



# Medford Leas LIFE

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## DR. QUINTON LEAVING: A LAMENT

by Hana Stranska

I'm already crying buckets  
And we haven't yet reached June!  
I do so wish it didn't happen,  
But I might as well wish for the moon!

It's not that he doesn't well deserve it,  
It's just that I feel completely in the lurch,  
Just like the bride whom her bridegroom  
Abandoned at the altar of the church.

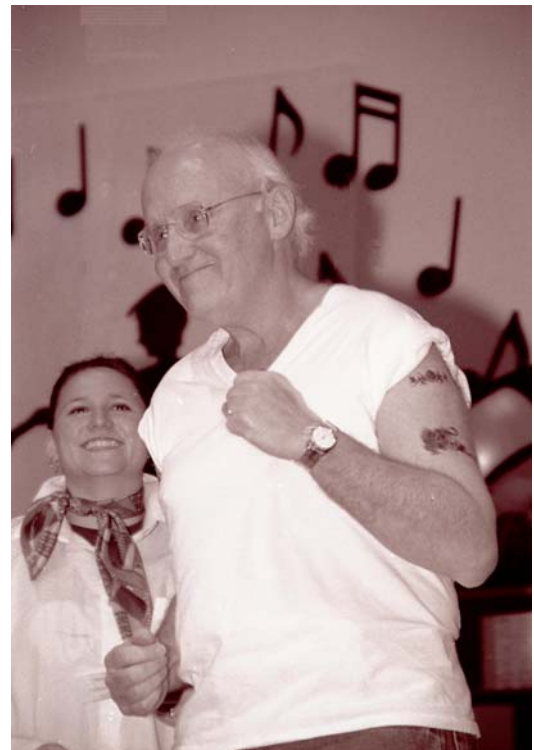
And why do I feel so deserted?  
Why is this parting such a wrenching loss?  
The bird that's hovering and smiling  
Is the celebrated albatross.

Because his unique combination  
Of professional know-how and charm  
Has kept us, lucky residents,  
Through the years cozy and warm.

I do not envy his successor,  
Who'll have to wear those super-outsize shoes,  
While we, abandoned residents,  
Are quietly singing the blues.

And how do we cope with this, to us,  
Quite devastating news?  
Not by wishing it didn't happen,  
Not by reaching for the moon,

But by realizing, whenever he'd leave us,  
It'd always be much too soon.



Doing the Twist: December 2005 Employee Show  
photo by Margery Rubin

## DR. QUINTON RETIRES

by Maggie Woodard

Residents and staff knew that eventually **Dr. Keith Quinton** would retire. They were surprised and saddened to learn that on June 30 he would finally step down as medical director. When **Dennis Koza**, CEO, made the announcement, he said that Dr. Quinton, in his 17 years of dedicated service, has been a "tremendous asset to the community, not only as a provider of medical services, but as a friend and confidant to residents and staff alike, and also as a participant in many of our community activities."

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**Janet Rumble**, RN, NP, Director of the Health Center, described Dr. Quinton as a “motivator, mentor, and most of all, a co-worker and leader. He was a driving force for many changes that enhanced the quality of life at Medford Leas.”

**Wendi Ruddy**, RN NP, had this comment: “Dr. Quinton is a lovely mixture of the personal and professional. He has given us superior medical guidance in a caring, warm, and humorous manner. We will proudly continue his example.”

When asked in an interview what he most enjoyed about working at Medford Leas, Dr. Quinton responded: “The people and staff. This was the most welcoming place I’ve ever experienced.” He said it became like a family. He talked about the dedicated and well-qualified staff, and what a wonderful experience it had been working with them.

As to the biggest problems he encountered here, he said the number one problem was persuading residents to accept limitations as they grew older, such as giving up driving. With a grin, he added that the second big problem he faced was being told that he must be in the Employee Holiday Show!

Dr. Quinton listed arthritis as the major illness he had to deal with, followed by different forms of dementia, heart disease, and cancer. He observed that there had been changes in demographics during his 17 years. The population doubled and, as a result of advances in medications and treatment procedures, people are living longer. He added that “we have an opportunity to do as much as possible to maintain a good quality of life in spite of advancing years. Think of **Ping** and **Anna Burr**.”

Asked to compare the practice of medicine as medical director here with his former private practice, he said he much preferred not having to manage paper work, insurance, and bills. Here he can take care of patients and just practice medicine. He enjoys learning about people and their lives and likes being able to spend more time with patients than he could in a typical private practice. As a result of his interest in people’s

lives, the “Who’s New” biographies in *Medford Leas Life* are being added to residents’ health files.

Dr. Quinton looks forward to the future. There are so many things he wants to do: Photography, relearning to play the piano, sketching and drawing, gardening, spending time with former Medford Leas colleague Dr. Morton Hoffman (they may take courses at Penn), volunteer teaching in Camden schools, exercise, learning how to cook, and most important, spending time with his wife, Cindy, and their extended family.

All residents and staff thank Dr. Quinton for the 17 wonderful years he has given us and hope that he will enjoy many happy, healthy, and productive years in his retirement.

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## FLOWER SALE

by Dottie Kriebel and Ellen Wiener

The annual spring plant sale will take place on Thursday, May 11, in the Estaugh Mall from 8:00 a.m. to noon. Residents and staff are encouraged to buy plants for their gardens and porches and to celebrate Mother’s Day, the following Sunday, with flowers.

