Landscaping and Grounds; **John Depreter** became Supervisor of Recycling instead of the **Raups**; **Marion Burk** took charge of the bulletin boards; and **Flora McKinney** and **Kay Cooley** agreed to stay on as Telephone Tree Coordinator and Treasurer, respectively.

The July 4 holiday was the occasion of a happy innovation. Instead of its usual pot-luck supper preceded by serious croquet, the Community hosted a dessert party for its "alumni" on June 28, the day Mt. Holly held its holiday fireworks display. Guests were invited for conversation and tasting, followed by viewing the beautiful pyrotechnics. A special surprise was the visit of **David and Helen Liversidge**, former Woolman Commoners who now live in Maryland. Both visitors and hosts enjoyed the lively reunion.

Notable more for the Township than for Woolman Commons was Governor McGreevy's visit on July 29 to inspect the progress of Mt. Holly's Main Street program. Main Street is a state award program for the revitalization of business districts in municipalities whose efforts need assistance. The governor purchased a shirt and a pecan pie while he visited some of the establishments designated to receive expertise. Mt. Holly hasn't quite completed its first year of the program but already shows signs of progress. Two new eateries--"Amenities," a "bakery and takery," and the "Bridgetown Pub"--have opened on High

Street. In the fall, Burlington County College will open a new complex of offices, community rooms and art spaces in the former PNC bank on the corner of Mill and High Streets. Mt. Holly is getting a new look.

## SUMMER AT LUMBERTON LEAS

by Maggie Heineman

On a cool Sunday morning in June, a pair of mallards was seen swimming in the Lumberton Leas meadow. They were feeding and diving among the grasses which become submerged when a heavy rain turns our meadow into a pond.

By the end of the month the cold rainy spring had been replaced by summer heat waves. Now there were sightings of new visitors, unfeathered friends, who, like the ducks, had discovered the refreshing waters of Lumberton Leas. **Joyce Haase**, who with her husband **Walter**, makes use of the fitness center year round, began coming to early morning water exercises. **Jack McKeon** and **Hannah Wilson** joined Lumberton residents in playing water volleyball. Our pool committee sends a reminder that residents and guests from all campuses are requested to sign in at the pool. A quick look at the signup log showed that during the first two weeks of hot summer weather -- between June 28 and July 9<sup>th</sup> -- there were more than two dozen residents of the Medford Leas campus who made one or more trips to the outdoor pool, sometimes with family members and other guests.

It's good to have ML campus residents making use of the LL pool. It was also good that the Great Room in our Community Center could be used for a farewell party for **Henry** and **Connie Borntraeger**. Yes, that space can be "rented" (free of charge) by residents from any of the three campuses. Reservation request forms are at the front desk.

The snapping turtles were back laying their eggs again this summer. Fifteen nests have been noted, five of which were destroyed by other animals. The eggs are scheduled to hatch between September 15 and September 27.

## NEW BOOKS IN LIBRARY

by Becky Monego

### Fiction

- Archer, J. *Sons of Fortune*  
 Blanchard, K. *The Deed*  
 Binchy, M. *Quentins*  
 Burke, J. *White Doves at Morning*  
 Clark, N. *The Hills at Home*  
 Cohen, P. *Jane Austin at Boca*  
 Hall, B. *I Should Be Extremely Happy in Your Company (Lewis & Clark)*  
 Kidd, S. *The Secret Life of Bees*  
 Kundera, M. *Ignorance*  
 LaHaye, T. *Armageddon*  
 Liss, D. *The Coffee Trader*  
 Matsuoka, T. *Cloud of Sparrows*  
 Ross, A. *Miss Julia Hits the Road*  
 Smiley, J. *Good Faith*  
 Smith, S. *The Kalahari Typing School for Men*

