



Medford Leas *Life*

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NEW DIRECTOR OF NURSING

by Elsie Behmer

Maribeth Juhas, RN, is the new Director of Nursing for Medford Leas.

Although Maribeth read the much-loved Cherry Ames books* as a girl, they are not what inspired her to become a nurse.

"When I was a child," she recalls, "I spent some time in the hospital. I saw what the nurses did, how much they cared, and was impressed by it. I decided that I wanted to do that too."

Maribeth is a recent arrival to Medford Leas, having joined the staff in March of this year as a nurse on the John Woolman unit. In June she was promoted to Director of Nursing with responsibility for skilled nursing for the 28 subacute beds in the Woolman unit and the 44 long-term care beds in John Estaugh.

She was drawn to Medford Leas by what she calls "the culture of caring."

"I have lived and worked in South Jersey for 25 years," said the Philadelphia native. "I had heard about Medford Leas for a long time. It has an excellent reputation because of the continuing care aspect and an excellent reputation as employer. There is a lot of teamwork here, not just among the staff. Residents and their families are exceptionally nice and work well with the staff to maintain the highest quality of care."

"Unlike some other skilled nursing facilities, the staffing levels in Woolman and Estaugh are

based on resident needs rather than on a fixed ratio. That places the emphasis on the resident rather than on staff workload, and each resident will get individualized care," she continued.

"I have worked as a nurse's aide, and have great respect for the work they do," she said. "Here they do it very well."

On Duty

"My goal is straightforward: I want to maintain and incrementally improve our quality of care," she said. "I hope that we can bring patients home from the hospital a little sooner so they can recover in a place that is more like home and be cared for by a staff that already knows them as friends."



photo by Margery Rubin

"Medford Leas is very pro-education. Continuing education is not only encouraged, it is expected. I would like to hold more in-house in-services and seminars, perhaps once a month."

Off Duty

Describing her perfect day off, Maribeth said, "I'd be on an Ocean City beach with my nose in a book. I like a wide range, but often choose a history book or one about historical figures. But, of course, I'll pick up a novel any time."

On an urban day off she'd be in New York City or Philadelphia. "I love Broadway shows. I saw *Spamalot* in New York with the original cast. I've

seen *Les Misérables* several times. Maybe *Phantom of the Opera* is my all-time favorite."

She takes yoga classes to maintain balance, strength and range of motion and encourages Medford Leas residents to pay attention to that kind of fitness too.

Culture of Doing

"Wherever I go on the campus, I see folks on the move. They are walking, biking, swimming, working out in the gym or exercise pool, gardening and doing the things they love to do," she said. "Remaining active, staying as fit as possible, eating sensibly, keeping up with friends and favorite hobbies, getting regular medical checkups are all part of the Medford Leas lifestyle. There is a culture of doing, as well as the culture of caring. As a result, many residents stay well into old age. I'm here to see that they continue to do so."

*During the mid-twentieth century, Helen Wells wrote books about Cherry Ames, a young nurse who had a courageous dedication to her patients. The series was aimed at 9-to-12-year-old girls and has recently been reissued.

EMPLOYEE SCHOLARSHIP AWARDS

by Kay Cooley



Every year, residents have the satisfaction of assisting qualified staff to continue their education. This year a total of \$67,210 in scholarships and grants was awarded to 32 employees.

The Lois Forrest Merit Scholarship of \$2,500 went to **Lisa Minuto**, a part-time receptionist. Lisa plans to use her award in the elementary education program at Rowan College. She started working at Medford Leas in 2003 in Dining Services.

Nursing scholarships totaling \$19,740 went to seven applicants. One of the recipients, employed at Medford Leas since 2004 and currently en-

rolled in Burlington County College's RN program, plans to become a nurse practitioner. A second, who has worked at Medford Leas since 1993 and is a registered nurse, is pursuing her BSN from the University of St. Francis.

General Education scholarships amounting to \$44,970 were awarded to 24 recipients. One of these, an employee since 1997, is working toward a Master of Science degree in Health Administration at the University of St. Francis. Through the scholarship program, she received assistance in earning her bachelor's degree in health services as well.

Another recipient is pursuing an associate's degree in hospitality management at Burlington County College. She has worked at Medford Leas in Dining Services since August, 2003.

A third recipient is also studying for an Associate's degree at BCC. Her goal is to receive a degree in Social Work and Counseling. She has worked at Medford Leas since 1996.

Scholarship awards are financed by restricted funds started by residents. Proceeds from the Thrift Shop help sustain the funds for General Education awards. Residents can take pride in knowing they have a vital role in helping employees achieve their educational goals.

BOOKS WE ENJOYED READING

Reviewed by George Rubin

Everyman

by Philip Roth (182 pp) in Medford Leas Library

In this very short novel, Roth has tried to sum up his own life as "everyman," bringing us along on this journey from childhood to death. Although the book's characters and events are fictional, readers familiar with Roth's life will recognize the autobiographical elements.

In the novel, *Everyman* has retired to the Jersey Shore. He feels close to his daughter, but his

sons from his first marriage dislike him intensely. In the larger context of things - his life and death will hardly be noticed.

Everyman was divorced twice, and his third wife is young enough to be his daughter. His health is not very good, and his career in advertising seems, in the end, to have been very unfulfilling.

