



# Medford Leas *Life*

**VOL. XXXV, No.9**

**NOVEMBER 2007**

## **A MEMORABLE THANKSGIVING**

by Kit Ellenbogen

It was a Tuesday in the middle of October 1968, with riots in Chicago, a war in Vietnam, and my son, David, in fifth grade in a school in North Jersey. I received a phone call from David's school principal asking me to substitute-teach David's class. The school having exhausted its available substitutes, the principal had asked all the children (K through 6) if they had a mother with a teaching license, and my son had volunteered me. I told the principal that I had just been certified to teach high school French; that I knew *nothing* about teaching elementary school. The principal said that was fine; the children would help me!

There were 30 children in the class. Five of them spoke no English and one would today be classified as multiply disabled. Nonetheless, I survived the week, only to be told that the regular teacher would be out for at least four weeks, so would I please return on Monday? Not wanting my child to waste weeks of learning, I agreed.

The following Tuesday the principal came into our class and announced that this class would present the Thanksgiving assembly program! Then she left the room. I looked at the class and they looked at me and there was silence. After my "new math" lesson, I told all the children to think about a Thanksgiving assembly, and we would talk about it the next morning.

On Wednesday morning the other fifth grade teacher came into our room and offered to swap assembly programs: she had Easter, by which

time the regular teacher would surely be back, and her class would do Thanksgiving! A lifesaver, I thought, with an enormous sigh of relief and gratitude. But no – the whole class erupted, saying they all wanted to do Thanksgiving; they would do it all by themselves – I wouldn't have to do a thing! What could I do? Grownups can't cry in front of 30 ten- and eleven-year-olds.

By Friday we had a plan. Many of the children in the class came from immigrant families. The homework assignment over the weekend was to find out whether in their parents' native countries there was a holiday celebrating the harvest. On Monday morning, to my amazement, we had harvesting celebrations from Germany, Greece, Italy, Israel, Puerto Rico, and Mexico. I divided the class into six teams, each responsible for one country, depicting that holiday any way they wanted, with songs, dance, pictures, costumes, and/or stories. The preparation and rehearsals took weeks. It turned out the teacher would not be back in time, and we were actually going to put on a 40-minute program, with every child participating, accompanied by records on a portable phonograph, which I had to operate manually in a timely manner.

The day of the assembly arrived and the worst cut-ups in the class kept telling me, "Don't worry, Mrs. Ellenbogen, everything will be fine." Honestly, I just wanted it to be over.

Well, the class really pulled it off! I do believe it was probably the most original Thanksgiving program that the school ever had – no pilgrims, turkeys, hymns, or prayers – just thanks in many languages for another harvest.

## OPENING OF ARTS AND SOCIAL WING

by Sumi Kobayashi

Residents gathered before activities began on Community Day, September 29, to witness the ribbon cutting that officially opened the new Arts and Social Wing. Medford Leas CEO **Dennis Koza** announced that completion of the long-awaited facility had been on time and on budget. The required Certificate of Occupancy from Medford Township had been received just the previous afternoon. He thanked the residents for their patience in bearing with disruption of venues and routines; the staff for their cooperation, with special thanks to **Bill Murphy**, Director of Operations, who coordinated the effort; the Estaugh Board for making the project possible; and the contractors for their professionalism.

**C. Miller Biddle, M.D.**, Chairman of the Estaugh Board, spoke briefly, followed by **Wil Britten**, President of MLRA. Several members of the Estaugh Board were present, as were the two Republican candidates for Medford Township Council, Bob Martin and Mary Ann C. O'Brien. Residents were then invited to tour the upper and lower levels of the new wing, using the new elevator.

The new wing creates much needed space for meetings and private gatherings for residents. The retractable walls, kitchen facilities, and other amenities will provide flexibility to meet the requirements of groups large and small. It will further enhance the quality of life at Medford Leas.

## THIRD ANNUAL COMMUNITY DAY

by Maggie Woodard

It all started on Friday, September 28, when **Dennis Koza's** 11 a.m. meeting with residents was cut short because tents were scheduled to be erected in the main parking lot at noon. Staff had cleared the area and residents had parked their cars in other lots. When the tents were in place, Medford Leas had been transformed.

