



Medford Leas LIFE

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NOVEMBER 2003

THE ART OF APPRECIATION

by Grace Stewart

Thanksgiving is a good time to reflect on gratitude and the art of appreciation. In doing so, I recalled a happy incident from my time as a nurse on Long Island.

The psychiatrist-director of Suffolk Developmental Center faced me across his desk.

In essence, he explained that the rapport between doctors and nurses was not ideal. "So, how would you handle it?" he asked. This Center had approximately 1600 residents and 1200 staff. I was the new director of nursing services.

I thought for a moment, then replied, "The basic qualities of good rapport are inherent in appreciation: respect, kindness, courtesy, and 'favorable recognition.' To treat someone as you would like to be treated."

"Understood," he answered. "When that is undermined, how would you correct it?"

"Give me time to listen to the staff," I said, "and I'll tell you."

"The nurses hate us," one doctor joked, half-serious. After much listening to physicians and nurses, I addressed the nurses at a staff meeting. "The way to break the cycle of disrespect is the return to basic courtesies. If you will try to

honestly *appreciate* what doctors do, they in turn should appreciate what YOU do."

We held a coffee for doctors and nurses. An atmosphere of relaxation prevailed.

How to carry this forward? The nurses were skeptical but agreed to listen more and try sincere compliments.

It didn't happen overnight, but the atmosphere of the Center began to change. Six months later, the director wrote me a letter. "I wouldn't have believed it, but the Center has been turned around, thanks to appreciation." I still keep that letter as a reminder that attitude is everything.

The whole world needs appreciation. Someone performs a kindness. We are thankful. But it's when we show appreciation that attitudes change. It is by giving that we receive.

Thanksgiving Day can be a wonderful time for the "expression of gratitude" and appreciation for each other and for the staff of Medford Leas. But appreciation for all the good and positive things in our lives should be something we don't just think of on one special day of the year. We enjoy and experience them every single day, and there are so many opportunities to give some encouragement, word of thanks or other positive responses to the people who touch our lives. So Happy Thanksgiving every day of the year.

BUSY BEAVER

by Dorothy Tillman

Once you meet **Beaver Abramson** you know why she got her nickname – she's busy as a ...you know what. Somehow the idea that when you reach 94 you're supposed to slow down just a little bit doesn't seem to have gotten to Beaver. Her life motto appears to be "Damn the torpedoes. Full speed ahead."

She is active in the Fitness program and together with **Ann Hibshman** and **Susan Pettiss** was instrumental in getting professional help to enrich the program and make it what it is today.

Aside from her extensive family – including four step-children, a granddaughter, and a bunch of nieces and nephews (who all seem to show up fairly often for a meal or an overnight visit) – the love of her life is golf. She has played all her life and participated in many tournaments and won dozens of awards. She still plays, but the competitive spirit is gone. Now she just enjoys the play itself. It must be a source of great satisfaction for her to practice putting on **Beaver Meadow** which was named after her.

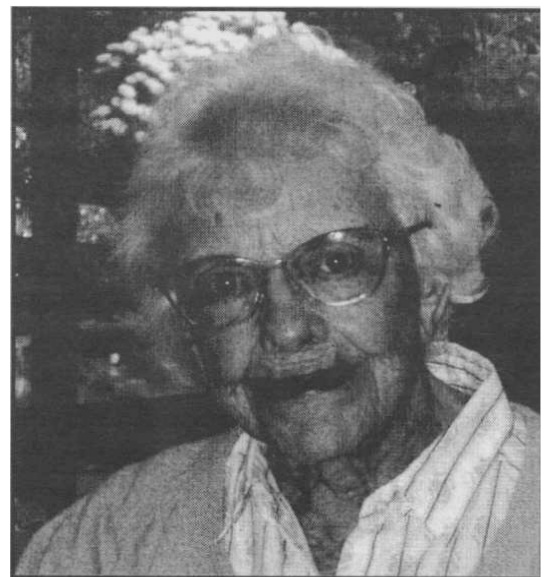
She and **Ping Follwell** share the same birthday and therefore a special affinity. Ping is ten years older than she (104, if you can't believe your arithmetic), so she thought she ought to go with him to his college reunion at Ohio Wesleyan University to be sure he was ok and not too tired and, above all, to see that he had a good time.

