



Medford Leas *Life*

VOL. XXXV, No.3

MARCH 2007

NEW DINING SERVICE STAFF

by Maggie Woodard



photos by Margery Rubin

Tyrone Wimes is the first Dining Services Director who is a Medford Leas employee and reports directly to **Dennis Koza**, CEO. He is a dynamic, charming person who sees a big potential for developing superior food services at Medford Leas. All of

his experience has been in food service in the health care field. His mother received poor treatment in a hospital when she developed cancer, and, in her memory, he determined to provide better food service for patients and residents in health care facilities. He does not view it as just a job but feels it is a way of giving back to society.

Tyrone has owned his own catering business and was executive chef at Mercy-Haverford Hospital. All of his 14 siblings work in the health care field. He has been married for a year and has a nine-month-old daughter.

Tyrone wants to build a team and to “rally the troops” to give the best possible service to residents. Keeping costs down, without jeopardizing quality, is another of his goals. He holds production meetings every day with the executive and sous chefs, the salad maker, baker, and caterers. Eventually he will include the wait staff so that they will be able to describe the food on the menu to the residents. Keeping

staff turnover low is also important for him.

Asked what changes he would like to bring about, Tyrone said he wants to improve the Coffee Shop and make the room more attractive. He hopes to have bistro-style service there. Making the food appetizing and attractive in Woolman and Estaug is another goal.

Under his new regime, menus will soon be organized on a five-week cycle instead of the current four weeks. The menus will be seasonal and include ethnic recipes. Additional heart-healthy dishes may be added to choices, with more herbs and spices and less salt.

Tyrone is interested in marketing Medford Leas’ dining facilities and plans to create a market portfolio, picturing entrées, desserts, and appetizers available to residents, staff, and outsiders who wish to host parties. There will be a catering kitchen near the meeting rooms in the new Arts and Social wing.

Asked why he decided to come to Medford Leas, he mentioned many factors: the extraordinarily friendly reception by residents; the Quaker philosophy; the potential for growth in the facility; and the challenges posed by the job.

Robert Patzinger, the new sous chef, is a friendly, energetic person who has already made some welcome changes in the Coffee Shop by increasing the number and variety of selections in the salad bar. Robert is



number two in the kitchen, right after Executive Chef **Brad Mauger**, and will oversee all ordering and baking. His additional duties include training of cooks and staff and monitoring compliance with recipes. The kitchen employs 10 cooks and cooks helpers, on duty at different times. Robert also circulates in the dining rooms to elicit comments from residents.

Robert graduated from Johnson and Wales University, a chef school in Providence, RI. He has 25 years of cooking experience, at casinos, Hyatt Hotels, private golf courses, Aramark, and Sodexo Food Service. His wife is also a chef, and they have two children. He decided to come to Medford Leas to improve the quality of his life. His working hours here will enable him to spend more time with his children, as compared with his previous job.

Residents are pleased that such well-qualified and motivated staff have joined the Dining Services Department.

EMPLOYEE OF THE QUARTER



photo by Maraerv Rubin

Myrna Wester, a nurse in the John Woolman skilled nursing unit, was voted the Employee of the Quarter for the three months ending December 2006.

Her fellow employees had these words of praise for her: "Very wonderful, polite, hardworking, and dedicated", someone who "never runs out of energy" and "takes on the hardest patients." Her supervisors praised her work ethic "that goes above and beyond what is expected of her," and said she is ready to come in early or on her days off when needed.

Myrna enjoys cooking, shopping for bargains in the Thrift Shop, and visiting with her family in Panama and California. Congratulations, Myrna, for your dedication to your job.

DIGITAL CAMERA MEETINGS

by Ellen Stimler

About 40 residents from both campuses expressed an interest in getting together to learn more about their digital cameras and exchange ideas and information about this new way of taking, printing, and enhancing pictures.

At the first meeting on January 8, the attendees filled out a short questionnaire asking them to check off their interest in seven possible activities and add other interest areas not mentioned. A subsequent analysis of the answers indicated that the largest number of attendees wanted to learn more about the special features of their cameras; a small number asked for help in buying a new digital camera.

At the second meeting on January 29, camera owners were divided into groups based on the make of their camera, and resident "experts" met with these groups and explained the various buttons, levers, and menu options of their cameras. The experts



included **Mike Carrell**, **Hugh Jenkins**, **Jim Muir**, **Margery Rubin**, and **Toby Riley**. Margery conducted a special session with the residents who wanted to know what camera to buy. Group members asked many questions, and they were pleased to get answers from either the group leaders or other camera users. Most groups went beyond the camera features and discussed the software most useful for printing, emailing, and modifying pictures. Picasa2 was the recommended software, as it can be downloaded free of charge and is very easy to use. All the computers in the Computer Room have Picasa2.

Meetings in March will be on March 5 and 19 at 2 p.m. in the Computer Room. Toby Riley will lead both sessions, which will give attendees a chance to become familiar with Picasa2.

INDULGED AND BALANCED

by Della Williams

I am definitely not a jock. Just ask my buddies in water exercise class. Why, then, do I look forward to Fitness Day and participate in almost every event?

I think I enjoy most the self-indulgence of the Morning Spa. As promised, I was "whisked away to a time of peace and relaxation" while I luxuriated in my hand and back massages. The soft lighting of the lounge, as well as the sound of harp music and of gently falling water, pleased the other senses.

