



Medford Leas LIFE

VOL. XXXIV, No. 3

MARCH 2006

CORE FITNESS FUN

by Della Williams

Fitness Day XI started early as all healthful days do (I am told). The Atrium was buzzing by 8:15, the time I usually stumble into the shower. Colored balloons floated aloft from one- and two-pound weights. The Atrium walls were decorated with blown-up photos of residents exercising, playing tennis and water volleyball, or just cavorting and having fun. A crowd gathered at the "No Strings Attached" display manned by **Deanna Wells** and **Ken Roland**, new members of the Fitness staff. They tied strings and cords around residents' middles to remind us to tighten our abs in order to strengthen our backs. Pointing to our navels (the right place for the string) caused much hilarity. We also picked up booklets of core strengthening exercises.



photo by Rick Trandahl

STIFF, STIFF, STIFFNESS, GOODBYE

by Gerry Stride

(Tune: Toot, Toot, Tootsie, Goodbye)

Stiff, stiff, stiffness, goodbye.
I'm in great shape. Know why?
Three days a week they take me
Down to the pool.
No one can say how fit it makes me.
Kick out, lift weights, and then
Do it over again.
I'm feelin' great, liftin' more weight.
Who'da thought I'd feel this good at age 98?
Doin' laps, my oh my,
Stiff, stiff, stiffness goodbye.

The Lounge provided a relaxing setting for the Morning Spa. In the hushed atmosphere of soft music and bubbling water, we were treated to hand and back massages. I floated away happily, feeling pampered and tingly.

Arriving too late to participate in the Swiss Ball Workout, I watched as **Beverly Kannengieszer**, Fitness Director, and **Rick Trandahl** of the Fitness staff led more than 20 residents on floor mats demonstrating various positions on and with the Swiss Ball. These exercises, designed to improve core stability, strength, balance, and flexibility, looked so challenging that I was relieved that I had arrived too late to participate with my more agile peers.

continued on page 2

There were lectures, too. In the Activities Room **Marge Miller**, of the Fitness staff, described the benefits of water exercise to the kinetic chain. In the Auditorium, Dr. Tarak Akrouf and Dr. Marc Maiatico, both physiatrists, gave a PowerPoint presentation on back anatomy and the importance of stabilization through core strengthening and proper body positioning.

The highlight of the day (with the possible exception of my back massage) was the Fitness Day Luncheon, which honored the five centenarians who comprise the Medford Leas Century Fitness Club: **Anne Burr** and **Edward "Ping" Follwell** (inducted 2002), **Olga Clement** (inducted 2004), **Emily Taylor** (inducted 2005), and newly inducted at this luncheon, **Evelyn Knowlton**. I never wanted to live to be 100, but these people are such good role models that they motivate me to return to the Fitness Center and give it a try. The healthful luncheon prepared for the occasion was a model of wholesome cuisine. Seafood or chicken salad with yogurt dressing was beautifully presented with five colorful fruits and dark greens, accompanied by brown muffins and followed by passion fruit sorbet.

The final program of the day was a discussion and demonstration of standing pelvic tilts to help us to strengthen our core muscle group (abdominals, obliques, glutes, and lower back muscles). Physical therapist **Jeannie Roland** and her assistant, **Allison Eden**, also demonstrated how we can use the neutral spine position to maintain good posture throughout the day.

Beverly Kannengieszer and her Fitness and Aquatics Department, as well as the members of the ML Fitness and Recreation Committee, did a remarkable job in this full-day program of varied activities. They motivated even the reluctant and terminally lazy to follow their lead. That week I went back to my water exercise class and to the Fitness Center, where I picked up the exercise program I had almost abandoned. Maybe I will be inducted into the Century Fitness Club in 2033.

MEET OUR CENTENARIANS

by Ellen Stimler



Evelyn Knowlton, who had her 100th birthday October 30, 2005, still lives independently in her spacious Court apartment, reads *The New York Times* every day, makes her own breakfast and lunch, and exercises in the Fitness Center three times a week.

Her current reading is a book on evolution, *The Third Chimpanzee*, by Jared Diamond. Evelyn also likes to read mysteries and biographies. As to television, she usually watches the evening news programs and "This Old House" on PBS. A bag next to her favorite chair is stuffed with an afghan she is working on.

Two years ago Evelyn broke a hip and dislocated a shoulder in a fall, and it has been a struggle for her to regain her strength and walk with a cane. Last summer she resumed weeding in her large flower garden and she hopes to continue with it this year. Her son, who is retired and lives in Fair Haven, NJ, comes often to visit and work in her garden.

Evelyn graduated from Smith College with a major in math and a minor in history. She worked at the Harvard Business School for 17 years, grading papers for professors and writing a book on the history of the Pepperell Company. She was married in 1942. In 1947 the couple and their young son moved to Peekskill, NY, so Evelyn could commute to New York City to do research on the history of Standard Oil (New Jersey). She co-authored two books of a three-volume opus on the company. Her last job was as archivist at the Federal Reserve Bank in New York City.

In her retirement, Evelyn turned to genealogy and was able to trace her husband's ancestry back to 1550. Would that we could all achieve Evelyn's longevity, with good health and intellectual vitality.

