



Medford Leas LIFE

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MAY 2005

END-OF-LIFE DECISIONS

by Maggie Woodard

Made unexpectedly timely by the constant news updates in the Schiavo case, the April 4 scheduled lecture-discussion by **Dr. Keith Quinton**, Medical Director, drew a capacity audience in the Auditorium.

Giving some historical background, Dr. Quinton noted that life expectancy has increased over the past 50 to 60 years, accompanied by the development of new treatments and procedures designed to prolong life, including CPR, mechanical ventilation, and tube feeding. Because life and death issues became more complicated over the years, the courts have become increasingly involved.

Advance medical directives, often referred to as living wills, were devised to give individuals control over what will happen to them when they are no longer mentally competent or able to communicate. People need to decide what quality of life is satisfactory or acceptable. Several years ago, a committee of Medford Leas residents studied different kinds of advance directives and recommended one form, which is available from **Trudy DeLacy**, Director of Resident Services.

In his talk Dr. Quinton suggested that residents take the following actions with respect to advance directives:

1. The advance directive should be reviewed every three or four years. A new

medical discovery or any other change in circumstances may call for revisions of the document.

2. The directive should be very clearly written.

3. The person appointed to carry out the directive, called a proxy, must understand that he/she is legally charged to act for the resident who can no longer make decisions and must understand all the ramifications. The proxy works in collaboration with the Health Center staff, but none of the Health Center employees can serve as proxies.

4. Every member of the resident's family should be informed of the contents of the directive.

5. The directive should be taken along all the time, everywhere.

In addition to advance directives, residents should consider completing the "Do Not Resuscitate" form, Dr. Quinton suggested. This form is of particular use in emergency situations with ambulance and first-aid personnel, whose mission is to "resuscitate" with all available means, which may conflict with the resident's wishes as expressed in the advance directive. This form is also available from Trudy DeLacy.

Finally, Dr. Quinton warned that advance directives are not always effective. If a hospital is not cooperating, someone can contact the hospital's Bioethics Committee; every hospital has one.

Another meeting on advance directives will be held in the near future, date to be announced.

VISIT OF DUTCH DELEGATION

by George Rubin

On Friday, April 8, 19 members of the International Association of Homes and Services for the Aging (IAHSA) visited Medford Leas. This group included architects, CEOs of retirement and senior care communities, and some in marketing. They arrived in the U.S. on Tuesday, April 5, and had already visited 11 senior communities by that time. **Jane Weston**, Director of Marketing and Community Relations, was their host as they toured the campuses here and at Lumberton.

Willehe Stadtman, the CEO of a nursing and senior care center in Amsterdam, explained the present situation in her country: "The Netherlands provides senior care for all citizens. This includes independent living, assisted living, and nursing home care. The government takes 12½% of the monthly income of every citizen for these senior services. There are 60,000 beds for those needing skilled nursing." She added, "These services in Holland have gotten so costly that it is projected that by 2006 the amount needed from each citizen for senior care will be 20%." This heavy burden has led officials in retirement housing communities to look for other solutions. The trip to the United States is one way of observing how other countries handle their senior services. Ms. Stadtman appreciated our large campus, something they are not able to have due to the geography of Holland. The allowable amount of apartment space is specifically allocated for each individual or couple.

The Dutch group ended their short visit with a luncheon in the Colonial Dining Room, which was also attended by **Dennis Koza**, Executive Director, **Delores Redner**, Administrator, and **Bill Murphy**, Director of Operations. The group thanked Medford Leas for its hospitality.



MEET OUR NONAGENARIANS

by Ellen Stimler

On his 90th birthday on March 12, **R. Milton (Mickey) Gray** went to the Lounge to meet with his daughter, who was going to take him out to dinner. But when he got to the Lounge, he walked into a great big party of more than 80 of his relatives from far and wide, old-time friends and neighbors, and new friends made at Medford Leas.

