



Medford Leas **Life**

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2006 HOLIDAY SHOW

photos by Margery Rubin



GOLDEN MOMENTS

by Kitty Katzell

The theme of the 2006 Employee Holiday Show was "Golden Moments of Past, Present, and Future Holiday Shows," and "golden" they were! From the first moment of the first show, which started at 4:15 p.m., through and beyond the last moment of the second show, which ended at 7:45, it was an evening of singing and dancing, thrills and spills, laughter, and even a few tears.

Former employees, now residents, **Ann Naulty** and **Bud Stratton**, were the MCs for "Holiday Shows Past." Ann used to work in Therapeutic Recreation and Bud was a member of Medford Leas medical staff.

Following performances by Maintenance, Landscaping, and Environmental Services staff, **Bob Wasson**, Medford Leas U.S. Postman, made his by-now-annual appearance, wearing his work clothes plus a big Texas cowboy hat, to match those of the staff still on stage.

The Health Center's performance of "Flu Virus," to the tune of "Elvira," was highlighted by **Scott Kapulskey's** demonstration of the coughing and sneezing symptoms, and an Employee Holiday Show would not be complete without **Bill Murphy**, Director of Operations, doing a vocal solo. After all these years, listeners have to wonder how he can get worse, but somehow he seems to.

"The Doctors Rap" featured five of them: Kapulskey, current Medical Director; **Joel Porter**, recently retired ophthalmologist; **Keith Quinton**, recently retired Medical Director; and **Ben Paradee** and **Bud Stratton**, former staff physicians, now residents. When the "Rap" ended, Dr. Porter segued into a portrayal of Jack Benny and his violin, a scene that residents have enjoyed in past years.

A favorite scene from Shows Past was "American Gothic," this time portrayed by **Dennis Koza**, CEO, and **Cindy Bowden**, a CNA on Haddon I. **Lois Forrest**, former CEO and now a resident, and her husband, **Harry**,

also made cameo appearances in the show.

MCs for "Holiday Shows Present" were **Helen Smith**, Dining Services, and **Bob Costigan**, Maintenance. They had filled those roles in 2005, and residents recalled Helen's practice of giving each performance a rating of 92 when she did it again this year.

Every so often, during "Holiday Shows Present," the Marathon Dancers danced, as they had in the 2003 show featuring Atlantic City's Steel Pier. Among the dancers in 2003, and again in 2006, was **Keith Quinton**.

Special mention must be made of some of the fine vocal soloists. **Mark Wick**, Benefits and Payroll Specialist, not only played the piano for the entire show; he also sang "I Don't Want to Walk Without You." **Joe Doyle**, Hair Salon Proprietor, sang an Al Jolson version of "Nothing Could be Finer than to be in Joe's Recliner." **Gerry Stride**, Director of Community Life, sang lyrics written by resident **Matt Rodermund** for the 1991 show to the tune of "Moments to Remember." And the Nursing Staff, singing "We Fluff the Pillows," must receive special commendation for their fine diction.

"Holiday Shows Future" had two young ladies as the MCs, **Sara Williams** and **Marci Smith**. Sara is the daughter of **Teresa Williams**, a companion, and Marci is the sister of **Rachel Conte** of the Health Center and the daughter of **Carmen Smith**, dining room hostess. They introduced the final number, "The Best Gift," which really was the best gift: seven mothers, grandmothers, and grandfathers carrying their infant children and grandchildren. Rachel Conte, with her babe in arms, movingly sang "The Best Gift," followed by the cast of hundreds and the audience singing "What a Wonderful World." Note must be made that none of the babies cried, which may explain why some of the residents did.

As always, Dining Services offered a spectacular menu of surf and/or turf, followed by desserts to die for! Residents often say "It can't get any better than this," but it always does.

BRAIN FITNESS PROGRAM GRADUATION

by Kay Cooley

On Thursday, November 16, the Art Studio became a festive venue for the graduation of 16 residents who completed the brain development program, HiFi. After more than eight weeks of intensive work an hour a day, five days a week, the pilot program volunteers received their certificates and final reports: the morning class of **Doris Curley, Joyce Haase, Virginia Jones, Jack McKeon, Janet Sholl, Dan Seeger, Betty Wakeley, and Maggie Woodard**, and the afternoon group of **Colette Bartholomew, Kay Cooley, Jan Durbin, Len Kahn, Don Killian, Bob Morrow, Betty Preston, and Della Williams**.

Brought to Medford Leas by **Gerry Stride**, Director of Community Life, HiFi is the work of neuroscientists on the West Coast who have formed a company, PositScience, to turn scientific brain research into practical programs. In existence for two years, HiFi is designed to "enhance memory and other brain functions...and address many of the changes in the brain we experience as we age."

Affirming that the brain, like the body, needs constant attention to keep it in shape, the scientists have designed HiFi to improve "the ability to remember clearly, understand fully, and think quickly." It does this through six types of exercises in auditory reception that develop the participants' ability to receive, grasp, and respond to information.

Participants had their own individual programs to record their progress, adjust the exercises to appropriate levels of difficulty, and produce evaluations on a day-by-day basis. They were both constantly challenged and constantly supported. A "Brain Coach" was present at each class to offer encouragement and to solve technical problems. For the pilot class, the coaches were staffers **Gerry Stride, Linda Schultz, and Pam Fake**, and resident **Maggie Heineman**.