NEW FITNESS STAFF

by Ellen Stimler

Two staff vacancies were created in the Fitness and Aquatics Department by the departure of Donna Kanan in September 2005 and Mary Hunter in January 2006. Before Mary Hunter started working in Fitness, she was a Medford Leas Companion who often worked for **Edith Isaacson**, and prior to her work as a Companion, she was the PNC banker at Medford Leas. Mary and her husband are now starting a new life in Myrtle Beach, SC.



Mary Hunter and Edith Isaacson say goodbye



The two vacancies have been filled by **Deanna Wells** and **Ken Roland**. Deanna and her husband moved to New Jersey to be closer to family when Deanna was expecting. They both got jobs at Vision Quest, a facility for delinquent youth in New Lisbon. They now live in

Browns Mills with their 1½-year-old daughter. Deanna grew up on a ranch in North Dakota and graduated from Jamestown College in that state with a degree in physical education/athletic training. She worked as a personal trainer and in a number of CCRCs in Minneapolis before her marriage and move to New Jersey.

Ken is from Toms River, NJ. After finishing high school, he started out as an aide in the Physical and Occupational Therapy Department of the HealthSouth Rehabilitation Hospital in Toms River and over the years advanced to supervisor of the department. He is married to **Jeannie Roland**, a beloved physical therapist at Medford Leas. Ken and Jeannie met when both were working at HealthSouth. They live in Lumberton with their two children.



photos by Rick Trandahl



MEDFORD LEAS IS 35!

by Kitty Katzell



On March 2, 1971, **Gladys Fleming** moved to Medford Leas, so this issue of *Medford Leas Life* begins the observance of Medford Leas' 35th birthday.

The celebration will start with a Birthday Party at dinner on March 2, with birthday hats, balloons, buttons, a birthday cake, and dining staff dressed in clothes of the '70's. And it will go on from there throughout 2006 and into 2007.

In celebrating Medford Leas' "35 Years of Tradition and Innovation," attention will be drawn to the Arboretum, to the new cognitive fitness program, and to technology innovations such as the new Global Positioning System (GPS) for the Arboretum and the computerization of medical records.

There are also plans to showcase Medford Leas' 35 years of service, and the anniversary theme will be featured at many of the events that are scheduled throughout the year. Open houses will focus on the strength of Medford Leas' history and the new offerings that are soon to be available.

Everyone is invited to join in the celebration and to share in the traditions and innovations that are part of living at Medford Leas.

JOHN COPE, ESTAUGH BOARD MEMBER

by Kay Cooley



photo by Margery Rubin

Some lives unfold along the traditional lines of school, college, career, marriage, and family. Others, like **John Cope's**, create an original pattern from unique experiences and very personal decisions.

John grew up in Riverton and Moorestown, where his parents joined Westfield Meeting, which he still attends. After graduating from Moorestown High School, he attended Hurricane Island Outward Bound School and soon after hitchhiked around Europe for several months on \$1 a day.

The following fall he began college at N.Y.U., but subject to the draft for the Vietnam War because a year had elapsed between high school and college, he sought and obtained Conscientious Objector status and signed up to serve at Penn Center in Frogmore, SC. Penn was an interracial conference center where community activists got training in community development under a Ford Foundation grant. Additionally, interracial groups such as the Southern Christian Leadership Council met there for retreats and planning sessions.

At Penn Center, John met his wife Linda. Later they moved to Pennsylvania, where they joined a group of Friends who formed Family of Peace, an experiment in group living. At the time, John worked at Haverford State Hospital, a mental institution.

Eventually they moved into a farmhouse on Lenola Road in Moorestown that had been renovated by John's father and in which his parents lived. John was employed by a neighbor to paint houses. Subsequently, he and his brother took over their father's building business. "The building trades have given me my living for most of my life," says John.

John has been active in Westfield Meeting, serving on the School Committee and as clerk of the meeting. Currently he is on the General Services Standing Committee and the Building Committee for Friends Center. He has been a member of the Moorestown Rotary Club since 1991 and served as club secretary for two years. He joined the Estaugh Board in 1991 and has served on the Finance Committee, the CDC, and the Building Committee.

Of the Board's activities during his term of service, John considers the work on the plan for the future of Medford Leas the most important. He says: "I hope to see the unfolding of the work in progress and the successful completion of a new Health Center. I enjoy being a part of the Medford Leas community and the vital forward-thinking people who have decided to make Medford Leas their home."

CONSERVATION AT MEDFORD LEAS

by Helen L. Vukasin

The Medford Leas Resource Conservation Committee is introducing ways in which all residents can participate without undue sacrifice. The first step in the campaign, in cooperation with Medford Leas management, is to encourage residents to replace the traditional incandescent light bulbs with the new Compact Fluorescent Light Bulbs. These funny looking squiggly bulbs produce the equivalent of 75 watts of light while drawing only 18 watts from the electrical outlet, a saving of some 75% of electrical energy. The fluorescent bulbs are available by writing a work order or by contacting **Jim Wolosin** at 654-3299 or <JimWolosin@medfordleas.org>. The bulbs will be delivered to the resident's unit and the cost will be charged to the resident's monthly bill. Management is seeking the lowest competitive price for the bulbs.