Or did I most savor the healthy, colorful luncheon featuring a seafood or chicken salad with yogurt dressing on a bed of greens with five kinds of fresh fruit, followed by a fruit sorbet? This annual luncheon that honored Medford Leas' active centenarians, **Anne Burr, Olga Clement, Evelyn Knowlton, and Emily Taylor**, introduced the newly inducted 2007 centenarians, **Dorothy Houck and Judith Loillieux**, to the luncheon crowd. All of these ladies set us a fine example. At 100 years of age or more, each participates in fitness activities in the pool or the gym. Finally, the luncheon crowd was regaled by the Medford Leas Singers, led by **Marion Burk** with **Gerry Stride**, Director of Community Life, who honored the Fitness volunteers with their rendition of "*We'll be up to get you in a wheelchair, Honey.*"

Yet, Fitness Day was not entirely self-indulgent. I was also checked, tested, lectured, and trained. Since the focus of this year's program was balance (the staff wants to discourage slipping and falling), I began by barely passing the Balance Awareness Test administered by **Ken Roland** and **Ed Ellis** of the Fitness Staff. Then I had my gait tested and my shoes inspected by **Beverly Kannengieszer**, Director of Fitness and Aquatics. My gait passed; my shoes failed. Why, then, did I fall barefooted on my kitchen floor last week?

I managed to arrive too late for **Rick Trandahl's** and **Marge Miller's** Balance Training with the Swiss Ball. Those big balls terrify me anyhow. But

I struggled through Ken's and Ed's Boot Camp of standing and moving balance exercises, standing like a flamingo and side-stepping around the Auditorium.



I also participated in Beverly's Foot and Ankle Workshop, giggling with the others as we bared our feet and rolled a Coke bottle under our arches to stimulate the foot muscles and tendons. We also pinched our toes and circled our ankles and applied moisturizer. We giggled some more because our feet tingled.



photos by Margery Rubin

I missed Marge Miller's lecture and practice session on breathing. I justified the lapse by assuring myself that I breathe better than I walk.

Beverly, her Fitness and Aquatics Department, and the MLRA Fitness and Recreation Committee made Fitness Day XII a memorable and inspirational one. When the temperature outdoors gets up to 35, I plan to work out in the pool again. And I vow not to fall or to lose my balance before Fitness Day XIII.

NEVER-ENDING CREATIVITY

by Maggie Woodard



photo by Margery Rubin

Toby Sullivan, Apt. 267, is a talented, creative artist who once, in her words, painted ideas in oil, and made prints, etchings, clay work, and jewelry. She worked with a man in the Philadelphia Museum of Art who made casts of African sculptures that were sent to other countries. She taught art in elementary and high schools and was also head of a community center. After her husband died in 1990, she found that grief limited her ability to do artwork.

In 1991, she started collecting soda cans, which she flattened by running her car over them. She then rolled paint over the flattened can and, using a printing press, pressed the painted surface onto paper, creating a design.

Last year, she began collecting small stones that she found around the edges of Medford Leas porches and in the courtyards. As she walked around the campus looking at the stones in the rain, she realized that water made them look beautiful. Many show signs of the processes that formed them, with striations that look like lava, mica, or other minerals. She picks up stones that seem special, dries them, and then covers them with clear nail polish. With different colors and textures, no two stones are alike.

Toby's collection is now more than 2,000 stones. She carries some in her pockets and gives them away. People love them and don't seem to know why. Two stones, with lines that looked like crosses, she gave to religious friends. People find it calming to rub the stones as they meditate or watch TV.

Toby provides a wonderful example for us all by continuing to live creatively and with satisfaction despite her grief. Medford Leas residents are fortunate that she shares her treasures with us.

MEDFORD U. SPRING COURSE

by Kay Cooley

The Philosophy of Non-Violence will be the subject of Medford University's spring course in April and May. It will comprise six 90-minute classes that will examine the thought of Buddhist and Christian religious sources, Thoreau, Gandhi, Martin Luther King, Albert Schweitzer, and contemporary writers.

Taught by Fred J. Carrier, Ph.D., Associate Professor of History Emeritus of Villanova University, classes will combine an informal lecture on the person who is the subject of the day, with discussion based on recommended reading and brief handouts.

Classes will be held in the Auditorium on Wednesday afternoon from 1:30 to 3:00 p.m. on April 18 and 25 and May 2, 8, and 16, and on Monday, May 21. Enrollment packets and a suggested reading list will be sent out in early March.

MARTIN LUTHER KING OBSERVANCE

by Ellen Stimler

Beginning a two-day celebration of the Martin Luther King remembrance day, Gwendolyn Faison, Mayor of Camden, came to the Medford Leas Auditorium on January 13 to talk about the difficulties and achievements of her job in a city still burdened with many negative perceptions.

The presentation was sponsored by the MLRA Forum and Diversity Committees. **David Lewis**, chair of the Diversity Committee, introduced Mrs. Faison, and The Rev. Dr. Stanley Hearst, Sr., pastor of the Second Baptist Church in Moorestown, gave the invocation.

On January 15, the official Martin Luther King holiday, a number of residents from both the Medford and Lumberton campuses car-pooled to Mt. Holly, to attend a breakfast and programs at

the Second Baptist Church, co-sponsored by The Continuing the Dream Committee of Rancocas Valley and the Rancocas Valley Clergy Association.

Medford Leas Auditorium Presentation

The Camden Mayor, a feisty, dynamic woman who was proud of her 82 years, shared her political life story with the audience, talking extemporaneously. At one point, she stepped away from the microphone and pointed out her new titanium hip replacement, praising the advances in medicine that help the elderly live longer and better lives.