The sale offers a selection of hanging baskets holding geraniums, fuchsia, new wave petunias, and other flowers; and also potted plants to brighten your yards, such as marigolds, ageratum, alyssum, and snapdragon. Herbs, tomato, and pepper plants will also be available. Prices will be below retail. Profits from the plant sale will help pay for flowers in the public rooms at Medford Leas during the year.

Once again, residents using wheeled vehicles and walkers may choose their plants the night before, on Wednesday, May 10, between 5:30 and 7:30 p.m. All other buyers are requested to wait until Thursday morning.

## COPING WITH THE STORM

by Della Williams

Medford Leas residents feel very snug, safe, and cared-for when threatening weather looms. We know that through the stormy night, security is on duty and emergency medical care is available. We know that in the morning the walks will be cleared and the roads open. We know we will travel safely through the shoveled courts and covered walkways to the dining room for a hot, well-prepared meal. Good planning and devoted staff make all this possible.

One Friday night in February when the snow fell steadily for 18 hours and more than a foot of snow was predicted, the Maintenance and Landscaping crews gathered early and worked through the night. They used trucks and tractors to plow and a dump truck to distribute sand and salt. **Bill Murphy**, Director of Operations, and **Jim Wolosin**, Director of Maintenance, Landscaping, and Security, not only supervised the project but also manned a truck and a tractor. In the early morning part-time workers (high school young men alerted for the occasion) shoveled the snow that had blown into the courts. Though it was still snowing in the late morning, walking to the dining room was not a problem. To the experienced staff this was a busy night, but a non-event when compared to the storm of '96, which lasted three days. They still recall taking brief breaks from the round-the-clock shifts by collapsing in the chairs alongside the pool (the warmest room in the building).

Food Services personnel, who worked through the night, prepared snacks for the crews. Shortly after his 5:30 a.m. arrival, **Brad Mauger**, Executive Chef, consulted with **Bill Perham**, Director of Food Services, and put the contingency dinner plans into effect. Dinner would be served early, starting at 12:15 so that our young servers would not have to travel in the dark, and, in order to cope with a smaller staff, buffet service would replace the usual table service. Staff was re-assigned to accommodate the new dinner arrangements. These plans were communicated to the full-service residents using

the phone chain of the Friendly Visitors. Dinner plans went off without a hitch, with the usual fine quality and variety, and our young servers got home early and safely.

Nurses are essential workers, explains **Liz Conlin**, Director of Nursing. During states of emergency such as the storm of 1996, local police and the National Guard help nurses to get to their posts. On other stormy days throughout the years, nurses have been driven to work by ML's Landscaping trucks and by Liz Conlin herself in her four-wheel-drive vehicle. (She ran out of gas on one such trip because she ventured out before the gas stations had been plowed.) This time, there were no requests for pickups and only one of the nursing staff slept over. Nurses know they are essential and, with almost no exceptions, they manage to come in, said Liz. However, some of the elements of the Emergency Plan for the three nursing units were implemented. When Food Services staff was short-handed in the nursing units, paper plates were used instead of china and a single entrée was served instead of a choice of several.

Even when the storm subsided, residents were grateful that they did not have to shovel themselves out to shop for provisions as they had at their previous residences, and that emergency aid was just a phone call away.



photo by Ellen Stimler

## ANNA BURR IS 106

by Margaret Melstorm



photo by Margery Rubin

**Anna (Anne) Thompson Burr** looked forward to and enjoyed her 106<sup>th</sup> birthday party just as much as any young girl would. The birthday luncheon held on March 10 in the Private Dining Room was attended by Anne's relatives, former students, and recent

friends. The decorations were spring bouquets and gay balloons, and the food was delicious. But the highlight of the luncheon was when the Administration and staff – far more in number than the guests – paraded into the room before dessert and sang "Two-Gun Annie" and "Happy Birthday." When the singers left, Anne explained that when she was a school principal, she held her hands in her jacket pockets and pretended she had guns there with which to shoot misbehaving students! Also, she told us that once, when her school was moving to a building across the street, she had the students carry their chairs to the new location to save moving expenses.

Anne was born in Bordentown in 1900, and at age 21 she began her 43-year teaching career in the district. When she retired in 1966, she became active in many civic and charitable activities: she became president of the Visiting Nurses Association, the Bordentown Library, and the Cemetery Association. She was an active member of the Historical Society, and she was given honors such as having a room named for her in the Clara Barton School and being chairwoman of the Bordentown City Bicentennial in 1976.

Anne has lived at Medford Leas since 1983. During these years, genealogy has been her passion. She has researched her family back to the 17<sup>th</sup> century, and her books on the Burr/Thompson family are in the state library.

## EMPLOYEE OF THE YEAR

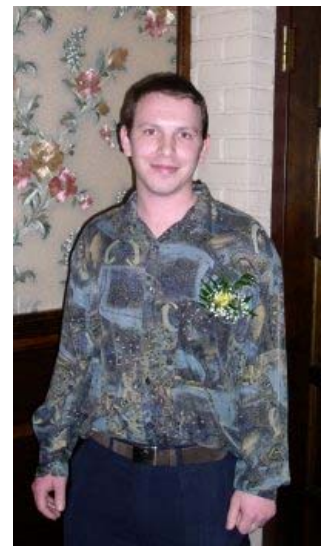
by Kitty Katzell

The annual Employee Service Recognition Dinner was held on March 3 at Charley's Other Brother. It was the largest turnout ever, including staff, representatives of MLRA and the Estaugh Board, and their guests.

