



Medford Leas *LIFE*

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JUNE 2004

HEALING GARDENS

by Ellen Stimler

Medford Leas was the host and joint conference sponsor for a daylong seminar on April 20, bringing together professionals from many fields to learn more about horticultural therapy and site design for health care settings and adult communities. Co-sponsors were the Morris Arboretum and the NJ Association of Non-Profit Homes for the Aging.

The opening session in the Auditorium featured a talk on the link between plants and well-being by Dr. Roger Ulrich, a leading behavioral scientist from Texas A & M University. This was followed by two concurrent programs: one, led by **Debbie Lux**, Staff Horticulturist, took participants to several sites and projects at Medford Leas to demonstrate the range of activities offered to residents in assisted living and skilled nursing areas; meanwhile other attendees listened to Mona Gold, a Horticultural Therapist from Friends Hospital, on how to "create an enabling garden for horticultural therapy." The Atrium had large displays of the therapeutic design elements developed in the construction of Courts 19, 21 and 23, including evergreens, items to attract birds, flowers and colors for all seasons, sound of running water, and a shady place to sit

After lunch in the Colonial Dining Room, there were two more concurrent sessions: one on how to develop and complete a horticultural therapy



program, the other on how to implement a design for an interior courtyard or planting area. The final plenary session on "Habitats for People and Wildlife in Healing Settings" covered the establishment of such areas as butterfly gardens, nature sanctuaries, and songbird and hummingbird gardens. The speaker was Richard Pais from Pais Ecological Services, Inc.

Tina Mecray, who has been a guide for visitors for over 19 years, accompanied the group during the morning on their tour of several courtyards and the Back Porch Garden. In the afternoon, she took a group of about ten to the Nature Center, the individual gardens behind the tennis courts, and some private gardens at Rushmore, then finished up with an unplanned visit to her own apartment. Medford Leas staff who participated in the seminar were **Gerry Stride**, **Linda Schultz**, and **Traci Lear**.

STAFF DIVERSITY

by George Rubin

Pat Wilus, Director of Human Resources, speaks with enthusiasm about the present diversity of Medford Leas staff.

Medford Leas monitors its progress in achieving diversity by reviewing its statistics of the staff of 419 people, made up of 13% minorities and 72% female. When considering the surrounding community, it has been recognized that we have been able to achieve good representation.

What Pat sees as a major stimulus to staff diversity are the two scholarship funds. The first is a nursing scholarship where certified nursing assistants, while they are working here, use the scholarship provided to help them attain their degrees as Licensed Practical Nurses or as fully Registered Nurses. The other scholarship, open to all who meet the eligibility criteria, in any department, including housekeeping, kitchen, dining services, and so forth, is to further education in any capacity. The residents who help fund these scholarships, and this includes gifts to the Thrift Shop, are opening the way to better education to all our full-time staff.

Pat believes that the percentage of our minority staff is much greater than the minority of residents in the town of Medford. Pat said, "We are sensitive to the need to create more openings for minorities in order to provide a diverse wait staff at Medford Leas. We will be participating in a Youth Job Fair sponsored by the Burlington County Investment Board which will draw from youth outside of the Lenape School District." Pat also believes more opportunities for advancement are needed, with a focus in the area of management.

Pat Wilus is very clear what needs to be done and sees as her long-term goal a more diverse staff. She feels this is achievable.

Looking more closely at diversity within staff, **Flora Alpajora**, from the Philippines, has been working here since 1993. Flora is a Registered

Nurse and also board certified in gerontology. At home, her major nursing work was in pediatrics, but here she has found fulfillment in working in geriatrics. As she describes it, it is trust and love at the other end of the life spectrum. She has a very good relationship with both the residents and the administrative staff.

Ummu Kemokai was born in Liberia, where many members of her family still reside. Ummu and her husband live in Browns Mills. She has been working here at Medford Leas as a nursing assistant for the last 15 years. Ummu completed high school in Liberia and went to a community College in New York. She finds working here is the best of all worlds, with a very understanding and supportive staff and wonderful, friendly residents. She also avails herself of the Thrift Shop where she purchases items that she sends to her family in Liberia.

THE NEW MLRA BOARD

by Kitty Katzell

The eleven people who will be serving on the 2004-2005 MLRA Board met together the day after their election had been confirmed at the MLRA business meeting. The meeting was led by **Dave Lewis**, who pointed out that the meeting had three objectives. First to become better acquainted with each other. While brief biographies had been circulated, many had never met before. Next, to focus on objectives for the coming year. And, finally, to elect a president and vice-president.

To help us get better acquainted, each member of the group was to write down on a form devised by Dave the board, committee, and volunteer activities in which each had been engaged. Next, which of those activities yielded a sense of accomplishment and satisfaction, and what had been our role in that activity. Then, what factors did we feel led to our feelings of accomplishment and satisfaction.

It was fascinating to hear the members talk about themselves, their experiences, their likes and dislikes, and their accomplishments. We have a board with people who enjoy bringing people together, enriching the lives of others, teaching, developing people's talents, organizing, solving puzzles, caring for the environment – all things that we need at Medford Leas. It's a strong board that is likely to influence change. As Dave Lewis said in his summary report on the meeting, "the reports revealed an astonishing variety of involvement in good causes. This is an outstanding group of people."

