



# Medford Leas LIFE

VOL. XXXII, No. 1

JANUARY 2004

## NOSTALGIA, HERE WE COME!

by Dorothy Tillman

They did it again! The Medford Leas Annual Employee Holiday Show was smashing, super-duper, the cat's meow—and just plain superb! In part, because these wonderful staff members, who care for us so lovingly, can sing and dance like crazy. And like crazy, they did.

The script was inspired. What could mean more to us than a “Salute to the Atlantic City Steel Pier” and all its wonderful entertainers. We remember them all and we could sing all the songs.

**Wendi Ruddy**, as Master of Ceremonies, kept the ball rolling at a merry pace.



all photos by Margery Rubin



The famous Ziegfeld girls (Resident Services and Front Desk) sang “I want to be loved by you”—and we loved them—Boop-ooop-a-do—and all their fellow performers. The Day Care children started things going with a snappy rendition of “The Good Ship Medford Leas.”

Everyone had his/her favorite. Here are a few I heard mentioned. – **Joe Doyle**, down on one knee, giving us Al Jolson's rendition of “Mammy, oh how we loved ya.” How we loved dear old Joe D. And how could we not love those nurses, who really do “Fluff the Pillows”? **Bill Murphy**, playing Dean Martin, singing “That's amore.” (Has Bill been taking lessons? This was my 10<sup>th</sup> show and I think he sang on key some of the time. It didn't used to be like that.) **Joel Porter**—“I only have

eyes for you”—and such eyes! But where was your violin, Dr. P.? **Gerry Stride, Rachel Smith, Heather McInerny**, off on the side, singing beautifully. **Mark Wick**, as Harry James, left the piano to others for a brief time and sang “I don’t want to walk without you.” We don’t want a show without you, Mark baby!



A small, unofficial survey (two people spoke to me on the way out) shows that while it was all loved, the two winners were the horse who didn’t want to climb the ladder and jump. (Did he ever do it, they wanted to know.) In Atlantic City, but not at Medford Leas.

The other big question. Who won the dance marathon? My vote goes to **Dr. Quinton** and **Leila Krastek** and to **Trudy DeLacy** and **Shirley Fletcher**, who danced like pros for the first few hours, showing that they could really do the Lindy and the Twist, and who collapsed so beautifully as time went on. Trudy was really down there near the floor, but Dr. Quinton manfully held Leila up and dragged her around. Well, did anyone ever say this was an easy way to make a buck?

The whole show was funny and nostalgic and wonderful. We laughed, we clapped and we remembered.

To all of you, thanks for the memory.

## IN APPRECIATION

by Barbara Ballou

Coming home, I wondered if other CCRCs  
Are ever half as lucky as we who dwell at  
Medford Leas.

Among the many happy assets we can all remember  
Few match the evening which comes to us each year  
in December,

When a fine band of performers, whom all of us know,  
Present for us a program called the Employees’ Show.

This year with words both wise and witty,  
They saluted a certain pier in well-known Atlantic City.  
The various acts brought fun and gladness.  
(Except for one that was tinged with sadness.  
We’re more likely to cry than laugh  
As we lose the children and Day Care staff.)

With amusing chatter and songs and rhyme  
The cast gave us a memorable time.  
Who, I wondered as I came away,  
Had more fun from this amusing “play,”  
Those who put on this talented show,  
Or we who watched? (We may never know.)

But I’m sure I speak for the audiences (two),  
When I say, to our staff, many thanks to you!



## CHRISTMAS CHEER FOR ESTAUGH, ASSISTED LIVING

by Gertrude Marshall

In the days before Christmas, Santa's helpers were busy around Medford Leas. Scouts, Brownie troops, and Cub Scouts visited the nursing areas. Students from Rancocas Valley High School provided performances. Rancocas Friends School had a choral music program, and the Westampton Junior Honor Society made crafts with residents. At the same time, Mrs. Santa Claus, aka **Gerry Stride**, Director of Community Life, set up a Christmas auction for Assisted Living with "funny money," a formal dinner with baritone Cameron Chandler, and a "Toyland Tea" for residents and Day Care children. There was an "Open House" in Estaugh for Assisted Living. Residents in those areas also had a chance to visit the Philadelphia Orchestra, Longwood Gardens, and the Pine Barons Christmas concert. Residents and their families are most appreciative of the imaginative programs planned and carried out by staff and volunteers inside and outside Medford Leas.

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## OUR RELATIONSHIP WITH EXTENDED HAND MINISTRIES

by Maggie Woodard

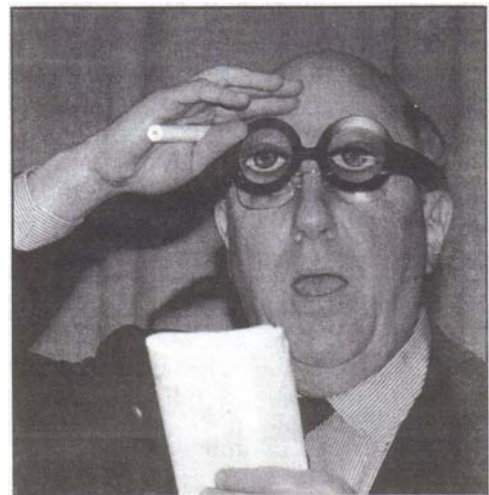
Due to the foresight and thoughtfulness of Medford Leas residents, 17 ShopRite frozen turkeys were donated to the Extended Hand Ministries in Mt. Holly for their Thanksgiving feeding program for the homeless and needy. In early November ShopRite offered to give away a free 10-12 lb. turkey to any customer accumulating purchases of \$150 by November 26, or a 20 lb. turkey for \$250 in cash register receipts. Acme had a similar program. The residents who qualified but had no use for a turkey nevertheless collected one and took it to the Medford Leas kitchen, where volunteers from Extended Hand come every single day to pick up food which had been prepared but not served. Because of the many menu choices, it is

impossible for the kitchen to estimate exact quantities needed to fill dining orders, so whatever is left over is not wasted but turned over to a very good cause.