She recalled that at 7 p.m. on an evening in 2000, a delegation from the Camden City Council came to her home and told her that she was selected to replace the incumbent mayor, who had been arrested for malfeasance. She was asked to come along immediately to be sworn in. When she got to her future office, she found the place in a complete shambles, with boxes and papers all over the floor after an FBI search.

Although her initial review of the finances showed a balance of only \$450.00, she got to work immediately to improve people's lives, getting parks and recreation areas cleaned up and increasing services for the elderly.

Answering many questions from the audience, Mrs. Faison went into more detail about conditions in her city:

One of the biggest problems is that 50% of properties in Camden are tax-exempt, and the taxes from the non-exempts are insufficient to pay for the needs of the schools. There is no industry, few jobs, and no money for job training. Seventy-five percent of the budget is required to pay for the police and fire departments.

On the positive side, a strategic plan is in place, with provisions for better education, building up neighborhoods, and getting all departments working together to improve neighborhood safety. In addition, code enforcement is now working, there is community outreach, and non-profits are

cooperating with the Mayor's Office.

Celebration in Mt. Holly

At the breakfast in the Church basement, residents had an opportunity to mix and talk with members of the local community. In an address to the group, Chuck Esser, an activist for social change, spoke on "The Possibility of Ending Racism in Our Lifetime." He urged everyone to speak up against racism in the home, the workplace, and the community. To emphasize the need for listening to each other, **Sue Thorp** and **Toby Riley**, residents involved in the Alternatives to Violence Project, performed a little skit showing failure to listen and bad communication. They were quickly corrected by members of the audience.

The final program was a panel discussion on "Conflict Resolution and Peacemaking Today," held in the upstairs sanctuary. Sue gave more details about the anti-violence programs she and Toby are taking to several New Jersey prisons. A mediator explained the wide range of mediation programs in schools, the courts, and industry; and several teachers from area schools described the peer mediation programs and peace studies offered. Students from Rancocas Valley High School demonstrated good and bad interactions. The morning session ended with the audience linking hands and singing "We Shall Overcome."

Immediately afterwards, several residents participated in the "March for Justice" to the First Presbyterian Church, where lunch was served.

IN MEMORIAM

Gerald B. Pidcock	January 25
Robert Wilson	January 30
Marjorie Walton	February 7
Martha Kimmelman	February 7
Morton Bregman	February 7
Helen "Rae" Sammis	February 17
Carolyn Terrell	February 20
John Brush	February 20

ACCREDITATION

by Kitty Katzell

This year, Medford Leas is scheduled to be reviewed for re-accreditation by CCAC-CARF. CCAC is the Continuing Care Accreditation Commission, formerly sponsored by AAHSA, the American Association of Homes and Services for the Aging. CCAC is now sponsored by CARF, the Commission on Accreditation for Rehabilitation Facilities, which accredits a wide range of human services providers. From March 21 to 23, surveyors will visit Medford Leas to evaluate how well we meet over 150 international quality standards. The standards in financial, governance, service, and program areas are set forth in a 355-page manual of instructions.

In preparation for the surveyors' visit, management, board members, and staff have compiled information about all aspects of Medford Leas and its operations in conformance with the manual of instructions. That material will be available to the surveyors during their visit. They will tour the two campuses and talk with residents, families, staff, management, and board members. Residents should be prepared to answer questions like the following:

- Are you treated with respect?
- Do you take part in planning your services?
- Do you receive the services you need and want?
- Do you know where to go with questions or concerns?
- Are your questions answered in a way you understand?

At the end of their visit, the surveyors will review their findings and make recommendations. Medford Leas has been an accredited CCRC since the accreditation program was initiated and was involved in the development of the CCAC accreditation process. Residents will be kept posted through **Dennis Koza's** monthly updates to residents and his reports to the MLRA Council.

CONTRIBUTE TO LEAS LIT!

The **Leas Lit** Committee encourages residents to submit manuscripts for Issue # 13. **DEADLINE March 9, 2007.** You may submit by email, hard copy, or in writing. Blank cover sheets are in the Leas Lit box in the Atrium. For additional information call Edith Pray, 654-3238.

MORE RELATIVES AT MEDFORD LEAS

by Gertrude Marshall

Ed. Note: This article is an addition to the two previous ones on relatives, which appeared in the December and January issues.

Jeanette Haines, widow of a former Medford mayor, Maurice Haines, came to Medford Leas early in its existence. She lived here for only a few years. Later, her three children, **Edward, Bernard, and Anna**, moved to Medford Leas with their spouses. Edward worked here for a time. Edward's wife, **Ella Peck Haines**, was eventually joined by her sister, **Cornelia Peck**, and their brother, **Charles Peck**, and his wife, **Charlotte**. Bernard's wife, **Elizabeth Matlack Haines**, was joined by her brother, **Robert Matlack**, and his wife, **Elizabeth Hendrickson Matlack**. Elizabeth's brother, **Edward Hendrickson**, and his wife, **Hannah**, were also residents. **Anna Haines Bartholomew** came with her husband, **John**; they were preceded by John's brother, **Evert (Bart) Bartholomew**, and his wife, **Colette**. Of these 16 residents, six are still here: Elizabeth Haines, Elizabeth Matlack, Charlotte Peck, John Bartholomew, and Evert and Colette Bartholomew. All this is a testament to family solidarity and also to the attractions of Medford Leas.