During the discussion of objectives for the coming year, it was proposed that the new board schedule a retreat meeting with management, with the assistance of a skilled facilitator, to address communication within the community.

Finally, **Kitty Katzell** was elected President and **Helen Vukasin**, Vice-President.



photo by Margery Rubin

WHO'S NEW

by Margaret Melstrom

New residents **Francis (Fran) and Edith (Edie) Reeder Pray** have joined Edie's sisters and their husbands, **Martha and Stuart Palmer** and **Dottie and Howard Kriebel**, who are residents here. The sisters' mother, **Edith Reeder**, lived at Medford Leas for 16 years.

In 1944 Edie went from the East by train to Earlham College in Indiana as a freshman. Wearing a hat and gloves, and carrying a hockey stick, Edie was met at the station by sophomore volunteer train-meeter, Fran Pray. They took one look at one another and their romance began. When Edie graduated, the couple was married.

Fran earned a doctorate in zoology at Purdue University, and his first position was in Canton, New York, where the Prays lived for six years. They spent the next 30 years at Cornell College, Iowa, where Fran was in the zoology department. Edie was a full-time housewife and mother to three children and was a volunteer Red Cross water safety instructor who ran the summer swim program.

After Fran's retirement, the Prays moved to Sun City, Florida, to be near Sarasota with its cultural attractions. Fran with his zoology background was a volunteer at the Sarasota Aquarium, where he gave weekly lectures for new guides and wrote the manual for volunteers in training. At this time Edie recognized her great interest in creative writing. She joined a writers' group and was published in regional magazines. She won prizes for her short stories in the Florida AAUW creative writing contests.

The Prays have traveled extensively – particularly in Japan, where they visited the families of the Japanese students whom Fran knew when he was Foreign Student Advisor at Cornell College. Fran and Edie had a very satisfying life during their 16 years in Sun City, but they are impressed by the friendliness and helpfulness of people at Medford Leas.



HEALTH VOLUNTEERS; EXEMPLARS OF CARING

by Grace Spicer Stewart

The elevator opened. **Bud Stratton** emerged pushing a wheelchair, smiling as his wife, **Jean Robbins Stratton**, waited to get on transporting a resident who said whatever praise she had for Jean "wouldn't be enough."

Jean and **Ann Walker** are co-chairs of the Health Volunteer Committee in charge of approximately 100 volunteers here at Medford Leas. Training volunteers in the different departments where they will work is "a big job," Ann said.

Jean started volunteering when her late husband, Lew Robbins, was in Estaugh for nine months. "After he died," Jean explained, "I wanted to give back, as a volunteer, some of the care my husband received in Estaugh. Volunteering helps fill the emptiness when that person is gone."

The volunteers who push wheelchairs often establish a strong rapport with residents and are very much appreciated by both staff and the residents they take care of.

The different departments where volunteers are needed include Woolman, Estaugh, Haddon, Physiotherapy, Fitness and Aquatics, and Activities. The Low Vision and Large Print Libraries are also served.

Debbie Farley, one of the unit secretaries, said her patients have a chance to establish relationships with the volunteers when they put ice into residents' pitchers and help at meal times. **Debbie Lovenduski**, a medical records secretary, praised her volunteers who do flower arranging, deliver mail, take residents to appointments, and help with paper work such as collating new charts..

At the Pysiotherapy Department **Vicki Pierman**, occupational therapist and Department Head, said: "We depend on our volunteers every day. I don't know how we would get along without them."

Beverly Kannengieszer, Director of Fitness and Aquatics, was emphatic. "Volunteers are a wonderful asset, beneficial for residents to have a one-on-one contact...volunteers provide that extra touch."

Gerry Stride, Director of Community Life, praised volunteers who assist in special events, weekly teas, with holiday celebrations and sing-a-longs, and those who visit one-on-one with single residents to read, listen, or hold conversations.

Other volunteers deliver mail to Haddon and Estaugh and work in Low Vision and Large Print Libraries.

Lin House, a former Hospice nurse, saw the need for patients who are critically ill or near the end of life. Together with **Leila McGuire Krastek**, Medford Leas' social worker, training sessions are held twice a year. Now there are about 40 end-of life (ELV) volunteers available for this special service.

Fran Werrell, one of the ELV volunteers, said they are needed when family cannot be there and ask for this service. "It is a comforting visitation, just to be there."

Volunteers, we salute you and are grateful for the time you spend and the care you give. Although there are too many of you to list here, this is an individual tribute to each and every one of you. Thank you.

Call Jean at 3104 or Ann at 3181 if you are interested in becoming a health volunteer.



NEW THRIFT SHOP

by Kay Hill

As a part of the improvements being made on the ground floor of Haddon, the Thrift Shop is moving from the rooms it has occupied for over two decades. Rooms 2 and 3 are to become guest rooms, and the present guest rooms will become additional apartments. The new area for rooms 1, 2 and 3 will be the former Employee Lounge and Game Room. Currently, the billiard table stands in lonely state in the area where the chess table used to be. The folding ping pong table is now located in the auditorium. The Employee Lounge is scheduled to resettle in a refurbished Thrift Shop Room 1. **Bob Minter** stored the newer puzzles and board games and donated the old ones to the Thrift Shop, where they went like hotcakes at a quarter a box.