Unfortunately a fall from a ladder resulted in a leg injury, and she was unable to go. Other arrangements were made. Everything worked out, but it would have been great to see the expression on the faces of the Ohio Wesleyans greeting them at the sight of this very pretty lady with the beautiful smile who claimed to be 94, bustling around and helping this 104-year-old gentleman who seemed to be doing all right by himself, thank you.

Our interview was almost over. Beaver looked around her lovely apartment. "You know," she said, "this is wrong. The living room should be back there and my bedroom should be the living room, and it would work if this door and closet were moved." She told **Bill Murphy**, "You're going to do it after I'm dead, so why won't you do it now so I can enjoy it?"

Bill sighed and said, "Beaver, don't keep getting these ideas. Please."

But of course she will. She's Beaver.



Beaver Abramson

photo by Margery Rubin

AN UNEXPECTED VISIT

Residents in the Garden Dining Room on Thursday, September 18, were surprised to be waited on by **Steve Sweet**, a favorite waiter and host who had left the end of August to start his freshman year at Washington College in Chestertown on the Eastern shore of Maryland. It turned out that the college was evacuated ahead of Hurricane Isabel, and Steve had reported back for work during his few days back home. Steve told his table that he was taking a major in psychology and a minor in elementary education.

IMPORTANT DATES OF THE SEASON

by Ellen Stimler

With Thanksgiving just a few weeks away, Christmas activities have already been scheduled, and here are some important dates to note in your calendar:

November 28 – The Community Greeting Card Box will be on the front desk. The custom at Medford Leas is for residents to place their favorite card in this box, which is meant for a greeting to all residents and staff, and all these cards will be artistically displayed in the Atrium on Decorating Day.

December 2 – Decorating Day, when the volunteers chaired by **Fran Webb** will be doing their magic to wreath the public areas in greenery with glittering seasonal accents.

December 4 – the famous Employee Holiday Show. Details about tickets and dinner reservations before and after the show will be announced in a memo to all residents.

December 19 – Community Holiday Reception hosted by the Employees of Medford Leas. Live musicians and home baked-goodies prepared by staff members.

When thinking about gifts for family members and friends, think *Medford Leas Life*. A subscription, at \$7.50 for ten monthly issues, will tell the recipient what's happening in your Medford Leas home and give them an idea of the interesting and varied activities going on here.

WELCOME TO MAIN CAMPUS

by Ellen Stimler

Mary Frances Denworth, who has lived at Woolman Commons for several years, is moving to Apartment 95 as soon as she is discharged from Woolman. She has three adult children with whom she keeps in close touch, and she will continue her deep interest in the St. Vincent de

Paul Society at Sacred Heart Church in Mt. Holly. She looks forward to seeing old friends at Medford Leas, making new ones, and doing what volunteer work her health will permit.

John and Elizabeth Parnell have moved into Apt. 209 from Woolman Commons where they lived since April, 1997. John, the brother of **Gertrude Marshall**, is an electrical engineer with degrees from MIT and the University of Pennsylvania. His current hobbies include ham radio, computers, and reading of technical journals. Elizabeth is a graduate of Mt. Holyoke and worked in research for a number of years. She is a member of the MLRA Fitness and the Budget and Finance Committees. She maintains a regular fitness program and enjoys reading.

Nickie Stevenson, who has moved into Apt. 400 from Woolman Commons, is known for her courage in starting a legal career at age 69 after the death of her husband. She graduated from Rutgers Law School in 1997, having long before then received a B.A. degree in economics from Wellesley College. She worked for the Mt. Holly Office of Camden Regional Legal Services for several years before retiring. Currently she is "knitting up a storm" for the Christmas donations for underprivileged children and has already made 17 teddy bear outfits but keeps going. She is devoted to her exercise and swimming programs at Medford Leas.

Carolyn Terrell, the sister-in-law of **Jean Nicholson**, has moved over from Quaker House at Woolman Commons; she is temporarily in Room 564 until her apartment, #276, is ready. Carolyn is a graduate of Westtown and Oberlin College, where she majored in religion. She loved being a nursery school teacher and was more recently editor and religious education secretary at Friends General Conference and circulation manager at Friends Journal. She was married to Huntington Terrell, a popular philosophy professor at Colgate University. Her current interests are liberal theology, gardening, and her five grandchildren; two of them live not too far away in Mullica Hill with their parents.