**Dennis Koza**, CEO, served as master of ceremonies for the evening and called special attention to the 35<sup>th</sup> anniversary observance, for which the theme is "Medford Leas: Celebrating 35 Years of Tradition and Innovation." **Miller Biddle**, Chairman of the Estaugh Board, expressed the Board's appreciation of staff's many contributions. **Jack Akerboom**, MLRA President, spoke on behalf of residents, using Maslow's Hierarchy of Needs to illustrate the ways in which Medford Leas staff care for residents.

For many who worked in traditional job settings, the length of service of Medford Leas' employees is dramatic! This year, 36 employees were recognized for three years of service; 18 for five years; seven for ten years; two for 15 years; nine for 20 years; three for 25 years; and one, **Linda Hicks** of the Health Center, for 30 years. Next year, it will be possible for the first time to recognize those who have served 35 years!

The highlight of every year's Recognition Dinner is the announcement of the Employee of the Year. That person is chosen by the past year's twelve Employees of the Month from among them. The suspense is palpable, because all twelve are worthy of the honor. Finally Dennis announced that the 2005 Employee of the Year is **Barry Sherzer**, who works in Environmental Services. Congratulations, Barry, and thank you for your loyalty and service to Medford Leas.





## STAFF DIVERSITY AT MEDFORD LEAS

by George Rubin

“Diversity exists everywhere we turn,” states **Pat Wilus**, Director of Human Resources. “Providing a work force that is diverse means that it is inclusive of all types of individuals. It includes differences in age, gender, race, ethnicity, physical and mental capabilities, sexual orientation, economic status, physical characteristics, veteran status, and so on.”

One of the indicators used to gauge the success of diversity initiatives is the percentage of minorities and women in the work force. Medford Leas has traditionally had a high percentage of females in its work force. Currently, 75% of the work force is female.

Among other interesting statistics, Pat Wilus noted that the average age of Medford Leas' employees is 40.2 years and the average length of service is 8.2 years. Minority representation among employees is currently at 15.9%. This indicator has ranged from 11% to 13% in the past. Given the population of the surrounding area and the lack of public transportation, Medford Leas has continued to improve minority representation in its work force.

Members of minorities who work in Nursing, Maintenance, Environmental Services, Resident Services, and Administration tend to be visible to residents. Those working in Dining Services are less visible. For example, **Vilma Andover**, Food Service Supervisor, came to the U.S. from the Philippines in 1979. In 1986, she was hired by Medford Leas as the morning food supervisor. Until recently, she was in charge of all the food production in the kitchen. A few months ago, she was promoted to Supervisor of the Coffee Shop. She finds her new position challenging. Her goal is to try new things and special dishes to go with the holidays. Some years ago, there was a Philippine night with dancing and food. Vilma would like to see this type of program again.

**Fanchon (Fanny) Dixon** is the lead cook working under **Brad Mauger**, head chef. Fanny is Afro-

American from Philadelphia. She has a degree in culinary arts science and has been working here as lead cook for five months. Her previous employment was as assistant manager at a Friendly's Restaurant and she has also done restaurant work at the Marriott and Hilton Hotels.

Medford Leas offers a welcoming environment to its diverse population of residents and employees, consistent with its mission, vision, and values.

## WATER VOLLEYBALL

by Grace Schaffel



Do you want to overcome the winter blahs with the added benefit of toning up your body? Then come out and join the water volleyball gang in the Medford Leas Pool on Fridays from 1:00 to 2:30 p.m. It's fun, and you'll find that you laugh a lot and get to know a great group of people. Try it! You'll love it!

### IN MEMORIAM

Phillip (Ted) Scott	February 25
Dr. Joe D. Wray	March 9
Margaret Palese	March 12
Adele Riley	March 15
Hilde Fischer	March 21

## MEDFORD UNIVERSITY CELEBRATES FIVE YEARS

by Kay Cooley

The word 'lite' is ubiquitous in contemporary culture. There are Miller Lite and Dannon Lite, for instance. But college lite? How else describe college-level instruction without a campus, courses without homework or exams, and faculty without rank? Medford University is college lite.

It started when this writer, then the president of the MLRA, met with Dr. Kris Dixon, then Associate Dean of Community Enrichment at Burlington County College. Would Dean Dixon send BCC professors to teach at Medford Leas? Yes, she would, and she named the new venture Medford University.

A year later, in April 2001, adjunct professor Anita Parente taught the first course, "Views of the Ancient World," to 90 residents. She covered, in six 90-minute classes, ancient civilizations from the Sumerian and Mesopotamian to the Greek classical period. At its conclusion, BCC Vice President of Academic Affairs Dr. Gene Giovannini and Dr. Dixon presided over a 'graduation' at which the students, all of whom had 'passed,' received certificates and BCC tee shirts. The oldest among them, **Annemarie Walter**, at 96 felt she had fulfilled her dream of attending college.

In July of that year, the first of the summer lecture series unfolded. Three professors each gave a one-hour class in the area of his or her expertise. Since then, lectures have been given by one person who teaches four classes.

BCC supplied lecturers throughout the 2001-2002 academic year. Professor Karen Woodward of the sociology department taught two sessions in the fall, and Dr. Kathleen Sweeney, a biologist, not only taught ecosystems but also courageously took the class on a field trip to the Pine Barrens.

That summer Dr. Bob Hedrick, a retired university professor of Russian and American Literature, taught classes on "The American Dream: Three

(American) Writers' Perspectives." Visually challenged, he memorized his talks and totally captivated his audience. Since then he has returned to lecture five times.