Residents in the courts will contribute to balancing the ML budget and reducing future fee increases. Residents in independent units may find a nice downturn in their monthly electric bills.

MEDICARE D FOR RESIDENTS

by Ellen Stimler

Current residents of Medford Leas may well count themselves among the very few lucky seniors who will get free prescriptions without having to go through the time-consuming and complex process of figuring out which one of 17 possible providers in New Jersey would best serve their needs.

All that most current residents will have to do is bring their Medicare cards to the Auditorium and sign a prepared form on which they will select AARP as their Medicare D insurance carrier. The difficult work of selecting AARP from among the 17 companies offering coverage in New Jersey was done for them by a management team consisting of **Dennis Koza**, CEO; **Dr. Keith Quinton**, Medical Director; **Frank Simmons**, Pharmacy Director; **Heather Foor**, CFO; and **Ed Ferraro** and **Milt Zimmerman**, residents.

Despite the simplicity of this procedure, residents still had to be divided into three different groups: (1) those who have Medicare-approved pharmacy coverage from a former employer and chose to opt out of Medford Leas Medicare D; (2) current residents covered by a Medford Leas contract providing for free prescriptions; (3) residents in the skilled nursing units who will need assistance with the Medicare D process.

At a general meeting in the Auditorium on January 13, Dennis related the year-long effort involved in getting from the announcement of Medicare D to the selection of AARP. Because Medicare D applied only to individuals or corporations, the initial challenge was to get Medford Leas recognized as a covered entity. There are relatively few CCRCs providing drug coverage and even fewer without cost to residents. After special meetings with the right people in the Medicare administration, Medford Leas was granted the needed coverage.

The next step in what Dennis called "this tedious process" required the special Medicare D team to make their selection from 17 approved insurance

carriers in New Jersey. The team needed to confirm that there would be real benefits for Medford Leas and that residents would be able to get all the drugs they needed.

For the selection process, the team established a number of criteria. The company must be a national company; it must be able to handle Medford Leas as a group; and its formulary must closely match that of our pharmacy, which must be approved as the dispenser.

Based on these criteria, nine possible companies were analyzed in detail. Every resident's drug history for one year was reviewed to compile a list of the 200 most-prescribed drugs. AARP was found to have 90% on this list and was eventually chosen when it agreed to treat Medford Leas as a group and accept its pharmacy.

Medford Leas is able to derive savings from the program because it is reimbursed for its drug purchases by AARP in amounts greater than the cost of these same drugs when purchased by Frank Simmons under his co-op arrangements.

Dennis emphasized that the drug coverage he described applies only to current pharmacy contract residents. New residents are expected to have made their arrangements for coverage already, in accordance with the Medicare D law and regulations.

QWIK QUIZ

by Sam Burgess

Do you know the United States?

1. Which state(s)' border(s) form a trapezoid?
2. Which state has the longest name?
3. Which two states have a border between them that is an arc of a circle?
4. Which state(s) have the most borders in common with other states?
5. Which state is the farthest East?

[Answers on page 11]

THE FARM

by Rona Keilin

Behind the Nature Center and beyond the Tennis Courts are the garden plots of the residents in an area called The Farm. Some of the plots are small, 3' x 4', and some are big, 25' x 75'. The cheery band of gardeners grows a variety of flowers and vegetables from asters to zinnias and asparagus to zucchini. They help each other with handy helpful hints, fence building, weeding, watering for vacationers, and, of course, sharing produce and flowers.



Rona Keilin

photo by Jim Wolosin

Medford Leas staff provide invaluable assistance. The Maintenance people keep the water flowing through all the pipes and connections. The Landscaping team keeps the paths between plots mowed. They also supply fertilizer, lime, mulch, and shovels, rakes, and other tools. In the early spring, they rototill for those who need that service. Varmints are removed by **Kevin Crain** and Meggie (the author's Kerry Blue Terrier). **Debbie Lux** is always available for information about growing things.

The Master Gardeners may be found in the Nature Center on Monday and Friday mornings to answer questions about bugs, diseases, and other gardening problems. If they or their

reference books can't supply the answer, they will look up the issue on the computer, print out the result, and place it on the questioner's post in the farm. It's a splendid service!

There are still some plots available, so any resident who would like to have one should contact **Rona Keilin** (3608) or **Dunbar Denham** (3643).

RESIDENT IN THE NEWS

Joy Moll's book, *Ties to a Maine Lake*, has been accepted for inclusion in the Maine Women Writers Collection housed in the library of the University of New England's Westbrook, ME, campus. The collection holds over 6,000 volumes by more than 500 Maine women writers and is especially strong in 19th and 20th century resources.

The Maine Women Writers Collection is a permanently endowed special collection of literary, cultural, and social history sources by and about Maine women authors. The materials are held in perpetuity for purposes of historic preservation and scholarly research. The Collection includes rare volumes, unique manuscript material, memorabilia, and artwork documenting Maine women writers' engagement with regional and national concerns from the 18th century to the present day.

The Collection includes works by Sara Orne Jewett, Edna St. Vincent Millay, Kate Douglas Wiggin, Elizabeth Coatsworth, Ruth Moore, May Sarton, Rachel Carson, Elizabeth Oakes, and many other Maine writers both well-known and little-known. It is housed in a state-of-the-art facility that was completely renovated in 1999-2000 and is a registered National Literary Landmark.