The most moving parts are his second wife's reaction to his latest affair with the woman who becomes his third wife, and his visit to his parents' grave where he has a conversation with the old black gravedigger. When he dies, Everyman enters "into nowhere without knowing it, just as he feared from the very start."

AWARD FOR BRAIN FITNESS

by Helen L. Vukasin

Medford Leas received a special award for its brain fitness programs from the New Jersey Association of Homes and Services for the Aging (NJAHSA) at the group's annual meeting on May 31 in the Taj Mahal Casino in Atlantic City

Gerry Stride, Director of Community Life at Medford Leas, and the initiator and director of the Posit Science program, accepted the award for "Innovation of the Year 2007, Cognitive Fitness and Brain Gym." (The plaque hangs at the side of the reception desk in the Atrium.)

At the Award Luncheon, Gerry was seated with others receiving awards in different categories. She was encouraged by waves and smiles from her brain coaches, **Rachel Conte**, **Pamela Fake**, **Linda Schultz**, and **Terry Tuffnell**.

Others in attendance included **Walter Evans**, of the Estaugh Board and the D'Olier Foundation, which partially funded the project; **Sandy Green**, Director of Development, who drafted the grant proposal; and **Helen Vukasin**, who assisted her.

Medford Leas top staff at the meeting were **Dennis Koza**, CEO; **Dolores Redner**, Administrator of Health Services; **Trudy DeLacy**, Director of Resident Services; and **Pat Wilus**, Director of Human Resources.

CANDIDATES NIGHTS

by Ellen Stimler

The MLRA Citizens Committee, under the chairmanship of **Barbara Trought**, has organized two Candidates Nights to allow residents to find out about the backgrounds and objectives of local and state candidates running for election in November. While 2007 is not a federal election year, important elections are scheduled on November 6 in New Jersey.

In our local area, there are contests for one freeholder position, one vacancy on the Lumberton Township Committee, and two openings on the Medford Township Council. Democratic and Republican candidates running for these positions have agreed to come to our Auditorium on September 28, at 7:30 p.m., and each will have an opportunity to tell residents why they should vote for them in November. After individual presentations by each candidate, there will be an opportunity for questions from the floor.

On October 19, also at 7:30 p.m. in the Auditorium, the focus will be on a contest in the New Jersey State Senate between incumbent Francis Bodine, who switched from the Republican to the Democratic Party, and Republican Phil Haines. In addition, we hope to hear from the Republican and Democratic candidates for two assembly seats.

In order to be able to vote in these contests in November, residents must be registered to vote with the Burlington County Board of Elections. The last date to register is October 16. Every resident who has a new address or moved to a new apartment even within Medford Leas since last voting must register his/her new address. **Janet Sholl**, 221, has forms and information.

SPECIAL SUMMER TRAVEL

by Betsy Pennink

[Ed. Note: This is the first of a two-part series reporting on residents' unusual summer travels.]

Jane Bourquin followed her interest in geology this summer by attending an Elderhostel program on the rock formations of Southern Utah and surroundings. Jane and her group stayed in Kanab, Utah, just south of the Grand Staircase-Escalante National Monument.

They studied the "steps" of the Grand Staircase, a series of rising cliffs and mesas that chronicle over 200 million years of the history of the earth. First they went to the North Rim of the Grand Canyon. This is the youngest of the steps and shows the earliest formations of sediments deposited there, the lowest layer being the basic rock of our continent. The top layer is kaibab limestone, which she learned is the bottom layer of the next step.

To see this step, the group visited Zion National Park. The seven layers of sediments in the cliffs are of many hues. Erosion has created towers and canyons. Jane walked down a slot canyon so narrow that she could touch both walls at the same time; and she saw the Checkerboard Mesa, where sand and water created both horizontal furrows and vertical slits.

At the next stop in Bryce Canyon National Park, the top layer of Zion formed the bottom layer of the cliffs at Bryce. Jane recalled the extraordinary shapes carved by the erosion in the Pink Cliffs. These are called "hoodoos" and look like groups of people. The Indians called them "Legend People turned to stone."

The various layers in the cliffs of the steps contain all sorts of fossil evidence of animals that lived during those different eras, and the creation of the steps was a result of the movement of the earth's plates.

* * * * *

For **George and Margery Rubin**, their trip to England in June had a special significance. The U.S. Air Force's 486th Bombardment Group, of which

George had been a member during WWII, was invited by the town of Sudbury, Suffolk, for a celebration of the 20th anniversary of a memorial dedicated to the Bomb Group. A tribute at a church service said it all: "The 486th flew 191 combat missions over Nazi-held Europe from May 1944 to July 1945. This memorial was dedicated to survivors of the 486th and the Town of Sudbury in honour of those who served and the 400 airmen who died in the cause of freedom."

After the church service, other events arranged by Sudbury included a buffet at the Town Hall and visits to the American Cemetery and the Imperial War Museum.

During the festivities, George talked with a woman who remembered how her mother had sent her outdoors to watch whenever hundreds of American bombers flew overhead on their way to Europe. She particularly remembered her mother's admonition that she never forget what those planes were doing for England.

There was a man whose mother had done the laundry for the men at the base. He had kept mementos of the Bomb Group and presented the veterans with an album of letters and photographs.