Bill Murphy has been most accommodating about meeting needs for shelves, painting, and minor adjustments. Maintenance did all the physical moving during the week of May 10, a job made lighter for them by two weeks of half-price sales and large donations to the usual charities. The following week will be devoted to arranging remaining stock before new contributions will again be arriving.

The Kitchen Bazaar will continue to occupy Room 4, connected to the other three rooms by the furniture corridor where the usual silent auctions will function during the two weeks of closing.

Residents, families, and friends are invited to visit the new and elegant premises after May 24.

ENJOY YOUR SUMMER!

The staff of *Medford Leas Life* is taking a couple of months off and will be back with the September issue. We wish you a healthy and happy time. We'll be here, though, to collect all your stories and news, so keep them coming all summer long. Thank you.

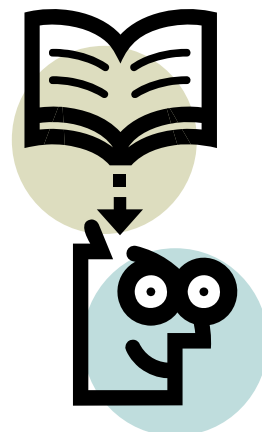
MEDFORD UNIVERSITY OFFERS SUMMER LECTURES

by Kay Cooley

Medford U. will offer its fourth summer lecture series in July. This year the theme will be Evolution, viewed from an anthropological perspective. While the specific topics of the three one-hour lectures have yet to be determined, some of the questions likely to be discussed are: How did we get from the Big Bang to the Primordial Soup? How do genes and evolution influence behavior? What do fossils tell us about our primate ancestors? What are the ethical considerations ensuing from using primates for research? How do we know when something is a new species?

Karen Chambers, Ph.D., will be the lecturer. Dr. Chambers received her masters and doctorate in anthropology from Penn State University. Currently, she is a post-doctoral scientist in the Department of Genetics at Rutgers University in New Brunswick. She has published a number of articles in her field and done field work and research in prehistoric bison and human skeletal morphology.

Residents will be able to enroll for single classes or the series in order to adapt the program to their schedules. Classes will be held on Thursday, July 15, 22, and 29. A full course description and enrollment forms will be distributed in June. For more information, call Kay Cooley at 654-3212.



AFFORDABLE HOUSING

by George Rubin

Mike Peasley, Executive Director of Medford Leas, presented an update of the status of the Affordable Housing Project to the Medford Leas residents. The presentation was given by a panel that included **John Cope**, a member of the Estaugh Board and Chairman of the Elizabeth Haddon Housing Board (EHHB), **Chuck Woodard**, a resident and a member of the EHHB, **Dermott Kennedy**, a lawyer for the EHHB, **Todd Johnston**, a lawyer working for the Estaugh Board with the firm of Dechert, Price and Rhoads, and **Jim Price**, of the the Aegis Property Group.

John Cope spoke of the history of the EHHB and the purchase of the land which includes 8 acres just east of the entrance to Medford Leas on Route 70, and the advantage of building low and moderate income housing for families in Medford Township.

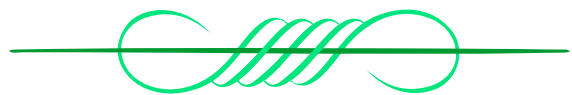
The Elizabeth Haddon Housing Board is the governing body of the Elizabeth Haddon Housing Corporation, which was created by the Estaugh Board in 1992 with the purpose of helping to fulfill the Estaugh's mission of providing affordable housing. This mission is to develop, construct, own, operate, and maintain affordable housing for qualified individuals.

Dermott Kennedy provided us with an explanation of the Affordable Housing Project and the relationship between Medford Leas and the Elizabeth Haddon Housing Corporation. The organizational structure of various entities creates a firewall between Medford Leas and the Affordable Housing project. The occupants of the affordable housing project will not have access or entitlement to any medical or other services from Medford Leas. The project will not have a financial impact on the Medford Leas community. Medford Leas will not have input regarding the selection of persons residing in the affordable housing units. Medford Leas will not be responsible for the maintenance of the property nor any other managerial duties. Medford Leas has purchased the land for the project and will be

receiving rent once the project is up and running. Other panel members explained that the project will be run by a project manager, not by Medford Leas, nor will Medford Leas be one of the investors. The investor will be a financial institution, such as a bank or insurance company.

The project is still a work in progress, with discussion continuing with the township, followed by financing agreements. The hope is that construction of the Affordable Housing Project will start in 2005.

Jane Weston, Director of Marketing and Community Relations, was very emphatic that all of our development here at Medford Leas hinges on the success of the affordable housing project going forward. Jane pointed out that "under New Jersey State law we cannot build a health care center or make any of the other improvements without an acceptable affordable housing project." To see our new health center and other improvements materialize, it is imperative that we complete all the negotiations to build affordable housing.