The next day was Community Day. It was sunny

and mild, and the campus provided a perfect setting for all that was planned. With more than 1200 people in attendance, including many young children, every venue had plenty of visitors, and, judging by the smiles on people's faces and the squeals of joy from children, the day was a success! Activities took place in the main parking lot, Community Building walkways, Atrium, Lounge, Colonial Dining Room, and Activities Room. Residents and staff were in charge of most of the activities.



photo by Margery Rubin

Food played a big part in making the day so successful. Coffee, tea, cut-up fruit, muffins, and blueberry scones were served in the Lounge, where Spa Hand Massages were being given. A barbeque luncheon of hamburgers, hotdogs, and chicken legs was cooked and served outside in a large tent, and an opportunity to "Make-Your-Own" sundaes was provided in the Colonial Dining Room. A popcorn machine outside was kept busy and smelled wonderful. When a small girl was asked what she liked best about the day, she grinned and said, "The food!"

Everyone enjoyed the live music. In the parking lot near the Community Building, where 30 chairs had been set out for Assisted Living and Estaugh residents, Joe Pantano played music of the 30s, 40s, and 50s on his keyboard. His stint was followed by the six-piece Merchant Street Band.

In the Lounge, **Helen Carrell** played the harp during hand-massage time, and in the Colonial Room Gary Murway sang and played the guitar while people made and enjoyed their sundaes.

The Market Place, in the covered walkways, sold used books (2,500 or more on display), chrysanthemums, and handcrafts (made by residents) to benefit the Medford Leas Reserve Fund. There were exhibits by the Berry Basket Quilters in the Activities Room, the South Jersey Camera Club in the Atrium, and the Friends of the Medford Cultural Arts Commission in a tent in the parking lot. In the same tent, resident members of the Medford Township Senior Center provided information and pamphlets.

There were also gardening and Arboretum activities in the parking lot, including a Master Gardeners Information table, daffodil bulb giveaways, a "Make and Take" bouquet table using plant material from the Lewis W. Barton Arboretum, and 15-minute trolley rides to see much of the campus while enjoying views of the Arboretum and the new Arts and Social Wing.



photo by Margery Rubin

Seven popular activities occupied the children 12 and under. They crawled through and slid down a slide in a Caterpillar "Moon Bounce" (an inflated colored bug about 30 feet long); they painted pumpkins; they created facial scarecrows; they participated in a one-hour Magic Show; they ogled live animals exhibited by PAWS of Mount Laurel, including a bunny, skunk, small corn

snake, parrot, two yellow-footed tortoises, and an 18-year-old chinchilla. A clown balloon artist blew long narrow balloons into flowers and bugs that the children could wear on their heads, and a young woman was kept busy doing face painting. When one little girl was shown her painted face in a mirror, she said, "That's cool – I love it!"

**Beverly Kannengieszer**, Director of Fitness and Aquatics, **Marianne Steely**, Marketing Manager, **Gerry Stride**, Director of Community Life, and **Jane Weston**, Director of Marketing and Community Relations, had produced the first Community Day in 2005. They agreed that such a day enables all parts of the community to come together, residents and staff with their families, Estaugh Board members, local community groups who meet at Medford Leas on a regular basis, and people on the waiting list. Medford Leas vendors were also involved, since they sponsored events of the day.

## MLRA GIFT SHOP PROMOTION DAY

It is now a Medford Leas tradition that on Election Day, this year November 6, the MLRA Gift Shop spreads out into the Atrium with a display of favorite but updated gifts for everyone on residents' Christmas lists. The sale is from 9 a.m. to noon, at "good prices" that will surprise.

**Joan Bellman**, manager of the Gift Shop, said she and her buyers returned from the Philadelphia Gift Shop Show in Reading, PA, with some fascinating ideas for holiday gifts. There are gift bags filled with SallyeAnder natural handmade scented soap (lavender and golden silk), Bee Bar lotion, soap and mango lip butter, colorful silk patchwork scarves, many varieties of jewelry, interesting toys for grandchildren, and puzzle boxes, handmade by a Vietnamese artisan of inlaid wood, to stimulate puzzle devotees. Holiday decorations include items for the door, hanging ornaments for doorknobs or the tree, and Santa or Snowman designs to stuff with candy or other small goodies. There will also be a nice variety of model boats.