RESIDENTS IN THE NEWS

The Central Record (September 18) had two large pictures and an accompanying story about the Award of Distinguished Service received by **Harry Harrison**, of Lumberton Leas, from the National Garden Clubs for his design of a memorial garden at the Cathedral of the Woods in Medford Lakes. The garden, designed for contemplation and restoration, is open to the public. Its circular design is centered by a fountain and contains several sculptures, stone benches, flowering deciduous trees, evergreen shrubs, perennials, bulbs, annuals, ground covers, and native plants that attract birds and butterflies.

After 16 years of unsuccessfully entering the Garden State Water Color Society's art exhibits, **Alice Skidmore Culbreth** not only had a painting accepted for the show in October of this year but also won an award for her painting "Pink Gerber." The prize-winning painting will be hanging in the upcoming new show of resident paintings in the downstairs Art Gallery near the Fitness Center. Everyone is invited for punch and goodies at the reception on Monday, December 8, from 10 a.m. to noon in the Art Studio.

SILVER ON DISPLAY

by Hana Stranska

Cynthia Mott and **Todd Butler** have collected and displayed silver items contributed by residents. The exhibit will go up at the beginning of November and will focus on "forgotten uses," such as an ornate rectangular glovebox, a handsome hot-water server to go with an appropriate tea service, and a jardinière (plant-holder). The decorative work on this one was done by the "repoussé" procedure; patterns are punched from the inside to the outside. Other items are a dainty one-cup teapot from India, a small box for holding face powder, a still smaller snuffbox, a ladies' chain-link belt, and other objects. Beautiful workmanship here counts for less than the purity and weight of the silver; hence, a weight of one ounce Troy pure silver was carried, to make sure the proper weight was given.

WHO'S NEW

Alice (Lang) Corcoran, Apt. 61, moved here from Holiday Village East, where she had lived for about five years. Her childhood and youth were spent in Massachusetts and Brooklyn, NY. In 1937 she married Richard Corcoran, an electrical engineer who designed electrical equipment for corporations, hospitals, and the government.

The couple lived for 20 years in Teaneck, NJ, where they brought up their three sons. In 1959 they built a home in Woodcliff Lake, NJ and lived there for 30 years until Richard's death. They traveled extensively in Europe and in the U.S. during their years together. Their son, Steven Corcoran, was mayor of Medford for two separate terms. Alice has three granddaughters and five great-grandchildren. Although her passion is oil painting, Alice says that after studying it for 20 years she thinks she will always be an amateur. But she plans to continue to paint at Medford Leas and will gradually get into other activities here.

by Margaret Melstrom

ART GALLERY NEWS

by Helen L. Vukasin

November will usher in an exhibit of the work of Kim C. Su of Collingswood in the Medford Leas Gallery. Kim Su was born in Taiwan and has studied Chinese painting and calligraphy under Asian masters.

The opening reception for the show will be November 4, 3:00 to 4:30 p.m. At 3:30 p.m. Kim Su will say a few words about her work.

At the Lumberton Leas Art Gallery a new exhibit will be hung on October 14. Medford Leas artist **Alice Skidmore Culbreth** and Lumberton Leas artist **Rita Keiper** will display some of their work from mid-October until mid-December.

The Art Gallery Committee has arranged a program featuring the current exhibition at the Philadelphia Museum of Art. On Friday, November 14, at 2 p.m. *Shocking: The Art and Fashion of Elsa Schiaparelli* will be previewed for Medford Leas residents in the Auditorium.

TERMITES EAT MEDFORD LEAS LIFE

by George Rubin

October 6, 2003
To Ellen Stimler:

There is the need for a new set of Medford Leas Life, 1979-1981. The termites got into the volume on the window shelf.