Today, Sudbury and the members of the 486th keep in touch through e-mail and a website.

* * * * *

Susan and Austin Dowling and Perry and Herb Krakora were pleased to accept an invitation to the 50th wedding anniversary of a couple who are among their best friends. This was for a boat and cycling trip along the coast of Istria for a week in June. All they knew was that Istria, a county in Croatia, was on a peninsula jutting out into the northern Adriatic Sea, just south of Trieste. What they discovered was that Istria was very different from the rest of Croatia because of its very different history.

The Romans had come to the western part of Istria in 177 BC and there were many Roman ruins that were easily accessible, particularly the am-

phitheater in Pula, sixth largest in the world. The Venetians ruled this part of Istria for five centuries and brought their style of architecture and arts. Everywhere, there were Venetian sculptures of a lion with a book. If the book under the lion's foot was open, it was from a time of peace; if the book was closed, it was from a time of unrest.

In recent times, Istria has been ruled by Austria and by Italy, with a short period by Napoleon between. After German occupation during WWII, Istrians agreed to become a region of independent Croatia in 1991.

A FINE MORNING OUT

by Elsie Behmer

How better to spend a Friday morning than admiring the artwork and craftwork of talented friends and neighbors and, perhaps, doing some shopping?

On July 20 residents from both the Lumberton and Medford campuses packed the Lumberton Community Center to see watercolors, wood furniture and sculpture, cherry wood and shell jewelry, Victorian ribbon wreaths, model boats, carved birds, seashells, photo note cards, quilts, knitted goods, and antique tools.

The 16 artists, artisans, and collectors were all (but one) residents of the Lumberton campus. The idea for a craft show had been percolating for several years, according to **Tom Krainik**, one of the show's co-organizers.

For several years, he and **Mort Yeomans** had been listening to their neighbors talking about wanting to show and share their work. Both Tom and Mort had sold their handcrafted wooden items at various Medford campus events. They donated the proceeds from their sales directly to the Reserve Fund. Why not expand, they thought. And so the craft show was born.

Bonus

Mort is also an ambassador, of sorts, who would like to see more interaction between the residents

of the two campuses. "This craft show is a great way for us to interact with each other," he said. "We're happy to see the number of Medford residents who drove over or took the bus. We'll be going there in September to participate in Community Day. If we didn't have a chance to meet you here, we'd like to talk to you there. It's also a way to help build the Reserve Fund. Today's sales will be donated to it."

Beech Tree Bowl

When Woods Cottage was razed a few years ago, **Arthur Hartwig** learned that some trees had been taken down. As a woodworker, Art is always on the lookout for pieces of fine lumber. He found one in a beech tree that had not been on the ground long enough to rot. As Art started turning the wood into a 7½-inch bowl, he saw that the *spalting* or fungus was intact and it created a stunning free-form black line meandering through the finished bowl. This wood bowl is a charming little symbol of what Mort hoped the craft show would do: help blend the two campuses.



photo by Margery Rubin

Multimedia

The craft show was thoroughly covered by the Medford Leas media corps. Photographers **Stan Brush** and **Rolfa Rogers** captured the moment in the moment while videographer **Martin Klaver** captured the event on film with **Carol Suplee** as narrator. A slideshow and the two video clips can be seen on the MLRA website, www.mlra.org.

MEDFORD UNIVERSITY FALL COURSE

Medford University's fall course, *American Studies: Critical Perspectives*, will be taught by Kristin Jacobson, Ph.D., Assistant Professor of American Literature and Women's Studies at Richard Stockton College. Classes will be held on six consecutive Tuesdays from 3:30 to 5:00 p.m. in the Auditorium, starting on September 11. Tuition is \$20. Enrollments are due September 4. For more information, please call 609-654-3212.

EMPLOYEE OF THE QUARTER

by Kitty Katzell



photo by Margery Rubin

Sometimes residents may not know the person chosen as Employee of the Quarter because of the nature of the person's job, but that is not the case with April-May-June's Employee of the Quarter.

David Wagner is widely known, because he is our PC Technician in the Information Technology Department and he works all over the Medford campus. When our computers give us problems, Dave is the go-to guy. When anyone is planning to buy a new cell phone or other piece of electronic equipment, he can advise. He is patient and kind to both geeks and nerds, and somehow he manages to get our computers and other gizmos back on the job if it's at all possible, and he'll tell you if it isn't.

Most residents also know that Dave is married to **Kim Wagner**, Catering & Dining Health Services Supervisor. They met in 1997 while both were working in Dining Services, but Dave transferred to his present job in 2002 after taking an evening course in computer technology. We're all glad that he did.

Congratulations, Dave, on being Employee of the Quarter! And thanks for all you do for all of us.

ART GALLERY NEWS

by Helen L. Vukasin

The Art Studio Gallery exhibition of resident art work continues through September. A new show will be mounted in October.

Meanwhile, at the Community Center in Lumberton a brilliant show of color by Victoria Brush was mounted in August and continues through October. A reception to meet the artist was held on Friday, August 24.