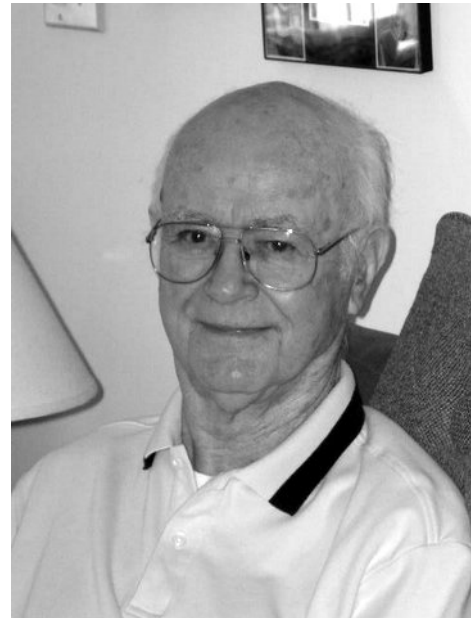


photo by Margery Rubin

The party was the perfect present for Mickey, who described himself as a people-person, a people-watcher, and a believer in the importance of laughter and humor in maintaining good health. His prescription for longevity has certainly worked for him: He stands tall and straight as a tree, looks years younger than his age, and pursues an active lifestyle.

Every weekday morning around 9 a.m., he meets with the members of the Romeo Club in the Medford Leas Coffee Shop, and they enjoy each other's company while discussing any subject that is brought up. The members are all men who have known each other for many years and who used to meet at various diners in the area until one of them, **Bill Dyer**, moved to Medford Leas and suggested a change of venue.

On Monday and Friday afternoons, Mickey goes bowling with a group from Leisuretown. Another of his pastimes is reading various financial and business magazines. He generally eats in the Coffee Shop and participates in the Game Night there. He still drives and likes to eat out and go to shows with a friend. He has a subscription to the Ritz Theater in Oaklyn.

Mickey was married for 53 years when his wife, Barbara, died in 1994. They moved to Medford in 1953 and watched it grow from a population of only 5,000. Their three children all live fairly close, in Mt. Laurel, Cherry Hill, and Washington Crossing. There are six grandchildren and eight great-grands.

Mickey worked at the Esterbrook Pen Company for 28 years, receiving progressive promotions to assistant production manager. He finished his career working in sales and public relations for Harriett's Oil Service in Medford until 1980.

RESIDENTS IN THE NEWS

by Ellen Stimler

Floss Brudon, who has already received many honors and awards based on her 50-year coaching and teaching career at the Moorestown Friends School, is being honored once more with the establishment of "The Floss Brudon Endowment for Coaching," created by a dedicated group of her former students.

Their goal is to raise an initial \$200,000 to provide a permanent resource for the head coaching position of the Varsity Girls' Lacrosse and Field Hockey teams. A six-page brochure announcing this program states that \$100,000 has already been pledged. On Saturday, May 7, a special alumnae and varsity game will be played to celebrate the creation of the endowment, with a reception for Floss to follow in the field. Floss will also receive a special tribute album composed of pictures and messages from her former students.

DOROTHY TILLMAN 1917– 2005

by Helen L. Vukasin

"He was only sixty when he died. That was 47 years ago. No one marked the date. He wasn't famous. He wasn't anybody. He was just special."

These are the first words written by **Dorothy Tillman** in her 11-year tenure as an editorial staff member of *Medford Leas Life*. It was also the beginning of *Eddie from Brooklyn*, a novella based on stories about her father growing up in Brooklyn early in the 20th century that will be published posthumously by her family.

We have lost one of the great writers of *Medford Leas Life*. Besides her contributions to this newsletter, Dorothy published brilliant short stories in *Leas Lit*. She was one of the founders and very productive members of the Creative Writing Group. Even in her eighties, she undertook a correspondence course to try to improve her skills as a writer.

She also created stunning photographs, as she and Don, her husband of over 50 years, traveled to exotic places. While living in Barnegat Light, she studied photography and exercised her incredible eye for composition and won several prizes for her photos in juried shows. When she came to Medford Leas in 1993 there was no darkroom. She immediately set about finding a little room in the basement for this purpose. This room is in use today.