Whether or not to continue HiFi is under consideration by management at the time of this writing. Certainly, the commitment to brain fitness will continue, but whether HiFi is the best program available for Medford Leas has yet to be decided. Every participant experienced at least some gains in brain fitness. Some felt an increase in energy and confidence, others more ability to understand rapid or indistinct speech, still others greater clarity and mental focus. But for some, inability to measure achievement more precisely was a major deficiency in the program. With no pre- and post-testing and the basis of program achievement evaluations not disclosed to participants, one had only one's subjective experience to gauge brain improvement.

Another challenge is making the program available to the number of residents who want to participate. Even if the course is given four times a year, it will take several years to meet the demand, unless more space and more computers can be provided. Nevertheless, a commitment to brain fitness has been made at Medford Leas.

In the future, residents can look forward, after exercising their bodies in the Fitness Center, to crossing the hall and exercising their brains in the Brain Gym.



photo from .positscience.com

AL GORE MOVIE TO BE SHOWN HERE JANUARY 5, 22

by Gwen Crawley

An Inconvenient Truth, the award-winning documentary on the future of our planet, will be shown twice in January at Medford Leas. Sponsored by the MLRA Resource Conservation Committee, the film presentation will be in the Auditorium on Friday, January 5, at 3 p.m. and on Monday, January 22, at 9:30 a.m.

The movie has been described as a wake-up call that cuts through the myths and misconceptions on global warming and paints the picture of the present and future status of our earth, along with the ten things ordinary people can do to become part of the solution for an environment that is safe for our grandchildren.

Following the performance, energy-saving light bulbs in different sizes, at a cost of \$2.00 to \$10.00, will be sold by the Committee. Those attending will also receive a list of the ten things they can do to stop global warming.

Applications for the part-time job of server flow in from students who have learned of Medford Leas from their friends, from residents, and from the occasional posting at colleges and schools. The high schools that are consistent sources of applicants are Shawnee, Lenape, Seneca, Cherokee, and Rancocas Valley, although two servers come from a Catholic school, and ten attend Burlington County College.

The hiring process is a continuous one, as there are constant changes. During Christe's interviews she covers the same ground with every applicant. First she states that the minimum age requirement is 16. (She is not allowed to ask the age of the student, although she does ask if he or she is a junior or a senior.) Then she makes it clear that this is year-round employment, with a minimum work requirement of three days a week. (One of these days must be a Sunday or, failing this, Saturday.) Actually most servers work four days a week, some work five, and a few work six. The student must also commit to two out of the three big holidays (Thanksgiving, Christmas, New Year's) and one of the two "Eves" (Christmas or New Year's).

Christe ascertains that the students have transportation and then asks about school activities. Involvement in a team sport is a drawback, as coaches will not allow players to leave early, and weekend games can interfere. She then asks about the applicants' experience with the elderly and their reasons for applying for the position. She tells them the starting rate (with time and a half for holidays) and the clothing requirements: white oxford shirt, black tuxedo pants, and slip-resistant black shoes. (Medford Leas supplies a black tie and a black apron.) Students must have working papers from their school if they are under age 18.

If Christe is satisfied, the students are sent to Virtua Health for TB skin tests, a physical examination, and a drug test. When they report to Susan DeJacomo in the Medford Leas Department of Human Resources to complete the hiring process, they must bring two forms of

THOSE WHO SERVE IN THE DINING ROOM

by Betsy Pennink

Ed. Note: This is the first of two articles about the servers in the Dining Room and their Supervisor.

Christe McGowan, Dining Room Supervisor, likes to say that she has 42 kids at the moment. They are not her own exactly, but she shoulders the responsibility for all the young people who make up the wait-staff of Medford Leas. She hires them, sees to their training and supervision, and exerts an influence over their lives by the high standards she sets for them.



photo by Margery Rubin

identification. They then become members of the Medford Leas staff and all Medford Leas policies apply to them.

According to Christe, one of the reasons the servers enjoy working at Medford Leas is the flexibility that is built into her scheduling. She makes a new schedule every two weeks. If she is given a week's notice, a server who wants to exchange hours with another can send in a "day change" form, as long as the name of the substitute is provided. Also, for an absence for a special occasion, there is a "request off" form, which must be turned in two weeks in advance.

The new servers' training takes five days. In the beginning they are "writers," who take orders; then they are "runners," who get the food. There is a training sheet for each day with tasks to complete, such as how to serve and how to set the table. On the back is a quiz. A question might begin: "What should you do if ... ?"

The present shift is from 4:15 to 8:00 p.m. The host or hostess, working under Christe, hands out a job sheet, which details "before jobs" and "after jobs," as well as the assignment of stations. "Before jobs" include putting butter on the table and assembling take-out trays for sick residents. "After jobs" include sorting silverware and vacuuming. All jobs and stations are rotated. For the last 15 minutes before the dining room opens, Christe holds a form of pep talk. She goes over the daily menu and the ingredients of each recipe, so that they can answer residents' questions. She brings up any issues, such as the use of nametags or cell phones. Recently she has emphasized the importance of wearing plastic gloves when resetting the table.

Christe's young people have a remarkable record of loyalty to their jobs. On average they stay three years. Some stay as long as five years. The names of those who have gone on to college are kept in the system for six months. They email Christe weeks ahead with their holiday plans so that she can fit them into her schedules. Christe is enthusiastic about her servers. She says they are "great kids," doing a

"wonderful job." She is "thankful for all their hard work and dedication."