RESIDENTS IN THE NEWS

by Ellen Stimler

Joanne Greenspun has donated her home on the beach at Lewes, DE to The Nature Conservancy, according to an announcement in the organization's spring newsletter, *The Oak Leaf*. Joanne will retain a lifetime interest in the home, which she visited frequently while director of the Vineland library and since coming to Medford Leas. The article states that Joanne has volunteered at the Conservancy's Bayshore office and continuously supported the Conservancy's mission. On the same page with the article on Joanne is a picture taken by **Stanley Brush** of Lumberton Leas.

NEWS FROM LUMBERTON LEAS

by Maggie Heineman

The first Lumberton Leas Garden Tour will be held on June 4 from 2 to 5 p.m. The bus from Medford Leas will leave at 2 p.m. and return at 4:00. Contrary to the earlier announcement, there will be no rain date.

We might call the June Garden Tour an anniversary celebration since it was five years ago, in June 1999, that the first residents **Jack and Doris Brown, Bill and Dottie Muir, Harry and Doris Harrison, and Charlie and Shirley Morrow** moved to Lumberton Leas.

Looking at our young gardens we can try to visualize how our land will look 5, 10, 25 years out. Reading **Os Cresson's** columns "In Their Footsteps" we can imagine the land in earlier centuries. The May issue of *Lumberton Leas News* carried the first of an 9-part series in which Os writes of the "stream of humanity that has swirled around these acres." The stories begin with the Rancocas (many kinsmen) band of Lenape Indians. Lumberton Leas is two miles from their village of Mispemunk. Then came the Europeans, first the Moore family who were here 100 years, and then the Stiles family for another 100 years.

Thanks to Os's research, we now know that the "nameless" creek which runs through Lumberton Leas was called "Powell's Mill Creek" in the 19th

century. Remnants of Powell's Mill and the mill pond are still visible today in the woods near Crispin Road.

The "In Their Footsteps" series can be found on the MLRA website at www.mlra.org/footsteps/ and in the *Lumberton Leas News* loose-leaf binder which is located on the shelves at the entrance to the Medford Leas library.

Bob and Pat Donnelly moved to Lumberton Leas in October, 2000. Pat, who has Parkinson's disease, has been living in Estaugh since May, 2002. Weather permitting, Bob's morning includes tennis on the Lumberton Leas courts with **Ed McVaugh** of Medford Leas. By lunchtime Bob is with Pat at Medford Leas. The first year Bob and Pat would spend afternoons back at their home in Lumberton Leas. Now they spend afternoons together at Estaugh. Bob assists Pat with lunch and dinner and returns to Lumberton Leas in the evening.

Recently I observed Bob kidding around with staff at Estaugh. It seemed to me that Bob had become family with the staff who care for Pat. "That's right," said Bob, "We are family." For example, they were invited to **Catherine Renee's** wedding and Bob and some of the Estaugh staff went to a Steely Dan concert together. Most importantly, Pat's companion, **Joanne O'Rourke**, has become her friend. Bob cited low staff turnover as evidence that Medford Leas is a good place to work and the outstanding staff as the reason it's a good place to live.



April 27, 2004 – First Annual Polar Bear Dip at Lumberton Leas

MASTER QUILTER

by Margaret Melstrom

This year, as she has been for many years, **Jeannette Muir** was selected as a semifinalist in the prestigious American Quilter's Society Quilt Show and Contest in Paducah, KY, in late April. Jeannette says that quilting became popular at the time of the 1976 American Bicentennial. Since that time thousands of quilting guilds, some large and some small, have sprung up all over the country, and half of them have yearly quilt shows. In our area the annual quilt show at Kirby's Mill will be held on June 5 and 6. The quilt show in Paducah, which is the premier quilt show in the U.S., features 425 pre-juried quilts, is attended by 40,000 visitors, and has a Quilt Museum in which the year's prizewinning quilt goes on permanent display.



Jeannette became hooked on quilting at about the time of the bicentennial when she helped prepare a raffle quilt at her children's school. She took lessons wherever she could find teachers, and by the 1980s she became a teacher and judge certified by the National Quilting Association, Inc. She taught and lectured at quilting conventions in the Northeast, Florida, and Mississippi, and in cities such as San Francisco, Seattle, and Phoenix as well as in Australia and New Zealand. Locally she taught quilting in the Moorestown Adult School for many years. Jeannette has also judged at many quilt shows and has written a book, *Precision Patchwork*, and co-authored two books with Patricia Morris, *Worth Doing Twice* and *Heirloom Quilts*.

Although Jeannette has retired from teaching and lecturing she is still an active judge, and she is very much involved with her own work. She is constantly making new quilts and renovating old tops. She spends almost full time creating designs, making templates, choosing fabrics, cutting, and stitching. She favors geometric designs of triangles and hexagons that fit together, and her beautiful quilts are the result of skillful planning and execution. One room of the Muir apartment is a studio with a work table, storage spaces, sewing machine, and all the paraphernalia that is needed for quilt making.

Jeannette is active in the Medford Leas quilting group which meets Monday afternoons. The group makes wall hangings, crib quilts, and lap robes which are on sale at the Sewing Room open house. One quilt a year is donated to the Florence Klemmer House, Mount Laurel's Division of Youth and Family Services facility, to be given to a child to take to his or her new home. Jeannette Muir's passion for quilting proves that quilting can be a very rewarding lifetime hobby.