Dorothy was elected to the MLRA Board and served a term as President 1997-1998. In her early days at Medford Leas, she was one of the many talented painters in the art studio.

She earned a Ph.D. in Speech Pathology in 1975 and subsequently worked with brain-damaged patients at a VA Hospital in New York. Early in the 1930s she had a brief career as an actress with the WPA projects.

Dorothy died peacefully in Woolman with her cat Amber cuddled beside her, and a son, daughter-in-law, two granddaughters, and a couple of close friends at her side celebrating her life.

NEW MLRA BOARD

by Eleanor Merrick

Five new MLRA Board members were elected at the MLRA meeting on April 18, to serve for two-year terms starting on July 1. They will join the six members serving their second year. The Nominating Committee, which was chaired by Eleanor Merrick, was pleased that these candidates accepted the challenge and that they were elected unanimously. These are the new members:

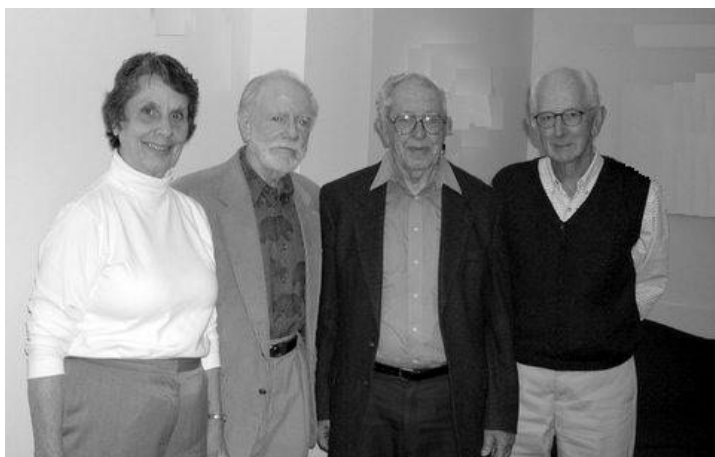


photo by Margery Rubin

*Loretta Taylor, Chuck Woodard, Neil Hartman, Alex Webb
not in photo: John Sommi*

Chuck Woodard, having worked 40 years as an attorney in broadcasting and cable TV and as mayor and school board member in Hastings-on-Hudson, NY, brings considerable skills and experience to the Board. He has been chair of the Low Vision Committee and a member of the Fitness Committee. Presently he chairs the Music Committee and is a member of the Great Decisions and Financial Review Committees and of MPAC.

Alex Webb, with a degree in mechanical engineering, served as general manager and vice-president for three different firms. At Medford Leas he is a member of the CDC and also works in the woodworking shop.

Neil Hartman, a conscientious objector during

WWII, did post-war work for UNRRA and for the American Friends Service Committee in Japan. After receiving an M.A. in mathematics, he taught math at Moorestown Friends School for 33 years. He chairs the Sports Days at Medford Leas.

Loretta (Beni) Taylor brings to the Board a background of political experience, having worked for State Senator Costello and for U.S. Senator Lautenberg. After having lost three elections for the Moorestown Township Council, she could hardly believe that she was elected to the MLRA Board.

John Sommi has an Ed.D. degree from Columbia leading to a career in education, with successive jobs as teacher and superintendent of schools, retiring as superintendent of the Bethpage, NY, district. He has been president of the Lumberton Leas Council and serves on the CDC.

The six Board members serving their second year are: **Jack Akerboom, Doris Allebach, Bill Carson, Jean Henderson, Rudi Salati, and Helen Vukasin.**

LIBRARY'S NEW LOOK

by Ellen Stimler

As part of a general upgrading and refurbishing of some areas off the Atrium, the Library has undergone a makeover that will make its offerings more accessible and user-friendly for residents and visitors.

The carpeting has been replaced to match the new floor covering in the Lounge. The open space between the Lounge and the Library has been walled off, making room for much needed shelving for books. The MLRA copier has been moved from Third Floor Haddon to the rear wall, together with some of the furniture, and a closet has been built for supplies. This required the relocation of the computer, farther to the right on the back wall, and of the *Medford Leas Life* index boxes and volumes. All the Quaker-related materials have been moved to the opposite side of the former paperback location, and the paperbacks are now on the other side of that

aisle.