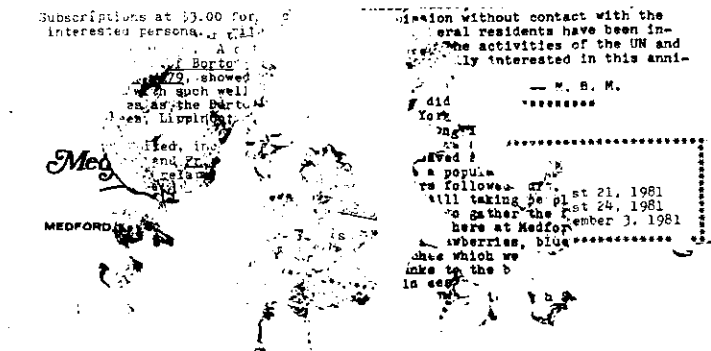
Becky Monego, Librarian

Just picture termites ingesting all those stories, poems, new residents' bios, and other events, and spreading the word through the colonies about how "great" life is at Medford Leas. Every egg hatched would have a story to tell. What a great way to get all the insects to come to Medford Leas. Now that's Merchandising!



Seriously now, when we tried to replace the "digested" issues, we found that we did not have any copies of the 1979 monthly issues in our files. If any residents have any of these, we beg them to come forward and call Ellen Stimler at 3116. We will make copies for you if you want to keep them.

The picture below shows part of an "eaten" issue of Medford Leas Life.



TRAILS AND TREES AT LUMBERTON LEAS

by Miriam Swartz

Marge Greeby, Les and Patti Hopton, Tom Krainik, Pat Potts, and Miriam Swartz of Lumberton Leas met on September 17 with Dr. Howard Kriebel, a resident of Medford Leas and former forest geneticist with Ohio State University, to identify some of the large trees along the Rancocas and Holly Trails of Lumberton Leas.

Howard gave us some general clues that one could use to identify particular species of trees. He said all maples, ash, dogwoods and horse chestnut trees have an opposite branching pattern, while all remaining trees have an alternate branching pattern. An acronym for remembering opposite branching is MAD HORSE; M=maple, A=ash, and D=dogwood.



We walked down the Rancocas Trail and Howard pointed out the Red Maples, the only variety of maple we have in our woods. He also showed us two varieties of pines. Pitch Pine, the Pinelands Pine, has three long needles in each bundle whereas the Virginia Pine has two short needles in its bundle. Many very tall, straight Tulip Poplars line the trails. Both the Sweet Gum trees with their star-shaped leaves, and the Black Gum trees, whose leaves turn bright red in the fall, thrive in our habitat. Five kinds of oaks – Chestnut, Black, Scarlet, Willow, and Southern Red Oak – were identified. We also saw shaggy-barked River Birch, American Beech, American Holly, Winged Sumac, Atlantic White-cedar, Eastern Red-cedar, Black Cherry, Black Locust, Dogwood, and two types of hickories: Mockernut and Pignut.

In all we identified and tagged 21 species of trees, marking them with white tags on the ground. Hopefully the temporary plastic tags will remain in place and be legible until permanent tags are made and attached to the trees.

WILDFLOWERS

by Rudy Salati

Wildflowers - the word conjures visions of plants out of control and being trapped in the tentacles of a sinister vine or of the fatal allure of a beautiful blossom. Nothing could be so far from the truth. Indeed, the truth lies in the opposite direction. Wildflowers have been celebrated in literature, verse, and song throughout recorded history. In *Auguries of Innocence*, Blake hints at an extra power that a wildflower may have.

To see a World in a Grain of Sand
And a Heaven in a Wild Flower
Hold Infinity in the palm of your hand
And Eternity in an hour

Recall the words in the song April Showers,
"... they bring the flowers that bloom in May."

William Wordsworth was so attracted by the Lesser Celandine, a wildflower which is almost common at Medford Leas, that he devoted no less than fifteen eight-line stanzas to it. So, what is this fascination with wild flowering plants? Is it because their independence strikes a sympathetic chord with us – they thrive and spread without our help and in many cases, in spite of it – or are there challenges that we have not defined?

Some are shy. The Red Trillium hides its blossom under a leaf. Others are showy and proclaim their existence either with a display of color or by carpeting the forest floor with their blossoms. Still others have a seeming mission and must be ready to perform a service for other wildlife. In the spring, for instance, the Milkweed must be in bloom at a certain time to feed the Monarch butterfly on its northern migration. Similarly, Goldenrod must be in bloom in the fall to feed the Monarch on its southern migration.

If size is considered, they range from tiny fractions of an inch, as in the case of the Chickweed or the Forget-me-not, to the dinner-plate size of the Marsh Mallows and Sunflowers.

At Medford Leas, wildflowers may be seen throughout much of the Campus and have been studied on an ongoing basis for several years by those residents who have an interest in them.