IN THE GALLERIES

by Helen L. Vukasin

A new exhibit in the Art Gallery at Medford Leas for the month of March features Cal Massey, a resident of Moorestown. He paints in watercolors and acrylics and is a former designer for the Franklin Mint. Mr. Massey was discovered by the Medford Leas Art Gallery Committee at a show of his fascinating work in the David Flinker Pavilion Art Gallery at Virtua Hospital in Mount Holly.

There will be an opening reception on Saturday, March 11, from 3:30 to 5 p.m., in the Medford Leas Art Gallery.



Three Sudanese Madonnas

Cal Massey

The Gallery on the Lumberton campus will open a new show for March and April with black-and-white photographs by resident **Margery Rubin**. Margery began her career as a painter, basing her work on photography. With a master's degree in political science and plans to go to law school, she did an about-face and decided that she really wanted to continue with photography. She then studied photography at New School University and The School of Visual Arts in Manhattan, and soon moved from painter and amateur photographer to a professional career as a photographer. Like most professionals, Margery has focused on black-and-white film, chemically developed in the dark room for superior imaging. However, she has joined the 21st century as she develops her skills with digital cameras.

There was an opening reception on Friday, February 24, from 3 to 5 p.m., at the Lumberton Community Center.

THRIFT SHOP NEWS

by Kitty Katzell

Kay Hill has been working in the Medford Leas Thrift Shop since 1984, most recently as coordinator. Other responsibilities have now led to her decision to retire from that position. Kay has recently moved to Assisted Living and her husband, **Russell**, has moved to the John Estaugh Unit. Kay will continue to work in the Thrift Shop as a substitute and what she calls "odd-job flunky." She enjoys it too much to give it up entirely. Her many admirers wish her well in her "retirement."

Jan Durbin has agreed to succeed Kay as the Shop's Coordinator. Jan has been working as the Shop's Treasurer and will be replaced in that job by **Peg Scott**. They are both from the Lumberton campus. Both have filled in on those jobs in the past, once last summer when Kay fell and fractured her kneecap and again more recently when Kay moved from the Courts to 3rd Floor Haddon, so they are well grounded in their new official responsibilities.

There have been other staffing changes in the Thrift Shop. **Dorothy Test's** retirement from the Wednesday Night Owl staff was reported in the February issue of *Medford Leas Life* and **Irmgard Allen**, who worked the Night Owl shift, has also retired. The Shop will continue to be open every other Wednesday evening. **Fran** and **Edie Pray** will alternate with **Lynn Immendorf** and **Barbara Degler**, both from the Lumberton campus, to handle the cash box and the sales in Room 1 for the Night Owls. **Louise Evaul** has also joined the Night Owl staff.



JOHN ESTAUGH UNIT STAFF – 2006 *photos by Al Pfeiffer*



Ben Abrams



Flora Alpajora



Donna Boone



Erin Bromley



Tammy Gerhart



Tamara Heller



Carmen Jimenez



Melissa Jobes



Mary Johnson



Colleen Kleer



Mary Krivonak



Maggie Majeed



Dottie Mascellino



Annie Middaugh



Marge Miller



Lucy Nabel



Shirley Nedrick



Debbie Newton-Boyd



Linda Nims



Cathy Szymanski



Sandra Torres



Janet Vinelli



Danielle Wells



Denise Zaugra



Irene Zelasko

RECREATIONAL PERSONNEL



Davina Cornish



Colleen D'Arcy



Casey Korndoerfer



Tracy Lear



Gerry Stride

THE JOHN ESTAUGH UNIT

by Al Pfeiffer & Anita Goldworth

The John Estaugh Unit is little talked about, seldom recognized, but much appreciated by the resident patients and the families it serves. One of the patients is the spouse of one of the authors of this column. Estaugh, as it is called, is a skilled nursing resource for those in need of specialized nursing care. Residents who live in Estaugh are there because, at this time in their lives, they require more structure and more intensive care as a result of various infirmities that make independent or assisted living no longer feasible. All of the residents living on Estaugh were formerly independent residents in Medford Leas.

The philosophy, programs, and activities on Estaugh are carried out by a staff of dedicated professionals. There are three full-time shifts of some 27 health care professionals and recreational specialists who provide the round-the-clock care required for the 37 residents who live there. The successful operation of the Unit is enhanced by a 12-member Resident-Patient Council that works with staff to address the varied interests, concerns, and needs of the residents on the Unit.

Estaugh staff work as a team performing similar functions, regardless of professional credentials. They shower, dress, feed, and meet the residents' many daily personal needs, treating them with dignity, respect, and compassion. They also provide cultural, cognitive, and sensory fitness programs and, on occasion, arrange off-campus trips to places of interest. All of these activities, as well as additional recreational programs, stimulate the residents' minds and bodies, keeping them alert and contented.

One example of the high degree of caring by staff was demonstrated at Christmas, when each resident received a special present privately purchased by a staff member. On several occasions, residents have been invited to share holiday dinners at the homes of staff members. In interviews with staff, they all expressed their

nurturing love for their patients, and they expressed the same love and concern for their fellow co-workers.