### Mystery

- Braun, L. *The Cat Who Brought Down the House*  
 Brown, D. *The Da Vinci Code*  
 Brown, R.M. *The Tail of the Tip-off*  
 Clark, M. *The Second Time Around*  
 Connelly, M. *Lost Light*  
 Cross, A. *The Edge of Doom*  
 Davidson, D. *Chopping Spree*  
 Davis, D. *Midnight Rain*  
 Griffin, W. *Final Justice*  
 Hess, J. *Out on a Limb*  
 Hillerman, T. *The Sinister Pig*  
 McKeveatt, G. *Death by Chocolate*  
 Mortiner, J. *Rumpole Rests His Case*  
 Nasaw, J. *Fear Itself*  
 Patterson, J. *The Jester*  
 Picoult, J. *Plain Truth (P)*  
 Silva, D. *The Confessor*  
 Sparks, J. *The Guardian*  
 Yorke, M. *A Case to Answer*

### Non-Fiction

- Bronson, P. *What Should I Do With My Life?*  
 Cresson, O. *We Felt Their Kindliness*  
 Etzioni, A. *The Monochrome Society*  
 Larousse *Concise Dictionary: Spanish-English*

- Larousse *Concise Dictionary: English-Spanish*  
 Mandelbaum, M. *The Ideas that Conquered the World*  
*New Jersey Pinelands: Threatened and Endangered Species*  
 Paulty, N. *Coastal Hazard Management: New Jersey*  
 Pezzati, A. *Adventure in Photography*  
 Smithsonian Institution: *An Odyssey in Print*  
 Van Horne, J. *Traveling the Pennsylvania Railroad*  
 Zakaria, F. *The Future of Freedom*  
 Webster New World German Dictionary  
 Winchester, S. *Krakotoa*

### Biography

- Tarabelli, J. *Once Upon a Time (Grace & Ranier)*

## EMPLOYEES OF MAY, JUNE

by Maggie Woodard

May's Employee of the Month is **Kathy Pliskin**, a licensed nurse, who has worked at Medford Leas for 20 years and recently transferred to Assisted Living. Kathy is being recognized for her willingness to pitch in when and where needed, for trying new things, and her kindness and thoroughness in every aspect of her day. She is highly valued by staff, residents, and their families.

**Bob Costigan**, who often drives the Medford Leas Bus, is June's Employee of the Month. Bob will complete 30 years of service at Medford Leas in 2004. He started in Landscaping, currently works in Maintenance. He has a gentle and caring personality, and his one-liners are a delight. He is the "Henny Youngman" of Medford Leas.

Congratulations, Kathy and Bob, and many thanks for your good work at Medford Leas.

The Employees of the Month for July through September will be announced in September and appear in our October issue.

## IN THE MEDFORD LEAS ART GALLERIES

by Helen L. Vukasin

For the month of September, the Medford Leas Gallery Committee is presenting the work of Edna Ryan. It is a varied collection of pastels, watercolors, oils, pen and ink, and colored pencils.

Ms. Ryan grew up in Southwest Philadelphia and her early inspiration about nature came from the John Bartram Historical site.

In July the Gallery featured a unique form of painting called "Works on Clay" by Thelma McCarthy of Lansdowne, Pennsylvania. Her work is a colorful image of reality on tiles that she molds.

We hope you did not miss the budding artists show in August. It was the second Annual Exhibition of the work produced by the children in the Day Care Center. The hit of the show was a group of colorful sunsets (or sunrises?) by the two-year-olds.

Don't forget to visit the exhibition of resident art work in the halls outside the Fitness Center at Medford Leas. The show opened in June and will remain till December. It features many new talented artists in our midst.

Resident artists have also agreed to loan some art work to decorate the halls of John Woolman. Be sure to look at the paintings if you go to visit a friend there.

Meanwhile, at the Lumberton Leas Community Center, a new show opened in the Art Gallery for the months of August and September, featuring the photography of Medford Leas residents not previously shown at our provincial campus: **Jack Allen, Anita Este, Kate Haupt, Howard Kriebel, Howard McKinney, Jim Muir, Betsy Pennink, Rudolph Salati.**

Other resident artists have graciously loaned paintings that hang in other parts of the building:

Todd Butler, Anne Cree, Alice Skidmore Culbreth, and Rita Keiper. A key to the building may be borrowed at the main desk in the Atrium.

\* \* \* \* \*

## RECYCLING

by Kitty Katzell

The summer newsletter from Burlington County's Office of Waste Management was full of interesting items:

-- A plan to convert methane from the landfill into electrical energy

-- A "fish story" about aquaponics, telling how they're raising tilapia, which they sell to area restaurants and use the enriched water in which the fish grow to fertilize tomato plants.