From then on, Medford University faculty mostly came from four-year institutions. Katie Henry, Ph.D., daughter of **Peg Carruthers**, taught the 2003 summer series on "American Italy: Italy in Three American Short Stories," and in the fall, Stacey Ake, Ph.D., gave the first of two philosophy courses. In addition, Dr. Ake has graciously referred three other professors who have taught at Medford U.

The arts have been represented by two lecturers: Dick Smollens, who gave courses on composers of American popular songs and American musical theater, and Joe Truitt, a regional cinematologist, who presented a series each on musical biography and documentaries. Art history was recently represented by Dr. Nancy Heller's course on "Four Aspects of Modern & Contemporary Art."

Resident support of Medford University has been strong. In addition, waiting list members and the local public have attended courses in increasing numbers. Over five years, total enrollment for 20 courses and lectures stands at 1,840. (Note that enrollment doesn't mean attendance!) To help with the growing workload, **Rita Sagi** has served as a very capable assistant coordinator for the last two years.

In this fifth anniversary year, innovation will take precedence over tradition. Instead of a spring course, six Medford University professors are returning each to give a lecture. May Medford U. continue to thrive with superb professors, enthusiastic residents, and a balanced budget!



*Medford Leas*

**VISION AND INNOVATION  
IN DINING DEPARTMENT**

by Ellen Stimler

The attractive new work stations replacing the cluttered appearance of the old Dining Services Office are predictive of the many changes, upgrades, and technical innovations instituted and planned under the management of **Bill Perham** as Director of Dining Services.

Bill is a believer in the team approach, and for this interview he assembled as many of his team as were available: **Brad Mauger**, Executive Chef; **Kim Wagner**, Catering Supervisor; **Christie McGowan**, Dining Service Supervisor; **Christina Riccardo**, Clinical Nutrition Manager. Absent team members were **Vilma Aldover**, Coffee Shop Supervisor; **Annamarie Dotsey**, Dietitian; and **Helen Smith**, office manager.

The team approach is used for the new way of dealing with food PIWs, containing residents' written comments on meals and dining-related issues. The PIWs are sorted and then given to the team member involved. For example, a complaint about quality or temperature of a particular dish is shown to Brad, but one dealing with service goes to Christie. Each PIW is individually addressed, a plan for correction is made, and the information is shared in writing with the MLRA Food Committee.

Another important change is the scheduling of team members during the evening dining hours. Bill wants to stress that residents dissatisfied with something during their meal should ask to speak to a supervisor if the hostess is unable to correct the situation.

In the kitchen, two lead positions have been created with chefs having culinary arts education. They are working with the kitchen staff to help them to maintain a high standard of food preparation and service on a daily basis.

The team is working closely with the members of the MLRA Food Committee on the menus and, at their suggestion, has brought back some old favorites such as meatloaf, and spaghetti and meatballs. Also at the Committee's recom-

mendation, wild salmon is now being served exclusively to allay health concerns associated with farm-raised salmon.

One of the most dramatic innovations will come in the spring, when new technology will transform the way waitstaff transmit residents' orders to the kitchen. The new system is called Point of Service and will be identified as POS for short. After POS is installed and the staff has been trained in its use, waitstaff will still go around the tables and write down residents' menu selections. But instead of taking their slips into the kitchen, they will punch the orders into a touchscreen on the wall, which will transmit them to the kitchen immediately. The kitchen will be able to fill the orders from the printouts received, without having to decipher the handwritten slips. Bill indicated that it will take some time for staff and residents to get used to the new system, but once it is running smoothly, time savings should be realized. The records of residents' choices available with the POS system will also be of great help in determining the amounts of food to order, thus cutting down waste.



Finally, a major effort is under way to improve the delivery of meals to the nursing areas. Bill has researched a number of vendors offering products to solve some current problems, and a decision is expected after meetings with these companies in March.

Bill emphasized that none of his plans could be realized without the support and encouragement from everyone in the Administration. "It's such a unique community, with so much talent," he says.

**RESIDENTS, STAFF IN THE NEWS**



by Ellen Stimler

**Ann Walker's** appointment to the Medford Township's Senior Citizens Advisory Board was announced in the January 19 issue of *The Central Record*. Ann said she agreed to serve at the suggestion of **Jane Weston**, Director of Marketing and Community Relations, and **Jack Akerboom**, MLRA President. Ann will represent Medford Leas on a seven-member board, which will work with township officials on matters affecting seniors. Each board member has been assigned responsibility for specific areas. Ann's responsibilities are (1) to develop trips with the Recreation Department; and (2) to serve as liaison between the board and Medford Leas by making sure that the Medford senior community is aware of all Medford Leas events open to the public.

The *Neighbors* section of *The Philadelphia Inquirer* on Sunday, March 5, carried a picture of MLRA President **Jack Akerboom**, CEO **Dennis Koza**, and MLRA Vice President **Beni Taylor**, celebrating Medford Leas' 35<sup>th</sup> anniversary. The March 6 issue of *Senior Scoop* also covered the birthday celebration, showing pictures of the big decorated cake in the Coffee Shop and residents **Anne** and **Gordon Cliff** and **Lili Wronker** helping themselves to pieces of cake for their lunch.

**Toby Sullivan** won the second prize worth \$175.00 for her abstract monoprint "Night Music" at the Juried Art Exhibit at the Smithville Mansion Annex Gallery. Another one of her works was also in the show, this one an acrylic painting titled "Down at the Old Farm." The exhibit was arranged to celebrate Women's History Month in March.