LIFE IN THE 90'S

by Ellen Stimler

"It's all in my genes," said **Dorothy (Dot) Hull**, who is 93 this month. Her father lived to 94 and an uncle to 96. Dot and her second husband, **James**, were among the first occupants of Rushmore. James died seven years ago. Dot loves the woods and the closeness to nature in her unit, and she comes to the main building often to attend concerts and forums, visit the library, and play the piano at Vespers.



photo by Margery Rubin

Dot still drives, does her own shopping, and cooks all her meals. She plays her piano for her own pleasure and loves doing crossword puzzles. She used to walk three miles a day but has cut down temporarily because of a knee problem.

She reads *USA Today* and the *Sunday New York Times* and gets books from the library. Right now, she is reading *Postwar History of Europe*, by Tony Judt. Dot spends July and August at her family cottage in Hope, Maine. She has many family members in that area, and some of her four grandchildren and eight greatgrands come for visits.

Dot left her family in Maine for her freshman year at Earlham College, but she became so homesick that she completed the rest of her undergraduate degree at the University of Maine. Later she received an M.A. in education from the University of Buffalo. After the death of her first husband in 1966, Dot spent several years teaching in California. She joined the Sierra Club and hiked the John Muir Trail in California and went on hikes in Norway and Iceland.

Dot had met Jim Hull at Earlham, and they got together after the death of Jim's wife, who had been Dot's good friend. They were married in 1977.

ART GALLERY NEWS

by Helen L. Vukasin

It is relatively quiet in the Art Galleries at Medford Leas this month. Construction is forging ahead and the Art Gallery Committee is brainstorming ideas about the grand opening of the new gallery space when the construction of the new wing is complete.

In the Art Studio, resident artists are hard at work producing new creations for an opening in April. Artists are encouraged to produce new work for each of the semi-annual shows, although we welcome past work of newcomers who have joined us. Residents look forward to Art Studio Gallery openings with their special refreshments.

The Lumberton Art Gallery continues the innovative exhibit of the work of relatives of residents. For those who have not seen it, a month remains to get a key from the Atrium desk and visit the Community Center at Lumberton. The commentaries of the resident owners about each of the works make the show especially interesting.

The next show at Lumberton, beginning in April, will feature the work of two favorite resident artists, **Alice Skidmore Culbreth** and **Rita Keiper**. Victoria Brush, daughter of **Stan** and **Bev Brush** and a professional artist in her own right, has postponed her show until July.



REDUCING HEATING COSTS

by Gwen Crawley

Last fall, the MLRA Resource Conservation Committee offered to help residents who had difficulty in figuring out how to regulate the heat in their apartments. A committee member went to their home and demonstrated how the temperature could be regulated. In one apartment the heater was found to be defective and was replaced. Now residents know how to have enough heat to stay warm and to save energy by lowering the temperature when they are not using a room or are away for a few hours or overnight. It is expected that this kind of regulation can cut heating costs. Utilities run between \$1,400 and \$1,600 a month per court.

The Committee has prepared Energy Tip forms that are available at the Atrium desk. Residents are asked to indicate where they feel energy might be conserved. The Committee will review the ideas and organize them so that they can be addressed by either individual residents or management.

LOOKING BACK: JOE DOYLE, HAIR SALON OWNER

by Maggie Woodard

Ed. Note: Another in the series of articles related to the 35th Anniversary of Medford Leas.

Joe Doyle, the charming, fun-loving man of many talents, opened the Hair Salon at Medford Leas in June 1971. An Off-Broadway performer in New York City theatres, who also made commercials, he left Manhattan in 1960 because he found it wasn't possible to make a good living there, and he wanted to raise his four children in the country. He settled in Medford Lakes and, by 1971, owned two beauty shops in the area. In June that year, he learned that Medford Leas needed a hairdresser and he was able to work out an arrangement under which he opened the Hair Salon. Located where the swimming pool is now, it had one 400 sq. ft. room.

He recalled that two electrical companies supplied the power and there were often power failures. Women sitting under dryers with wet hair were understandably distressed when the dryers shut off, so Joe drove them in his car to his other shop in Medford Lakes. Sometimes he played charades with residents when the electricity went out.

When asked what he most likes about working here, Joe replied, "the people - they're like family and wonderful." Two residents stand out in his memory. **Elizabeth Mahlow**, always impeccably dressed, was a great conversationalist. When he expressed concern about getting into Heaven, she said, "I'll open a side door and let you in." He also enjoyed **Ruth Carver's** cartoons and her zest for life.

Of major changes during his 35 years at Medford Leas, in the early years there were 100% shampoos and sets plus blue rinses; today there are 60% blow-drys and 40% shampoos and sets, but no blue rinses.

Joe has given many hours entertaining residents: Sing-Alongs, Vespers, and Employees' Holiday Shows. He was honored in 1985 and again in 2002 by the residents, and was given plaques that now hang on the walls of the shop. The 2002 plaque congratulates him and thanks him "for improving the ambience at Medford Leas, one head at a time, with talent, kindness, and with great good humor."



2006 Employee Show

photo by Margery Rubin

GREENHOUSE VISITORS

by Jean Stratton

On January 18, seven residents from a new CCRC in Woodstown, NJ, visited Medford Leas in preparation for establishing a greenhouse at their facility. Residents **Jean Stratton** and **Ann Walker**, and **Debbie Lux** of Landscaping staff, conducted tours of the Haddon Greenhouse and the Nature Center. Debbie explained the workings of the greenhouse, such as temperature regulation and ventilation. Ann talked about volunteers' responsibilities, caring for the plants, spraying them, hosing the trays and floors each week, watching for plant diseases, and generally keeping order. She gave the visitors a packet of information outlining the volunteers' responsibilities and the timing of opening the greenhouse in October and closing it the end of May.