Victoria Brush, daughter of **Beverly** and **Stan Brush**, Lumberton, studied with Dan Gibbons at the Brooklyn Botanic Gardens. She lives in Brooklyn and has her own business in New York. She fell in love with the medium of watercolor because of the gorgeous colors and washes. In spite of her full-time employment she thinks about painting all the time. "I have a lifetime's worth of images in my head, images that make their way onto paper much too slowly. . . but mostly it's an exhilarating journey."

TRIP TO RENOIR EXHIBIT

by Ellen Stimler

The MLRA Gallery Committee has arranged a special visit to the Philadelphia Museum of Art for their exclusive showing of "Renoir Landscapes," which opens on October 4. The date for our private tour of the show is Tuesday, October 23, from 10 to 11 a.m., before the Museum opens to the public.

After the guided tour, residents can, of course, continue to view the paintings at their leisure. The brochure announcing the exhibition, which will not be shown anywhere else in the U.S., states that the 60 works displayed are "drawn from public and private collections across the United States and abroad . . . focusing on the Impressionist's landscape paintings from the 1860s to the 1880s."

A sign-up flyer will be placed in residents' mailboxes the first week of October. Meanwhile, save the date of October 23 for this important art event.

FITNESS AND AQUATICS AT MEDFORD LEAS

by Kay Cooley and Beverly Kannengieszer

[Ed. Note: The first of two articles on the Fitness and Aquatics Center, this one describes its philosophy, programs, and growth. The second will highlight the staff.]

Over ten years ago, Medford Leas recognized that vitality at any age is possible through cutting edge fitness programming; it embraced the philosophy that an environment that fosters health, wellness, and independence enriches the lives of older adults.

In 1996, through a collaborative process, a staff-resident committee started the Fitness and Aquatics Department with one part-time staff person and two volunteers. They adopted the mission "to provide high-quality fitness and aquatics programming that assists residents to achieve and/or maintain their highest functional level and promotes physical and emotional well-being." In that first year, the Fitness Center received 5,000 visits and the Pool 3,500. By 2006, visits to the Fitness Center on the Medford campus tripled to 15,000, while Pool visits more than doubled to 7,500. At the Lumberton facilities, which opened in 2001, Fitness Center visits average 5,200 a year, while Pool participants number nearly 900 over the summer. Today the Department touches the lives of over 160 residents *on a daily basis*.



Edith Isaacson & Mary Hunter

Photo by Rick Trandahl

How does the staff engage and sustain such strong commitment by residents to their wellness? Three practices guide the Department's operations: forming close personal relations with residents; fostering residents' commitment to their highest level of wellness; and emphasizing accountability in every aspect of the program.

From the moment a resident or member of the waiting list enters the Fitness Center or Pool, staff stay closely involved to develop a personalized plan best suited to the newcomer's needs and capabilities. Staff learn about residents' families, interests, and backgrounds, becoming "partners" in fitness and in friendship, so that time spent exercising meets both physical and social needs of all who participate.

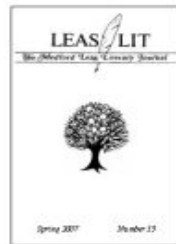
Residents' commitment to wellness is strengthened not only by adherence to their individualized programs but also by creative programming designed to meet common needs. In addition to ongoing activities (morning exercise, water walking, short-term balance and core strengthening classes), workshops covering exercises for gardeners and travelers and the annual rowing competition keep residents engaged and staying fit. The Department also regularly publishes a newsletter, *Focus on Fitness*, that is both informative and motivational.

A strong sense of accountability imbues every aspect of Fitness and Aquatics programming. Individual record keeping helps residents track their progress; staff review all records at least six to eight times a year. In addition, attendance is monitored: residents with too many unexplained absences are contacted and concerns discussed. At the end of prolonged absences for health reasons, representatives from the Health Center and the Physical Therapy team confer with Fitness and Aquatics staff to ensure residents' seamless return to exercise and to keep them on the road to full recovery. What makes accountability possible for staff and residents alike are well-defined responsibilities, consistent programming, and a strong spirit of collaboration and mutual respect.

[Next month: the staff]

TEA AND TALK

**Friday, September 7
In the Lounge at 3 p.m.
Writers and artists of Leas Lit
Refreshments, Conversation**

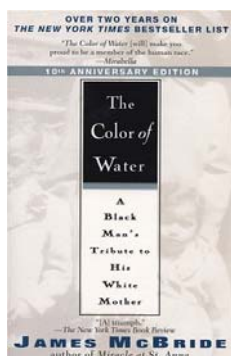
**MEDFORD LEAS READS**

by Sue Heath and David Lewis

Over the next two months, residents will be sharing a new experience, reading *The Color of Water*, by James McBride. They will come together the first week in November for guided discussions in small groups.

Residents will receive an information sheet with a registration form. Anyone who wants to order a copy of the book should enclose a check for \$8.50, payable to MLRA, with the registration. Discussion groups of eight readers with a facilitator will be formed during October and will meet in resident hosts' living rooms November 5 – 9. **Virginia Drey** has donated CDs of the book for visually handicapped persons, and she will schedule listening sessions.

The Color of Water is the remarkable story of the author's mother, a Polish Jew, who came to America soon after her birth. She was married twice to Afro-Americans and battled poverty and racism to give her 12 children advantages she never had. All the children attended college and achieved success in their lives.