New periodical display racks with slanted shelves to hold up to 18 magazines have been ordered for the Lounge. They will be located on the wall near the new door. This will make it unnecessary to move all the magazines whenever their display table is needed during a party.

The Library is now promoting an Adopt-A-Magazine program in order to offer residents a reliable supply of the most-wanted magazines. The Library itself has funds for only a very limited number of magazines. **Joanne Greenspan**, Co-chair of the Library, explained that residents could "adopt" a magazine in two ways:

1. Take out a subscription in the name of the Library.
2. Make a commitment to bring in their own magazine no later than 10 days after receipt.

The particular magazines the Library would like to have are: *National Geographic*, *U.S. News and World Report*, *New York Magazine*, *Prevention*, *Forbes*, *Time*, *Harper's*, *Atlantic*, *National Review*, *New Republic*, and any of the various health news letters.

Any resident who is willing to "adopt" or make a commitment should get in touch with Joanne at 3128.

Come To Our Spring Tea

Tuesday, May 17, Lounge, 2:30 – 4:00

To celebrate the end of snow and ice, new beginnings, and spring flowers. To gather in our refurbished Lounge and meet with new and old friends and enjoy great refreshments.

WHO'S NEW

Ivan Sublette, Apt 261, grew up in the Midwest and attended Purdue University, majoring in electrical engineering. After graduating in 1949, he went to work for RCA in Camden and soon thereafter joined a group that was developing RCA's first electronic digital computer.

During his ten years of employment in Camden he took graduate courses at the University of Pennsylvania with a year's fellowship awarded by RCA. After he received a Ph.D., Ivan was sent to the David Sarnoff Center in Princeton where he stayed for 15 years. Then he was moved to the Solid State Division (transistors) in the computer center in Somerville. There he was a systems programmer, and his work changed from research to helping people use computer software.

In 1981 Ivan was transferred to the RCA Computer Center in Cherry Hill. He joined the Unitarian Universalist Church there, and it became an important part of his life. After five years he moved to the NBC Computer Center in Westchester County, NY. He retired in 1992 and returned to Cherry Hill.

Ivan lived near the UU Church, making almost daily visits easy; and the church became his main interest. He supports the church computer programs and is the pledge secretary and a past treasurer. He also works with the newsletter mailing crew.

Ivan also uses his personal computer to work out ideas from his days at the Sarnoff Center. He has been a member of a philosophy group for years and might be interested in organizing a philosophy group here. Ivan is a man who "never wonders what to do next."

by **Margaret Melstrom**



CAMPUS STORIES

by George Rubin

Our lives are full of happenings here at Medford Leas. Here are two of them:

Going through a box of old needlework, **Mary Hope Mason** picked up one piece she liked and wanted to finish. She put it on her lap and worked on it for quite awhile. But when she got up she found that she had sewed the piece to her pants!

When in the process of making a fish-cheese melt sandwich in her electric frying pan, **Ellie Stimler** also baked the plastic bag that the bread came in. The frying pan's smoke spelled out "ruin." Ellie, chef that she is, had an immediate solution. It was Tuesday, just before noon. A brisk walk to the Thrift Shop, and there before her was an electric frying pan replacement for only \$4. Ellie returned to her kitchen with her new appliance, and in twenty minutes completed her fish-cheese melt. She sat enjoying her lunch, knowing that her cooking would not make it into any Medford Leas cookbook.

If you have happenings, your reporter would like to hear about them for future Campus Stories. Just pop them into Box Number 64 or e-mail mgrubin@medleas.com.