At the Nature Center, while enjoying tea and cookies provided by Debbie, they explored that greenhouse and the nature library and asked more questions. When Ann and Jean left, Debbie and **Jane Weston**, Director of Marketing and Community Relations, took the guests to lunch in the Coffee Shop. The visitors really appreciated our campus, especially its expanse and the labeling of the trees. They hope that Woodstown will find a way to capitalize on the many ideas they gleaned from their visit.

STRATEGIC PLANNING

by Kitty Katzell

Strategic Planning is a Management and Estaugh Board function that is used in many organizations today. The process of developing a strategic plan for Medford Leas will take about a year but, once established, will be part of each year's budget development.

Medford Leas has engaged Third Age, a consulting firm specializing in strategic planning with CCRCs. The planning will involve residents, staff, and Estaugh Board members in every

stage. The process began in 2006 with a market analysis and a review of previous plans. In June, there was a meeting of the Estaugh Board Strategic Planning Committee, at which a preliminary SWOT analysis was developed, identifying Medford Leas' **Strengths**, **Weaknesses**, **Opportunities**, and **Threats**. There were also reviews of finances, an estimate of future medical bed needs, and focus group meetings.

Five confidential resident focus groups met with staff of Third Age during November. They were the MLRA Council, the Lumberton Residents Council, and three groups, one each of new residents, staff, and long-term residents. Other focus groups may be convened from among additional residents and outside groups, such as the waiting list and people living in the area who are age- and income-qualified to be residents.

The output of all these reviews and analyses will be presented to the Estaugh's Strategic Planning Committee for their review. They will consider external trends and opportunities facing CCRCs nationally as well as Medford Leas.

Next, statements will be produced to indicate where Medford Leas should be headed over the next five years. Those statements will guide the development of initiatives that set forth the major emphases needed to advance the strategic directions. The initiatives will lead to action steps, which will result in a draft version of the strategic plan. The draft plan will be reviewed by the Estaugh's Strategic Planning Committee before being presented to the Estaugh Board for its approval.

As the process moves forward, management will share information about the plans with the MLRA Council and with resident gatherings at their regular meetings. At this point, it is impossible to say when the various stages will be completed, but once done, the process will be ongoing.



BOOKS WE ENJOYED READING

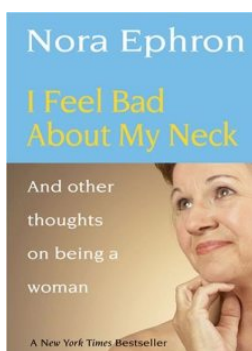
*I Feel Bad About My Neck
And Other Thoughts On Being A Woman*
by Nora Ephron (137 pages)

Everyone approaches aging in different ways, but leave it to Nora Ephron, author and screenwriter, to show us the face of reality and what lies ahead. I must tell you, ladies, it's not very glamorous. Your reviewer, being a man, enjoyed looking through the eyes of a woman at the aging process. The reader will come to realize that there is very little that differentiates the sexes when it comes to getting older.

I Feel Bad About My Neck is written with humor and insight. Nora Ephron is at once passionate, funny, and intimate about all the trials and tribulations that women face in maintenance, menopause, the empty nest, and all of life's vicissitudes. She knows that women do not want to show their aging necks (wear turtle necks all the time) and are obsessed with trying to stop the aging process with anything that is available for as long as possible. "Well," she says, "consider the alternative."

Her final comment: "I'm going to feel like an idiot if I die tomorrow and skimped on the bath oil today. Now I'm smooth as silk and I'm going out to buy more."

This book is in the Medford Leas Library.
by George Rubin



TED'S ON MAIN

by Helen L. Vukasin

The village of Medford is growing fast. There are now three fine restaurants for those birthday and anniversary celebrations. Many residents have experienced Braddock's, the oldest and most prestigious, and some have sampled the Tea Room. But like the experience of the three bears: Braddock's is on the pricey side, the tearoom is very nice for ladies, but **Ted's on Main** is just right!

Medford Leas residents were sad when Café Noelle folded. Now in its place there is the wonderful ambiance of a Parisian bistro or a New Orleans style décor right on Main Street, Medford. The atmosphere is calm and restful. The Mayan Gold walls are quietly elegant, with a few tasteful paintings.

Ted Iwachiw, the owner and chef, is a home-town boy. He has had an interest in food since he was a youth. He studied at the Academy of Culinary Arts, May's Landing. His experience in fine restaurants has been extensive, including the Striped Bass in Philadelphia and the Washington Inn and Ritz-Carlton in Washington DC. He has also worked in New Orleans, Florida, and the Bahamas. He has chosen to come home to raise his children and join his mother, who owns Guiding Light, also on Main Street, Medford.

Ted has brought back home some of the wonderful tastes from the restaurants where he has worked. Even more important, he is offering some delicious recipes of his own. The Cape May Clam Chowder with clam fritters is unique. And those who favor Izzie's must compare Ted's Jumbo Lump Crab Cakes with sweet potato hash and citrus ginger sauce. He says that his aim is high quality at reasonable prices – and he succeeds!

Ted's is open Tuesday-Saturday for lunch and dinner. It is closed on Sundays and Mondays. It's BYOB and reservations are advised: 609-654-7011, 20 South Main Street, Medford.