## CANDIDATES NIGHTS

by Ellen Stimler

All 8<sup>th</sup> District candidates in the November 6 election for the New Jersey Legislature came to the Medford Leas Auditorium on Friday, October 19, to outline their positions on major issues and answer tough questions from the large audience.



photo by Margery Rubin

l to r: Scott Rudder, Dawn Marie Addiego, Phil Haines, Francis Bodine, Tracy Riley, Christopher Fifis

A few weeks earlier, on September 28, another Candidates Night was held by the MLRA Citizens Committee to allow the audience to evaluate the candidates for Freeholder, Medford Township Council, and Lumberton Township Committee.

**Barbara Trought**, chair of the Citizens Committee, organized both evenings, with the help of many volunteers, and moderated the October 19 event. **Russ Haley** was the timekeeper on both nights, holding up signs to alert speakers of time left or used up.

Republican Phil Haines and Democrat Francis Bodine, the two candidates for one state senate seat, agreed on a number of issues. They both said that the state's budget process needed a complete overhaul. Haines would vote for tax cuts and a limit on new taxes. Bodine, who has been in the Assembly for many years, advocated zero-based budgeting, a reduction in state vehicles, statewide funding of schools, community sharing of services, and close scrutiny of "pet projects."

On stem cell research, they would leave the financing to private industry without state involvement because of the financial problems in Trenton. Both favored an expansion of the S-CHIP program for children's health insurance.

Responding to a question about dual office holding, Haines, the long-time Burlington County Clerk, said he is all in favor of the ban and would give up his current post if elected to the State Senate. Bodine concurred, and both would even vote to apply the prohibition to current dual office holders, who are "grandfathered" under recently enacted law.

On preservation of open space and Pinelands preservation, Bodine said he voted in the Assembly to place a Public Question on the ballot for a bond issue to support these programs. Haines opposes the bond issue and would look for a regular source of funding.

The four candidates for the two open Assembly seats echoed the Senate candidates' call for fiscal and ethics reforms in Trenton. They described their achievements in their current local positions and said they would bring their successful problem-solving approaches to Trenton.

Republicans Scott Rudder, mayor of Medford, and Dawn Marie Addiego, a Burlington County Freeholder, said New Jersey is becoming unaffordable and experiencing an outflow of residents because of its high cost of living. Addiego maintained that the state failed to act in many important areas, such as new energy technology, shifting the burden to the counties. She praised the Burlington County project that generates methane from landfills.

Democrats Christopher Fifis and Tracy Riley promised to try different approaches to secure property tax relief, ethics reform, and a state budget without gimmicks.

On the issue of homeland security funding, the candidates agreed that this is not a partisan matter and that Democrats and Republicans have to work together to persuade the New Jersey delegation in Congress to obtain more funds for

New Jersey, which has been shortchanged for a number of years.

**September 28 - Local Candidates**

Democrat Tom Bader and Republican Joe Donnelly are contesting one open position for Burlington County Freeholder. Both agreed that the “pay to play” culture at the county level had to be stopped and that far-reaching ethics reforms need to be enforced. Bader promised to cut spending by downsizing the county vehicles and “trimming out fat” in county departments. Donnelly said he would redevelop existing run-down areas and push for term limits for Freeholders.



There will be two open seats on the five-member Medford Township Council. The two Democrats, Richard Vogt and Stephanie Kassel-Doherty, presented themselves as “agents of change,” who would fine-comb the school budget for cuts, insist on more public disclosure, and demand personal responsibility. Republican Robert Martin, a retired teacher, claimed to be most qualified to deal with the school budget. The other Republican candidate, Mary Ann O’Brien, joined the chorus calling for change, more transparency, tax stability, and controlled development.