Ed. Note: Profiles of some of the servers will appear in the next issue of Medford Leas Life.

DIGITAL CAMERA MEETING JANUARY 8

by Ellen Stimler

Medford Leas used to have a camera club in the heyday of film cameras, under the leadership of **Jack Allen**, who had to give up his post because of declining eyesight. Meanwhile, photography technology has changed dramatically, and an increasing number of residents are switching to digital cameras.

Perhaps it's time to start a group for digital camera owners. Digital cameras use memory cards instead of film. Pictures are recorded on the cards and can be viewed instantly on the display window of the camera. They can be printed on a personal computer, on a machine in a store, or in a number of other ways. The new technology presents many challenges, and it might be very helpful for residents to be able to share ideas and solutions.

Margery Rubin, who had a career as a professional photographer and is still busy taking pictures with her digital camera for *Medford Leas Life* and many other assignments, has graciously agreed to serve as facilitator and coach for a new camera club if there is sufficient interest among residents.

An exploratory meeting has been scheduled for Monday, January 8, at 2 p.m. in the Third Floor Haddon Lounge. The new club will be limited to digital camera users. Its mission will be to help them learn the full range of options and capabilities of their cameras, enhancement of their pictures, and uses and arrangements of the pictures for albums, email, and other presentations. A flyer about the meeting will be sent to all residents, with a sign-up section.

LANDSCAPING OUR EDEN

by Della Williams

They seem to be everywhere – roaring by in their motorized carts filled with mulch, weeds, or fresh new trees and shrubs; climbing to buzz down dead branches; creeping along, planting a flower bed. Incredibly, there are currently only three full-time landscapers: **Debbie Lux**, the horticulturist, and the two arborists, **Herb Minkus** and **Joe Greipp**. (A fourth landscaper left recently and will be replaced in the spring.)

The Landscape crew, assisted seasonally by five part-timers, maintains the 164 acres of the Medford campus and the 89 acres of the Lumberton campus. They prune and care for the nearly 1,400 trees of the Arboretum and Pinetum, as well as the trees planted in the 33 court gardens and the 12 quads. They also edge and weed the quads and maintain the trees and shrubs. The mowing is contracted to an outside lawn service.

Debbie, the horticulturist, plants and maintains the blooms and shrubs in the whimsical Atrium garden, in the planting areas in front of the Office Building, and in those scattered throughout the campus. In addition, she is in charge of the two greenhouses in which she grows seedlings in the spring and, over the winter, shelters residents' patio and porch plants. She also helps **Gerry Stride** and her staff with plant and flower projects for Assisted Living residents.

The Landscaping crew also assists residents with their individual farm plots and their private gardens, rototilling the farm plots and providing mulch and fertilizer. When time allows and for a fee, Herb or Joe assists residents with chores in their private gardens, such as planting seeds, bulbs, blooms, or shrubs; mulching; fertilizing; pruning; weeding; and clearing out brush and dead plants.

Spring and fall are the busiest times, and the rhythms change as winter approaches. When the fall cleanup is complete, pruning and some planting continue. In inclement weather, the

Landscapers assist Maintenance with snow removal, and they do indoor work such as changing filters in heating units.

Landscaping also tackles major projects, such as replanting two of the 33 court gardens each year, dealing with drainage problems in the quads, and maintaining the underground irrigation system. Recently, the crew has installed metal signs identifying more than a thousand trees.

In addition Landscaping participates in several community outreach activities. Each Arbor Day they plant a tree at a nearby park or school. They invite Cub Scouts and Eagle Scouts to work on projects that will advance their rank in the Scouts. Also, they provide educational tours and diagnostic assistance to the Master Gardeners' Program.

The arduous labor, tender care, constant vigilance, and community spirit of this fine crew enrich the verdant beauty of this Eden we call home.

MEDFORD LEAS' GLOBAL POSITIONING SYSTEM

by Kitty Katzell

In preparation for the new construction at Medford Leas, the entire Medford campus was surveyed using a Global Positioning System (GPS). Licensed surveyors have access to satellites that are restricted for everyday use by others, so their GPS is able to locate structures to within a few inches. While the campus was being surveyed, the engineers were also instructed to locate and identify the trees on the property.

When the information became available, the Landscaping staff verified it. The locations were accurate, but some corrections were needed in the identification of the trees. Once that was

done, 1390 tree signs were ordered and then implanted in the mulch beds around the relevant trees.

Now, when a new tree is to be planted, the man from Landscaping who will do the planting carries a Pocket PC with GPS technology, accurate to within a few feet, which is close enough. By laying the Pocket PC on the ground at the spot where the tree is going to be planted, he can read on the screen the coordinates for that location. He stores that information in the PC's memory, takes a picture of the tree and stores it, and enters any notes about the tree, such as its condition or a nearby structure. That sort of information for 100 or more trees can be stored in the Pocket PC, and a memory card like the one found in digital cameras can be inserted for virtually unlimited additional storage.

The data stored in the Pocket PC are later transferred to the computer database. All of the data can then be accessed from other designated computers and some day will also be accessible on the Medford Leas website. This will mean that visitors and residents will be able to locate and identify any specimen tree in the Lewis W. Barton Arboretum.