Beginning in the very early spring and continuing into late fall, Saturday morning walks are conducted for those who may have an interest in the flowers. The walks are replete with discussions concerning identification and, in some cases, the local folklore of a particular flower. Some of the participants take photographs of them (great subjects for digital cameras). A cumulative listing of the flowers identified during these walks is being maintained. So far, 171 different species of wild flowering plants have been identified and catalogued with the pertinent information for each one, and it is expected that many more will be added to the list. An objective of this listing and the accompanying photographs is to place them on a Medford Leas website, making them readily available for study or reference purposes.

Participation in the walks and the ongoing objectives is open to all members of the Medford Leas families. A working knowledge or skills in identification are not required to participate in the walks. Those that have them are much needed by the others in the group.



Illustration by Anne Wood

NEW TALKING BOOKS

by Myra Binstock

Fiction

Delinsky, B. *For My Daughters*
Kidd, S. *The Secret Life of Bees*

Non-Fiction

Clinton, H. *Living History*
Hillenbrand, L. *Seabiscuit*
Isaacson, W. *Benjamin Franklin*
Monks of New Skete *Art of Raising a Puppy***
Pepin, J. *The Apprentice*
Queen Noor *Leap of Faith*
Taraborrelli, J. *Once Upon a Time*

Mystery and Suspense

Brown, D. *The Da Vinci Code*
Evanovich, J. *To The Nines*
Gardner, E. *Case of the Haunted Husband***
Gardner, E. *Case of the Reluctant Model***
Sandford, J. *Night Prey*
Scottoline, L. *The Vendetta Defense*

**Donated

EMPLOYEES OF THE MONTH

August's Employee of the Month is **Nancy Glovacz**, LPN, of the Health Center. The mother of four and grandmother of four, she has finally found time to satisfy her appetite for adventure. Going through her list of a new adventure a month, she has been doing things like milking a cow, going up in a balloon, learning to weave, skiing in Colorado, and kayaking in the South Jersey woodlands. Everyone agrees, however, that we need her to continue to come to Medford Leas every day, keep the staff laughing with her witty sense of humor, and take care of residents and staff in her kind, compassionate, and competent way. Don't do anything too risky!

September's Employee of the Month, **Margaret ("Peggy") Bamberger**, started working as a housekeeper at Medford Leas in 1999. She

applied to the Nursing Scholarship Program and, after attending Burlington County Institute of Technology, became a nursing assistant and joined the Nursing Department. Currently working in Assisted Living, she cares for residents on the Ground Floor of the John Woolman building, assists independent residents when they are transitioning from a subacute stay, and helps the Health Center and Rehabilitation Department with resident care in the full-service apartments. Her new goal is to return to school and become a LPN and also an RN. Her enthusiasm, dedication, and caring make her very special.

October's Employee of the Month is **Ben Abrams** of the Nursing Department. Everyone loves him! Always helpful and cheerful, he volunteers to take on extra duties and assists the nurses with patient care. In addition to being in the Army Reserves, he attends Burlington County College. His goal is to become a RN and eventually a certified anesthetist.

Congratulations, Nancy, Peggy, and Ben, and many thanks for your good work at Medford Leas.

* * * * *

GIVE US YOUR E-MAIL ADDRESS

Medford Leas has compiled an e-mail directory of residents' addresses, which is being maintained and updated periodically by **Phyllis DiCianni**. It has been very helpful for residents in notifying of committee meetings, changing dates, and just general communications. It is much faster to notify people by e-mail than by telephone. However, the system won't work effectively unless residents of all campuses list their e-mail addresses with Phyllis and also notify her promptly when they change their addresses. To get in touch with Phyllis, please e-mail her at PhyllisDiCianni@medfordleas.org. If you do not have a directory, please request one from the Main Desk.

CDC REPORT

by Kitty Katzell

The efforts of the Conceptual Design Committee (CDC) are focused on enabling Medford Leas to continue to provide quality life-time care to residents at an affordable cost. To be sure no option is overlooked, all options and alternatives are being explored. This takes time and effort.