TO CHUCK WOODARD

by Barbara Ballou

Surely it is more than just good luck
That we have among us a man we call Chuck,
Who plans programs of music designed to please
The elderly folks at Medford Leas.

Most recently 'twas a duo who would easily win
Our applause, at piano and violin.
Few selections could hold a candle
To tunes by Kreisler and Handel --
And how could our pleasure possibly lag
As we listened to Joplin/Zukolsky and
Pineapple Rag?

My particular thanks are for Sunday night
But I would also express my repeated delight
With the comforting knowledge
There'll be a next time.

(after Sunday, January 14)

ORANJ RESEARCH SURVEYS

by Maggie Heineman

From time to time various committees of the Organization of Residents Associations of New Jersey (ORANJ) send surveys to the resident associations of the state's CCRCs. The results of the six surveys done since 2005 are on the ORANJ website at www.oranjccrc.org. If you are curious about the reports and need help with the Internet, there is support in the Computer Room on Tuesday and Thursday mornings.

2005 and 2006 Fee and Occupancy Reports:

The annual fee and occupancy reports provide year-to-year comparisons. The website has full survey reports for both years with data for each of the CCRCs in the state.

In the spring of 2006 the 24 New Jersey CCRCs had 9959 units, of which 6725 were independent living, 1270 were assisted living, and 1564 were skilled nursing/long-term care. An additional 1224 units were planned, of which 559 would be at

Cedarcrest and 350 at Seabrook. Fee increases averaged 5.04% in independent living units, 5.8% in assisted living, and 5.87% in skilled nursing.

2007 Health Care Survey: This survey had 44 questions. Some examples: Does your facility have a Health Care Committee? Is a registered nurse on duty 24 hours a day to respond to emergencies? Does your facility provide intravenous procedures? Is a driving test or licensing required for operation of a motorized chair? Do you have resident volunteers providing services in your health care centers? Do you have an on-site pharmacy? Does your facility require an advance medical directive?

2006 Finance Committee Survey: Several of the questions in this survey were related to communication between management and residents in financial matters. For example: During the past year, to what extent has your CCRC discussed with all interested residents any financial concerns identified by residents? How, and how well, are the reasons for fee increases explained to residents? What input into the annual preparation of operating and capital budgets is provided by residents, or residents' representatives like a finance committee? To what extent is your CCRC's annual Disclosure Statement presented to and discussed with all interested residents?

Ten CCRCs cited rate increases as their greatest financial concern and half of those ten cited long-term financial stability as a parallel concern. Only four CCRCs reported having some kind of a policy regarding the setting and limiting of fee increases.

2006 Meal Credit Survey: Most CCRCs require an absence of a number of consecutive days, most typically two weeks, before meal credit is made available. The CCRCs also varied in their reliance on a bar code or other automated system to register fees and credits.

2005 Pet Policy Survey: The March 2006 issue of *Medford Leas Life* included a report on this survey.

OUR WOODLAND TRAILS

by John Caughey

The Woodlands/Trails Group of the MLRA Nature Coordinating Committee meets every Tuesday at 8:30 a.m. in the Nature Center. Regulars are: **Ruth Blattenberger, John Caughey**, chair, **Gordon Clift, Steve Denham, Bill Heisler, Virginia Mattice, Dave Sleeper**, and **Holger Stub**. **Joe Greipp** provides staff help. Basically, we care for the nearly five miles of marked trails on the Medford campus.

The Red Trail, almost two miles, encircles the property. Are the red markers in place? Has a branch fallen on the trail? Bridges ok? There are eight large bridges on the trails, built and maintained by staff. Trail clear? Poison ivy? Checking on these is part of our routine.

The Orange Trail, about a half-mile long, starts near the Rushmore Crossing model, and loops through the northeast section of the property. Looping from the Red and Orange trails are 17 Yellow trails. We try to keep these trails to the same standard as the Red Trail.

Bridges, designed by **Gordon Clift**, are two planks, about six feet long, fastened together with cross bars and secured by a light chain to a nearby tree. When the water rises, the bridge floats free, tethered by the chain, to be reset when the water recedes. There are eight such bridges, and resetting takes two people.

The woodland part of the Arboretum is "The Nature Preserve." It is kept accessible to visitors, and we advocate for its preservation in its natural state. The clearing of fallen trees and the cutting of standing trees are discouraged, though recently a beaver felled a 10" gum tree blocking the dock area and that tree was cleared.

There are invasive plants in the Nature Preserve: Phragmites, a reed found in wetlands; English Ivy; Ailanthus (Tree of Heaven); Knotweed, and others. With Maintenance staff, we strive to eliminate them.

Valuable trees often become weighted down with vines, and we gleefully cut them away, like un-decorating a Christmas tree. Vines are left to flourish on "weed" trees, like Sassafras.

Trash collection along and between the trails is a constant. In the spring, on "Cleanup Day," staff joins us for a general sweep of the campus.

To start on this maze of trails, ask at the desk for a campus map. It will let you plan a walking loop to wherever you want to go. And remember, if you walk alone, carry a cell phone or a whistle.

The Woodlands/Trails Group always has much to do, enjoys doing it, and welcomes newcomers. Come work the trails with us Tuesday mornings!

IN THE NEWS

Yuri Moriuchi's flower arranging classes, based on the Japanese Ikenobo Ikebano method, were the subject of a front-page spread in the Outlook Section in the *Burlington County Times* (Monday, January 22). One of three pictures on the page showed Yuri explaining an arrangement in a book to **Fran Webb**, who is enrolled in her course. Yuri has a specially equipped room in her apartment for these classes. Students have to attend 12 sessions in order to obtain certificates from the Ikenobo Ikebano School in Kyoto. The school has chapters in 31 countries, including 39 in the United States. Yuri is an active member of the Philadelphia Chapter.