ART GALLERY NEWS

by Helen L. Vukasin

December has come and gone. So has one of the best calligraphy shows to date. On December 5, the exhibit opened in our temporary gallery space in the hallway outside the Garden Room. It was part of the celebration of the 30th anniversary of the Philadelphia Society of Calligraphers.

There were only six artists in this show, but they produced some wonderful images and texts in some 36 paintings. **Harry Forrest** introduced the members of the Philadelphia Society of Calligraphers, then each artist spoke about his/her work. Several have been students of

Harry and one was a student of **Lili Wronker** some years ago.

One artist showed her very first work, an assignment in one of Harry's classes. She also showed a new work on the same theme, which she has now reproduced in a more mature and sophisticated version.

The exhibit was up till the end of December. Beginning in January, the Art Gallery Committee will take a rest as they wait for the construction of the new gallery. It is hoped to have the grand opening in the fall of 2007, when the new Arts and Social wing is completed. In the meantime, residents can visit the work of friends and neighbors in the Art Studio Gallery in the hallways outside the Fitness Center. In addition, they can travel to the Lumberton campus, where a great new show is on view from January through March.

In November the Lumberton Gallery Committee sent out a call for paintings by artists who are relatives of residents. The response for the Residents' Relatives Art Exhibit has been incredible. The background descriptions indicate that there are some wonderful pieces among the 32 paintings offered for the exhibit by 22 residents. About the same number of residents responded from each campus.

The opening celebration, with wine and cheese, will be held in the Community Center on the Lumberton campus on Friday, January 12, 2007, from 3:30 to 5:30 p.m. A sign-up sheet for carpooling from the Medford campus will be available at the desk in the Atrium.

IN MEMORIAM

Helen Webb	December 8
G. Elinore DeCou	December 11

LIFE IN THE NINETIES

by Ellen Stimler



photo by Margery Rubin

In November, 2005, **Miriam Brush** celebrated her 90th birthday with her husband, **John**, at a party of many relatives and friends. This year's 91st birthday was marked by a quiet dinner with their Lum-

berton campus family, John's brother, **Stan Brush**, and Stan's wife, **Beverly**.

The John Brushes have two sons, a daughter, and five grandchildren. A third son died on November 24, 2006, at age 56, of a rapidly advancing brain tumor.

New Brunswick was the couple's professional and social center during the many years when both of them taught at Rutgers University. John was a professor of geography and Miriam eventually received a tenured position as professor and chair of the Home Economics Department after the university ended its ban on tenure for married partners. Miriam has a Ph.D. in nutrition from Iowa State University.

Miriam and John were among the founders of the New Brunswick Friends Meeting and have been very active members until quite recently, attending almost every Sunday, participating in many committees, and helping in the soup kitchen. They have now joined the Medford Meeting because John decided to stop driving. "This transfer was very hard," Miriam said, "because our identification was with the New Brunswick group for so many years." In the early 1970s Miriam was Clerk of the New York Yearly meeting for four years, presiding at the business sessions and initiating consideration of issues and concerns important to the membership of over 4,000 Quakers.

The Brushes lived at Woolman Commons until it closed. Not surprisingly in view of her background in nutrition, Miriam enjoys creative cooking and prepared all their meals for the first

two years after they came to the main campus. Currently, they eat one meal in the dining room and enjoy sharing a table with other residents.

Miriam is a member of the MLRA Low Vision Committee and depends for her reading on the many tapes she receives from the Trenton repository of the Library of Congress collections for the visually impaired. Her favorite genres are medieval history, biography, and British mysteries. She also belongs to a discussion group that meets once a week and she works out on the treadmill and exercise bike in the Fitness Center three times a week.

RELATIVELY SPEAKING

by Maggie Woodard

Ed. Note: This is the second article about residents and their relatives who live at Medford Leas.

Among the 32 residents whose relatives once lived at Medford Leas, all of those interviewed emphasized how much their parents had liked living here, in addition to the high quality of health care they had received.

Doris Allebach's parents moved to Medford Leas in 1972. Her father was active in laying out the trails. Doris visited often and loved being waited on in the dining room and visiting the various courts. She watched the plants in different seasons and especially enjoyed a particular weeping birch tree. Her son was 15 when his grandparents lived here and he visited often.

Gordon Beckhart visited his mother once a week during the four years that she lived here. He looked at other places for himself, but they all gave him claustrophobia! (They were high-rises.)

Peggy and Gil Goering urged Peggy's mother to come to Medford Leas. She was reluctant but came to like it and was glad she had moved here. Peggy was impressed with the care her mother received in Woolman after she broke her hip. Peggy and Gil moved here because they thought it was the best CCRC, with no debt, and

they wanted the independent living available in Bridlington.

Joyce Haase, whose mother lived here, moved to Medford Leas with her husband, **Walter**, because of what Medford Leas offered. In addition, her brother, **Ken Cooper**, and her sister, **Elizabeth Lees**, were already residents, and many of her friends from Moorestown lived here, as well as eight of her classmates from Moorestown Friends School.

Dene Mayer's parents were among the early settlers at Medford Leas and, she says, "It was marvelous for them." Her father wrote light verse, which was often published in *Medford Leas Life*.