NOTE FROM A SAD LLAMA

by Dorothy Rathje

"Dear Medford Leas and Lumberton Leas Residents,

After my owner's presentation at Lumberton Leas on April 15, one of my clip-on ornaments was lost. It's made of pink yarn and is decorated with small beads. I'm eager to retrieve it because it's part of a set and is used for festive occasions.

Should you find my ornament, please put it in Box 83 at the Lumberton Leas Community Center or turn it in at the Medford Leas Atrium desk.

Thank you!

I remain,

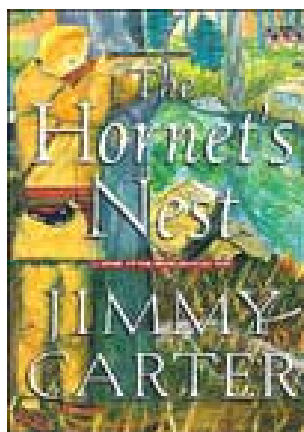
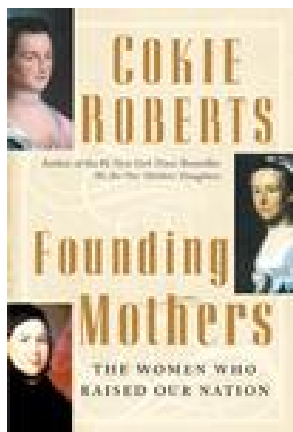
Sad Llama from Creekside Farm"

NEW BOOKS IN THE LIBRARY

listed by Bob Hambleton and Joanne Greenspun

Nonfiction

303.6	Clarke, R.A.	<i>Against All Enemies</i>
327.73, G	Garrison, J.	<i>America as Empire</i>
613	Hyman, M.	<i>Ultraprevention</i>
364.15	Larson, E.	<i>The Devil in the White City</i>
220	Nicholson, A.	<i>God's Secretaries</i>
909/07	Power, E.	<i>Medieval People</i>
973.3	Roberts, C.	<i>Founding Mothers</i>
973.92	Suskind, R.	<i>The Price of Loyalty</i>
973.930	Woodward, B.	<i>Plan of Attack</i>



Biography

Hibbert, C.	<i>Napoleon's Women</i>
Sparks, N.	<i>Three Weeks with My Brother</i>

Fiction

Buckley, W.F.	<i>Nuremberg: The Reckoning</i>
Carter, J.	<i>The Hornet's Nest</i>
Chevalier, T.	<i>The Lady and the Unicorn</i>
Jansson, T.	<i>Summer Book</i>
LeCarre, J.	<i>Absolute Friends</i>
Puzo, M.	<i>The Family</i>
Rutherford, E.	<i>The Princes of Ireland</i>
Shreve, A.	<i>All He Ever Wanted</i>
Siddons, A.R.	<i>Islands</i>
Smith, A.M.	<i>The Full Cupboard of Life</i>
Steel, D.	<i>Johnny Angel</i>
Steel, D.	<i>Ransom</i>
York, L.	<i>The Piano Teacher</i>

Mystery

Braun, L.J.	<i>The Cat Who Talked Turkey</i>
Clark, M.H.	<i>Nighttime Is My Time</i>
Grisham, J.	<i>The Last Juror</i>
Parker, R.B.	<i>Bad Business</i>
Patterson, J.	<i>3rd Degree</i>
Peters, E.	<i>Guardian of the Horizon</i>
Ward, A.	<i>Sleep Toward Heaven</i>
Woods, S.	<i>The Short Forever</i>



PHARMACOLOGY

by Kitty Katzell

On Wednesday, April 28, there were 39 student nurses from Rutgers-Camden holding forth in the Auditorium. Their visit was part of their course in pharmacology and had been arranged by their instructor, Dr. Donna M. Callaghan.

The class was divided into ten groups, and each group had prepared an exhibit designed to address health concerns on one of the body's systems: circulatory, respiratory, digestive, central nervous, etc. There were posters and printed handouts dealing with diet, asthma, infection control, diabetes, and much more. There were also snacks to sample, including Hershey miniatures at more than one exhibit, and miniature bran muffins at another.

The diverse group of students, both men and women, were helpful to those who visited the exhibits, explaining the materials and giving instructions on proper procedures for those using medications and treatments related to their topics. It was too bad that more residents didn't get to visit the exhibits, but Dr. Callaghan may bring next year's class to visit us. She told me that all of them had earned A's for their work on the project.

CALLED TO PARTICIPATE

by George Rubin

Ed. Note: This is another article in our series on Medford Leas residents who participate in volunteer services in the wider community. Any reader who knows of someone we should feature here, please call George at 654-3064.