The Extended Hand feeding program was established in 1991 to provide hot meals for the homeless in the Mt. Holly area and has since been expanded to serve needy families in Camden and Willingboro. In 1995, **Jean Henderson** and **Mary-Glen Morin** worked out the donation program with **Lorraine LaPollo**, Director of Dining Services, and the **Rev. Barbara Davis**, founder and Director of Extended Hand Ministries. In addition to food, Medford Leas also donates clothing and furniture from the Thrift Shop. Extended Hand provides clothing, referrals for housing, and other support services.

The ministry is in the process of developing a multi-complex shelter and hopes that the remaining funding will materialize to make this dream a reality. Rev. Davis stated that they are now waiting for Township approval.

Medford Leas is planning an eighth anniversary celebration of our relationship with Extended Hand in late February in the Lumberton Leas Great Room. Rev. Davis, who is a Woolman Commons resident, is preparing a video to explain Extended Hand's many services. More details about the date, program, and transportation will be provided in future announcements to residents.



## MARTIN LUTHER KING DAY CELEBRATIONS

by Helen Vukasin and Margery Larrabee

This year Medford Leas has planned a celebration of Martin Luther King's birthday both at home and "abroad." The Diversity Committee has been collaborating with the community in Mt. Holly to create an innovative program for residents of Medford Leas and Mt. Holly. The Leas Forum Committee and the Diversity Committee are co-sponsoring a program at home for those who may not be able to attend programs off-campus.

At the Medford campus, the Forum program on Saturday, January 17, will feature Alan M. Lerner, Practice Professor of Law at the University of Pennsylvania Law School. His talk titled "He Had a Dream" will focus on Dr. King's development from a young, pulpit minister to a world leader, the evolution of his vision and his actions. He will analyze what supported the various changes and how it may be a model for us today 35 years later.

In Mt. Holly, there will be two separate events on Sunday, January 18, and Monday, January 19, at the Second Baptist Church at 306 Washington Street, sponsored by the Continuing the Dream Committee of the Rancocas Valley Clergy Association and supported by the Diversity Committee of Medford Leas.

The Continuing the Dream Committee sponsors annual events such as a leadership breakfast, a summer fellowship picnic, programs on justice concerns in the community, a summer youth recreation program, and college scholarships.

On January 18 at 6 p.m. there will be a community worship service featuring Bishop Elaine Harris of the First Baptist Church. Rev. Barbara Davis will also speak about her widespread activities at the Extended Hand Ministries, and choirs from both churches will participate.

On January 19 at 8:30 a.m. there will be a Breakfast in the church basement. Attendance

usually includes a mix of clergy, lay persons, local politicians, and civic leaders. Two out-of-town speakers will talk about their wartime experiences and their life now. At 10 a.m. there will be a panel discussion on revitalization of a community, seen through the eyes of Dr. King. This will be followed by a march to another nearby church, where lunch will be served.

Arrangements are being made for transportation from Medford Leas to the Monday events, and a sign-up sheet with further details will be at the front desk. Residents are urged to participate; their attendance can make a real difference.

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## GREAT DECISIONS PROGRAM

by Esther Woodward and Stanley Brush

The residents of Medford Leas have been proud that we have had the Great Decisions Program of the Foreign Policy Association since the early days of our community. It's a discussion series with sessions initiated by speaker-residents with an interest or experience in the topics under consideration. The FPA's purpose is to provide an annual Great Decisions Briefing Book with discussion questions and ballots, the latter for return to the FPA and submission to the President and State Department as a reflection of citizen opinion.

Your Great Decisions Program Committee hopes that residents will want to participate actively in the 2004 program by buying the Briefing Book when it becomes available for purchase (at \$11 discounted) early in January and attend the seven speaker-discussion sessions at 10:30 a.m. on Thursdays, February 12 through March 25. (The Video-U lectures are suspended during this period.) The topics to be addressed are Reform in the Middle East; the U.S. and Europe; the Philippines; Weapons of Mass Destruction; Diversity in Islam; a Latin-American Overview; and the Media, the Public, and Diplomacy.

More details will be announced later.

## MEET OUR NONAGENARIANS

by Grace Stewart

**Jack Allen** comes across as quiet, gentle, staunch in what he believes. At age 90, he still redounds: i.e., "makes a remarkable contribution" to Medford Leas.

An electrical engineer, he had an electrical and video workshop in his home. He says, "I have done a lot of videos of Medford Leas...grandparents' day, jazz bands...you name it." For his videos, he uses an editing bench with a sound mixer and special effects. It records on VCR to cut out mistakes and also uses a phonograph for background music. He showed a video of the bowling team with **Jerry Pidcock** and other bowlers.

"My nine years in the Thrift Shop have been fun. I like to help people. If they want something, I call them when one comes in. I test and sometimes repair videos, radios, cameras, electrical appliances in the shop."