NEW RESIDENT DIARY

by Della Williams

Moving to Medford Leas has not been easy. It took several trips here to convince my daughter, KC, that my decision to come here did not mean I had given up on life. The vigorous group headed for a canoeing trip and the activity around the Main Desk – people asking for directions to sites in New York and Philadelphia – impressed her, as did the postings of the Controversial Book Club, the art exhibits, and the atmosphere of green lushness. She loved the Fitness Center, the Pool, and the view from the pool, and the lively staff

that greeted us. The whole atmosphere of busyness and warmth won her over completely. I later had to deal with the sympathy (no, pity) of dear friends who believed I was settling for "an old folks' home" too soon after my husband's death.

Stripping down and abandoning the home we had lived in for 35 years was physically exhausting and emotionally wrenching. I had to find good homes for the thousands of books and tapes, DVDs and 33-rpm records my husband George had loved. Often I got teary as I flipped through his sketchpads and his writings. I wrenched my back several times lugging "stuff," artifacts one accumulates at various stages in life: boxes of lesson plans and attendance records, exams in blue books, brochures and conference notes, scores of theater programs, old photographs of people and events I hardly remembered, barely used tools, a collection of pennies that netted me \$83, and the boxes my daughter had temporarily left with us many years ago – before, during, and after college, including a hefty set of cast-iron cookware she had used on her potbellied stove in Vermont.

It was time for a change. As I dismantled my life, I recalled *Ecclesiastes 3*. Using a Google search, I found the verses that became my mantra:

*A time to plant, and a time to pluck up
that which was planted
A time to keep and a time to throw away*

Dismantling made me sad, but organizing my little home at Medford Leas cheered me even as I emptied boxes.

*A time to cast away stones and a time to
gather stones together*

I've been here a couple of months now. Soon after the last packing box was emptied, I started gathering and arranging my stones: water aerobics, bridge, theater trips, *Medford Leas Life*, Medford U. classes, and Great Decisions lectures. A new pattern of existence is coming together, and I am beginning to enjoy life again.

STUDENTS SERVE SPECIAL LUNCH

by Ellen Stimler

Students from the Sequoia Transitional High School in Tabernacle were the waiters serving lunch on St. Patrick's Day to residents in the Activities Room. Six of them had volunteered for this community service activity, which is a regular part of a course at their school.



photo by Ellen Stimler

Toni Price, their teacher, introduced the students to **Gerry Stride**, Director of Community Life, who handed out pens and paper slips and instructed the students on how to take residents' menu orders and deliver the ordered items to the tables. The room was festively decorated with green balloons and green napkins, and there was a special green-colored punch to start with.

The students, who had never done anything like that before, quickly caught on and balanced trays loaded with bowls and plates while others lifted off the dishes and served them. Several residents engaged the students in conversation.

Ms. Price was delighted with the way the students adapted to this new task. The school enrolls teens who have many different emotional and learning disabilities. Although these students all struggle with a variety of problems, their teacher said, they have many positive skills to offer, and the community service jobs they do allow them to

apply these skills and learn the importance of helping others. Other places where they have volunteered include the Ronald McDonald House and the Githens Center.

After the students finished serving the residents, they were able to sit down at a table and enjoy the same food for their own lunch.

The school is part of the Lenape Regional High School District, which has four other high schools and is supported in part by Medford real estate taxes.

MODEL APARTMENT ON DISPLAY

by Sumi Kobayashi

For the first time in recent years Medford Leas has a model apartment that prospective residents can see when they are considering moving to our community. Court apartment 165 has been tastefully furnished with comfortable furniture and accessories to create a cheery home-like atmosphere with a lived-in look. The new display unit will mean that prospective residents can envision what their future home might look like without bothering current residents.

A preview Open House was held for residents before it was opened to the general public. The apartment will be open as part of the activities for the Mother's Day Tea and Garden Tour to be held on May 7.

Jane Weston, Director of Marketing and Community Relations, put on her interior decorator hat to design and purchase the furnishings, along with **Marge Sagett**, Residency Planning Associate, who designed the remodeled kitchen and bathroom. The Maintenance Department helped pull everything together.