**Frank Simmons**, Director of the Medford Leas Pharmacy, is now **Frank Simmons, Pharm. D.**, having been awarded a doctorate by Shenandoah University in Winchester, VA. Asked how the new title will change his status, Frank said it would allow him to do more clinical work and could increase his responsibilities in the future. To get his degree, Frank had to study for two years, mostly on-line, with an exam every 17 days. His

program included 13 modules of lectures on compact disks, which he could listen to in his car and/or read and view on his computer. The part he enjoyed most was the interaction with the 25 fellow students in his class whom he met on two visits to the campus.



## REHAB THERAPY'S NEW BOSS

by Ellen Stimler



photo by Margery Rubin

**Christina Trojak**, who has worked in the Rehab-Therapy Department at Medford Leas for the past three years, has been appointed Director of the department, following the promotion of **Vickie Pierman** to another location by Genesis Rehabilitation Services,

which contracts with Medford Leas for the services provided.

Christina has a master's degree in occupational therapy from Thomas Jefferson University. She says Vickie was her mentor and trained her in every aspect of the department's activities. She plans to continue the excellent relationships existing between staff and residents. She also wants to maintain Vickie's "open door" policy, allowing residents with problems to walk in for a brief discussion. Treatments, however, cannot start without a referral from the resident's health provider.

At present, Christina's staff includes **Donna Sherman** and **Jeannie Roland**, physical therapists; **Tammy Beckett**, a newly hired occupational therapist; **Renee Collander**, a part-



time speech therapist; and **Anna Occasio**, “who does everything.” Christina expects to add one more PT to her staff.

Every member of the department works with 10 to 12 residents every day. In addition, the staff holds weekly clinics with the participation of outside vendors. On Wednesdays, from 1 to 3 p.m. by appointment, Christina and Tammy work with residents who have problems with their electric carts, wheelchairs, or walkers. At the same time on Thursdays, there is a footwear clinic, where Jeannie and Donna assist residents with foot or toe problems to choose shoes that will accommodate their disabilities.

Every member of the staff is trained for all levels of care and works as part of a team in Woolman, Estaugh, and the Assisted Living areas. On request from the Health Center, staff members will go to a resident’s apartment to make sure that the furniture, rugs, and appliances are arranged in a safe manner.

Christina grew up in Deptford, Gloucester County, and still lives there with her husband of one year and their two Labrador dogs. She doesn’t mind the daily long commute because she loves her job and the opportunity it gives her to help people.

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## LONGEVITY RESEARCH AT MEDFORD LEAS

by Maggie Woodard

Why do some of us age more successfully than others? Why was **Susan Pettiss** able to write and publish a book when she was well into her nineties? Why is **Blanche Lippincott**, age 91, still able to kick so high during exercise class? Others who seem to defy their age include **Sylvia Friedman**, age 91, who participates in the strenuous Swiss Ball program, and **Evelyn Knowlton**, age 100, who still weeds her beautiful garden.

What explains why these individuals age so well? To help answer this question, the National Institute of Aging established the Aging Cell Repository at the Lewis Coriell Institute for Medical Research in Camden, NJ, in 1974. The Repository collects blood samples from seniors over 90 years of age. It then develops cell lines that contain all of the original cells’ DNA and genes, plus variations, and makes them available to scientists studying aging. The scientists compare the variations in the genes of those who age well with the general population. The hope is that this information can be used to help those whose health has failed prematurely.

The Institute was established by Dr. Coriell in 1955. He retired to Medford Leas and died here in 2001.

Donald L. Coppock, Ph.D., Assistant Director of the Coriell Cell Repository, came to Medford Leas with two assistants on February 10, 2006, to take blood samples from Medford Leas residents over 90 years old and who are living independently, and who volunteered to participate. The Institute first took blood samples here in 2001. The residents who took part on February 10 had filled out a brief medical and family history, and some were interviewed by Dr. Coppock. One of the assistants observed that, among all those who had contributed blood samples, she has seen no smokers or insomniacs, and none had histories of heart disease or high blood pressure.

During an interview, Dr. Coppock stated that the study of the Human Genome had shown that the difference among individuals is only 1/10 of one percent. For longevity, approximately one-third of the variation is due to genetics and two-thirds to environmental factors such as food, behavior, and good or bad luck! Other negative factors are pollution, obesity, smoking, and excessive alcohol consumption.

Future generations are sure to benefit from this research into aging; our thanks to the residents who participated.

## LETTER FROM FLORIDA

by Betsy Pennink

We don't usually expect to see bulldozers, trucks, and heavy equipment on the ocean side of our condo, but 10 days ago there they were! Behind this is a story of nature's strength and man's not-always-clever ways of combatting it.

In September 2004 hurricanes Frances and Jeanne lifted the dunes between our condo building and the Atlantic Ocean and deposited the sand in the ground floor apartments, over the parking lot behind, and almost to the road. Not a bit of vegetation was left. The sand stretched evenly down to the ocean, leaving our building vulnerable to high waves.

As the residents of our building and others around us began to repair the hurricanes' damage to their apartments, the county quickly voted to construct a dune along a 4-mile stretch of ocean to protect the condos from the ocean. Sand was brought from inland and piled where the dune used to be. However, someone made a mistake: this sand was different in texture and chemistry from sea sand and the "dune" became a hard, white wall.

This area of Stuart and Jensen Beach boasts of being one of the prime nesting sites of sea turtles, who lay their eggs above the high tide mark. The loggerheads and the green turtles come ashore in late spring and summer, but the rare leatherback can arrive any time from March 1 on. Faced with an uproar over a "dune" totally unsuited to turtle nests and the impending March 1 deadline, the county gave orders to cart away the "bad" sand and bring in appropriate sea sand. We were there to watch!