-- An article about efforts to boost recycling in apartment buildings, which mentions Woolman Commons specifically as one where tenants "have launched a successful program."

-- And, of course, some do's and don't's. We all know that we should recycle paper, cardboard, glass, plastic, aluminum, etc. But they remind us:  
DON'T recycle pizza boxes.  
DON'T recycle motor oil containers.  
DON'T recycle pails with handles.  
DON'T recycle foil-coated boxes.

Whenever we recycle, it saves on taxes, landfill space and energy, and provides raw materials for creating recycled products. Medford Leas has a fine record for its recycling program, but maybe we can improve it.

In ructious corrugated sky  
long wrinkled clouds go scudding by  
Sorrows of our days are curdled there,  
pressing us to care, our vengeful violence  
to spare.

S.J.B.

## COMMUNITY SERVICE FUND

by Ellen Stimler

The \$2,400 check from the MLRA Community Service Fund to the Burlington County Library will be used "for a special feature on the new bookmobile that will bring library pleasure to many county residents," according to a letter of thanks received by the MLRA Budget and Finance Committee from Gail Sweet, Library Director. The new bookmobile is expected in October.

The Library's letter of appreciation was just one of several received from the eight organizations to which donations were made. The Medford Lakes Fire Company said the money would help pay for "critical and essential emergency supplies." All of them provide important services to the Medford Leas community year-round. The amounts contributed were: Medford Emergency Medical Services, \$3,000; Medford Lakes Emergency Squad, \$2,000; Medford Lakes Lions Club, \$1,200; Union Fire Co., \$2,500; Medford Lakes Fire Co., \$800; Taunton Volunteer Fire Co., \$1,000; Medford Police Officers Assn, \$2,000.

## ATRIUM DISPLAY FROM MIDDLE EAST

by Hana Stranska

Since August 16, the glass case in the Atrium contains a collection of unusual objects from the Middle East. **Cynthia Mott** collected, and **Todd Butler** displayed, the eye-catching pieces. Cynthia's brother and nephew were uncertain what actually comprised that complex region. They consulted the National Geographic's office in Washington and received an approximate list of countries/areas from the National Geographic Atlas, available next to the display.

Among the most noteworthy pieces are: A large early-Christian design in cross-stitch, made into a skirt; a clay tablet with the oldest known medical prescription in cuneiform writing; a silver saddle bag made into a lady's evening purse; two ivory-colored figures, clay replicas of the originals made

from alabaster. There are also objects made from olive wood, various metal and ceramic vessels and platters, and pieces of jewelry.

## MEDFORD LEAS BOWLING GROUP

by Len Kahn

For those new residents who are not aware, Medford Leas has a "Bowling Group!" Every Tuesday we leave the main entrance at 12:00 noon and car-pool to the Medford Lanes on Stokes Road. We are not a team, we're not in a league, we just get together and have a lot of fun. There is no commitment, come when you can. We generally bowl three games at \$1.35 each, but you can stop anytime. Shoes are free, balls are available, and we usually get free coffee and doughnuts. If you were a bowler once but haven't bowled in years, believe me we were all in the same place when we started. If you never bowled but want to try it, that's fine, too.

Back in May Medford Leas did not have the usual Senior Olympics. Just for fun we bowlers decided to have our own Olympics. All our regular bowlers were given a handicap, so we all started out with the same average. **Jerry Pidcock** came in first with a 178 game, and **Teddy Raup** was second with 159.

We have been doing this for the last six years, and we are always looking for more participants. Anyone interested, please call Len Kahn at 654-3085 or leave a note in Box 85.

## DO YOU LIKE TO SEW?

If you do, there is a great need in the Knitting and Sewing Room for volunteers to help residents who are no longer able to mend their own clothing. Please find out more about it by calling **Joy Cronk**, at 3066. Or come to the Sewing Room, on the ground floor of Haddon near the Greenhouse, on a Wednesday morning between 10 a.m and 11:45.

## IN-HOUSE MAIL DISTRIBUTION

by Katharine Church

For the many dedicated volunteers involved, in-house mail delivery is a labor of love, making sure that every resident, regardless of disability or lack of access, receives in a timely manner the official notices, personal mail, and e-mail messages addressed to him or her.