For eight years Jack chaired the Movie Committee which shows the Saturday afternoon films. He founded the Medford Leas Camera Club and selected the programs for their monthly meetings and chaired its activities for about five years. Due to his declining eyesight and lack of general attendance, the Camera Club was discontinued. But Jack is still involved in the semiannual photography exhibitions in the ground floor gallery and on the walls outside the swimming pool. With the help of other residents, Jack collects, selects, and hangs the photos after matting and framing them.

Jack's hobbies include electronics and video camera work. He was on the golf team at Haverford College for four years, and the love of the game continues now. He putts here and plays at his country club.

Asking Jack, "What makes life worthwhile now," he smiled. "Well, there's **Irmi**, our recent trip to Bermuda was great...old friends here: **Jean Robbins Stratton**, **Betty Matlack**, and others." He adds that his sense of well-being now also

comes from having had great parents and grandparents. (One grandfather created the Flexible Flyer sled.) He continues: "The Moorestown Meeting and Quaker background shaped my philosophy. I was saturated with it. Quaker schools, college, and meeting developed a strong sense of truthfulness, character and optimism. This stands me in good stead. I have a 98-year-old sister who lives alone in Providence, RI. We talk on the phone. I just want to continue what I'm doing to help people."

Sitting with Irmi in their warm apartment, Jack exudes a quiet spirituality and feeling of contentment.



## MLRA HAS A SHREDDER

by Kitty Katzell

A resident's son noticed that someone had used the MLRA copying machine on the third floor of Haddon and discarded a sheet of paper bearing the user's name, address, and social security number. He recognized this as an opportunity for someone to steal that user's identity and told his mother that MLRA should have a shredder at the copying machine.

Well, now we have one! It's in the area with the copying machine, and there's a set of instructions with it. Please follow the instructions, especially those that warn you not to put paper clips through the shredder and not to put more than half a dozen sheets of paper through at one time.

## NEWS FROM WOOLMAN COMMONS

by Kay Cooley

"Is anyone still there?" Residents ask about Woolman Commons.

"Certainly," comes the answer. Since our last report, five more members of the community have left for the Elysian Fields of the main campus: **Louise Evaul, Sumi Kobayashi, Dave and Katie Lewis, and Pat Lowe.** The fourteen stalwart souls left behind are doing well but do not wish to be forgotten.

Weekly teas more than ever have become valued occasions for sharing news, rumors and the comfort of one another's company. On December 11, this joy was heightened and expanded at the annual Christmas lunch, which this year included Alumni, some of whom have been gone five years. At the Tabernacle Inn, the three tables of ten filled the dining room with conversation and laughter. We marveled that Louise Evaul and Sumi Kobayashi could organize such a successful party, having themselves moved only recently.

On December 14, Mt. Holly is celebrating a re-enactment of the Battle of Iron Hill, said to have been a significant turning point in the early period of the Revolutionary War. Fifty years from now, will the Township observe the anniversary of the Woolman Commons' emigration to the distant land of Medford?



## WAIT TILL I MOURN

by Katie Lewis

Let me tell you about Woolman Commons that was. The place: Mount Holly, seven miles from Medford; a county seat, small as it is, of the largest county in New Jersey – Burlington; a stubborn town vibrant with politicians, lawyers, the military from Fort Dix, the artists, shop merchants, kids and cats, churches, the prison, court buildings, side by side.

To find the place of Woolman Commons, go up the steep hill of High Street. Part way up is the narrow street of Brainerd. It is one block long, one way, going nowhere. Cars park on both sides, houses crowd in on the street, tight with humanity. Suddenly houses end. Open space. Sculpted green lawns. Two-story apartment buildings around a common green – a haven for slower, soft-spoken people who are of the town but not in the town.

Now let me tell you about Woolman Commons the community: about 35 apartments in number, small enough to know everyone, big enough to find a friend, large enough to meet difference. The parking lot is busy, the meetings noisy, teas nose, the "Lunch Bunch" enthusiastic.

Time passes... things begin to change... the first apartment is vacant, then the second, over and over. At teatime people wonder. Measures are taken. Motions made. More and more there are fewer and fewer of us. There is no way but out. For Sale.

Alas! I sit on the floor in my kitchen with cardboard boxes to be filled. I rip brown tape and curse. It refuses to let go of itself. Myself? I am reluctant to leave those who are still here. I do not want to be the last one. I do not want anyone to be last. I will wait. This is a game I play with life – sometimes a player, sometimes a pawn.

When all the heres are there and there includes all here, I can rejoice. I will be whole again, free to pick up the future. There are new memories waiting to be lived.

## WELCOME TO MAIN CAMPUS

by Ellen Stimler

**Sumiko Kobayashi** is now in Apt. 247 after her move from Woolman Commons, where she lived together with her mother, Suye, until Suye became ill and had to be transferred to the nursing area in 1997; Suye died in 2001. Sumi graduated from Drew University, worked for the Army in Japan during the Korean war, and held computer-related jobs in various companies. She was also active in the movement to obtain redress for Japanese internment during WWII. Currently she is working on a book about a Japanese agricultural colony in West Palm Beach, where her parents were living and working until she was two years old.