It's pretty exciting to see a sand dune being built right under one's windows (and balcony). Back and forth the machines went, first in a parade of trucks carrying away the hard sand. Then finally came a duet between trucks dumping the new sand and the smaller bulldozer, which pushed and flattened the sand until the new dune, 9 feet wide and 6 feet high, had been constructed.

Benign weather has preserved our man-made dune so far. We look down at its bareness and wish for immediate vegetation to anchor it before heavy rain or an extra high tide takes a bite out of it. And then there is the biggest question of all: will the turtles come?

## A QUAKER GATHERING

by Kitty Katzell

Medford Leas will be hosting a Quaker Gathering the weekend of April 28-30 as a meaningful way to continue to build on its ties to the Quaker community. Members of the east coast Yearly Meetings have been invited to attend the event.

Friday evening guests will be welcomed and served a light dinner. Saturday's program features a keynote address by Paul Lacey, Clerk of the Board of Directors of the American Friends Service Committee. His topic will be "Sustaining Quaker Fellowship through Community."

After lunch, tours of Medford Leas and the Arboretum will be offered before the Interactive Plenary Session on "Investing Yourself in Positive Life as You Age," with Paul Lacey as its Moderator. The panelists will be Lawrence Van Meter, Head of the Moorestown Friends School, **Dan Seeger**, former Executive Director of Pendle Hill, and **Lois Forrest**, President of Friends Fiduciary Corporation.

More tours will be offered after the Plenary Session and before the barbeque supper at the Lumberton Campus Community Center.

On Sunday, participants will have the opportunity to attend the Meeting for Worship at Medford Leas or any of several nearby Monthly Meetings.

Some residents will be offering overnight accommodations to guests. Residents will also be conducting tours of the Arboretum and Medford Leas' two campuses. They are welcome to attend the Gathering but are asked to register, since space is limited. The registration fee is \$15 to help defray expenses.

**MLRA TRIP FOR WYETH SHOW**

The MLRA Gallery Committee is sponsoring a guided tour to the Andrew Wyeth exhibit titled "Memory and Magic" on Tuesday, May 16, at the Philadelphia Museum of Art. A flyer giving details of departure and cost was distributed to residents in March, with a deadline for sign-up of April 1. Anyone interested in going should check for available space with Ellen Stimler by calling 609-654-3116.

**GALLERY NEWS**

by Helen L. Vukasin

"A Husband and Wife Cooperative," an exhibit of the work of Iris and Cal Massey in the Medford Leas Art Gallery, has been extended through the month of April

layers on the computer screen with the special pencil. The result is very unusual paintings that are often enlarged and sometimes printed on canvas. Iris also produces ceramic paintings and paper collages.

The Resident Art Exhibit in the Art Studio Gallery outside the Fitness Center will be heralding spring in April. Once again the many artists from the Medford Leas campuses will be showing their new work.

On Monday, April 10, from 10 a.m. to noon, the Art Studio will host an opening reception for residents with homemade goodies and punch.

At Lumberton, **Margery Rubin's** photographs will continue to be on exhibit in the Community Center Art Gallery through April for those who have not yet had an opportunity to see them.

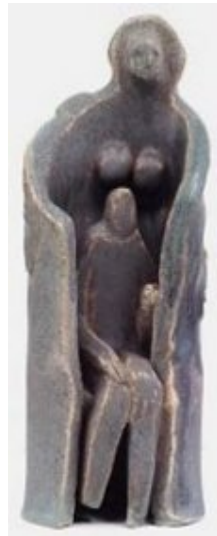
**NOMINEES FOR MLRA COUNCIL**

At the MLRA business meeting on March 20, the following six residents were nominated to serve on the MLRA Council 2006-2008. The election will take place at the April 12 meeting.

- Jack Mutschler
- George Rubin
- Warren Sawyer
- Jean Stratton
- Dave Swartz
- Mary Toda



ONE MILLION, ONE SPIRIT  
Pencil Illustration by Cal Massey



MOTHER PROTECTOR  
Ceramic Sculpture by Iris Massey

At the opening reception on March 11 the Masseys spoke about their exhibit. Iris explained her work with a computer program, using an electronic pencil by remote control. With this tool, Iris creates what could be called electronic collages. Patterns and colors are entered in





## MORE IN MEDFORD FOR SENIORS

by Ellen Stimler

Medford Township has significantly expanded learning and recreational opportunities for seniors. In the near future, it will have its renovated Cranberry Hall building available for the exclusive use of the older population as a center for planned activities or just meeting friends.

The plans and ongoing programs were listed and described in the spring edition of *The Medford Messenger*, the Recreation Department's newsletter, which was mailed to all Township residents. On another page in this issue of *Medford Leas Life*, there is an item on the appointment of **Ann Walker** as Medford Leas' representative on the Senior Citizens Advisory Board, and she will be working specifically on the planned trips. Any resident who wants to go on any of the trips may call Ann at 3181, and she will try to help residents without cars to get to the starting place of the buses.

For example, there is a day trip to New York City on Saturday, May 13, for just \$25. Other day trips are to the Philadelphia Antiques Show on April 10, The Gardens at Duke Farm on May 10, and Wheaton Village on June 7. All these trips start from the Bob Bende Park on Route 541, about 10 minutes from Medford Leas.