Berta Numata's father and stepmother moved to Medford Leas in 1971 and Berta often visited them. She was much impressed with the care her father, who had Parkinson's, received. Berta and her husband, before his death, had decided to move here because, she says, "we hadn't found anything to compare."

In addition to the current residents related to present and former residents, there are residents who are related to staff.

Angeline Pheiffer is the mother of **Linda Kleer**, who works in the Coffee Shop.

Elizabeth Kressley is **Marianne Steely's** mother.

Charles and **Ruth Kutteroff** are **Jane Weston's** parents.

Former Assistant Director **Kate Kwiecinski** is the daughter of the late **John Kavanagh**, the niece of **Richard Kavanagh**, and the daughter-in-law of **Henrietta Kwiecinski**.

Lois Forrest was Executive Director of Medford Leas and **Ann Naulty** was on the staff in Therapeutic Recreation when their mothers became residents.

One can easily see that Medford Leas is a family affair, relatively speaking.

NEW TALKING BOOKS

by Myra Binstock

Fiction

Fraser, Antonia. *The Cavalier Case*

Non-Fiction

Beran, Michael *Jefferson's Demons*
 Durant, Will *Heroes of History*
 Grisham, John *The Innocent Man*
 Riva, Maria *Marlene Dietrich by her Daughter***
 Stafford, David *Roosevelt and Churchill*

Mystery and Suspense

Cannell, Stephen. *The Tin Collectors*
 Coulter, Catherine *Riptide*
 Lescroart, John *The Motive*
 O'Shaugnessy, Perri *Unfit to Practice*
 Palmer, Michael *The Society*
 Rosenberg, Nancy *Conflict of Interest*
 White, Stephen *The Program*
 Woods, Stuart *Reckless Abandon*

** Donated



One of the Gingerbread Houses created by employees of Medford Leas

A DAY IN HIGH SCHOOL

by George Rubin

On a rainy November 8, 2006, **Mary Toda**, **Sumiko Kobayashi**, and **George Rubin** attended Shawnee High School for the day. We had been invited by Mike Panarella, a teacher and administrator in the district, who had conducted our TV interviews this past summer. That program, *Bridging the Generations*, included Mary and Sumi's experiences as Japanese-Americans during World War II, as well as **Margery Rubin** and George and their involvement in the Civil Rights and Peace movements.

The high school social studies and history departments set up *Veterans Day* as a way to have living veterans of past wars and others with wartime experiences tell their personal stories to the students. In attendance were 20 veterans from World War II, Korea, Vietnam, and the Gulf Wars.

Sumi and Mary spoke to a number of social studies and civil rights classes. They related their experiences of being interned in camps for Japanese people, both alien and American born, living on the West Coast during WWII. They spoke about discrimination and not being allowed the many facets of normal life that Caucasian children had. In addition, they were taken to a class doing a TV program, and were asked questions individually before the camera. Both found this interchange very interesting.

I spoke to three senior classes about my wartime flying and prisoner of war (POW) experiences. I explained to the students what it was like flying in a bomber during combat, that fear was always a member of the crew, and what it was like to be shot down and captured. These experiences left me with both physical and mental scars for the rest of my life. In one class, I was joined by a woman who had been a frontline nurse in Vietnam. The experience affected her so deeply that, when she returned to the States, she gave up nursing. In another class, I was with a retired social worker who had been a POW in Germany during WWII for over

two years. He spoke about the guilt he still feels because he came back alive and his comrades did not. In each of these classes the questions and answers gave the students a sense of our personal wartime history. I told them I thought they should think long and hard before going into the armed services.

TUTORING FOREIGN STUDENTS

by Maggie Woodard

Seven Medford Leas residents are currently tutoring international students at the Pemberton and Mt. Laurel campuses of Burlington County Community College in a program coordinated by **Jean Nicholson**. The students are enrolled in the English-as-a-Second-Language course that they have to pass before they can take regular college courses at BCC.

The three residents who work with students at the Pemberton campus on Tuesdays have to get up early to be ready to start at 8:30 a.m. They are **Philetta Lobo** (leader of this group), **Peg Browne**, and **Harriet Stearns**. All of them say they love the "job" and the interaction with the students. At the Mt. Laurel campus, the tutoring is on Friday afternoons with Jean Nicholson, **Margaret Melstrom**, **Laura Farr**, and **Ellie Elmendorf**.

Medford Leas residents have participated in this program for about 15 years. **Esther Woodward** was one of its original participants but cannot remember just how it got started. **Ellen Stimler** was the coordinator for many years until Jean took over.

Dr. Carol Gavin, who has led the program since its inception, provides the students with a great variety of themes for essays they are asked to write in journals. The students read their essays to the tutors, who correct their pronunciation, spelling, and grammar. Sometimes the tutors have to rewrite a sentence to put the meaning into idiomatic English. Tutors are requested to

spend no more than 15 or 20 minutes with a student; often tutors would like more time to review the whole essay.

Below are some of the themes assigned:

- Tell about your education.
- Do Americans watch too much TV?
- What foods do you like here?
- What are your favorite books?
- What are your favorite TV shows, movies?
- What are your hobbies?
- What is your favorite holiday?
- How did you celebrate December holidays?