Another Woolman Commons transferee, **Patricia Lowe**, Apt. 252, is writing a book about her parents. Her father was a professor at Oxford University in England and her mother was a translator for Thomas Mann. Pat grew up in England. Back in the U.S. she did freelance writing and editing for various publishers and research for *Time* magazine. She has written several children's books and adult non-fiction. At age 56 she received a degree in Creative Arts from SUNY Empire State College. In addition to continuing work on her parents' biography, Pat makes phone calls to disabled people on behalf of Contact.

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## ART GALLERY NEWS

by Helen L. Vukasin

The opening of the Art Studio Exhibit in the halls outside the Fitness Center in December was a great success. Featuring the prize-winning painting of **Alice Skidmore Culbreth**, the exhibit includes twenty-four resident artists and painters and eleven photographers. Many of the 100 visitors who attended the reception were impressed by the quality of the work and the number of residents exhibiting. The show will be

up for the next few months so if you missed the opening, you will have missed the wonderful home-made goodies but the paintings will still be there.

In January in the Art Gallery in the lobby of the Auditorium, **Betty Reeves Klank** will have a one-person show of her water colors. Ms. Klank is a member of the Garden State Watercolor Society, the Creative Artists' Guild, and Watercolors Unlimited. Her work has appeared in many juried shows including the Perkins Center for the Arts, Montgomery Center for the Arts and the New Jersey Watercolor Society.

The opening reception will be on January 6 at 3:00 to 4:30 pm. The artist will say a few words about her work at 3:30 pm.

The Lumberton Leas Art Gallery continues to show the work of **Rita Keiper** and **Alice Skidmore Culbreth**. Another exciting show will be mounted in January.



## IN MEMORIAM

**Miriam Wurst**

**November 14**

**Mary Jane Sleeper**

**December 13**

## JANUS REDUX

by Kitty Katzell

Janus is the Roman god with two faces, one looking forward and one looking backward. He seems somehow appropriate for a review of the past year and a look toward the year ahead.

The year 2003 began with the Master Plan that had been presented in December 2002. There followed letters and meetings in which residents, the Estaugh Board, and management expressed their views of the situation. In April, the Conceptual Design Committee (CDC) came into being, with a membership of six staff members, six Estaugh Board members, and nine residents chosen by the Estaugh Board from among 23 nominated by the MLRA Board.

Since that time, CDC has met almost every Friday, publishing project notes and synopses following every meeting in an effort to keep residents informed about what was happening. There have also been monthly reports in *Medford Leas Life* and at MLRA business meetings. Most recently, on November 21, the first of several meetings was held with residents to bring them up to date on the criteria being used in the evaluation of all phases of the design process.

During the year, it was announced that the child day care center would be closed at the end of 2003, the position of Landscaping Director was being eliminated, and breakfast would be served only in the Coffee Shop. Other adjustments are still being made in order to improve Medford Leas' "bottom line," an important objective as plans move toward the implementation of the Master Plan.

As the year ends, we are moving closer to completing the work of CDC and the mood of both residents and staff is optimistic. As more information is shared with residents and staff, the spirit that has always been part of Medford Leas continues and grows.

And what of the future? A session for staff, similar to the CDC meeting for residents, was

held in December, since staff will also be directly affected by whatever changes are made. There will be more meetings of CDC, and more meetings of CDC with residents and staff. But most encouraging at the November 21 meeting with residents was the report that CDC is closer to the end of its work than it is to the beginning. When CDC finishes its work on the conceptual design for the future of Medford Leas, its recommendations will go to the Estaugh Board. The Estaugh Board will be appointing a Building Committee which will carry the responsibility for seeing it through. The composition of the Building Committee has not as yet been discussed by CDC.

And so, with the holiday season's messages of peace and goodwill still ringing in our ears, I want to extend my personal wishes to all of you -- residents, staff, Estaugh Board, families, and friends. I wish you good health and much happiness, with peace and goodwill among us all, as we work together to maintain and improve the wonderful place we call our home.

\* \* \* \* \*

## WHO'S NEW

**James (Jim) and Morwenna (Wen) Eby**, Apt 177, moved here from Pennington. Jim grew up in Trenton and Morrisville, PA. After high school Jim pursued his great interest in electronics design by studying on his own, taking correspondence courses, and working at a number of electronics design firms. He was fortunate to come into this business when it was developing. At his retirement he was vice-president and chief engineer at Base Ten Systems Company in Trenton, which produced data encoding and encryption equipment and weapon handling equipment for the Navy, Air Force, and several NATO allies. Morwenna was born in Staffordshire, England. She came to Princeton, NJ, as a nanny at age 18. She and Jim met and were married three years later – 48 years ago.



Wen was a stay-at-home mom for their daughter, who lives in Plymouth, MA, and son in Freehold, NJ.

The Ebys have several important hobbies. Wen has already been recruited for the sewing group. The couple also loves classical music, and one large cabinet in their living room contains 1200 CDs. Jim is an expert cabinetmaker. He has made much of their living room furniture, and he will soon join the ML woodshop. He also has a great interest in church and theater pipe organs. He has been to Germany and Prague to examine pipe organs there, and he is a member of the Friends of the Wanamaker Organ in Philadelphia.

By Margaret Melstrom

## A 'POSSUM IN THE HOUSE

by Dene Mayer

In her former life – before moving to Rushmore in June of 2001 with her large poodle Sooze (short for crepe suzette because Sooze is cafe au lait color) – **Ellen Wiener** was a practicing veterinarian.