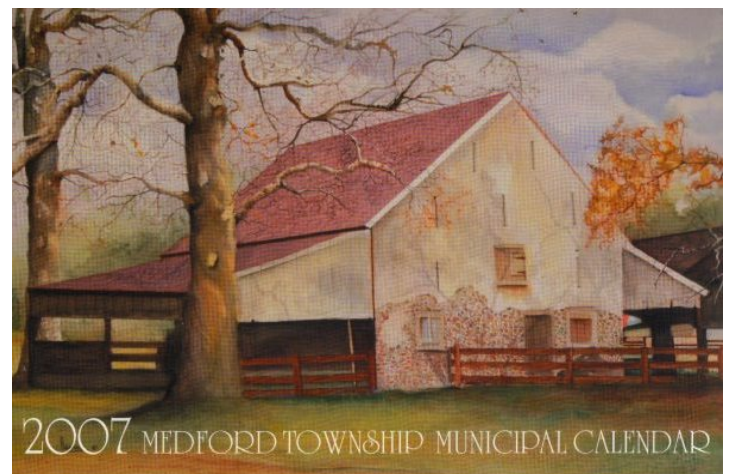


In Lumberton, Republican Patrick Delaney has served on the Township Committee as Mayor for three years. He asked to be reelected on his record of increased open space, new recreational facilities, and a tax increase of only one percent. Democrat Susan Bloostein, a retired teacher, promised action to develop non-residential ratables.

**ART GALLERY NEWS**

by Helen L. Vukasin

This year, again, the Medford Leas Art Gallery will host the Medford Cultural Arts Commission special exhibit “Visions of the Pinelands II.” The thirteen original paintings chosen for the Medford Township 2008 Calendar will be exhibited at Medford Leas for the month of November. There will also be paintings of the Pinelands by other local artists, altogether over fifty paintings. The exhibit will be shown from November 5 to December 2.



Batsto Stone Horse Barn - Watercolor

Frank Weiner

A gala reception will be held in the Medford Leas Gallery on Friday, November 16, from 6 to 8 p.m., to view the exhibit and meet the artists. The public is invited.

The Art Studio will mount a new resident art exhibit following the move to the new Art Studio space.

Lumberton Gallery will show the brilliant watercolors of Victoria Brush, daughter of **Bev and Stan Brush**, Lumberton, through mid-November.

**Alice Culbreth** has two paintings in a new exhibit at the Markeim Art Center in Haddonfield. One of them received honorable mention.

**Alice** also has two paintings in the Collingswood Perkins Gallery and one in the Perkins Main Gallery in Moorestown as part of the “Pink at Perkins” exhibit that closed on November 2.

## OUTPATIENT APARTMENT CARE

by Ellen Stimler

The Medford Leas Health Center has a newly opened satellite, Outpatient Apartment Care, located initially in Court Apartment 222. As of mid-November, the unit will be operating in Room 435, which is even closer to the Health Center. Working hours are Monday through Friday from 8 a.m. to 4:30 p.m. and Saturday and Sunday from 8 a.m. to 4 p.m. The office is closed daily from noon to 1 p.m.

**Liz Conlin, RN**, the manager of the new unit, explained that the mission of Outpatient Care is three-fold: (1) to take care of referrals and orders from the Health Center; (2) to attend to emergencies that are specifically referred to her during daytime hours, and (3) to check on residents in their apartments after their discharge from Woolman or if referred by the Health Center. Liz patted her bulging pocket to indicate the radio transmitter she carries all the time for emergency calls. She has a small staff of two LPNs, who rotate shifts, and two full-time aides.

Outpatient Care is not a walk-in place, Liz said, but if a resident wanders in, Liz will talk with him/her, and make sure that the resident gets to the right place for the needed help.

The following are some of the procedures performed in Outpatient Care with the appropriate referral:

- Injection of B-12
- Monitoring of:
  - Blood pressure
  - Weight and height
  - Medications
  - Blood sugar
  - Coumadin doses (with the new INRatio device)
- Ear irrigation (wax removal)
- Skin care and wound dressing changes
- Help with putting on TEDS stockings

When blood pressure is taken in Outpatient Care, it can be more accurate than with a machine in cases where the standard cuff is too large and a smaller one, available there, can be substituted.

An example of a recent emergency treated by Liz was a resident who fell onto a wire basket and needed a tetanus shot. The home visits, Liz explained, are to residents who may have safety issues, to make sure they are able to perform basic tasks necessary to live in a residential setting. Other home visits are to residents under hospice care or to check on residents who have just been discharged from Woolman and are trying to adjust to residential living again.