**VISIT TO A MOSQUE**

by Ellen Stimler

Six cars with 25 residents drove to Voorhees the morning of June 7 to meet with members of a mosque and to learn more about their beliefs and lifestyles.

The group was welcomed by Zia Rahman, a mosque trustee and activist in the Muslim community. He had been the speaker at a May forum at Medford Leas, and **Gwen Crawley** subsequently made arrangements for the visit.



photo by Toby Riley

The Mosque is a large building in an attractive garden setting. We were told that it was an abandoned nightclub that was completely renovated for their religious and social/community needs. After taking our shoes off, we were led into a large conference room with an enormous oval table that easily accommodated all of us. Zia gave us an introductory talk, with added comments by his wife, Zihida, who was standing in he back with her sister. The two women were clothed in wraps and headscarfs, although we were told that the visiting women could wear ordinary dress without head coverings. Women of Islam are required to dress modestly, Zia explained, and wear clothing that does not reveal their bodies.

Talking about the Muslim prayer ritual, Zia pointed out that the Arabic word for mosque is *masjid*,

which means prostration. This is what Muslims do five times a day when they kneel and put their heads on the floor in prayer. "Allah likes that position," Zia said, "It shows God that we respect Him, that we are humble, and want to follow His will . . . if we follow the will of God, we are on the straight way to Heaven." The times for the five daily prayers are between 4:15 a.m. and 10 p.m., but it is not necessary to come to the mosque each time. A prayer, which takes only about five to 10 minutes, can be performed any place at home or at work. Cleanliness is an important part of the prayer ritual, and Muslims perform *wudu*, washing or bathing, before prayer.

Children are taught the prayers from age seven and are often taken to the mosque with their parents; after age 10 they are permitted to go alone. There is no coming-of-age ceremony in Islam.

Muslims believe that God's spirit is in each human being, that God knows about every good or evil action taken, and that there is an accounting on the Day of Judgment.

After the meeting in the conference room, we were taken to the worship area (*gaba*), a large, carpeted space that was screened off on one side for women. The room was dominated by a magnificent *mehrab*, which serves as an altar or backdrop for the person leading the service. The *mehrab* is a floor-to-ceiling shell-shaped construction, made in Turkey out of intricately decorated, colorful tiles.

At the present time, the mosque is administered by a number of trustees, until an Imam can be found, and volunteers do all the work. Zia emphasized that, while the worshippers are mostly Sunnis, the mosque welcomes people of all faiths and reaches out into the surrounding community to share ideas and concerns.

While our group was in the worship area, Zihida and her sister were busy in the kitchen fixing traditional Pakistani snacks and appetizers, which they served to us in the conference room. There were small chicken rolls, a savory carrot salad, and baklava-type cakes.

We departed with heartfelt thanks for the generous hospitality and information shared with our group. Zia promised to notify Gwen of an inter-faith prayer service planned for the fall.

Zia was born and educated in Pakistan and has lived in Voorhees since 1979. He is an engineer by profession and worked for Rohm & Haas as Director of Information Technology and Strategic Planning until retirement. He is the Managing Director/Trustee of the Muslim American Community Association in Voorhees.

FLOWER SHOW

The 2007 Medford Leas Flower Show is on Tuesday and Wednesday, September 11 and 12. The theme is "Carnival." Registration is from 7:30 to 9:45 a.m. on Tuesday. Detailed information is available in the schedule leaflet available at the front desk, or call 654-3678.

IN MEMORIAM

William (Bill) Stoll	May 2
Henry Metzger	May 31
May Painter	June 6
Margaret Smith	June 17
George Nicklin	June 26
Anna Burr	July 1
Louise W. Howarth	July 13
Thelma Gardinier	July 16
Katherine MacPhee	July 16
Alfred Rudrauff	July 23
Esther Woodward	July 28
Peg Carruthers	July 31
Russell Hill	July 31
Barbara Houser	July 31
James Honan	August 1
Anita Estes	August 5
Elinor Conant	August 9

FURNITURE-TO-ORDER

by Maggie Woodard
photos by Margery Rubin

Most residents of Medford Leas feel pampered by the excellent staff who provide many services. But many are not aware of a special service provided by the resident Workshop Committee. Members of this committee will build small pieces of furniture to order, charging \$4 per hour for labor plus the cost of materials.



Andy Moll (Apt. 101) will build end tables such as the two he designed and built for himself and his wife, **Joy**. They had found that guests needed somewhere to place their drinks. Pictured is one of the tables; it is made of beautiful

cherry wood and features mortise and tenon joints. It is 16½" x 7½" x 21½" tall. The wood was the big expense. Andy has not had any training in design or in woodworking; he read books and took tips from **Vince Pecoraro** and **Sam Burgess**.

Sam Burgess (Apt. 108) also designs and builds furniture for residents. He, too, has had no training; he just picked it up by watching others. He built three pieces for **Kay Cooley**; she requested "something simple." Pictured is a night table, 15" by 16" by 20" tall, which has a drawer and a shelf. Made of pine, it is painted white. He also built two



end tables for her, 16" x 16" x 20" high, made of pinewood stained brown. Sam built an end table for himself to complete a stacking set he had purchased. Pictured is his copy, complete with carvings, size 21" tall x 11½" x 15". The original two tables were made of rosewood; he built his out of pine, stained.