She was taking a bath about 10:00 p.m. on the Friday of Memorial Day weekend when Sooze began barking furiously. Ellen grabbed a towel and went to see what the commotion was about. Sooze had let herself out through the dog door, had returned the same way, but with an opossum that was now in Ellen's living room. The opossum had retreated under the furniture and Ellen, fearless, having dealt with recalcitrant animals many times before, tried pulling it out but to no avail.

What to do? She called 3666, the Medford Leas emergency number, and her call was answered by **Todd Jones**. Todd's response was "I'm no great white hunter but I'll try." In about ten minutes, with the opossum not moving, Todd arrived with a young nurse's aide, looked the situation over, and asked for a blanket. Todd then moved a large piece of furniture and Ellen opened her back door. The opossum, playing

dead but moving, was lifted and shooed to Ellen's indoor porch, with the door to the outside world left open. The next morning the opossum was gone.

Ellen says she is not the only resident to have had opossum visitors, one of which ate a resident's cake that was cooling on the kitchen counter.

Ellen's comment about the episode: "That's what's so great about being here. Ten o'clock at night and to get that kind of response!"

## AN INTERNET THANKSGIVING

by Ellen Stimler

It was one of those serendipitous meetings, when **Ida Shamanouchi** and **Ellen Stimler** found themselves in the same line at the New York City Port Authority, waiting for the noon bus to Mt. Laurel on the Monday after Thanksgiving. Naturally, they exchanged stories about their holiday visit with their relatives. "We had an Internet Thanksgiving dinner," Ida confided to Ellen, who immediately wanted to know more about it. Ida explained that she stayed with her sister and brother-in-law, and that her sister was not in a position to do any cooking because she was severely disabled. So she went on the Internet and ordered a complete turkey dinner from "Fresh Direct," a company offering this service. At the requested time on Thanksgiving, a roasted, stuffed 12-lb. turkey was delivered, with cranberry sauce, gravy, mashed sweet potatoes, and a vegetable. For dessert, there was a huge chocolate cake, which the family decided to save for another day. They felt that the dinner would not be complete without a pumpkin pie, so Ida's sister went back on the computer and called for a pumpkin pie. Sure enough, it was delivered in time for dessert later that day. Asked about the quality and taste of the food, Ida said it came beautifully packed and was good-looking, tasty, and even "inexpensive," compared to what the family would have had to pay at a restaurant.

## NEWS FROM LUMBERTON LEAS

compiled by Maggie Heineman

The week before Thanksgiving the Great Room in the Lumberton Leas Community Center underwent a series of transformations reminiscent of a quick-change artist, and of the quick-change artistry in the Medford Leas Activities room.

On Wednesday morning, as council members met with committee chairs in the mezzanine, 50 women were in the Great Room for their weekly Bible Study. **Nan Scheying** and **Polly Schnepf**, who host this outside group, hope more Medford Leas and Lumberton Leas women will join in when the class resumes on January 14.

Wednesday evening the room was in use by the Mount Holly Garden Club, which holds monthly meetings there.

At 9:00 o'clock on Thursday morning, following exercise class, members of the Pinelands Garden Club of Medford began transforming the center – even the bathrooms – into a holiday wonderland of table settings, wreaths and Christmas trees decorated with red velvet bows and swags.

In Friday's "Holiday Delights" Flower Show the Horticulture Division was most impressive with 93 exhibits. In the Design Division Lumberton Leas resident **Shirley Somers** received a Blue Ribbon and Designer's Choice award with her entry titled "Shopper's Break."

At 4:00 p.m. sharp an announcement was made that it was time to pack up and leave. That evening at 7:00, when the dominoes group used the room, garden club paraphernalia was gone and long horizontal rods had been suspended from the ceiling beams by **Ron Kleer** in preparation for the next day's quilt show.

### Quilt Report by Judy Obbard

On Saturday, November 22, at 9 am, **Jeannette Muir**, her husband **Jim** and several other helper/quilters waited patiently in the lobby of the

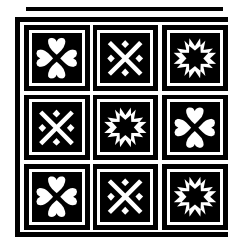
Lumberton Leas Community Center until the exercise class had finished and then began to hang a most glorious exhibit of Jeannette's quilts – nearly 50 of them. Jeannette called this show "NOW AND THEN – A Gallery of Contemporary and Antique Restorations." What she did not say was that this would be a rampage of color and design. The quilts balanced contemporary design and traditional – colors also were representative of the two eras. Both show the diversity of Jeannette's interests and skills.

Jeannette began quilting some years ago, when she offered to help put together pieces for a Home and School raffle quilt. Since then she has taken classes, become authorized to teach quilting, started a quilting group, shown her work at national quilt shows, been qualified to judge at national quilt shows, written two books, and inspired many a novice quilter to do better and more. The show and sale was a delight for quilters and non-quilters alike.

### Aftermath by Kitty Katzell

The Monday after Jeannette Muir's quilt show at Lumberton Leas, someone from Housekeeping cleaned the Great Room, as is their custom after an event. In the process, a \$20 bill was found, which she or he tacked up on the bulletin board in the Community Center with a note explaining how it had been found.