WHO'S NEW

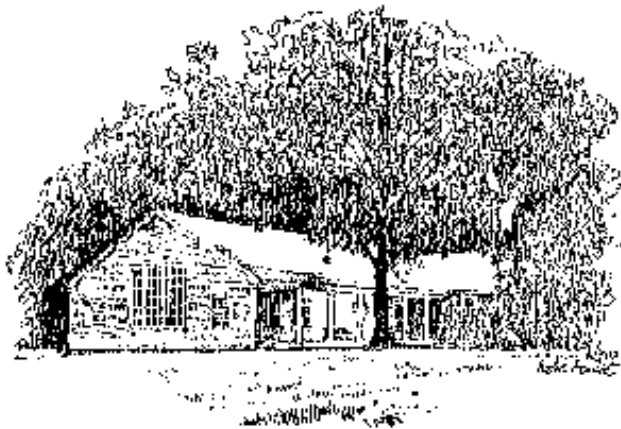
Barbara Houser, Apartment 264, is a birthright Quaker. Her lineage goes back to the Haviland family who came to America between 1638 and 1645. She was born in Purchase, New York. After being educated in the Westchester County public elementary and high school system, Barbara went to the Washington School for Secretaries in New York City.

Upon graduation she worked for a time as the bookkeeper for the Strathglass farm in Purchase. Following her marriage to Merrill Houser, a psychiatric nurse, she left the farm to stay home and raise her children. She and Merrill lived in Pleasantville, New York, where she stayed until coming to Medford Leas.

For 14 years she was the bookkeeper for the Society of Friends in New York City. Barbara has been very involved in Quaker activities and Committees in her Friends Meeting in Purchase and has attended numerous gatherings of Friends in the United States.

Coming here to Medford Leas, Barbara will be with many friends that know her and with whom she has had a relationship through her long service to Quakers.

by George Rubin



Purchase Monthly Meeting

THE MUSIC MAN

by Kitty Katzell

The Auditorium was jumping on March 22 with some 40 teenagers from the drama group at the Memorial School in Medford. They were there, with three of the school's staff, to put on a performance of *The Music Man* for the entertainment of Medford Leas residents, and entertain us they did.

One of their staff worked up in the booth to operate the CD that provided the musical accompaniment for the singing and dancing. The songs "76 Trombones" and "Till There Was You" are among those from this show. There are others, but those were the most familiar. Not all of the singers are ready for contracts in Broadway shows, but the leading lady had a lovely voice. While there were no actual trombones, flutes, and drums in the parade, the actions of the 6th, 7th, and 8th graders made the audience believe that there were.

The costumes were appropriate to the period, early 20th century. One of the young men was even wearing argyle socks; the "women" wore lovely ankle-length dresses and beautiful wide-brimmed hats trimmed with lace and flowers; many of the young men wore plaid shirts; and the members of the band wore band uniforms.

At the end of the show, the young people mixed with the residents who had attended and brought us cookies and punch. In all, it was a very fine performance very much enjoyed by all.



CELEBRATING VE DAY

by Wil Britten

Certainly no historical event had a greater effect on the lives of all of us here at Medford Leas than World War II.

In order to recognize a year that marks the 60th anniversary of the end of World War II, a group of residents have arranged a program to be held in the auditorium on Thursday, May 5, at 10 a.m. While the program will be held on a date closer to VE Day than VJ Day, it was felt that an



event in May would be more convenient for residents than one in August. The residents who organized the program are **Bob Anderson, Wil Britten, Gordon Beckhart, Alice Culbreth, Jean Henderson, and Susan Pettiss.**

A questionnaire sent to all residents in March revealed a wide variety of experiences by more than 100 residents. While honoring the service of all, the program will focus primary attention on this variety of experiences and how individual lives were affected by this seminal event.

Our population includes residents who saw active combat in Europe or the Pacific, conscientious objectors who were “guinea pigs” for medical experiments, or even jailed for their conviction, women service personnel who drove trucks or tended the wounded, Red Cross nurses, actresses who entertained our troops, housewives who “kept the home fires burning,” holocaust survivors, some who were detainees in relocation camps in this country, and many more whose experience is worthy of recognition.