The students come from many different countries, including China, Ecuador, Germany, India, Israel, Japan, Liberia, Mexico, Peru, Romania, South Korea, Sudan, Turkey, and Vietnam. Some have had considerable education in English, others very little. Their ages range from the late teens to the 40s. Some have spouses and children. Most have outside jobs. Tutors usually spend a few minutes at the beginning of the session in exchanging some personal information. Ellen remembers that, on the way home, the tutors would compare notes on how students from different countries interpreted the day's theme. It was extremely interesting to note the different approaches based on their native culture and traditions.

The Medford Leas tutors are enthusiastic about the students. They emphasize that the students are eager to learn, that their thinking is often sophisticated, that many are very bright, and that all are ambitious and determined to improve their English. They appreciate the tutors' help and are rewarding to work with. Sometimes a tutor is asked to engage in conversation with a student instead of helping with the essays. The tutors like the change because it allows them to become better acquainted with the students.

At the present, more tutors are not needed. However, Dr. Gavin said that, if there is sufficient interest, she might set up a

"Conversation Partners" program, structured to benefit both students and volunteers. The "conversation partners" would talk about their respective backgrounds, lives, and current events.



BRAINERD STREET COMMONS

by Kitty Katzell

A report in the latest issue of the Newsletter of the Burlington Quarterly Meeting shared information that will be of general interest to residents who have wondered what was being done with the former Woolman Commons in Mt. Holly.

The property has been converted into an active 55+ adult community, described as "attractive, affordable and maintenance free." It has a resident manager, Sarah Miller, the sister-in-law of **Sally Miller**, who oversees the maintenance of the 27 units. The facility is structured as a "managed cooperative," in which the units' owners receive services that are typically provided in an apartment complex. If repairs are needed, the resident manager arranges for them to be made and the cost is covered by the facility.

Now known as Brainerd Street Commons, the facility was transformed by the Woolman Community Development Corporation, a Quaker-led corporation dedicated to home, neighborhood, and equal opportunity living.

HIGHLIGHTS OF THE 2007 AAHSA MEETING

by Helen Vukasin

Introduction

The theme of the AAHSA (American Association of Homes and Services for the Aging) conference this year was "Tell your Story." The annual meeting was set up to educate and inform the 6,200 member organizations, as well as members of boards of directors, CEOs, administrators, nursing staff, and the 126 residents in attendance. One of the things one learns is that those responsible for care at all levels are extremely committed and dedicated; their work is not just a job.

The 126 residents were aware that, while the emphasis was providing information and education for service providers, they have a real role to play in reminding participants of the needs and experience of resident consumers.

"Telling one's story" means that the best way to talk about the work of the senior care-giving industry is to focus on people as individuals. One can quote all the statistics about CCRCs, but listeners will hardly remember them. If there is a story about one particular case or relationship, the audience may be touched and will remember long after.

Plenary Speakers

The plenary speakers were challenging and stimulating. Walter Cronkite illustrated how to earn public trust with amusing and touching stories about his illustrious career. Another speaker, Andy Goodman, said that story telling may be our single most powerful strategy to connect with consumers, staff, policy makers, media, and the community around us.

Education Sessions

There were literally hundreds of education sessions from which to choose. The best sessions for residents are those that are based on subjects where a resident's perspective might make a useful contribution to the discussion or where the information provided could be useful to Medford Leas. **Dave Swartz**, vice president

of MLRA and the official representative, and I purposefully chose different sessions.

Here are summaries of some sessions attended.

Consumer - Older Adult Luncheon – This is an annual event, providing the opportunity to meet and exchange views with the other residents. This year's discussion was about how we need to make a shift of language away from such terms as old, sickness, home, and patient to wellness, fitness, consumer, and other positive terms.

Affordable Senior Housing, Making it Happen – This session provided information about funding these projects. It was of interest because of the Affordable Housing project to be built adjacent to our property.

Assisted Living Issues Forum and CCRC Issues Forum – In these two sessions important information was provided about the foremost issues and how Congress might deal with them.

What Message are You Really Sending?, Making the Most of Your Image, and Public Relations, an Essential Marketing Tool – These three sessions stressed creation of a unique image for a CCRC by various means.

Empowering Residents in Philanthropy and To be a Foundation or Not to be a Foundation – These two sessions offered assistance with a challenge Medford Leas is dealing with at this time, which is how to build the Reserve Fund. Information will be shared with the Medford Leas Development Office.

National Commission for Quality Long-Term Care and Financing Long-Term Care – It is hoped that The National Commission will negotiate with Congress for improvements. The Long-Term Care session explained how we could move toward a new financial system that could help provide long-term care for all. The 14 page booklet, *Financing Long-Term Care – A Framework for America* is among the additional information available on the AAHSA website at http://www.aahsa.org/conferences/annual_meeting/

MARTIN LUTHER KING PROGRAMS JANUARY 13 AT MEDFORD LEAS JANUARY 15 IN MOUNT HOLLY

by David Lewis

The Hon. Gwendolyn Faison, the mayor of Camden, will be the keynote speaker at the Martin Luther King, Jr. observance on Saturday, January 13, in the Medford Leas Auditorium. The program is sponsored by the MLRA Forum and Diversity Committees, as part of a two-day series of activities. Mayor Faison's address is entitled "Camden: Past, Present, and Future."

On Monday, January 15, many residents will travel to Mt. Holly for the area-wide breakfast and program at the Second Baptist Church on Washington Street.