The Estaugh Unit is a labor-intensive facility, and its employees have varied credentials that are required for the 24/7 coverage. Significant contributions are made by these dedicated medical and recreational professionals: **Keith Quinton, MD**, and **Christine Torigian, MD**, provide medical supervisory leadership. **Donna Boone, RN**, is the Unit Manager responsible for the smooth running of the Unit. She is assisted by **Tammy Gerhart**, who takes care of all business related details involving staff and resident-patients. There are three other RNs: **Ben Abrams, Flora Alpajora**, and **Dottie Mascellino**. There are six Licensed Practical Nurses, LPNs: **Tamara Heller, Annie Middaugh, Deborah Newton-Boyd, Cathy Szymanski, Sandra Torres**, and **Denise Zaugra**. In addition, there are 14 Certified Nursing Assistants, CNAs: **Erin Bromley, Carmen Jimenez, Melissa Jobes, Mary Johnson, Colleen Kleer, Mary Krivonak, Maggie Majeed, Marge Miller, Lucy Nabel, Shirley Nedrick, Linda Nims, Janet Vinelli, Danielle Wells**, and **Irene Zelasko**.

Leading the team of recreational personnel is **Gerry Stride**, Director of Community Life, who designs meaningful programs for residents of the Estaugh Unit, Assisted Living, and John Woolman. Gerry is assisted by members of the staff who are trained in therapeutic recreation for the elderly: **Davina Cornish, Colleen D'Arcy, Casey Korndoerfer**, and **Tracy Lear**. They develop fitness programs and arrange concerts; schedule programs in the area of cognitive fitness, sensory training, and aroma therapy; and initiate activities to keep patients alert and serene by tending the fish and birds on site and working with the cats and dogs that are brought in for their comfort and enjoyment.

All of these many services to the resident patients in the John Estaugh Unit are carried out with love and dedication, for which the patients and their families are most grateful.

'PATIENCE' AND 'FORTITUDE' AT NYC LIBRARY

by Philetta Lobo

In the depth of the Great Depression, Mayor Fiorello LaGuardia of New York City gave the names Patience and Fortitude to the two mighty stone lions guarding the steps to the Main Public Library at Fifth Avenue and 42nd Street. They're beloved icons now, of course, but when first installed they were criticized as looking too "snooty."



In 2000 Patience and Fortitude wore Yankees and Mets Caps in celebration of the first subway series in 44 years

That was only one factual tidbit I picked up on a recent visit to the Library with my granddaughter. We had come to investigate the newly renovated Rare Map Room (we love maps), but when we joined a docent-led tour of the building, we discovered a whole new world of dazzling architecture and fascinating history.

Opened in 1911 "to all people forever and free," it took 10½ years to build on the dry bed of an old reservoir. It cost \$5,500,000 from wealthy donors who, strangely enough, passed over famed architects to hire two unknown upstarts in their 20s, fresh from their Paris studies and bursting to build a Beaux Arts palace – classically designed and lavishly appointed. The marble alone came from 37 countries.

As an Historic Landmark, the existing building cannot be changed. So when new high-tech facilities were needed, a radical solution was sought. A huge marble "box" was plunked down inside the old building, freestanding next to, but not quite touching, the existing walls. But there's more ingenuity: To gain additional book storage space, a tunnel was burrowed out back underneath Bryant Park. Currently, the Library promises that any book ordered is delivered within 20 minutes.

Several beautiful rooms function as exhibit spaces. We found woodcuts, Walt Whitman manuscripts, exquisite 15th century illuminated manuscripts, and, in the Rare Map Room, a 1780 map of New Jersey where we were able to locate Burlington, Moorestown, Haddonfield, Crosswicks, and "Earton," but no Medford.

ARBORETUM BULLETIN BOARD

by Kitty Katzell

The Arboretum Bulletin Board to the left of the bank window invites residents (and staff) to "Match That Tree." There are pictures of eight trees in the Pinetum along with a supply of forms to fill in with the number of the picture that matches the tree name. When the sun is shining and the ground gets firm enough to walk through the Pinetum, it might be pleasant to take a stroll and identify the trees. (Hint: The eight trees are among the first 27 described in the Pinetum Self-Guided Tour leaflet, available at the Front Desk.)



photo by Stan Brush

A Wealth of Languages VIII

by Betsy Pennink

Ed. Note: This is another in the series on the language skills of Medford Leas residents.

Karin Sannwald was born in Stuttgart, Germany. She began studying English in school when she was 12 years old. She remembers flunking it at first because she was not interested in it. Later, after marrying an American and moving to the US, she found herself working hard to perfect her English. Watching television programs, both news and entertainment, was extremely helpful. By 1966, Karin had earned her G.E.D. (General Education Development) credentials. She then attended Rutgers University, where she took pre-med courses. She received her B.A. in 1972. Karin went on to Rutgers School of Social Work for two years of graduate studies. In 1988 she enrolled at the Family Institute of Philadelphia. After three years she earned her certificate in Family Therapy and has had her own private practice ever since. Although she uses English almost entirely now, Karin still speaks German with her family here and in Germany. She tries to return to Germany at least once a year for a visit.