In recent weeks, CDC has not been meeting, but its Communications Subcommittee – **Bob Anderson, Bart Bartholomew, Kitty Katzell, Mike Peasley, John Sommi, and Jane Weston** – has met every week. They are responsible for reviewing and preparing responses to correspondence to CDC. They are also working on definitions of the criteria that are being applied to the various aspects of each design proposal. At a meeting on October 17, CDC is to review a draft of the criterion definitions. In their current form, there are 16 definitions or considerations used by CDC in evaluating design proposals, which occupy more than four single-spaced pages. The definitions include as many as 23 elements each. While they will certainly undergo modification, even in their present form they serve to illustrate the complexity of the process.

Consider just one criterion as an example: *Space Adjacencies*. This is a complex concept. It includes:

- efficient use of staff and services;
- convenience for residents, whether in health care areas or living independently;
- accessibility of essential spaces to residents in all levels of care. Those “essential spaces” refer to things like doctors’ offices, therapy, pharmacy, dining areas, auditorium, bank, gift shop, beauty salon, thrift shop, and the like.

Adjacencies are very important because they have a major impact on long-term operating expenses in terms of labor costs. They impact transportation between main areas and outer-lying areas, such as food from the kitchen to the nursing units, laundry to and from the nursing

units, and residents in nursing units to therapy and doctors’ offices. Adjacencies also consider the ease with which residents living in nursing and assisted living units can be reached by visitors. For safety and aesthetic reasons, adjacencies are also involved in planning passageways for food and laundry carts to use routes that are minimally intrusive on corridors used by residents.

The preceding paragraph illustrates just one of the 16 criteria that are applied in the consideration of the design alternatives. Other criteria have to do with the reuse of existing buildings; parking, traffic flow, transportation and emergency egress; operational efficiency; number of stories; image (wellness or nursing); fitness, wellness, and aquatics; facilitation of long-term planning; environmental impact; the Pinetum, the big Holly, and the Arboretum; the impact on courts; views and vistas; construction logistics; density. Recognizing the effect that each design option will have in the immediate and the distant future influences decisions about what CDC will recommend and reject.

After evaluating the various alternatives in terms of the criteria, CDC will be in a position to recommend what they determine to be the most effective approach. At that point, the cost of implementing that design will be analyzed. It may not turn out to be the cheapest design, but it is the goal of CDC to be sure that it is the most viable alternative in terms of both cost and quality for the long-range good of current and future Medford Leas residents.

Weather change
The streaming air
is spangled with golden leaves
rushing off in its blow.

S.L.B

WHO'S NEW

Thomas and Sheila (Hopkins) McMillan, 672 Bridlington, met at Bryn Mawr Hospital when Thomas worked there as a young doctor and Sheila as a nurse.

Thomas is a Philadelphia native and got his education at Episcopal Academy, Princeton, and the University of Pennsylvania Medical School. While interning at Pennsylvania Hospital **Wayne Marshall** was one of his teachers. During WWII he was assigned to the Pentagon medical dispensary, which gave him a chance to meet some high-level staff, including Gen. Eisenhower. In 1955 Thomas took over the cardiology department at Memorial Hospital in Mt. Holly, established a practice in town, and later became the cardiology consultant to Medford Leas while **Ben Paradee** was medical director. The cardiology practice continued to expand and eventually became "The Cardiology Group" of nearly 20 cardiologists. In his retirement, Thomas's principal hobby is music; he plays the piano and the organ, and he is also interested in the growth and care of orchids.

Sheila grew up in Wynnewood, PA, went to the Westover School in Connecticut, and received her R.N. degree from Pennsylvania Hospital. After her marriage, she was busy with three children, two girls and a boy, and volunteer work at Memorial Hospital, the Mt. Holly Childrens Home, and her church. For about ten years, the couple lived on a small farm off the Burlington-Mt. Holly Road, where they had ten steers and a horse and raised their own vegetables. Sheila's current interests are knitting, biking, and hiking.

by Ellen Stimler

CORRECTION

In "Employee Scholarships at Record High" of the September *Medford Leas Life*, **Joan Eipper** was referred to as Peggy Eipper. We deeply regret the error

HARVEST AT LUMBERTON LEAS

by Maggie Heineman

*The kiss of the sun for pardon
The song of the birds for mirth
One is nearer God's heart in a garden
Than anywhere else on earth*

That verse is inscribed on a small metal sign which stands in front of a vegetable garden which **Ben Paradee** and **John Sommi** farm together. Groundhogs dug under the fence of the Lumberton Leas community garden and knocked down full-grown staked or caged tomato plants to get at the ripe fruit, a prize which in the life of a groundhog may be near to God's heart.