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Warren Sawyer and his daughter, **Janet Thomas**, who is a member of the Estaugh Board, drove to Washington on Saturday, January 27, to participate in the March for Peace, organized by a coalition of the United for Peace Groups to protest the war in Iraq. Warren said his reason for going was that "this country needs to know that there are many of us who want to see an end to the war

in Iraq now.”

Medford's newspaper, *The Central Record*, covered the Forum presentation on Saturday, January 20, in a brief article with two pictures. One showed the speaker, Joe Laufer, Burlington County Historian, who spoke about the river towns of Burlington County. The other one was a shot of the Auditorium audience on which a few residents could be recognized.

WELCOME TO THE COURTS

by Ellen Stimler

After 13 years at Rushmore, **Minerva (Min) Sarfert** is making a new home in the Courts in Apt. 223. She hopes to be able to continue with bridge games with friends in Rushmore and in Haddonfield, where she lived before moving to Medford Leas.

Min has a close friend from school years on the Lumberton campus, who comes often to take her out to lunch or a movie. In the summer, another friend takes her to Ocean City, where Min used to own a summer place years ago. Min still drives, but only in the immediate area.

Min worked as a legal secretary before WWII and then joined the Women's Army Corps (WAC) and was sent to the South Pacific and Manila. After the war, she worked in Philadelphia for ten years. Her last job was as secretary to the Haddon Heights Superintendent of Schools.

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“You just walk five minutes, and you're in the middle of everything,” commented **Margery (Midge) Dixon** after moving into Court Apt. 55 from Rushmore. She is involved in a number of MLRA activities, including the Thrift Shop, helping with the Wednesday Coffees for Assisted Living, and with the Christmas decorating. She participates in the Wednesday bridge and is the chair of the Planned Parenthood bridge program.

Midge still has her car but uses it mainly to drive to the ShopRite. She sometimes leaves her car there and walks into town. After she gets her apartment completely organized, she wants to volunteer in the Auditorium and in other activities.

Midge has a son in Medford, a daughter in Oregon, another son in Maine, six grandchildren, and one great-grandchild. She visits them and also friends in Chatham, NJ, and Hilton Head, NC, where she and her husband lived until Eldon died in 1997. Midge came to Medford Leas in 2003.

WHO'S NEW

photos by Ruth Huysman

Before her marriage to **Howard Kriebel**, **Dottie** was a bridesmaid at the 1942 wedding of her cousin Elisabeth to **Bill Heisler**; in 1949 the Heislars attended the Kriebels' wedding. The two couples visited each other off and on during the years.



After the death of their spouses in 2004 and 2005, Bill dropped in on Dottie and they talked about old and present times and found common ground in their love of traveling and gardening. The following year, they decided to take a trip together to Russia, which turned into a preview of their life together. They were married in July 2006, and Bill became a resident of Medford Leas.

Bill grew up in Pemberton, NJ, went to high school at the Bordentown Military Academy, and graduated from Wesleyan University with a B.A. in economics. Except for WWII service as an Air Force supply officer and some years in a family industrial lumber business, Bill's career has been

in banking. He worked at a bank in Philadelphia for several years before and after his military service. In 1957 he accepted a position at Citizen's Bank in Providence, RI, where, after five years, he became president. While working in Providence, the Heislars and their two adopted children lived in Barrington, RI, where Bill was chairman of the Planning Board. He also served on the boards of numerous Rhode Island community organizations, including two local universities and the Rhode Island Hospital.

Dottie and Bill are still pursuing their interests in walking, gardening, traveling, and attending MLRA activities. In January, they took off on a two-week trip to Chile and Easter Island.

by Ellen Stimler

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Dorothy (Dottie) Nack Mulholland, who moved into Apt. 26 from Medford, already knew a number of residents here. While on the waiting list, she had permission to use the pool for water aerobics, and she also joined the Busy Hands group. After the death of her husband, Bob, in September 2006, she decided the time was right for the change.



Dottie grew up in Hainesport, attended what is now Rancocas Valley High School, and then completed nursing education at Lankenau Hospital in Philadelphia. She worked at a number of hospitals in the area and in a dental office. In 1954 she married Bob, an electrical engineer at the Federal Aviation Administration near Atlantic City. They moved a number of times until settling in Cherry Hill. After two girls were born, Dottie decided to become qualified as a school nurse so that she would have the same hours as her daughters. She earned a BA in school nursing and an MA in

administration from the former Glassboro State College. She worked as a school nurse at the Clara Barton Elementary School in Cherry Hill until her retirement.

Dottie loves to read, embroider, knit, sew, and quilt. There are many samples of her skills in her apartment, including a double-bed quilt with individually embroidered pieces. The family owns a two-unit property on Long Beach Island, and Dottie is keeping one unit for family and friends. One of Dottie's daughters lives in Medford Lakes, the other one in Washington State. Dottie has four grandchildren. She feels that her daughter and friends here will help her get used to the single life.

by Ellen Stimler

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Richard (Dick) and Doris (Happy) Kirsch Feaster, Apt. 37, have been married for over 50 years. It was truly love at first sight on a wintry day in 1951. Dick was having lunch alone in a nice Philadelphia restaurant when he saw Happy coming into the dining room with a friend he recognized. He walked over to their table, introduced himself, and was invited to join them. When it was time to leave, Dick asked Happy to spell her last name for him. That evening he called every Kirsch in the phone book until he reached Happy. He asked her to go to the movies with him that evening. She accepted, and 18 months later they were married.