Sam also built a computer desk using Philippine mahogany. It stands 45" by 30" x 17" and contains one drawer and a two-door cabinet below.



Sam copied a Shaker side chair, using cherry wood and making the seat by tape-weaving. The original chair was made at the Shaker factory in Lebanon, New York, sometime around 1910. He has made many children's rockers, copied from an original Shaker chair he inherited. Made of cherry, the seat also required tape-weaving.

The "Medford Leas bench" is available for \$25 if made of pine and painted or stained. Woodshop Committee members will also build other furniture needed by residents, and, of course, they do very good repair work. Other members of the Committee, all of whom do excellent work, are: **Jim Eby**, **Vincent Pecoraro**, **Inge Raven**, **Doug Springer**, **Arthur Steitz**, and **Alex Webb**.



MEETING OF PEN PALS

by Ellen Stimler

The 16 third graders from Medford's Cranberry Pines Elementary School finally got to meet their Medford Leas pen pals on June 11 at a picnic in the Back Porch Garden. Students and residents had been corresponding with each other during the 2006/7 school year under a program created by their teacher, Ashley Powell-Fudurich, for the third consecutive year.

Ashley was still as enthusiastic as ever about the benefits of the program for her students and promised to continue it "as long as I'm the third grade teacher." She said the letters the children wrote to their pen pals taught them how to communicate on paper, improved their writing skills, and introduced them to a great variety of new experiences in the letters from the Medford Leas residents.

As the children filed into the Activities Room, their waiting pen pals greeted them with hugs and embraces. After the matches were completed,

the groups went into the Back Porch Garden and settled at the tables to eat their brown-bag lunches while exchanging pictures and answering questions. The children were eager to tell about their favorite sports and school subjects, summer plans, and family members. Residents showed pictures of their grandchildren and were asked about their "favorite vacation." Time was short, because the children had to return to school for afternoon classes.

But before the final good-byes, everyone was lined up for a group picture and then enjoyed a treat of ice cream sundaes. **Gerry Stride**, Director of Community Life, who coordinated the program at Medford Leas, will be announcing next year's pen pal project in late fall.

Medford Leas pen pals at the picnic were: **Walt Belfield, Lois Evaul, Laura Farr, Sylvia Friedman, Helen Hamilton, Eleanor Horner, Rona Keilin, Sally Klos, Margaret Melstrom, Ann Naulty, Jean Nicholson, Bea Smolens, Ellen Stimler, Fran Stoll, and Sue Thorp.**



photo by Ellen Stimler

DEBBIE LUX, MIRACLE WORKER

by Maggie Woodard



photo by Margery Rubin

This spring, the Atrium was decorated with large, spectacular flowering plants and bushes. Residents were delighted by them and were curious about their origins. **Debbie Lux**, of the Landscaping and Horticulture staff, receives plants from residents who give them up and outsiders who donate them. The bougainvillea,

with its inconspicuous flowers surrounded by large, showy pink leaves, once graced the living room of residents **Dorothy** and **Don Tillman**. The handsome Jade plant was donated by a teacher of the Juvenile Justice Program who used to live near Medford Leas. Debbie stores such plants over the winter in the Nature Center Greenhouse, where she fertilizes, waters and trims them, then brings them out for display in the spring.

Debbie was hired by Medford Leas seven years ago to “bring more color” to the grounds; she has been hugely successful. She starts seeds and cuttings in the Greenhouse in the fall and in the spring plants them all over the campus - around the staff offices, the berm, at Bridlington and Rushmore intersections, and on the Lumberton Campus. Over the years, she has raised thousands of annuals from seeds.

At Lumberton, she planted some of the front beds at the entrance and created the baskets hanging outside the Community Center. For the last couple of years, she has helped plant and start plants in the meadow.

Debbie also takes work orders from residents, doing such work as creating flower boxes and pruning. She took some of the plants from **Kate Haupt**'s garden (before it was renovated for drainage purposes) and planted them elsewhere,

thus “saving” them. She also took some of Kate's big rocks, put them temporarily in the Atrium garden, and will move them later to more natural locations. She has added a toad a year to the Atrium garden. She stopped bleaching the water in the Atrium garden pool and added fish so that it looks more natural.

Debbie, now a Master Gardener, trained herself. She watched TV and read books. She has lectured to all the Garden Clubs in the area over the years. She is a past president of the South Bucks Home and Garden Club. In June, July, and August, she will be teaching Master Gardeners how to propagate shrubs, and Medford Leas will receive some of them. She is researching whether fringe tree cuttings can be grown.

Debbie is also interested in butterflies and once tagged butterflies for the University of Kansas. She secured a grant from the Central Bucks Chamber of Commerce and designed a butterfly garden that won the Best Community Garden award in Bucks County. One day a week she taught fifth grade children about butterflies; they are now raising their own.

When asked what she liked best about her Medford Leas job, Debbie replied “seeing how the grounds develop and improve.” Judging from the results of her work, she must feel very good!

MY TOMATO “EMERGENCY”

by Ellen Stimler

In late May, a resident offered me a couple of leftover Rutgers tomato plants. I had never grown any tomatoes or other vegetables in my garden at Medford Leas, so I hesitated to accept this offer. But I quickly changed my mind, remembering that I had two large patio containers that might work out for tomatoes.