Music from the era is planned to lighten the tone, and there will be pictures to remind us all of how we looked during those years.

WHO'S NEW

Ruth Griesser O'Donnell, Rushmore 641, was busy most of her life raising six children – two girls and four boys – who were born in four different states. She grew up in Havertown, PA, where she met and married her husband Bob, a civil engineer.

When the children were grown, Ruth worked as the manager of a doctor's office. She and her husband vacationed at Hilton Head and took a number of cruises. “I admire people who camp,” she commented, “but with all my household duties, I preferred vacations where I was waited on.”

Ruth and her husband settled in Centennial Lakes in Medford for 26 years, retiring in 1997 to Cross Junction, VA, the gateway to the Shenandoah Valley. Her husband died in 2002.

Ruth chose Medford Leas because four of her children live in the area, so a total of nine people helped her move into her apartment. She hopes to continue several activities she has always enjoyed: bridge, needlework, and book discussions. She welcomes the arrival of her sister and brother-in-law, **Jean and Jack Gallagher**, who have moved to Lumberton Leas. She also plans to spend time with her four local children and their families.

by Della Williams

IN MEMORIAM

Jane Caldwell	March 26
Dorothy Tillman	March 28
Thomas McMillan	April 7

THE LOW-VISION CENTER

by Catherine Hill

The Medford Leas Low-Vision Center was the result of the sudden development of macular degeneration in the eyes of the late **Alice Johnson** and me, two newly elected members of the MLRA Board in 1992. Our ophthalmologists said there was nothing medical science could do for us.

We felt helpless and abandoned, but started a long search for what help, if any, might exist. The Director of Resident Services at that time, **Jeanne Major**, knew nothing about sources of information, but then she noticed an item in the Kendal-Crosslands newsletter. Low-vision victims there had found out about the Feinbloom College of Optometry. With the generous help of the pioneers at Kendal-Crosslands, we also learned about the services of the N.J. Commission for the Blind and Handicapped and the Library of Congress.

Gerry Stride was invaluable, not only for her assistance in digging out information but also for her encouragement. She was new to Medford Leas when Alice and I most needed someone, and we began to feel she was here just to serve our cause.

Then came the wonderful day when Director **Lois Forrest** called me in to her office and announced that we were being allotted \$20,000 of the **Ruth Bump** bequest for the establishment of a low-vision center. Gerry, Alice, and I visited a low-vision group set up at the Scheie Institute, the Pennsylvania Commission for the Blind in Philadelphia, and the Library for the Blind and Handicapped in Trenton, to learn more about how to start.

Our first major purchase was a color CCTV that magnifies up to 64 times. The main advantage to color is that residents can enjoy pictures of their grandchildren. This machine also helps residents choose books to read at home on their private CCTVs or in one of the remaining machines in the Bump Center. Our other major purchase was a

Kurtzweil, a machine designed to read printed text aloud, but it has been years since anybody has tried to use this.

The present flourishing tape library had its humble beginning with a few tapes donated by residents. It languished until the late **Elizabeth Mahlow** had a cataract operation, and she was so grateful for the tapes and machine she borrowed during her recovery that she donated \$800 for enlargement of the tape library. Other contributions followed, and with interest on these and the annual allocation from the MLRA budget, Librarian **Myra Binstock** can now spend up to \$500 a year on new tapes.

The tape library is open around-the-clock to both residents and staff. Three assistants: **Eleanor Merrick**, **Charlotte Peck**, and my co-chair **Mary Toda** are available to help low-vision persons select tapes. These volunteers are also glad to read mail, instruct residents in the use of the CCTV magnifiers, and/or describe the use of the hand-held magnifiers that can be borrowed or purchased. The volunteer will also be glad to telephone catalog orders, using the credit card of the resident. Regular visitors to the Low-Vision Center may find it helpful to get a key to the Center, obtained through a work order.

VISITS TO PATIENTS IN WOOLMAN

by Kitty Katzell

How long should a visitor stay when visiting someone who is a patient in Woolman? Should one come in with a list of things to report in order to occupy the time? Those who work in Woolman and those who have been patients have some suggestions for residents about their visits.