Russell Hill was born in New York City but was introduced to European languages at an early age. His mother made many trips abroad, sometimes staying for months at a time. He was in a Swiss kindergarten when he was four. When he was 13, Russell attended the Collège de Genève. Instruction was only in French and Russell became fluent. Next his mother studied in Germany, and Russell and his sister were sent to a progressive school in the Odenwald, where they became proficient in German. At the beginning of WWII in Europe Russell made his way to Berlin and was hired immediately by the *Herald Tribune*. There he remained until the Nazis closed the bureau and expelled the foreign correspondents. Russell went to Romania, where his French stood him in good stead, then on to Yugoslavia, Greece, and Crete. Escaping on a British boat, he arrived in Alexandria, Egypt. His next assignment was covering the British troops on the Western Desert

in Africa. Russell followed the fighting up the “boot” of Italy, managing in Italian because of his language background. After the war, still working for the *Herald Tribune*, he was based in Berlin. He covered the Nuremberg trials and made frequent appearances on a television program featuring German-speaking foreign correspondents. Russell also studied Russian, which he found useful on a tour of the Iron Curtain countries. In 1948 he joined Radio Free Europe and moved to Vienna. He was a correspondent there and later in Berlin and Munich, where he was in charge of newsgathering. In 1963 Russell returned to the US and has used his language skills reading French, German, and Italian newspapers.

ANSWERS TO QWIK QUIZ

1. Colorado and Wyoming. All of the others have irregular borders.
2. The State of Rhode Island and Providence Plantations – the official name of the state.
3. The border between Pennsylvania and Delaware.
4. Tennessee and Missouri – each has common borders with eight other states.
5. Alaska. It reaches to about 172° East longitude.

IN MEMORIAM

Helen Bliss	January 21
Milton Dukler	January 21
Sophie Lewin	January 25
Thompson Coe	January 30
Susan Pettiss	February 5
Andrew Szilasi	February 16

CCRC PET POLICIES

by Kitty Katzell

A recent survey of New Jersey CCRC policies regarding pets has been reported by ORANJ, the Organization of Resident Associations of New Jersey. Medford Leas is definitely one of the most "pet friendly."

Many facilities have explicit rules and regulations about pets. Navesink Homes do not allow pets at all. Keswick Pines, Cedar Crest, and the Evergreens allow an entering resident to bring one pet, but when that pet dies, a replacement is not permitted. Harrogate specifies certain conditions under which an applicant would be denied admission because of a pet or, if admitted with a pet, the pet could be removed. Four facilities have specific regulations dealing with visiting pets.

Pet approval lies with Resident Services at Crane's Mill, Cedarcrest, Crestwood Manor, Medford Leas, and Seabrook Village. At Harrogate, it's with the Director of Marketing. All facilities that allow pets require that they be registered with management in some form.

Five New Jersey CCRCs specify the maximum size of dogs, and six require that residents' cats be declawed. Some have regulations regarding fish and birds, and some require the payment of an annual fee if a resident keeps any pet.

All of the New Jersey facilities say that a pet must be kept in the owner's apartment and that pets are not permitted in certain areas, such as dining rooms, the health center, and areas where food is prepared.



Pat Donnelly and one of Karen Raynor's Bassett puppies

Medford Leas' regulations make it possible for residents to enjoy all manner of pets while also allowing the pets to enjoy long, happy, comfortable lives. Staff and fellow residents even assist with pet care, transportation, adoptions, and bereavement therapy.



CLASSICAL MUSIC CD COLLECTION

by Bob Hambleton

Eight hundred compact discs! Sounds like a lot of CDs, and it is. If placed side by side on a shelf, the shelf would have to be 25' long! Yet that is the size of the collection of Classical Music CDs that **Elsie Lisovitch** amassed over the years. Elsie was a resident who died on September 26, 2004. Her CD collection has now been passed on to Medford Leas for residents' enjoyment.

Medford Leas has donated a fine new display cabinet, which is now in the Library, on the far side near the windows and just beyond the large dictionary stand. Residents may borrow up to six CDs at a time for their home listening pleasure. Borrowing will be on the honor system, so residents may borrow what they wish and return the CDs in a reasonable time to the basket on the counter near the collection.

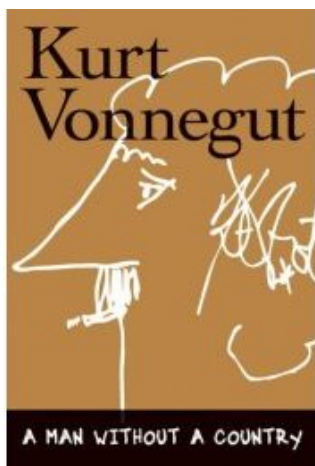
The collection starts with two shelves of some 200 orchestral works (symphonies, concertos, etc.) including 40 works by Mozart. One compartment in this section is devoted to semi-classical works. The third shelf has about 100 vocal works: soloists, operas, choruses, masses, and requiems. The fourth and fifth shelves hold more than 150 chamber music CDs of all kinds. There are several hundred more CDs in storage, mostly recordings of chamber music.