Margery Larrabee's eyes sparkle behind her glasses and her laughter is spontaneous when she talks about her activities outside of Medford Leas.



photo by Margery Rubin

Born in Philadelphia 85 years ago, she is a woman who has always been on the move. After receiving a degree from Syracuse University, majoring in social work and education, she began teaching in a Quaker school. It was at this time that Margery became involved in pacifism and peacemaking. Needing to expand her own personal experiences, she went on to obtain a graduate degree in social work at the University of Pennsylvania and, at the same time, was employed in the Department of Public Welfare by the State of Delaware Child Welfare Services, developing a child day care center.

For a time she felt the itch to give up urban living and tried homesteading as hired help on two different Quaker farms, but her need to be involved with people led her into working as a psychotherapist and a leader in spiritual

psychology. These activities were a major part of her life while she was living at Woolman Commons in Mt. Holly. Today, Margery is committed to working in two major areas. One is leading Quaker workshops and retreats in the fields of Spiritual Friendship and Spiritual Formation. Both of these function to help people in their personal religious journeys and how to share spiritual learning with others. She is also called by various Quaker Meetings to find the reasons for their internal difficulties and to give them support in finding solutions. Her second area of work is in Mt. Holly as a member of the "Continuing the Dream" Committee as it develops major programs that involve the wider community in Martin Luther King Day awareness. As a member of the Rancocas Clergy Association, she believes strongly in the value of diversity and good race relations as a foundation for a better society. Margery will tell you, "I'm doing what I feel called to do. I know that I'm led to participate with all people."

Listening to Margery Larrabee, you sense immediately that she has found the right path for all her gifts.

WELCOME TO MAIN CAMPUS

by Nancy Darling

Kay Cooley, who got her B.A. and M.A. degrees from Manhattanville College in New York City, was a teacher in Catholic schools for 25 years. She then entered the business world, starting first as an office manager and ending up establishing and managing the human resources department of a marketing services company until her retirement in 1992. One of her main interests has always been writing, and she attended a number of Elderhostels and college courses to improve her writing skills. In her retirement, Kay pursues her other interests in classical music, art, and travel. At Medford Leas, she devotes many hours to varied volunteer work. She has served on the MLRA Board and as MLRA president. Currently

she is the secretary of the Estaugh Board, a staff member of *Medford Leas Life*, and the administrator of Medford University, a popular series of college-level lectures which she created. Obviously, Kay is already deeply involved in the activities of the main campus, but her move from Woolman Commons into Apt. 212 will now allow her to commute on foot to keep up with her busy schedule.

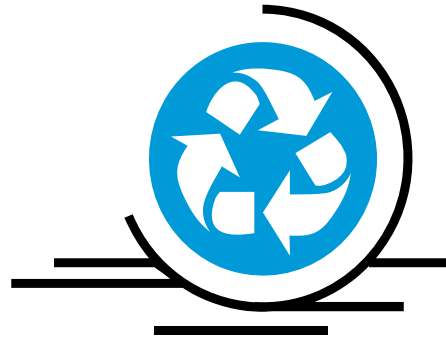
John DePreter, who is moving into Apt. 97, grew up in New York City in a French-speaking home with a Swiss mother and Belgian father. He enlisted in the Army Air Corps in 1940 and was at Wheeler Field not far from Pearl Harbor when the Japanese attacked on December 7, 1941. His memories of that "Day of Infamy" are printed in *Medford Leas Life* in the December 2003 issue. John stayed in the Air Force after WWII for 20 years, ending up at McGuire Air Force Base. He and his late wife, Zina, raised their two sons in Mt. Holly, where Zina was very active in community affairs. After his retirement, a friend persuaded John to work in his machine shop in Cherry Hill, where John still puts in a full day two to three times a week. Among John's interests are classical music and visiting his sons and his granddaughter. John was a good neighbor to have at Woolman Commons and is sure to be the same in his new quarters.

Both **Howard** and **Flora McKinney** grew up in Kansas, where they were married in 1941. Howard served for a time as a Quaker pastor and then worked for the American Friends Service Committee in Des Moines, Iowa. Later he held jobs in community relations. Flora was a homemaker while raising three daughters and a son who have given them six grandchildren. Both Howard and Flora have been very active in the Haddonfield Friends Meeting and in other local and national Quaker activities. For the past four years, Howard has been one of the co-chairs of the MLRA Diversity Committee. Howard's interests include gardening, woodworking, and genealogy. Flora loves to read and has been involved in conflict resolution programs. Their new home here is one of the new apartments, #432, on the ground floor of Haddon.

RECYCLING

by Kitty Katzell

A recent PIW came to the MLRA Board reporting on conditions in one of the recycling areas, so a reminder seems to be in order.



When bottles and cans are transported to the recycling area in a plastic bag, **DO NOT** deposit the bag in the recycling bin. Plastic bags can be recycled at the supermarkets or discarded with trash.

Remove container caps and put them in the trash, not in the recycling bin.

Do not crush cans.

Deposit only those recyclables that are listed in the Residents Handbook as being acceptable.

If all the bins in the recycling area are full, phone 3140 and tell Maintenance about it. They usually respond very promptly.

And please don't leave trash or garbage on the floors of the recycling areas. If everyone helps, these areas can be kept clean and tidy.

IN MEMORIAM

Helen (Betty) Irvine	April 23
Robert W. Lees	April 29
Martha Brick	April 30
E. Wayne Marshall	May 5

MARCH ON WASHINGTON FOR WOMEN'S RIGHTS

by Dorothy Tillman

For me, it all started with a call from my son, Michael.