The plants grew quickly, with weekly shots of fertilizer and conscientious watering. By mid-July, each plant had at least half a dozen green tomatoes. I put big stakes in the pots and tied the heavier branches to the stakes.

Disaster struck one afternoon in late July. Both plants had toppled over and were flat on the ground. A few green tomatoes had fallen off. What to do? I had come this far and wasn't about to lose my harvest. I figured that the plants had been top-heavy and needed strong support. There was a wooden wall on one side of my patio, and if I just had a few nails to hammer into that wall, I would be able to tie the plants to the wall. But I had no tools whatever.

I called 3666, apologized, and explained my tomato "emergency." I asked if a security person could come with a few nails and a hammer and help me out. Within 30 minutes, **Brian Reily** came and hammered several nails into the wall and helped me move the plants in place so that they could be tied up to the nails. It just goes to show that our Security is prepared for any kind of emergency! Thank you, Brian, for work beyond the call of duty.

ENERGY TIP OF THE MONTH

by **Gwen Crawley**

Did you know that many appliances, when turned off but not unplugged, use as much as 40% of the electricity as when in use?

These include appliances with digital clocks and remote controls, chargers for cell phones, cordless razors, and electric toothbrushes. The amount of power, though individually small, adds up when these are plugged in 24 hours a day.

Computers, printers, scanners, and display screens can be shut off completely if not being used. Even the hibernate mode keeps some power to the computer to respond to a key or mouse wake-up touch.

Screens on computers and TVs use significant power. They are just like large lamps and should not be left on all the time.

A surge-protected power strip is a prudent and convenient way to manage many electronic gadgets and shut off all power. They can be

bought at the Thrift Shop or in hardware and electronics stores.



TYPICAL POWER STRIP WITH SURGE PROTECTOR

Photo by Mike Carrell

RESIDENTS IN THE NEWS

by **Ellen Stimler**

Ariel Hollinshead Hyun, M.D., Ph.D., professor emerita of George Washington University Medical Center, is still active in her special fields of virology and oncology. A biotech company is currently developing some of her vaccines for particularly serious types of cancers.

From June 13 to 18, Ariel participated in scientific meetings at the University of Minnesota Medical Center. She chaired a session on "The Current Status of Female Cancers" and was voted in as president-elect of Graduate Women in Science and Medicine, an organization in which she has been a member and officer for many years. On June 22-23, she participated in another meeting in Reston, VA, which was organized for the purpose of giving attendees a summary and review of "the most cutting-edge research" presented earlier in the year at the Chicago conference of the American Society for Clinical Oncology.

Maggie Heineman was one of 10 women to receive a "Diamond Girl" award at the Philadelphia Women's Triathlon/Duathlon event in Fairmount Park on July 8. The award was given to women who had inspiring stories of athletic endeavor. Maggie has lost 75 pounds in the last four years. She began cycling regularly in 2004. Last November, at age 70, she decided to take up run-

ning and train for a duathlon (run, bike, run) in 2007 and for a triathlon (swim, bike, run) in 2008. The swimming will be in the Schuylkill River, the running and biking on the River Drives. Maggie, who was the only entrant over 61, completed the duathlon's two-mile run, 17-mile ride, and 3.1 mile run in two hours, 17 minutes

WHO'S NEW

Robert (Rob) and Dolores (Dee da Parma) Bursch are pleased that they were able to move into Apt. 93 from Medford Lakes when they were ready to come, in contrast to Rob's parents, who couldn't get in because of a three-year waiting period at the time.



photos by Ruth Huysman

Dee has had a colorful career as music teacher at Quaker schools, as guitarist and singer, and she still works full-time as an administrative assistant at the Friends Academy of Westampton. She met Rob at the University of North Carolina, where they were both enrolled in the

radio, TV, and movie production program. Dee was one year ahead of Rob, who had started the course after four years in the Navy and was also taking a minor in business administration, to have more career choices. They were married in 1956, and Dee did a year of graduate work while Rob finished his degree.

Rob's first job was with NBC in New York City, where he was promoted from page to unit manager. Wanting to get out of New York, Rob next worked for RCA in Hightstown, NJ, and the couple lived in Willingboro. After a couple of secretarial jobs, Dee had five children in



eight years. But even during her child-rearing years, her musical talents needed an outlet. She formed a small combo, DEE & JAY, with **Jeannette Muir** and a bongo player. They played guitars and sang for groups and at parties. Dee and Jeannette also sang solos in church choirs.

After two years at RCA, Rob transferred to Smith/Kline in Philadelphia, where he initially produced some medical videos and later became Director of Employee Benefits Administration until his retirement in 1990. In his retirement, Rob volunteered with the Burlington County Footlighters for ten years, designing and building sets for their productions and serving as president for two years. For another ten years he was a volunteer in the post-op recovery room at Virtua Memorial Hospital.

In order to get their children into a better school system, the couple moved to Moorestown in the early 70s, and Dee started a teaching career. First she taught guitar and music at St. Mary's Hall in Burlington, then was hired as music teacher in the upper school at Moorestown Friends. There she wrote and directed little musical plays and once performed as Anna in "The King and I."