### ATRIUM MAIL BOXES

In the Atrium, the boxes next to the front desk are for residents living in the Courts, Bridlington, and Rushmore. They are used for in-house notices and announcements from MLRA, the Administration, and the Health Center, messages and cards from residents, and occasional flyers by approved outside organizations. Volunteers distribute the mail six days a week. They are: **Elaine Heinzelmann, Ann Solomon, Arabelle Pennypacker, Joan Bellman, Nancy Carson,** and **Margaret Lawson**, who is chairperson of the group. The receptionist frequently assists with stuffing or folding as her time permits, and she also takes in mail from residents for the Administration and residents' work orders.

### WOOLMAN, HADDON , ESTAUGH

For in-house mail of the type that is distributed in the Atrium boxes, there are open boxes labeled with names of the Haddon and ground floor Woolman residents in several rows above locked mailboxes in the wall across from the double elevators in Haddon. **Dorothy Test** distributes the in-house mail into these open boxes.

But there are no boxes for U.S. mail for residents in Woolman, First Floor Haddon, and Estaugh. For this reason, a special group of volunteers works with Bob Wasson, the regular mailman assigned to Medford Leas, to collect and distribute the incoming U.S. mail to them. Bob Wasson sorts the mail in the Post Office and puts it into three locked boxes which he then deposits at the desks of the three departments. The volunteers, working under Chairperson **Bernice Ahlquist**, open the boxes and deliver the U.S.

mail to residents in these areas only. The volunteers are **Jane Bourquin, Kay Greenley, Louise Howarth, Bill Stoll, Mary Lou Mullen, Janet Sholl, Margaret Lawson, Arabelle Pennypacker,** and **Martha Kimmelmann**. They substitute for each other as needed.

For the US mail for Haddon residents on the second and third floor and on the ground floor of Woolman, there are locked boxes which must be opened with a key by the residents themselves or anyone they authorize to do it for them.

### WOOLMAN COMMONS, LUMBERTON LEAS

If residents of Woolman Common want to leave mail for main-campus friends, they must bring it and deposit it into the Atrium or Haddon mailboxes, but the mail for Woolman Commons is picked up daily by any one of a group of volunteers including **Katie Lewis, Kay Cooley, Howard McKinney,** and **Sumiko Kobayashi**. They deliver through mail slots to every apartment and single house, involving a lot of walking and stair climbing.

At Lumberton Leas, **Charles Morrow** and **Bob Hesse** have assumed the responsibility for picking up in-house mail for their residents three or four times a week and distributing it into the mail boxes in their Community Center. Packages are hand-delivered. Executive Director **Mike Peasley**, who lives at Lumberton Leas, picks up all the out-going mail and delivers it to the Atrium every day.

### DELIVERY OF E-MAIL

Last year, the Computer Room handled about 3,000 e-mail transactions between Medford Leas residents and their relatives and friends around the world. The volunteers print the messages off the computer screens and put them in residents' mailboxes, provided names and addresses were supplied. **Walter Zwarg**, chairman of the Computer Committee, is in charge of the e-mail service. The volunteers include **Sam Burgess, John Caughey, Sam Howarth, Bob Medaugh,** and **Malcolm Roberts**.

For all those residents who are not computer-literate, this e-mail service has been a life-saver of relationships which might have been lost otherwise and helps those residents maintain contacts that are enriching their daily lives.

## RABBITS, MOLES, VOLES BEWARE!

by Ellen Stimler

When spring temperatures finally encouraged gardeners to plant their annuals. many of them lost dozens of their zinnias, marigolds, daisies, primroses, and other varieties to the voracious appetites of rabbits, who stripped off the leaves and flowers and left behind the bare stalks. Moles and voles meanwhile were digging tunnels and gnawing away at roots of other plantings, including young roses, hostas, and anything else they could chew up.

Some of the residents bought mothballs, a concoction of dried blood, and other expensive deterrents which generally didn't work, particularly during the period in May and early June when it rained almost every day and washed away whatever was spread to keep the rabbits at bay.