BOOKS WE ENJOYED READING

A Man Without A Country

By Kurt Vonnegut (146 pages) illustrated

“There is no reason good can’t triumph over evil, if only angels would get organized along the lines of the Mafia.”



This is Kurt Vonnegut, irreverent and humorous. He was the youngest in a family of artists and found the only way to enter into adult conversation was to be the jokester of the family. Now at 82 he is still going strong. Every reader should rejoice that he has decided to write again. After 24 books he had called it quits, but

now along comes his latest, *A Man Without A Country*, a series of short essays on the condition of the human race at the beginning of the 21st century.

Vonnegut witnessed the destruction of Dresden, Germany, during World War II, as a prisoner of war, hiding in an air raid shelter during the fire bombing of the city. This experience led to the novel *Slaughter House Five*, which was also a successful movie.

He is both a humanist and an environmentalist “...evolution can go to hell as far as I’m concerned. What a mistake we are. We have mortally wounded this sweet life-supporting planet...”

Some readers may not appreciate the sarcasm and irreverence of this writer from Indiana, but he is pleading for ways to keep the planet Earth alive and well. He has his heroes: Lincoln, Mark Twain, and the little-known doctor Ignaz Semmelweis.

This book is meant to be read aloud to others and reread. The reader closes the book thinking, if only people would pay attention to iconoclast Kurt

Vonnegut’s message. Does he see hope for humankind? His parting words for all are, “As my father told me a long time ago – When in doubt, castle.” (Any chess player can explain this).

This book is in the Medford Leas Library.

by George Rubin

FRANKLIN REDUX

by Nancy Darling

The current spate of newspaper stories about Philadelphia’s celebration of Benjamin Franklin’s 300th birthday has reminded me that in 1956 I helped to celebrate his 250th birthday.

Henry S. Drinker, a Philadelphia lawyer, amateur musicologist, and member of the American Philosophical Society (of which Franklin was a founder), was asked to provide the music for the Society’s celebration of the 250th anniversary of Franklin’s birth. Mr. Drinker selected and arranged music that Franklin had probably enjoyed.

My friend Ellen and I were invited to play the two French horn parts in the small ensemble Drinker had assembled. Our parts were not difficult, but I did feel a little nervous when Ellen leaned over and whispered, “Do you realize who these people are? We’re probably the only ones here without ten honorary degrees.”

Nonetheless, the horn players did not disgrace themselves, and the music was enthusiastically received.



CLOSE TO JUSTICE O'CONNOR

by Ellen Stimler

On January 18, I sat at a conference table just a few feet from the lectern of Supreme Court Justice Sandra Day O'Connor as she was starting her luncheon address on the importance of an independent judiciary.

The occasion was the annual meeting of the International Institute for Conflict and Dispute Resolution at the former Essex House in New York City. I had been invited by my brother, Frank Sander, a long-time professor at the Harvard Law School. He gave the opening address on the founding, development, and current problems of the organization.

The Justice attended the conference from its 9 a.m. start, making copious notes during others' presentations. After each speech, several numbered issues raised by the talk were flashed onto a big screen, and the attendees, including Justice O'Connor, rated them in importance. The ratings were made by pushing the appropriate number on an electronic device that looked like a small calculator at each attendee's place in the conference room. Within seconds, the system listed the results on the screen in both totals and percentages.

In his introduction of the Justice, an official of the Institute called her "the greatest living American" and "the gold standard" of what a justice should be like. In her talk, the Justice cited numerous examples of political interference in the judiciary process in countries abroad but also in the United States. The greatest recent excesses occurred in Zimbabwe, where demonstrators stormed the Supreme Court. In the U.S. she listed FDR's court-packing proposal and other legislative attempts to restrict the Supreme Court's jurisdiction or cut its budget. Concluding, she said she is "deadly serious about judicial independence" and that "the threat to it is real."

I came away with feelings of deep sadness that the wisdom and independent thinking of this superb jurist would now be missing from the U. S. Supreme Court.

WHO'S NEW

new resident photos by Ruth Huysman

Mort and Tali Yeomans moved to 48 Woodside Drive from Massillon, OH. They have been married for over 52 years and have lived in Kansas, New Jersey, Pennsylvania, California, England, and Ohio.



Tali was born in eastern Oklahoma and attended Northeast Oklahoma University before marrying Mort and moving to Lawrence, KS, where Mort attended the University. Tali has been a full-time homemaker. Housekeeping in all its forms, craftwork, and grooming their poodles have occupied most of her time. She has enjoyed tennis and skiing, but her main interests outside the home have been in church and volunteer activities and bird watching.

Mort was born in Somerville, NJ, attended Princeton High School, and earned a B.F.A. in silversmithing at the University of Kansas. He served two years in the Army during the Korean War. After deciding that silversmithing was not to be his life's work, he



joined his father as a cabinet maker specializing in Early American furniture. Later he joined Johnson & Johnson and eventually became Director of Distribution for Ortho Pharmaceutical. After running a plant in England for J & J for several years, he moved to Fisher Scientific as Vice President and General Manager of their Logistics Division. Finally, he spent six years as a Logistics Consultant until his retirement in 1994 to Massillon. Mort has been active in the Lions Club, Board of Education, Habitat for Humanity, Friends Disaster Service, and church consistory work. The last six years, he has been active preparing backdrops and props for local church and school plays and mission teams. His other interests include gardening, tennis, golf, and woodcarving.