In Cranberry Hall, behind the Municipal Center, there are afternoon bridge lessons for beginners and experienced players, and courses on digital and film photography and various computer programs. Seniors also get together there for card and word games and an investment club. Again, residents who have no transportation to get to Cranberry Hall should call Ann Walker to let her know of their interest

Finally, the newsletter tells about "Seniors Helping Seniors" in the area high schools. Any elderly resident can call 609-268-2000, ext. 5556 to reach Sandy Schneider, the senior coordinator for the Lenape High School District, and request a senior high school student for help with outdoor maintenance or gardening.

## PHILADELPHIA ORCHESTRA OPEN HOUSE

by Joy Moll

A very special afternoon filled with activities and discussions awaited the several hundred people who attended the Philadelphia Orchestra's free-to-all Open House at the Kimmel Center on Friday, February 17. A backstage tour of the Center conducted by various members of the Orchestra was revealing and educational. Groups of 15 people began their tour in the new red "Green Room" where guests wait to greet the maestro and soloists after each concert. Our tour, led by David Cramer, Associate Principal Flutist, passed by the administrative offices, peeked into the stars' dressing room, saw the door to the maestro's office, and looked out into Verizon Hall from the conductor's entrance. Here we met the stage manager, who told about family traditions and aspects of his job.

Early into the hour's tour, we could see that this hall is more attuned to house an orchestra, with all its instruments and personnel, than the Academy of Music, which was built primarily for operas and ballets. The new hall has lockers for personal belongings and smaller instruments can be safely kept in them from one rehearsal and performance to the next. The two comfortable lounges, one for orchestra members and another for ushers, were a real improvement over amenities at the Academy. However, the wall picturing retired orchestra members needed updating. The most recent photo was of Norman Carol, the concertmaster who retired in 1997. Wardrobe trunks were out in the open in preparation for a trip to Carnegie Hall, so David Cramer explained in detail how the orchestra members use the trunks and how clothing and instruments are transported on tour.

A harpist smiled as we passed the room where she was practicing. In Verizon Hall the harpists now have a room of their own, as do the tympanist and the percussionists. The group was impressed by the number of percussion instruments the Orchestra owns and houses, but was surprised to learn that the largest collection



## PARTY, PARTY

by Della Williams

On three recent occasions Food Services regaled residents with special foods and a holiday atmosphere.

The Valentine's Day menu started with heart-shaped tomato aspic and ended with a medley of chocolate torte, champagne truffle, and fresh berries. Tucked inside each napkin was a gift for each diner, a fresh pink carnation. Throughout the meal a wandering minstrel played on his violin special requests of romantic tunes. Valentine's Day was for some a time for sweet sad memories.

The New Orleans that many of us have visited no longer exists, but it seemed right to commemorate Fat Tuesday with a Cajun meal that started with hush puppies and ended with bourbon pecan pie. Diners feasted on blackened catfish, soft-shelled crab po'boys, and crawfish stew, preceded by chicken gumbo and accompanied by fried okra. Servers wore Mardi Gras beads and the tables were sprinkled with glitter. Next year we must have floats and jazz.



The yearlong festivities celebrating the 35<sup>th</sup> anniversary of Medford Leas began March 2 in the Coffee Shop with birthday cake, colored place mats, and servers dressed in '70s attire. It continued in the evening in the Dining Rooms with more birthday cake and root beer floats enjoyed before, during, and after dinners that were served on paper party plates. Three colored balloons floated above each table, and the servers in tie-dyed shirts and bell-bottoms resisted the temptation to laugh at seniors wearing conical paper party hats. It was fun to be a kid again – if only for a little while. **Happy Birthday, Medford Leas. Happy Birthday to you!**

## WELCOME TO THE COURTS

by Ellen Stimler

**Bob and Gladys Gray** have lived in Bridlington over 17 years. They recently moved to Apartment 178 with the help of their three daughters, who have come from San Diego, CA, Edmonton, Canada, and Ewing, NJ, and taken turns unpacking and organizing their parents' belongings.

Bob was appointed to the Estaugh Board 28 years ago. He remains an active member and serves on its Finance and Diversity Committees. He has a computer which he uses mainly to manage his finances and for email correspondence.

He and Gladys still attend Sunday meetings at Moorestown Friends Meeting. Bob is a member of the Meeting's Peace and Social Concerns Committee. Bob and Gladys also belong to a Dinner and Discussion Group, which meets monthly for dinner, and a book discussion in members' homes. Gladys, who has a graduate degree in religious education, had a part-time job as Meeting Coordinator until her retirement.

Gladys is a member of the MLRA Diversity Committee. She contributes to the Philadelphia Yearly Meeting by crocheting a decorative addition to small hand towels so that they can be hung up where needed. They are sold at the Friends Center in Philadelphia. In her leisure time, she enjoys reading biographies and travel adventures.

The Grays have lived in many places, depending on Bob's assignments from the American Friends Service Committee: In Pasadena, CA, where Bob worked in the AFSC regional office; in South Korea after the Korean war, doing relief and rehabilitation work; and in India, doing village development. Eventually Bob was called back to Philadelphia, and the Grays made their home in Moorestown until they came to Medford Leas.





## BOOKS WE ENJOYED READING

*A Wedding in December*, by Anita Shreve  
325 pp. (Available in the Medford Leas Library)

There are always uneasy feelings about what to expect at a high school reunion, a meeting with classmates who haven't seen each other for many years. What was it that made them so special? What will there be to talk about after the initial "Hello" and "How are you"?

In her new book, Anita Shreve focuses on that very subject by bringing together a group of graduates from a New England boarding school, Kidd Academy. They meet after 27 years on a December weekend to attend the wedding of one of their own. Bridget, already a widow and mother, will marry her first love, Bill. They were high school sweethearts at Kidd Academy.