But around the middle of June, the word got around that **Lester Jackson**, a member of the Landscaping Department, had come up with a magic potion that really worked against rabbits. After sending Lester a work order detailing the devastation my garden had suffered from the rabbits, I found a spray bottle at my porch door the next day. Assuming that it was the magic potion, I started spraying it on the remaining annuals, breathing in a delightfully foul smell which told me that it was the right stuff. Sure enough, it really worked. The rabbits haven't touched the sprayed snapdragons and remaining annuals. Other residents who participated in Lester's trial of this spray have reported similarly good results, whether the substance is sprayed directly on the plants or as a barrier in front of a row of plantings.

## LANDSCAPING TO THE RESCUE

Lester, an eight-year veteran of the Department with a degree in ornamental horticulture, has made it his business to research products that would keep rabbits, voles, moles, and chipmunks out of gardens and lawns without harming the animals. Working closely with his suppliers and the Agricultural Extension Service, he learned about **Liquid Fence**, as a deterrent against rabbits, and he experimented with it for some months before recommending it to residents. It is an organic product with an odor that is shunned by rabbits. According to a brochure describing Liquid Fence, it was discovered by an 81-year old retired chemical engineer after he "spent a fortune on chemical deterrents in an effort to preserve his plants" but found them all useless. After three months in his basement workshop, he came up with a "juice" that was "a highly effective deer and rabbit repellent, that was environmentally safe, biodegradable, and inexpensive." Liquid Fence can be purchased at Spott's Hardware in Medford in ready-to-use or concentrated form.

As for voles and moles, Lester is experimenting with a product called Mole Med, but the results are not in as yet. Chipmunks are a special problem, Lester said, because they are territorial animals and are apt to destroy everything they see as encroaching on their territory.

## IN MEMORIAM

Ruth E. Taylor	May 18
Hildegard R. Boehme	June 12
Ruth T. DeCou	June 15
Christine L. McCoy	June 23
Alice E. Benisch	July 8
Alice D. Brown	July 17
Mildred Goldman	August 3
Alma Paulsen-Hoyer	August 7
Jean Conant	August 7
Virginia D. Sloan	August 10
Caroline Link	August 10

## I EAT, THEREFORE I AM

by Hana Stranska

September welcomes another *Medford Leas Life*,  
And here's a slogan fit for our dance with fork  
and knife:

*I EAT, THEREFORE I AM!* But where?  
and with whom?

And how do I come attired?

These timely verses are inspired  
By complex machinations, manifold,  
That weave their spells and urge  
Their stories to be told,  
So all the residents at Medford Leas  
Will know what best to do to get their eats.

First of all, there's a choice of venue,  
The place where we decide to eat our menu.  
There's the Colonial, and then the Garden Room.  
It used to be that the wrong dress in the wrong room  
Could quickly spell the unsuspecting  
greenhorn's doom.

For, woe betide those ladies who would wear  
Short skirts or even – horror! – *pants!*  
Accompanied by loose-shirted, tieless gents,  
Only to find themselves surrounded by ladies  
In long skirts, richly sequined and bejewelled,  
And gents with either silken ties, or artfully  
woven butterflies.

It was the Colonial Room that required  
Such consistent elegance,  
The place where one went to dine "par excellence."  
The Garden Room was less exacting,  
And many, therefore, found it more relaxing.  
But now, in either room, all that's desired  
Is that you be decently attired.

Then there are other important social graces:  
The table-lore that frames our friendly faces  
Around those many tables, large and small,  
So justice shall be done to one and all.  
To contact Dining Services and reserve a table,  
One must have a minimum of five.  
Around this rule, a busy system  
Has sprung up, governing our social life:  
Two couples, realizing they add up to only four  
Will ask a lonely single, who

Thus won't have to queue at the door,  
And will gratefully accept his/her initiation  
Into the two-plus-two-plus-one-makes-five  
concatenation!

But if there are merely 4 or 3 or 2 of you,  
You'll have to join the snake-shaped eating-queue. And  
if, come mealtime, you are lone or late,  
You'll be rescued by the hostess at the door.  
She'll steer you to a table where there are only four  
Who'll now, smilingly, welcome you to their fold  
(To refuse you entry, no one has yet been rude  
enough, or bold.)