Continued on next page

Mort and Tali have three daughters and one granddaughter. They look forward to life at Medford Leas at a little slower pace than before

by Mort Yeomans

Irma Skates Lawrence, Apt 34, was born in her great-grandmother's house by an orange grove in an agricultural area in Arcadia, FL. A year later, her parents moved to Manchester and then East Hartford in Connecticut, and Irma lived there until she and her husband retired to Arcadia.

Irma had a brief, terminated wartime marriage. Then, at her sister's wedding, she met Ted Lawrence, newly widowed, with four-month-old and six-year-old sons. Just four months after their meeting, Irma and Ted were married, and she acquired "a wonderful husband and marvelous sons." The Lawrences had another son and a daughter. Today three of these four grown children are doing social work with children or underprivileged people: daughter Lynn lives in Cherry Hill; Earl lives in Silver Spring, MD; and Teddy lives in Illinois; the third son has died. Irma says that all her children are helping to make the world a better place.



Irma and Ted were married for 56 years. He died in 2004. In Connecticut, Ted was in the heating and air-conditioning business. He and Irma were active in church, school, and family life. Back in Arcadia, they were involved with the Host Program, which helps children to read. Their church, VFW, and American Legion had frequent potluck suppers, and Irma was called the "lemon pie lady" for the pies she made from lemons from their grove. Irma likes to knit, and she visited the Busy Hands in her first week here. She feels very happy at Medford Leas to be near her daughter and not far from one of her sons.

by Margaret Melstrom

Medford Leas became the retirement choice of another second-generation resident when **Betty Wakeley's** daughter, **Susan Dowling**, moved into Bridlington 672 with her husband, **Austin**.

Susan and Austin got to know each other when they both worked in the bond business and lived in the same neighborhood in New York City.



After their marriage they remained in New York City two more years and then moved to Washington, D.C., where Austin became Director of the Office of Finance for the Federal Home Loan System. Susan free-lanced part-time for different employers.

Austin retired after 12 years, and they moved to North Beach on Long Beach Island.

Susan grew up in Chatham, NJ, and received a business degree from Baldwin Wallace College in Ohio. Her first job was in market research for Proctor and Gamble, making house calls and traveling. Austin is from California and has a B.A. and an M.B.A from Stanford. Before moving to New York, he worked for a firm of investment advisors in Los Angeles.



At Medford Leas, both enjoy walking and reading, and they expect to do some traveling. They have a computer but use it sparingly. Susan is a birder and an active volunteer for the Pinelands Preservation Alliance. Austin keeps his hand in finance as a board member of three mutual funds. From a previous marriage, he has two children and five grandchildren.

by Ellen Stimler



MARCH CRYPTOGRAM

by Betty Donahue

HLNFSTH SO PIHQ SQ SO KNTHWON

PN HFN UFNN QC NRYFNOO CWF

CYSVSCVO. CYSVSCVO HFN VNDNF

IHFLUWA; CVAX JNOQFWTQSDN

KNIHDSCFO HFN.

--JHDSJ LCVQHADC, OTSNVTN

QNHTINF WYYNF LNFSCV I.O.

Here is the solution to the February cryptogram by Della Williams:

ONCE UPON A TIME, AND A VERY GOOD TIME IT WAS, THERE WAS A MOOCOW COMING DOWN ALONG THE ROAD, AND THIS MOOCOW COMING DOWN ALONG THE ROAD MET A NICENS LITTLE BOY NAMED BABY TUCKOO. –JAMES JOYCE

The correct solution was received from 30 residents: **Ken Anderson, Ruth Blattenberger, Judy Braddy** (employee), **Mort Bregman, Florence Brudon, Marion Burk, Anne Cree, Alice Culbreth, Liz Dill, Betty Donahue, Louise Evaul, Herb Heineman, Barbara Heizman, Patti Hopton, Eleanor Horner, Jane Hunter, Hugh Jenkins, Kitty Katzell, Sally Klos, Mary Hope Mason, Sally Miller, Alice Norcross, Helen Peterson, Betty Preston, Alfred Rudrauff, Doris Salati, Florence Sawyer, Ellen Stimler, John and Marie Winton, Gladys Wynkoop.**

Please put solution in an envelope in Box 116 by March 10 or email to estimler@medleas.com
We still need cryptograms for future issues.

MEDFORD LEAS LIFE

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

Recorder: Florence Sawyer

Medford Leas Life is published monthly, September through June, by the Medford Leas Residents Association. Copies are distributed to all residents and to those on the waiting list. Subscriptions are available to others at \$7.50 per 10-issue volume by writing to Medford Leas Life, 144 Medford Leas, Medford, NJ 08055. Medford Leas can be reached by phone at (609) 654-3000; by FAX at (609) 654-7894; on the World Wide Web at www.medfordleas.org. The email address is information@medfordleas.org. When using FAX or email, specify the name of the person to receive the message. The Medford Leas Residents Association has a separate website at www.mlra.org.

Deadline for submissions:
10th of the month preceding publication



printed by Minuteman Press, Berlin, NJ