As Lumberton Leas residents came and went, seeing the note, many took it upon themselves to report the find. It turned out that it was probably dropped during the sale of one of Jeannette's books. The honesty and integrity of our staff has never been questioned, but this specific action deserves special recognition

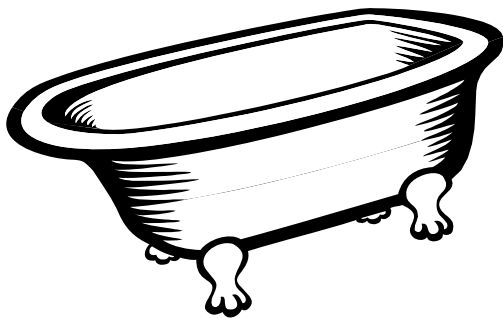


## A BATHTUB TALE

by Kackie Anders

"Thank goodness my towel is still out," I thought as my arthritic legs collapsed. Grabbing the long grab bar on the back wall, I slid gently to the floor of the tub, nothing injured but my pride.

Try as I might, I could not get out. For entertainment, I sang at the top of my off-key voice, recited poetry and Bible verses, and banged on the wall with a plastic bottle of shampoo in time to the music.



Oh, the phone began ringing! Someone noticed my towel. Alas, the phone was out of reach, as was the pull cord. So, there I sat as bare as the day I was born.

A knock at the front door. Jim Wolosin called out. "Are you okay, Mrs. Anders?" "Yes," I replied. "Not hurt, but sitting naked in the tub unable to climb out."

Soon his head appeared around the bathroom door. With a smile he said, "You weren't kidding, were you? Do you have a blanket?"

Amazed, I replied, "I'm not cold."

"That's not what I meant!"

"Oh!"

He quickly summoned two maintenance men, who got into the tub, one on each side of my now

covered body. On the count of three, they popped me out of the tub like a cork out of a champagne bottle.

The moral of the story is this: Always bring the pull cord to the tub, and don't forget to put out whatever signal your court uses.

\* \* \* \* \*

## WHO'S NEW

**Robert and Marylou (Bussing) Morrow** are happily settling into their spacious new quarters in Rushmore, #632, after traveling in their motor home since the sale of their house in Delmar MD in August 2002. Their 15-month odyssey took them to the balloon festival in Albuquerque, Prince Edward Island, and many places in between.

Bob has a chemical engineering degree from Cornell and an M.B.A. from the University of Houston. He spent his whole professional life at Du Pont, working at facilities in Charleston, WV, Wilmington, DE, and Houston, TX. During the Korean War, Bob was an engineering officer aboard a destroyer escort.

The couple met at Cornell, where Marylou majored in home economics and later earned an M.A. in Education from Syracuse University. During Bob's Navy tour, Marylou worked at the University of Florida and got to see her husband only eight weeks in three years. In their first home in Charleston they had two boys, and a girl was born when they lived in Delaware. While in Texas, Marylou taught English to "Speakers of Other Languages."

Bob retired in 1993, and they visited over 20 towns before choosing Delmar. Now at Medford Leas, Bob will continue his interest in computers, digital photography, and gardening. Marylou likes quilting and hopes to join the art studio.

by Ellen Stimler

## WINTER VISITORS

by Elmer Rowley

It is 7:30 a.m. and crystal clear with not so much as a breath of air moving. It is mid-October and the pointer on the outside thermometer is straight up at 32 degrees; the lawn in front of the apartment is white with a coating of frost. The sun has just risen over the treetops along Haynes Creek, casting long sharp shadows; where the rays of the sun have reached the frost, the melt has turned to sparkling diamonds. All is still, all that is, except for the hustle and bustle of birds in the grove of crabapple trees below the spruce trees at Parking Circle G.



Cedar Waxwing

Peter LaTourret  
birdphotography.com

A flock of cedar waxwings, easily two to three dozen, has roosted in the top of the tallest spruce and the birds are just awakening in the warmth of the rays of the early morning sun and dropping down into the crabapple grove below for breakfast. They are seed eaters and have been joined by scores of robins. Together, there is a feeding frenzy. Robins are flying in from all directions, filling their crops from this year's crop of the tiny apples, unusually bountiful, because of the combination of last year's drought and this winter's abundant rain. In half an hour or so, the

birds will all be gone – not to be seen again until tomorrow morning at about the same time, and from time to time thereafter until the apple trees are completely stripped bare, sometime in early December.

Cedar waxwings are sleek, spectacular birds, about seven inches long, with sharp crests pointing back over the nape. The male is more colorful, but both sexes have pronounced dark eye lines and yellow-tipped tail feathers which sometimes spread in flight, displaying a yellow band, with the tail appearing very much like a small Japanese fan. They summer in Canada and winter across the country below our border. Not considered rare, they are nevertheless exciting, usually being seen only during this short period each year.

Equally interesting, in a horticultural way, is the grove of assorted crabapple trees providing the annual avian largesse. For many years **Henry Colvin** and his wife **Mary** lived in Apartment 1, Court 23 – facing the newly planted spruce trees on the border of the parking circle. Mary tells how much Henry enjoyed living in Medford Leas and showed his appreciation by providing the funds for a bus, the auditorium, and the Haddon Greenhouse. Additionally, he funded the planting of 18 assorted crabapples trees, outside his and adjoining apartments. Twelve of these have survived and are a joy to behold each spring when they are in full blossom – a continuing panorama of snowy white, pink, and red.

Thank you, Henry and Mary!

\* \* \* \* \*

## WINTER HILL

Winter-whiskered hill is etched  
on dawn as clear as fresh-blown glass.  
If I walk up that hill and over,  
will I see eternity  
in such translucency?