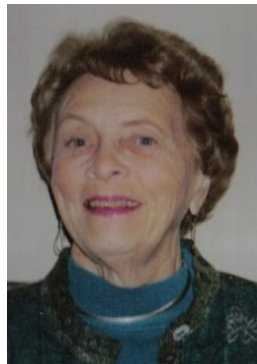
Both grew up in the Philadelphia area, Dick in Elkins Park, Happy in Mt. Airy. Dick graduated with a degree in biochemistry from Franklin and Marshall College, planning to be a small-town doctor. Happy went to a junior college and then worked as a legal secretary in Philadelphia.



During the Korean War, Dick joined the Marines, went to officer training school, and served as a company commander. The war experience made him change

his career plans. He then wanted to become a company president. After working for several companies and getting training in mergers and acquisitions, he set up his own rather unusual business. Banks that had liked his work would make an agreement with him, requiring him to stabilize bank customers who were in financial difficulties. After he succeeded in paying off the bank loans, he became the owner of the companies. By 1978 he had sold, merged, or closed all of these companies. He then obtained the necessary credentials to work as a stockbroker, insurance agent, and financial adviser and established his own consulting firm. He retired in 2006.

During her husband's working years, Happy raised a son and two daughters. They now have six grandchildren. Happy did volunteer work in the Pediatric Department of Virtua Hospital in Mt. Holly and in Moorestown's First Presbyterian Church.



Dick and Happy love golf and have won several trophies. They owned a summer home on Long Beach Island for 25 years, and all members of the family loved to sail, fish, swim, and surf. Happy likes to knit and sew and plans to join the sewing group.

by Ellen Stimler

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Ed. Note: Unfortunately, Mrs. Walton died soon after this report was compiled.

George and Marjorie Walton moved into Apt. 254 from Norwalk, CT. Marjorie grew up in Nebraska on the family's farm, which had no indoor plumbing or electricity. She taught primary grades before she went to college. George was a city boy who thought of becoming a professional musician. During his years at the University of Nebraska in Lincoln, he played in dance bands, in orchestras, and on radio stations. His military service in WWII interrupted his studies and changed his career plans. When he returned to

the university, he met Marjorie, who was earning a teaching degree. They were married in 1949.



photo by Ellen Stimler

The newlyweds moved to Westchester County, NY. For about ten years George was employed at two major advertising firms in New York City, and Marjorie was busy at home with young children. Then they moved to Norwalk, CT, and for the next 31 years George worked for Pitney-Bowes Co., maker of business machines and postal equipment. At first George helped design machines, then did research and product planning, and later served on the corporate staff.

Marjorie, meanwhile, had joined the Wilton Meeting of Friends. She helped establish a day care center and was its director for 30 years. She was also an elder and a clerk of the meeting.

In Connecticut, the Waltons and their four children were boaters. Over the years they owned about a dozen sailboats and powerboats. The children sailed, fished, and swam, and all still love boating.

It was Marjorie who chose Medford Leas for their retirement home after she and George visited several other Quaker communities. Their daughter Linda, who lives near Rochester, NY, helped her parents get settled here. Another daughter lives in Norwalk, CT, and the sons live in Oakland, CA and Clarksville, MD. There are six grandchildren.

by Margaret Melstrom



MARCH CRYPTOGRAM

by Betty Donahue

UMJTJ GV K BDKWGUZ UF NJGQP

KWFQJ UMKU GV GQITJYGNWZ

RTJIGFDV. WGOJ TDVMJV NKIH

GQUF UMJ EFGY, TGIMJT, XFTJ

EGEGY, ODWWJT UMKQ NJOFTJ.

--KQQJ XFTTFS WGQYNJTPM

Here is the solution to the February cryptogram by **Mary Barth**:

ONE OUGHT, EVERY DAY AT LEAST, TO HEAR A LITTLE SONG, READ A GOOD POEM, SEE A FINE PICTURE, AND, IF IT WERE POSSIBLE, TO SPEAK A FEW REASONABLE WORDS. --GOETHE

The correct solution was received from 37 readers, including a number of newcomers: **Ken Anderson, Miriam Angle, Leida Balassa, Ruth Blattenberger, Marion Burk, Joanne Cardona, Gwen Crawley, Alice Culbreth, Doris Curley, Betty Donahue, Louise Evaul, Mary Fenimore, Mickey Gray, Mary Haines, Terry Harman, Herb Heineman, Barbara Heizman, Eleanor Horner, Jane Hunter, Ariel Hollinshead Huyn, Hugh Jenkins, Sally Klos, Mary Hope Mason, Sally Miller, Bob Morrow, Alice Norcross, Helen Peterson, Betty Preston, Alfred Rudrauff, Doris Salati, Florence Sawyer, Bonnie Schilling, Catherine Sommi, Miriam Ward, Ellen Wiener, Della Williams, Gladys Wynkoop, and Barbara Zimmerman.**

Please put your solution in an envelope in Box 116 by March 10 or send by email to estimler@medleas.com. Slips of paper or index cards can get lost in the mailbox.

MEDFORD LEAS LIFE

Ex Officio: Chuck Woodard, MLRA President; George Rubin, MLRA Sponsor

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

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Recorder: Florence Sawyer

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

**Deadline for submissions:
10th of the month preceding publication**



printed by Minuteman Press, Berlin, NJ