"Hey, Mom, how about coming down next weekend and we can all go to the March for Women's Rights."

A lot of phone calls later, it was all settled. **Alice Culbreth** and **Helen Vukasin** were driving down. Helen's sister, Rhoda, was flying in from California to march with them. They were staying with friends in Bethesda, about five minutes away from my son's home. There was an extra seat in the car. I could get there! Michael had already rented a wheelchair. I could march! Later I learned that **Dene Mayer** of Lumberton Leas was going on the Planned Parenthood bus with her friend, Pat Leopold, who is on the waiting list.

Sunday was an overcast, rather cold, very changeable day. But at least it wasn't raining. With layers of coats and sweaters, we were off. Parking in Washington would be impossible, so they had checked and made sure we could use elevators on the Metro.

Washington was beautiful. We had missed the cherry blossoms around the Tidal Basin, but there were plenty of late bloomers showing off, as well as magnolias, and gorgeous azaleas. It seemed that every square inch of dirt in front of buildings was filled with pansies – yellow, purple, white.

But the most beautiful were the people. Men and women – from babies in carriages to old folks in wheelchairs (I was not alone). Thousands and thousands of them. It wasn't long before you were handed a placard and soon it seemed that another person, another placard could no longer fit in the street. I proudly carried a Planned Parenthood sign.

There were nine in our group of friends and relatives. One young mother flew in from California with her two boys, ages 13 and 15, for

their first march. Everyone took turns pushing me, my granddaughter doing the most. I was so proud to see that we had three generations there.

For over an hour, we stood on the sidelines and just watched. Several days earlier, I had heard concern that the young people might not come. They had had these rights for so long that they might not understand how much work it took to get them and how much we needed them to carry on the fight. I worried about this, too. Boy, were we wrong!

This was a march of young people! They shouted that they weren't going back, they weren't giving up. They appreciated the older people who were there. A dozen people must have asked if they could take my picture. As they marched by, many gave a thumbs-up sign and said, "Thanks for coming." It was we who thanked them.



Progress of the marchers was slow. It takes a long time for a million people to go from point A to point B. You take two steps and stop – two steps and stop. Signs were waving everywhere. "Don't want an abortion? Don't have one." "Another Catholic for choice." Slogans were shouted: "My body – my choice!"

At one point a great roar filled the air. It was Howard Dean and Representative Nancy Pelosi of California. I couldn't really see them but at one point my daughter-in-law grabbed my camera and ran to get a picture, along with several thousand others.

We had watched long enough. It was time to get in the march. We headed toward the Capitol where thousands were already sitting on the grass or still standing in the line of march.

Hillary Clinton had already spoken. As we got close enough to hear, Gloria Steinem, age 70, was at the podium, handing on the torch to the young. A huge screen showed the speakers, and even though we were too far away to see details, we took pictures. Susan Sarandon was applauded wildly – Whoopie Goldberg, Madeleine Albright, Barbara Boyer – the message was clear. We were not going back. We were going to win! Anthony D. Romero of the American Civil Liberties Union was strong: "The government does not belong in our bedrooms. It does not belong in our doctors' offices." It was our body, our choice.

It was a glorious day and tomorrow the real work has to begin. We have to raise money, spread our message everywhere, and most of all, get out the vote.

Over a million people had marched. It had been the largest march ever for women's rights. It was the largest march for any cause in the history of the United States. It had been a great day. It was a privilege to be part of it.

OMNI WOULD NEVER HIRE US

by Dorothy Clayton

There are two ways to take a trip, the tried and true and the adventuresome. We didn't intend to be adventurous, just to ride on the new River Line.

Explicitly following directions to Cinnaminson, **Barbara Gilles** and I came to the station. We deciphered the automatic ticket machine and boarded the train. We thought we were going to Trenton, but the train was going to Camden. When the passengers told us our mistake, all kinds of help was offered. None more so than

from a grandfather taking his grandson to visit the Battleship New Jersey. Assuring the little fellow they would get to the ship, he said, "We have to help these ladies who are confused." Help he did. The little boy said: "The ladies are OK on the train. Can we go to the ship now?"

We sat down and admired the cleanliness and efficiency of the Line. All is automatic – doors, announcements, warning of belongings, and watching the doors.

On schedule we left Camden, realizing we were like the Killaloe Bird who flew backwards to see where he had been.

We knew where we had been, but an inspection of the seats revealed they were not reversible. The car ahead had seats facing the right way, so we decided to go there. Easier said than done. Holding on to a sliding door we had to mount two shiny steps, cross a little shiny platform, go down shiny steps, cross a little shiny platform and go down two shiny steps to the next car – all on a moving train.

We accomplished this maneuver, sat down, and enjoyed the scenery. We got to Trenton, waited for the start of the return trip, and then rode back to Cinnaminson and got off. But at Cinnaminson, we found ourselves in a completely foreign landscape. Where was the car? What is that huge building over there? Finally, it dawned on us that we hadn't got on at Cinnaminson. We apparently got on in Riverton. Barbara walked to Riverton to get the car, and I guarded the station. We drove to Medford Leas without one wrong turn. A two-hour trip on the River Line costs just 50 cents for a senior ticket. We're going again soon and stopping at Thommy G's for lunch.