Tomatoes are by far the most popular crop at Lumberton Leas. Most of the 12 community garden plots included tomatoes, and dozens of residents grew tomatoes alongside their homes. **Polly and Hank Schnepf** used an "earthbox" for a single grape tomato plant which yielded more than 1000 tomatoes. **Lucia LeConey** froze 12 pints of plum tomatoes and 5 pints of tomato sauce. Despite the wet weather the LeCones' 18 tomato plants provided a bumper crop. Their string beans flourished and they had "wonderful lettuce" – five different kinds – but animals got the eggplants, and the peppers were "not great."

Herb and Maggie Heineman (that's me) had an unintended crop of spectacular green, yellow, and black caterpillars which devoured our parsley. We learned they were the larvae of Black Swallowtail Butterflies and then became aware of the adults hanging around our butterfly bushes. **Tom Krainik** reports that next year the community garden – which is known as "the farm" – will have a patch of milkweed to attract Monarch Butterflies. And next year the farm fence will be sunk deep enough to keep out the groundhogs.



VOLLEYBALL GAME A DRAW

by Grace Schaffel

On a bright, sunny day, the day after Hurricane Henry caused an enormous flood at the Kendal-Crosslands CCRC, the valiant Crosslands volleyball team, together with coach, two cheerleaders, and a driver of a mini-van, arrived at the Lumberton Leas swimming pool – a daunting effort! They had come to take on the Medford Leas/Lumberton Leas water volleyball team on our home turf. They had defeated us twice before – once in the Medford Leas pool and again at Kendal-Crosslands. Our team was looking forward to vindication in the pool, since we had been practicing long and hard.

At 10:30 a.m. there was a cacophony of sounds emanating from the Lumberton pool—wham, plop, oof, "get the ball," "come on, team," and splash – as jumping bodies tried to hit the 24-inch diameter, multi-colored rubber ball and were deluged in the water!

Cheerleaders with colored tassels spurred us on. Excitement was in the air! Medford/Lumberton Leas had 16 players on three teams, quite a few of whom were women, while Crosslands had only one woman. In the first game the ML *Lions* overcame the Crosslands *Submarines* 15 to 7. The second game had the ML *Tigers* winning over the Crosslands *Hoagies* 15 to 13. The last game had Crosslands *Submarines* winning over the ML *Bears* by 15 to 8. Two subsequent short games were played and won by Crosslands, so we were pleased to call the match a draw.

Medford/Lumberton players and staff provided a wonderful potluck lunch, which was relished by the teams and visitors. All in all, a fine time was had by everyone.

We invite all residents from all campuses, as well as those on the waiting list, to join us in water volleyball in the Medford Leas pool on Tuesdays from 10:30 a.m. to noon and on Fridays from 1 p.m. to 2:30 p.m., for fun, frolic, and fitness. Try it – you'll like it!

WHO'S NEW

Whitney (Whit) and Harriet Cline Stearns, who moved into Rushmore 648 in late August, met in their sophomore year at Swarthmore and therefore have a large, ready-made community of friends at Medford Leas, not only from their college years but also through Whit's prior attendance at George School and other Friends Schools and the many years they lived in Moorestown.

Whit's Swarthmore education was interrupted by three years of WWII service in the Navy, but he was able to return to complete a degree in civil engineering. Whit and Harriet were married in 1949. Right after graduation, Whit went into sales work at U.S. Pipe & Foundry in New York, Boston, and finally in Burlington, NJ. Harriet meanwhile had earned a degree in psychology and worked for some time for a struggling computer firm which made the first Univac.

During the early years in Moorestown, Harriet was busy raising a son and two daughters. One of the girls became increasingly blind yet achieved a complete education through graduate school, got married, and is working as a medical social worker. After the children were in high school, Harriet earned an M.L.S. degree at Drexel and worked as an elementary school librarian for 19 years.