After obtaining an elementary teaching certificate, Dee was hired as a second-grade and music teacher at Rancocas Friends, and she enjoyed this job for 20 years. Things changed when the school was significantly enlarged and became Friends Academy of Westampton. A new job was found for her in the administrative office, where she still works every weekday from 8:30 to 3:30, and then gives a few half-hour piano lessons.

by Ellen Stimler

* * * * *

Raymond (Ray) and Kathryn (Kay) Hoagland (Apt 251) are both New Jersey natives. Both have had long careers in teaching, and both have done a great deal of volunteer work. They met in 1946 when Kay, who was a student at Oberlin College, was taking a summer course at Trenton State College, and Ray, who had served as a pilot

during WWII, was a student there as well as a lifeguard at the college pool. They were married the next year while Kay was a senior at Oberlin.



photos by Ruth Huvsmann

After their marriage, the couple moved to Mt. Holly, and Kay first taught preschool at the private Buttonwood School, operated by **Caroline and Elizabeth Heyl**, and later, kindergarten in Westampton. During the years when she was teaching, Kay and Ray had three daughters. Kay has been an elder in the

Presbyterian Church and a volunteer chaplain at Virtua Hospital. For six years she was president of Crossroads Programs, Inc., which cares for disadvantaged children, and she has been active in AAUW. During the past 16 years, while the Hoaglands were living at Rossmoor, she was active in the Presbyterian Church there.



Between 1943 and 1945, Ray was a B-17 pilot in the Eighth Air Force stationed in England. After his discharge, he stayed in the Reserve for 20 years and was committed to serving some nights and weekends, and two weeks each summer. He earned a master's degree from the University of Pennsylvania in 1951 and taught and

coached at Rancocas Valley Regional High School in Mt. Holly for 36 years. Ray has been inducted into the High School Hall of Fame and the Burlington County and the South Jersey Halls of Fame. As a member of Rotary, Kiwanis, and the Lions Club, he has done community service. He has been a deacon and elder in the Presbyterian Church and has been on the board of the YMCA in Mt. Holly. His hobbies are golf, reading, and grandchildren.

The Hoaglands' three daughters, all teachers, live in Pennsylvania, Alabama, and Mt Laurel, NJ. There are six grandchildren and two great-grandchildren. In December, Ray and Kay will celebrate 60 years of marriage.

by Margaret Melstrom

* * * * *

Nancy (Nan) Hall, Apt. 651, came to Medford Leas because the beauty of the campus gives her a spiritual uplift. She was born and brought up in Boston. Nan attended Girls' Latin School and earned a degree in Government from Radcliffe College in 1945. The next year she served in the WACs.



photo by Margery Rubin

Nan married George Howard Nugent, an accountant, and they lived in Hamilton Township, NJ, where their two children were born. The family moved to Moorestown in the 60s, and Nan worked for the Bureau of Children's Services (DYFS) for six years while she earned an MSW from Rutgers University. She then worked for an adoption agency in Philadelphia and later for Jewish Family Services doing counseling. In 1969 Nan served on the Child Study Team for the Sterling Area Child Study Center in New Jersey. She was divorced in 1970 and afterwards worked full time for the Williamstown School System until she retired.

Nan is saddened that her daughter, who lives in Philadelphia, is suffering from a mental illness. Her son lives in Ohio. Nan is interested in politics, enjoys reading, and is an avid Democrat. She is socially limited by deafness in one ear and reduced hearing in the "good" ear.

by Margaret Melstrom

SEPTEMBER CRYPTOGRAM

by Ellen Stimler

YR QMKC RGKC CTCPWMLC

FYQ PCDJCRCB ML JGDC'Q

APMQQPMYBQ YLB UMLBCPCB

UFYR RFC MSRAMKC UMSJB

FYTC ZCCL FYB UC AFMQCL

BGDDCPCLR NYRFQ.

Here is the solution to the June cryptogram by
Miriam Ward:

BEAUTY, ONE MAY SAY, IS A SPIRITUAL
"VITAMIN;" WITHOUT BEAUTY IN SOME FORM
A NORMAL HUMAN BEING CAN HARDLY LIVE
A HEALTHY AND HAPPY LIFE. AND THE
CONTEMPLATION OF BEAUTY IS NOT
ENOUGH – ONE MUST "DO SOMETHING
ABOUT IT." ONE MUST CREATE BEAUTY.
--MARY MEIGS ATWATER.

The correct solution was received from 32
readers: **Ken Anderson, Miriam Angle, Mary
Barth, Joan Bellman, Ruth Blattenberger,
Florence Brudon, Jody Cardona, Gwen Craw-
ley, Anne Cree, Liz Dill, Betty Donahue, Louise
Evaul, Mary Fenimore, Mickey Gray, Mary
Haines, Herb Heineman, Barbara Heizman, El-
eanor Horner, Hugh Jenkins, Lucia LeConey,
Mary Mason, Mary Ann Metzger, Alice Nor-
cross, Helen Peterson, Ed Porter, Betty Pre-
ston, Warren Reeves, Doris Salati, Peg Scott.**

Please put your solution in an envelope in Box
116 by September 10 or send it by email to
estimler@medleas.com

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