The wedding is at an inn owned and operated by Nora, a member of their class. Bridget and Bill have invited a small group whose lives were entwined as classmates. It is through the voice of Harrison, married and living in Toronto, that much of the story unfolds. Seeing Nora after all these years reminds him of his love for her when he was a shy student. Nora finds herself reliving all of her repressed emotions of those high school days. Rob has become a concert pianist and Josh is now his lover. Jerry, the banker, is still as obnoxious as he was as a student. Agnes has returned to Kidd Academy as a teacher. During this weekend of loneliness and frustration, she writes a story involving a tragic WWI disaster in Nova Scotia.

All the classmates, including the bride and groom, find themselves tested as secrets long suppressed during those high school years bubble to the surface, leading to recrimination and forgiveness.

Anita Shreve is always a superb storyteller. The voices of her characters ring real and true. As each one leaves that Sunday morning after the wedding, the reader will continue to wonder about their future.

by George Rubin

## NEW BOOKS IN THE LIBRARY

by Joanne Greenspun and Bob Hambleton

### Biography

Branch, Taylor	<i>At Canaan's Edge</i>
Simon, Rachel	<i>Riding The Bus With My Sister</i>
Wiesel, Elie	<i>Night</i>

### Non-Fiction

Bawer, Bruce	<i>While Europe Slept</i>
Bobrick, Benson	<i>Astrology in History</i>
Carter, Jimmy	<i>Our Endangered Values</i>
Fleming, Thomas	<i>Washington's Secret War</i>
Friedman, Tom	<i>The World is Flat</i>
McCourt, Frank	<i>Teacher Man</i>
Vincent, Norah	<i>Self-made Man</i>

### Fiction

Archer, Jeffrey	<i>False Impressions</i>
Arruda, Suzanne	<i>Mark of the Lion</i>
Goodman, Allegra	<i>Intuition</i>
Hoag, Tami	<i>Prior Bad Acts</i>
Mortimer, John	<i>Quite Honestly</i>
Sparks, Nicholas	<i>At First Sight</i>

### Mystery and Suspense

Baldacci, David	<i>The Camel Club</i>
Beaton, M.C.	<i>Death of a Dreamer</i>
Braun, Lillian	<i>The Cat who Dropped the Bombshell</i>
Brown, Rita Mae	<i>Sourpuss</i>
Grimes, Martha	<i>The Old Wine Shades</i>
Hess, Joan	<i>Malpractice in Maggody</i>
Khoury, Raymond	<i>The Last Templar</i>
Lescroart, John	<i>The Hunt Club</i>
McCall-Smith, Alexander	<i>Blue Shoes and Happiness</i>
Parker, Robert	<i>Sea Change</i>
Patterson, James	<i>5<sup>th</sup> Horseman</i>
Perry, Anne	<i>Dark Assassin</i>
Robb, J.D.	<i>Memory and Death</i>
Roberts, Gillian	<i>A Hole in Juan</i>
Scottoline, Lisa	<i>Dirty Blonde</i>
Woods, Stuart	<i>Dark Harbor</i>

The library is now subscribing to *The Philadelphia Inquirer*. It is in the Lounge with the other newspapers.

**APRIL CRYPTOGRAMS**

by Sally Klos and Herb Heineman

Please note: Each cryptogram has its own separate code. The first one is by Sally.

**U SDUMX NTP UE N ZPOI DUTD LOUKP**  
**SQ LNI RQO YNSCOUSI. --SQY ESQLLNOA,**  
**LJNIGOUTDS**

**LZ ZQLMQY LZ CMWCB XZ, CBY ZWFFDA**  
**BLZ LDULAZ SYYE XE YVQYZZ IN CBY**  
**GYOLEG. -RIZB SXDDXETZ**

Here is the solution to the March cryptogram by Betty Donahue:

AMERICA IS WHAT IT IS BECAUSE WE ARE FREE TO EXPRESS OUR OPINIONS. OPINIONS ARE NEVER HARMFUL; ONLY DESTRUCTIVE BEHAVIOR IS. -DAVID MONTALAVO, SCIENCE TEACHER, UPPER MERION H.S.

The correct solution was received from 27 residents: **Ken Anderson, Ruth Blattenberger, Florence Brudon, Alice Culbreth, Mary Cullen, Liz Dill, Louise Evaul, Mickey Gray, Herb Heineman, Barbara Heizman, Eleanor Horner, Jane Hunter, Sally Klos, Mary Hope Mason, Sally Miller, Alice Norcross, Helen Peterson, Betty Preston, Warren Reeves, Alfred Rudrauff, Doris Salati, Florence Sawyer, Ellen Wiener, Della Williams, John and Marie Winton, Gladys Wynkoop.**

Please put solutions in an envelope in Box 116 by April 10 or email them to [estimler@medleas.com](mailto:estimler@medleas.com) We are interested in getting submissions of cryptograms for future use.

**MEDFORD LEAS LIFE**

*Ex Officio:* Jack Akerboom, MLRA President; Helen Vukasin, MLRA Sponsor

*Editorial Staff:* Ellen Stimler & Kitty Katzell, Senior Editors; Kay Cooley, Margaret Melstrom, Betsy Pennink, George Rubin, Della Williams, Maggie Woodard

*Proofreaders:* The editorial staff, Herb Heineman, Sally Klos, Florence Sawyer

*Business Manager:* Gene Raup

*Production Manager:* Maggie Heineman

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

*Recorder:* Florence Sawyer

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



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