Thommy G's Broad and High Streets, Burlington

OLGA CLEMENT IN 'HALL OF FAME'

by Ellen Stimler

Olga Clement, who celebrated her 100th birthday last November, was inducted into the Toms River Regional School District's Hall of Fame March 28, surrounded by her daughter and grandchildren, in a festive ceremony held at the Ramada Inn in Toms River.



photo by Margery Rubin

Contemporaneously, the New Jersey Legislature passed a Joint Legislative Resolution which "commends her distinguished record of service, leadership, and commitment, and salutes her as a highly deserving recipient of the Hall of Fame recognition."

Olga received a beautifully crafted wooden plaque with the Hall of Fame's brass seal and an inscription citing her "for leadership and encouragement of teachers and children in the face of challenge."

Olga came to the United States from Russia with her family at age nine and graduated from Shippensburg State Normal School with a diploma in education. Her teaching career took her from a one-room school in Brick Township in 1926 through many other positions in Ocean County schools and eventually to a job in the Toms River district. While teaching in various

grades there, she studied on weekends for a master's degree at Columbia University in supervision and administration, which she received in 1952. Immediately thereafter she was appointed Director of Elementary Studies. By the time of her compulsory retirement at age 70 in 1973 she was supervisor of five elementary schools.

After listening to a summary of her teaching achievements and the significance of her contributions to the school district during difficult times, Olga responded with a prepared speech. She recalled that her father got his family to the U.S. before they might have been killed during the Bolshevik revolution. Another important landmark in her life was settling down on her husband's dairy farm, from where they were able to observe the total destruction of the "Hindenburg." According to Olga, the dirigible carried a secret contract proposing construction of a commercial airport on the dairy farm.

Olga has published a 500-plus-page book, with many pictures, titled *Our European Ancestors and Us*. She said that a second volume about the events in her life is nearing completion.

ART GALLERY NEWS

by Helen L. Vukasin

The watercolors of Carole Bleistein will be featured in the Medford Leas Art Gallery for the month of June. She specializes in landscapes, which she paints outdoors locally and in France and also in her studio.

Ms. Bleistein finds watercolor an irresistible medium because of its fluid rhythms, luminosity, and rich colors. Altogether these characteristics allow the artist to beautifully express atmospheric moods and the drama of light and shadow.

Carole is a full member of the Garden State Watercolor Society and currently serves as First Vice President. Her work has been accepted in

several juried shows. She has exhibited in Lawrenceville, Lambertville, Trenton and Hope-well. Her paintings are included in local and international collections.

There will be an opening reception on Tuesday, June 1, 3:00-4:30 pm. Ms. Bleistein will discuss her work at 3:30 pm.

At Lumberton Leas the exhibit of the Tuesday Artists and Painters will be available until the end of June. In July, **Jack Akerboom**, Lumberton Leas resident and newly elected member of the MLRA Board of Directors, will have a one-person show of some of his prize-winning photographs.

TREASURE IN MEDFORD LEAS

by Maggie Woodard

Things are looking up in Medford Leas – the grounds are awash in four-leaf clovers! Having discovered a four-leaf clover "hot-spot" by the bridge near Estaugh Way, **Colleen D'Arcy** and **Rachel Smith**, Therapeutic Recreation staff, took six Assisted Living residents (two at a time) on walks to search for these lucky clovers. They found at least fifteen. Since Haddon II residents were taking a trip to the Show Boat Casino in Atlantic City in a few days, Colleen and Rachel figured the clovers might bring them luck.



Jean Nicholson came upon **Dr. Gene Link** and Colleen searching for clovers and joined the hunt, finding two for each of her ten grandchildren. On a second trip, she spotted a five-leaf and a six-leaf clover. You never know how you'll find something fun to do in Medford Leas.

CRYPTOGRAM

by Russell Hill

Here is the solution to the May Cryptogram:

WIT WITH HIS WANTONNESS TASTETH
DEATH'S BITTERNESS;
HELL'S EXECUTIONER HATH NO EARS
FOR TO HEAR.

NASHE

The correct solvers were:

Joan Bellman, Ruth Blattenberger, Mort Bregman, Florence Brudon, Marion Burk, Scott Charles, Lorretta Elkin, Louise Evaul, Mickey Gray, Herb Heineman, Barbara Heizman, Jane Hunter, Hugh Jenkins, Euseba and Warren Kamensky, Andy Moll, Helen Peterson, Betty Preston, Liliane Reynolds, Florence Sawyer, Ellen Wiener, John Winton, Marie Winton, Gladys Wynkoop.

Here is the June cryptogram:

NQDVX, TLAXWLYUJXUU

ZFYWWLJC, FYUW, UFLWB,

XJAC, PJZXQ – WBLUX PQX

WBX UDJU TLJUDVXQXV

VXPVFC RC UW.

WBLHPU POYDJPU

Put answers in Box 45 by August 10.

MEDFORD LEAS LIFE

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Deadline for submissions:
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