Featured speaker will be The Rev. Chuck Essex, who will address the breakfast crowd and then conduct an interactive program entitled "Conflict Resolution and the Spirit of Peace Today." Rev. Essex is director of the Philadelphia Community School and Family Service. He has led workshops in four continents on topics including "Nonviolent Social Change" and "Healing the Hurts of Racism."

A flyer will be distributed to residents, detailing the program, and with a sign-up coupon for transportation.

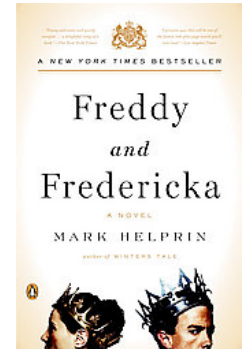
BOOKS WE ENJOYED READING

Freddy and Fredericka

by Mark Helprin (553 pages)

Everyone at one time or another has enjoyed poking fun at royalty. Mark Helprin, with satire and great humor, has woven together these elements in his new novel, the first in over a decade. A lyrical fantasy about the British monarchy, *Freddy and Fredericka* is closely modeled on Charles and Diana.

Fredericka is beautiful and at times empty-headed. Freddie, the Prince of Wales, eccentric and gaffe-prone, is also an intellectual. He believes in absolutes when it comes to truth and virtue. Having humiliated the royal family one too many times, they are exiled. They are literally dropped from a plane into New Jersey. Their task is not only to rehabilitate themselves but also to conquer America for the Crown and, in so doing, prove that they are ready to rule.



Their adventures in America are worthy of Monty Python, Mark Twain, John Steinbeck, and Jack Kerouac. Helprin's characters look at our post-modern world and its uneasy balance between tradition and genuine democracy.

Freddy and Fredericka experience America, not as royalty, but as part of the working class. Embarking on jobs cleaning toilets, loading trucks, and washing dishes, their life produces a reverse Cinderella story. The Princess loves her new life as a maid, their unheated apartment, Cheez-Whiz, and Salvation Army clothes.

The reader continues to cheer them on, even though at times they seem like Don Quixote, especially when they become involved in politics and the presidential campaign.

Those who have read other Helprin books, such as *Winter's Tale* and *A Soldier of the Great War*, will find this a wonderful, hilarious novel. He takes risks, but books like this don't come along very often. It has a happy, bittersweet ending for nobility, righteousness, and truth.

As Mark Helprin concludes "...Freddy and Fredericka were merely two young people, and in this book their youth and charm were unconstrained by the severity of position.... For Kings before their time are like us all, and may God bless them for that, and save them, too."

by George Rubin

IN THE NEWS

by Ellen Stimler

Margaret Lawson's friendship with the late **Dorothy Test**, and the two friends' generous support of the Coriell Institute for Medical Research, were warmly remembered in an article in the Institute's quarterly magazine, *Discover* (Third Quarter, p.7). Both women made generous contributions in support of the Institute over many years, and Margaret made a recent donation in memory of her brother. The article described the friends' many trips to Manitoba, Canada, to observe polar bears on the tundra, Dorothy's long tenure as manager of the Medford Leas Thrift Shop, and their close friendship with Dr. and Mrs. Coriell while the Coriells lived in Bridlington at Medford Leas.

Our much admired and honored centenarian, **Anne Burr**, was feted last June at a special 106th birthday party given by her former colleagues of the Burlington County Retired Educators Association. As described in the fall issue of this group's newsletter, *Burlington Beacon*, members of the BCREA and representatives from the Burlington County and the New Jersey Education Associations gathered at a luncheon in Medford Leas' private dining room to celebrate the occasion and reminisce about old times. According to the article, Anne "had many stories to tell of her experiences as a woman teacher and administrator" in Bordentown, NJ, and they were all "in awe of Anne's energy and sharp wit." After the luncheon, Anne received a number of gifts, and guests read proclamations from Governor Corzine and the NJEA, acknowledging Anne's service to education. Anne graduated from the old New Jersey Normal School, studied at Swarthmore and Rider Colleges, and earned B.Sc.Ed. and M.Ed. degrees from Rutgers University.

On December 6, **Elmer** and **Thelma Rowley** celebrated their 70th wedding anniversary at a dinner with close Medford Leas friends at the largest table in the Colonial Room. At the end of the month, about 25 members of their family

gathered for dinner in the Red Room to honor the couple. The Rowleys have two married sons, five grandchildren, and nine greatgrands. For their anniversary, their granddaughter, Serena, a photo-journalist, had an article about her grandparents published in *The Good Life*, a free newspaper distributed in the Atlanta, GA, area. Serena has also made some of Elmer's nature photographs into greeting cards she calls "The Grandfather Series."

WELCOME TO THE COURTS

by Ellen Stimler

After living independently in Bridlington for 18 years, **Barbara Ballou** has moved to Apt. 244 in the Courts and says she is very happy with her new neighbors and the warm and friendly welcome she has received.

Barbara lived in so many places before coming to Medford Leas that the 18-year period in Bridlington was the longest she ever stayed in the same place. Barbara plays bridge three or more times a week. On one of her first Tuesdays here, she looked in on Game Night in the Coffee Shop and liked what she saw. She will continue to attend MLRA forums, concerts, and other cultural offerings.

After receiving an undergraduate degree in psychology from Swarthmore, Barbara started on a career that included elementary school teaching and a six-year stint at the old *LIFE Magazine*, where she answered letters to the editor and worked on the editorial staff. She then went back to school to get a master's degree in education from Bank Street College. After about a year spent on a research study of fifth-graders, Barbara went back to teaching school, mainly in junior high school in Palo Alto, CA.