In his retirement, Whit has focused on mediation, which takes him to the Mt. Holly Court House and various townships several days a week, and he also maintains his association with the Y's Men in Moorestown. Harriet volunteers at the Moorestown Library one day a week, reads to first graders in a Mt. Laurel school, and actively participates in the Moorestown Singers, the Haddonfield Chorale, and the Philanthropic Educational Organization (PEO).

by Ellen Stimler

NEWS FROM WOOLMAN COMMONS

by Kay Cooley

In September and October, **Bill Murphy** took a number of Woolman Commons residents apartment hunting at Medford Leas. Leaving behind a loved home at Woolman Commons and moving to a new location wouldn't have seemed like much fun were it not for Bill's heartfelt interest and his energetic determination to find just the right match between residents' wishes and available stock. For some of us, this entailed a wild ride in a Maintenance Department cart over lawns, between trees, and into courtyards to inspect singles, doubles and singles-with-den. Want a southern exposure for growing flowers? No problem; an extension will be added to this studio. Need extra space for grandchildren in a single? "We can do that" (from the Staples commercial). In October, like a dying tree losing its limbs one by one, we gave up **John and Miriam Brush, Mary Frances Denworth, John and Elizabeth Parnell, Nickie Stevenson and Carolyn Terrell**. More will follow as space becomes available. Meanwhile, a hardy bunch is "holding the fort" in Mt. Holly.

On September 24, **Dave and Katie Lewis**, who had just returned from summering in Canada, headed up the third annual Woolman Commons campfire dinner at Camp Ockanickon in Medford. Twenty residents enjoyed the nurturing beauty and tranquility of Camp Matallionequay, the sister camp of Ockanickon, before gathering for dinner in the main lodge. After a hearty meal, all moved to the fireplace at the other end of the room, where Dave led a program of singing, reminiscing, and an apartment-hunting activity. We savored being together and planned how to stay connected after we have moved.

HARVEST FESTIVAL

by Gertrude Marshall

The Dining Services and Therapeutic Recreation Departments brought us a week of "End of Summer" events beginning on Tuesday, September 16. You could smell the results of Chili Cook-Off, with staff and residents competing for the best-tasting dish. Winners were: first place, **Helen Smith**, Dining Services; second place, **Phyllis DiCianni**, Administration; and third place, **Craig Gower**, Maintenance. On Wednesday, the 17th, we were treated to a holiday dinner with ribs, fried chicken, corn, baked beans, and a peach-festival dessert, the latter in the auditorium, complete with a band. Also, we had a craft show from Wednesday to Friday in the Lounge, with many beautiful items made by residents and staff: embroidery, needlepoint, counted cross-stitch, sweaters, quilts, paintings, all largely the work of women residents and staff, but a few items made by men. Perhaps the most remarkable was a model of a ship, made by **Ed Brownlee**, and a clock, by **Thompson Coe**, made of polished cedar wood, from a tree which grew on the farm where his wife, **Virginia**, grew up.

On Friday, September 19, because of the strong winds of Hurricane Isabel, it was necessary to move the Dance Demonstration from the Back Porch Garden to the Activities Room: square dancing by residents and staff, including our Executive Director, **Mike Peasley**; wheelchair dances, with both pushers and wheelchairs moving to commands of the caller; and then a demonstration by seven of the Day Care children—four boys and three girls. The boys bowed with ease, but a curtsy from the small girls, all of whom wore pants, was a challenge. The festivities ended with a family picnic for the Woolman, Haddon, and Estaugh residents.

CRYPTOGRAM

by Russell Hill

Here is the solution to the October Cryptogram:

HEAP CASSIA, SANDAL-BUDS, AND STRIPES
OF LABDANUM, AND ALOE-BALLS, SMEARED
WITH DULL NARD.

R. B. (Robert Browning)

It was solved correctly by **Joan Bellman, Mort Bregman, Betty Preston, and John and Marie Winton.**

This was obviously a very difficult one since only four solutions were received. There had been some complaints that they were too easy.

The November Cryptogram should be less challenging. Here it is:

XV QXGA TPHVPSNE ZBRRJE
RQPVS, RPCEJV, BVH GVHX ENJ
HXXA, RBHC ENBE UBCEJ ENJ
RPSNE PV CPSNPVS PV ENJ
HBAM CNXGRH CPSN VX TXAJ

B. J. N.

Please put answers in Box 45 by November 10.

IN MEMORIAM

Alice Johnson	September 9
Wendeline Moore	October 7
Thurber Swain	October 9

MEDFORD LEAS LIFE

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