SLB

## CHILDREN WITH DISABILITIES IN MEDFORD LEAS POOL

by Joe Roland

Each year since 1985, for eight weeks running from late January to early March, a group of children from Githens Center (Burlington County Cerebral Palsy Association) in Mount Holly has been coming to the Medford Leas pool on Tuesday and Thursday mornings for therapeutic swimming and recreation.

This project was started more than 30 years ago by Mrs. Anne Knight Ruff of Riverton, assisted by a group of her own relatives and friends, some of whom have continued with the project through all the years. Anne is a licensed swimming teacher and certified water safety instructor.

Also helping as needed are staff members from Githens Center who accompany the children here in specially equipped vehicles.

Different groups of children come on Tuesdays and Thursdays. Their numbers vary from a dozen or more to as few as six or seven. Their disabilities differ widely in their nature and severity. Some take to the water readily and are relatively easy to handle. Others are at first very apprehensive and limited in what they can do, but practically all learn to enjoy it. All must be accompanied by an adult at all times. Each is a separate individual with his own capacities and limitations. The helpers get to know the children well and to learn what each child likes to do and is able to do. We find great satisfaction in watching their progress through the years.

The water gives many children a buoyancy and freedom of movement which they have never experienced before. For some who have never been able to stand it is a great breakthrough to discover that in the water they can stand alone for the first time. Others, with the help of flotation devices, learn to swim independently; then races across the pool become exciting contests. The accompanying Githens staff members tell us that the children return to the Center relaxed, in good spirits, and with good appetites.

The project has attracted considerable media attention from time to time. Pictures and articles have appeared in the local papers, and it has been an important factor in the recognition Medford Leas has won for its community relations and outreach.

Anne Ruff, in her 2002 book of reminiscences *Ruff Copy*, to be found in the Medford Leas Library, includes a chapter about this project. In particular, she tells about the participation of her brother, Charley Knight, who, as a member of the McVaugh Construction Company, helped to build Medford Leas and was well known to many of our residents. He was a staunch and regular participant through the years and had a special way with the children. A former mayor of Riverton and a man of many and varied accomplishments, Anne quotes him as saying, "I think working with these children is one of the most important things I have done in my life."

The helpers who have been assisting with this project are now well along in years. If it is to be carried on in the future, it is time for some younger blood to be infused.

Anyone interested in possible participation should please call Joe Roland at 3093, or leave a note in Box 93 in the Atrium.



### MICROWAVE CAUTION

Some serious accidents have occurred when people heated cups of water in the microwave, and general advice is never to heat just water in a cup in the microwave. If the water is allowed to cook too long or without something in the water, there is a chance that it can "blow up" and cause serious burns. This is the advice of a doctor who had to treat a number of these burn victims. It's ok to heat water with a tea bag and other liquids like soup or coffee, just not plain water, as a precaution.

## KITCHEN LOGISTICS

by Robert Minter

The meals residents enjoy each day do not appear magically. An efficient and dedicated staff continuously does the planning, scheduling, supplying, and coordinating which makes them happen. Meals are served in the Colonial and Garden dining rooms. Tray service is provided on the buffet lines in the Garden Room and is delivered to the Haddon assisted-living dining areas, to the Woolman and Estaugh nursing wings, and even to individual court apartments when authorized by the Health Center. All told, between 1,077 and 1,248 meals are served per day. The menu repeats every five weeks. That smooths ordering and delivery of supplies, and it is probably beyond the memory span of most residents.



Truckload delivery of fresh and frozen meats and vegetables comes from Sysco, perhaps the largest food supplier in the world. Local vendors supply fresh fruit, produce, fish, milk, bread, and ice cream. Non-food re-supply comes from specialty vendors.

The in-house kitchen operation involves hot-food and cold-food areas from which individual orders to dining room tables are assembled. Food trays (60 trays in one-half hour) are loaded into special carts for delivery to the smaller dining areas.

Ninety percent of the kitchen staff involved with food handling and storage are graduates of the National Restaurant Association's "Serv-Safe" course. A large food-safety handbook is available for ready reference. Food safety is assured by twice-daily monitoring of storage temperatures.

The refrigeration equipment is covered by a preventive maintenance contract that includes 24-hour on-call repair.

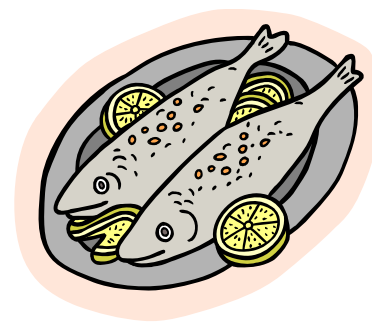
Dishes and silverware are machine washed in three steps: washing, rinsing, and sanitizing. Concentrations and temperatures are carefully monitored at each step. The heavy work of pot washing is done by a special machine and by hand.

Anyone needing special dinner arrangements or dietary needs should contact **Lorraine LaPollo**, Director of Dining Services (dial 3073).

The whole operation is accomplished by a staff of 30 full-time and 129 part-time employees. Annual expenditures for food are just over \$1,000,000 and for labor \$1,950,000.

There are P.I.W. (Put-It-In-Writing) boxes in the dining rooms for your comments after meals. Residents' input enables the staff to get valuable feedback, and they particularly appreciate positive comments. All food P.I.W.s are read and evaluated by staff and resident members on the Food Committee.

Bon appetit!