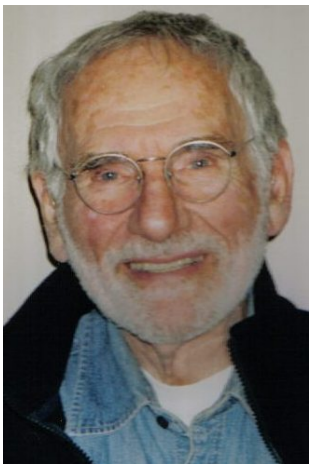
Remarking that she never married, she feels strongly that she didn't miss out on the joy of working with children and has had an interesting and adventurous life.

WHO'S NEW

photos by Ruth Huysman

George and Jane Spivack, Apt 81, met in a theater group at Hunter College, although both were born and raised in the Bronx and had lived a few blocks from each other for years. George served in the Navy and used the G.I. Bill to attend Hunter College, where Jane was majoring in anthropology. He transferred to Columbia University, where he earned a master's in psychology, then got a scholarship to the University of Pennsylvania to study clinical psychology on condition that he work half time at the VA Hospital in Philadelphia. Jane, after graduating from Hunter, received a grant for a Ph.D. program in anthropology at Columbia, but she chose to join George in Philadelphia. They were married in 1951, and in 1954, George received his doctorate in clinical psychology.

They moved to Devon, PA, where both worked for the Devereux Foundation, a nonprofit organization devoted to helping exceptional children. George was Director of Research and Training in Problems of Disturbed Children. The Spivacks, with their two sons, spent summers at the Devereux Summer Camp in Maine, where George was the Clinical Psychologist and Jane was the Social Worker. They rented houses in Maine in the summers for several years, and in 1990, bought one near the coast in Jonesport.

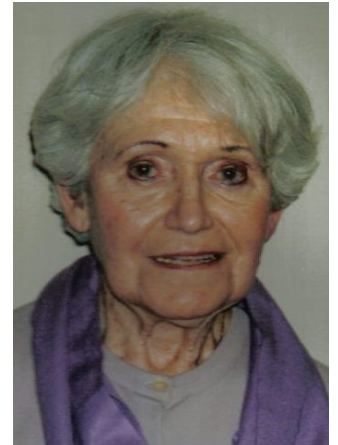


After 13 years with the Devereux Foundation, George joined the Hahnemann Hospital Department of Psychiatry as Director of Research and Director of the Community Mental Health Center. During these years in Philadelphia he published five books and many articles. When the National Institutes of

Mental Health stopped giving them grants, the entire Psychology Department at Hahnemann moved to Widener University in Chester, PA,

where George spent the rest of his career as tenured Professor of Clinical Psychology in their graduate program.

Jane, meanwhile, did social work at Devereux and volunteer work in the community, and earned a master's degree from Drexel's College of Information Services. She edited the Drexel professional journal and became the Placement Director in its Information Studies.



Ten years ago the Spivacks moved full time to their home in Jonesport, ME. They made an important contribution to the community by helping to create Sunrise Senior College, an organization that continues to provide academic classes to people over 55.

The Spivacks will undoubtedly be active at Medford Leas. Jane continues her interest in pottery and hopes to be able to use her large and small kilns to resume this activity.

They have two sons and three granddaughters. One son, a neurologist, lives in Milwaukee; the other, an artist, lives in Philadelphia.

by Margaret Melstrom



JANUARY CRYPTOGRAM

by Doris Salati

FA IJKVR ZDJNGNVH NB OXJCY

NH TGIAO GYR TFMKDBO AXGA

AXBDB FO YJ RFOAFYIAVH

YGAFSB GEBDFIGY IDFEFYGV

IVGOO BQIBZA IJYMDBOO.

– EGDG ACGFY

Here is the solution to the December cryptogram by Ellen Stimler. However, the four lines were NOT by Longfellow but the first four lines of the poem "Snowbound" by John Greenleaf Whittier, as was pointed out by several erudite residents. Apologies and regrets.

THE SUN THAT BRIEF DECEMBER DAY
ROSE CHEERLESS OVER HILLS OF GRAY,
AND, DARKLY CIRCLED, GAVE AT NOON
A SADDER LIGHT THAN WANING MOON.

The correct solution was received from 34 readers: **Miriam Angle, Mary Barth, Ruth Blattenberger, Florence Brudon, Marion Burk, John Caughey, Alice Culbreth, Liz Dill, Betty Donahue, Louise Evaul, Mickey Gray, Bob Hambleton, Terry Harman, Herb Heineman, Barbara Heizman, Eleanor Horner, Jane Hunter, Mary Hope Mason, Mary Ann Metzger, Alice Norcross, Helen Peterson, Betty Preston, Warren Reeves, Alfred Rudrauff, Doris Salati, Florence Sawyer, Peg Scott, Hana Stranska, Miriam Ward, Ellen Wiener, Della Williams, Gladys Wynkoop,** and two anonymous readers.

Please put your solution in an envelope in Box 116 by January 10 or send by email to estimler@medleas.com. Many thanks to residents who sent in proposed cryptograms.

MEDFORD LEAS LIFE

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**Deadline for submissions:
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