There's also the Hospitality Table that seats eight  
or nine  
Residents who have no company with whom  
to dine.

You can also serve yourself at the buffet section,  
Taking portions large or small,  
According to your predilection..  
Lastly, there's the light and friendly Coffee-Shop,  
Which for many residents has become a popular  
eating-stop.

And, lest you settle into a comfortable routine,  
And always with the same table-mates are seen,  
The "Mixer" numbers-lottery will shake you out of it:  
Once in a while, you draw numbers that will  
make you sit

With other people, thus to exchange your views  
In a different way—what have you got to lose?

Isn't variety the spice of life?  
Isn't one of life's pleasures tied to fork and knife?  
And thus, the slogan with which I began  
Remains the same: *I EAT, THEREFORE I AM!*

---

## RESIDENTS AWAY ALL SUMMER

continued from page one

We hope you all had a wonderful, happy summer  
and we are glad to see you back. Welcome home!

**CRYPTOGRAM**

by Russell Hill

Here is the solution to the June Cryptogram:

NOW 'TIS THE SPRING,  
AND WEEDS ARE SHALLOW-ROOTED.  
SUFFER THEM NOW  
AND THEY'LL O'ERGROW THE GARDEN  
2 HENRY VI, III-I

Those who solved the cryptogram correctly were: Lydia Andrews, Mary Barth, Joan Bellman, Ruth Blattenberger, Marion Burk, Martha Brandriff, Mort Bregman, Florence Brudon, Lorretta Elkin, Herb Heineman, Barbara Heizman, Jane Hunter, Euseba and Warren Kamensky, Helen Peterson, Betty Preston, Liliane Reynolds, Doris Salati, Nickie Stevenson, Hana Stranska, Ellen Wiener, Marie Winton, and Gladys Wynkoop.

Here is the September Cryptogram:

ZUGVJ HFPPVJ VEVJPLJV  
HFXXVVWH  
YZJJVM DRMGVJ,  
DRGS SRH  
DJZGSUFQ MRKKRMT  
XLQW.

Please put answers in Box 45 by Sept 10.

**VOLLEYBALL COMPETITION**

by Grace Schaffel

The Medford Leas water volleyball players invite you to join them for fun, fitness, and frolic! They play at Medford Leas pool on Fridays from 1:00 to 2:30, and at Lumberton Leas on Tuesdays and Thursdays from 10:30 to noon (ends in September). They are fortunate to have Lumberton Leas send over both men (whose height and strength we need) and women to swell the numbers for our MedLeas games.

Water volleyball provides a great and active workout available year-round. Those of us who play have become addicted!

On September 16, the team from Kendal CCRC will come here to take on MedLeas in the Lumberton Leas pool. Come out to help us beat this competition, or, if you can't play, come over anyway and root for your team.

**NEVER SAY WEED-BE-GONE**

by Bob Minter

Out behind #43 in Court 4, while doing some unauthorized weeding, I came upon a vigorous "unknown." The first impulse was to rip it out. The second impulse was curiosity to see what that energetic intruder would produce.

Now, five weeks later, I've humbly discovered what I almost destroyed. There is a clump of thirteen four-to-five-foot stalks, each bearing 25 to 30 tiny daisy-like flowers. As those stalks began to droop, new miniature flower heads developed at each leaf node. It's easy to see why farmers consider it a noxious weed.

Medford Leas Master Gardener experts revealed the interesting "stranger" to be Daisy Fleabane *Erigeron annuus* or its near-relative *Erigeron strigosus*. Webster's dictionary says the common name arose because people believed that it repelled fleas.

## MEDFORD LEAS LIFE

Ex Officio: Kitty Katzell, MLRA President; Barbara Britten, MLRA Sponsor

Editorial Staff: Ellen Stimler, Senior Editor; Kitty Katzell, Consultant; Kay Cooley, Margaret Melstrom, Gertrude Marshall, George Rubin, Dorothy Tillman, Maggie Woodard.

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

Secretary: Doris Curley

Production: Kay Cooley, Manager; Maggie Heineman, Copy Coordinator; and Doris Curley, Assistant

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

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*, 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](http://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: 10<sup>th</sup> of the month preceding publication**