It's important to consider the vulnerability of those who are in bed. Well-meaning visitors force patients to feel responsible for entertaining them. Just talking can be very tiring for a person who is in a weakened condition. When patients are

recovering from major surgery or heart conditions, they are particularly vulnerable, so visits should be of short duration and require a minimum from the patient. On the other hand, someone recovering from a broken limb may enjoy, and even need, the stimulation of visits.

Remember, too, when there are two patients in a room, conversation should be subdued, the visit should be limited, and the other patient should be treated with consideration.

Some residents feel they are being kind to the sick when they visit patients in Woolman, even when the person visited was never a personal friend. The thoughtful person might better, in that case, write a note or send a card.

So think about it. This is an area where everyone should develop greater sensitivity to patients' needs. Residents shouldn't have to become patients in Woolman to learn what is best for the patient. A little thought and consideration would take care of it.

WHAT DOES IT MEAN?

by Kitty Katzell

When you get a prescription with Latin abbreviations on the label, do you know what they mean? It could be a matter of life and death, if the instructions aren't given in plain language. So here are some of the frequently used terms.

<u>Abbreviation</u>	<u>English Meaning</u>
Ad lib	As needed
a.c.	Before meals
b.i.d.	Twice a day
t.i.d.	Three times a day
q.i.d.	Four times a day
h.s.	At bedtime
P.O.	Orally (by mouth)
q.4 h	Every four hours
q.8 h	Every eight hours
ut dict.	As directed by doctor

ART GALLERY NEWS

by Helen L. Vukasin

If you missed the opening of the Art Studio exhibit of residents' paintings, it is not too late. You will have missed the goodies enjoyed by over 100 guests, but the paintings will be there for you to enjoy for the next six months.

Medford Leas Gallery is planning a special exhibit of paintings by Lynn Mowrer for the months of May and June. Lynn Mowrer studied art at Rutgers University and the Pennsylvania Academy of the Fine Arts. She has won a total of 13 awards and has had three purchase awards in juried exhibitions.

Ms. Mowrer says of her work, "I have been thinking about ... how people just love 'stuff.' I guess I paint because I want to immortalize my stuff in a painting. In the end I hope that people will really enjoy looking at my paintings for a long time and think about them."

The opening reception is Saturday, May 7, from 3:00 to 4:30 p.m. Ms. Mowrer will say a few words about her work at 3:30 p.m.

In the Lumberton Leas Gallery, the much-awaited showing of the work of **Rebecca Hesse** and **Marjorie Zimmerman** will be featured.

Rebecca works in acrylics on canvas. Marjorie's specialty is the counted cross-stitch. The opening reception was on April 15.



MAY CRYPTOGRAM

by Betty Preston

Here is the solution to the April cryptogram:

YES, BY SAINT PATRICK, BUT THERE IS,
HORATIO, AND MUCH OFFENCE TOO.
TOUCHING THIS VISION HERE, IT IS AN
HONEST GHOST – THAT LET ME TELL YOU.
SHAKESPEARE

The correct solvers were: **Miriam Angle, Ruth Blattenberger, Mort Bregman, Florence Brudon, Betty Donahue, Lorretta Elkin, Louise Evaul, Mickey Gray, Mary Fenimore, Herb Heineman, Barbara Heizman, Eleanor Horner, Sally Klos, Mary Hope Mason, Alice Norcross, Helen Peterson, Betty Preston, Alfred H. Rudrauff, Doris Salati, Florence Sawyer, Hana Stranska, Ellen Wiener, Marie Winton, Gladys Wynkoop.**

Here is the May cryptogram:

YXRM XF UMEMYYXPVF LDT

LDLUSGXLY, LYNLWF BMFBXDA

BGM FVQQPFMT XZZVBLEXYXBW

PR BGM UVYMF NGXSG BGM

DPDYXCXDA SGLDAMYMFFYW

LSSMQBF

-- OPFMQG NPPT JUVBSG

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MEDFORD LEAS LIFE

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