### MLRA WINTER TEA

February 10, 2 to 4 p.m.  
The Lounge

Meet New and Old Friends  
Enjoy Delectable Snacks

**NEW BOOKS IN LIBRARY**

by Becky Monego

**Fiction**

- Ebershoft, D. *Pasadena*  
 Grimes, M. *Foul Matter*  
 Frank D. *Isle of Water*  
 Grisham, J. *Bleachers*  
 Hearn, L. *Across the Nightingale Floor*  
 Karon, J. *Shepherds Abiding*  
 Kirkpatrick, S. *A Name of Her Own*  
 Lahiri, J. *The Namesake*  
 Morrison, T. *Love*  
 Otsuka, J. *When the Emperor Was Divine*  
 Sparks, N. *The Wedding*

**Non-Fiction**

American Diabetes Assn.

- Complete Guide to Diabetes*  
 Carhart, T. *The Piano Shop on the Left Bank*  
 Collina, G. *America's Women . . .*  
 Gelb, A. *City Room (NYT)*  
 Gordon, B. *Intelligent Memory*  
 Kidder, T. *Mountains Beyond Mountains*  
 Kinzer, S. *All the Shah's Men*  
 Murray, M. *How to Prevent and Treat Cancer*  
 Sheehy, G. *Middletown America*  
 Stross, R. *Eboys*  
 Wenzel, L. *More than Petticoats:*  
*Remarkable New Jersey Women*

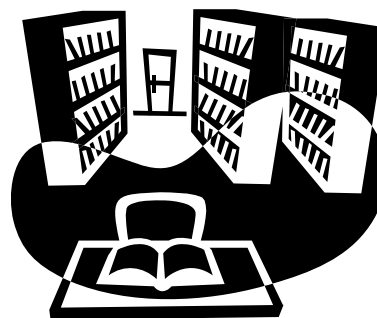
**Mystery**

- Baldacci, D. *Split Second*  
 Clark, C. *Popped*  
 Cornwell, P. *Blow Fly*  
 Evanovich, J. *Full Speed*  
 Fielding, J. *Lost*  
 Gerritsen, T. *The Sinner*  
 Henry, S. *Dead North*  
 Johansen, I. *Fatal Tide*  
 Kellerman, F. *Street Dreams*  
 Killian, D. *High Rhymes and Misdemeanors*  
 King, S. *Wolves of the Calla*  
 Koontz, D. *Mr. Murder*  
 Parker, R. *Stone Cold*  
 Patterson, J. *The Big Bad Wolf*  
 Rendall, R. *The Babes in the Wood*  
 Scottoline, L. *Dead Ringer*  
 Smith, M. *She's Not There*

- Stabenow, D. *A Grave Denied*  
 Waldman, A. *Death Gets a Time-out*

**Biography**

- Brokaw, T. *A Long Way From Home*  
 Clark, M. *Kitchen Privileges*  
 Noor, Queen *Leap of Faith*

**NEW DONATED TALKING BOOKS**

by Myra Binstock

**Fiction**

- Carter, F. *Education of Little Tree*  
 Conell, E. *Mr. Bridge*  
 Cooper, J. *Emily*  
 Gibbons, K. *Ellen Foster*  
 Gordon, M. *Spending*  
 Keillor, G. *Stories*  
 Lamott, A. *A Crooked Little Heart*  
 Shakespeare, W. *The Tempest*  
 Sparks, N. A. *Bend in the Road*  
 Steel, D. *The Cortège*  
 Stewart, M. *Thornyhold*  
 Trevor, E. *Flight of the Phoenix*  
 Tyler, A. *The Clock Winder*

**Non-Fiction**

- Cookson, C. *Our Kate*  
 Mitchel, S. *The Book of Job*  
 Monks of New Skete, *How to be Your Dog's*  
*Best Friend*

**Mystery and Suspense**

- Creasey, J. *The Extortioners*  
 DeMille, N. *The Gold Coast*  
 Hillerman, T. *Finding Moon*

**CRYPTOGRAM**

by Russell Hill

Here is the solution to the December Cryptogram:

COME AWAY O HUMAN CHILD  
TO THE WATERS AND THE WILD  
WITH A FAERY, HAND IN HAND.

YEATS

It was solved correctly by **Miriam Angle, Mort Bregman, Marion Burk, Scott Charles, Betty Donahue, Lorretta Elkin, Bob Hambleton, Neil and Marion Hartman, Herb Heineman, Barbara Heizman, Jane Hunter, Hugh Jenkins, Euseba and Warren Kamenski, Betty Preston, Liliane Reynolds, Doris Salati, Florence Sawyer, Bonnie Schilling, Nickie Stevenson, Ellen Stimler, Hana Stranska, Ellen Wiener, John Winton, Marie Winton, and Gladys Wynkoop.**

**Florence Sawyer** was unfortunately omitted from the list of those (now five) who solved the difficult October cryptogram.

Here is the January cryptogram:

**JVJBPCXKH C-BRVRXN KJCT**

**RX KPJ HVMGNU,**

**HDMGNU EFJJT**

**SPJFJ KPJ HRVJXEJ PMXN**

**KPCK PJCQU**

**UZM SCH PCVL CLFCRG KZ**

**HBJCT!**

**TRBVRXN**

Put answers in Box 45 by January 10.

**MEDFORD LEAS LIFE**

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**Deadline for submissions:  
10<sup>th</sup> of the month preceding publication**