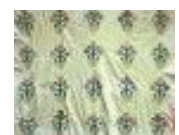
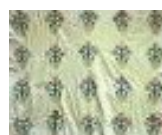
Judging by the daily traffic volume, the new unit is filling an important need in the Medford Leas Health system.

## QUILTS & THINGS

by Jeannette Muir

On Saturday, November 10, from 1 to 5 p.m. and Sunday, November 11, from 11 a.m. to 5 p.m., there will be a gallery exhibit and sale of contemporary quilts, photographs, antique quilt restorations, and art quilts at the Community Center on the Lumberton Campus.

**Jeannette Tousley Muir** will be exhibiting contemporary quilts and antique quilt restorations. **Margery Rubin**, a professional photographer, will exhibit some of her extraordinary photographs. They will be joined by Jeannette & **Jim Muir's** daughter, Rebecca Muir MacKellar, who will exhibit her exciting and original "art" quilts and "art" cards.



## SHOW AND SELL

On Wednesday, November 14, the Busy Hands Committee will hold their annual Show and Sell in the Atrium from 9:00 a.m. to 12:30 p.m. The Knitting, Sewing, Weaving, and Quilting groups will show and sell items they have made. Proceeds support the Employee Appreciation Fund.

## NEW FOOD SERVICE DIRECTOR

by Ellen Stimler

For **Jen**, short for **Jennifer Zdunczyk**, her position as Medford Leas' Food Service Director is still "an interesting challenge" three months into her new job, after leaving a similar position at Pennswood Village, another Quaker retirement community in Newtown, PA.



photo by Margery Rubin

Jen said she spent these first months learning and observing the systems and procedures already in place. At the same time, she thought about what changes or innovations would enhance the dining experience for residents and improve conditions for employees. She admired

the "wonderful quality" of the relations between employees and residents as well as the cooperative attitude among the kitchen staff.

One of her first innovations has been to centralize the dining reservation system at a new "Welcome Station" at the entrance of the Colonial Dining Room. The way Jen visualizes this station, under **Helen Smith**, residents can call Helen on her 3100 phone line or come in person, avoiding a visit to the crowded Dining Office.

The most innovative project in the wings is the POS (point of sale) system, which was already under consideration by her predecessors and has

been used at Pennswood for four years during Jen's tenure. Medford Leas has made a firm decision to introduce POS, but they are going about it "with all deliberate speed" until some time next year. The initial objective of this system is to provide an accurate tracking of residents' meal plans and dining count information. Because of her experience with the POS system, Jen feels she can contribute significantly to a smooth transition to the new procedures.

Related to the POS system would be a new kind of "interactive" menu still in the development stage. It would not only describe dishes in more detail but also permit residents to check off their menu options, portion sizes, and other preferences. Jen believes that the dishes on the menu should be described accurately and list some ingredients that residents might want to avoid.

Right now, there is a five-week menu cycle containing some new dishes and items with revised ingredients. Residents have praised several of the new menu selections, such as the cold fruit soups, Brie and Chive Strata, and Artichoke-Spinach Bake. The basic menus will be modified for each season. With fall and winter approaching, there will be more substantial soups and entrées. Jen is glad to consider menu ideas from residents.

For the evening meal, one of the chefs is always present, and dishes are tasted before being sent out into the dining room, to make sure that only quality meals are served. If there is a problem, the Dining Room Supervisor should be notified immediately.

Jen is looking forward to the many opportunities afforded in the new Arts and Social Wing. Apart from residents' parties and festivities, she expects to serve the extended Medford Leas community by catering luncheons, meetings, and other events.

"Medford Leas is just a wonderful community," Jen summed up, "I'm looking forward to growing and expanding with it. It's an exciting time to be here."



## COMPANIONS

by Betsy Pennink

“My job is a real gift,” says **Pat Achey**, one of the Medford Leas companions. This is a common refrain among the 18 companions helping residents here. “We’ve become friends,” says **Teresa Williams** of a resident she has been with for 14 years. “She calls me her fourth daughter.” “I enjoy them so much,” says **Pat Berman** about her residents. “After all I’m with them more than my own family!”

**Charity Reily**, Resident Services Assistant, who has been the immediate supervisor of the companion service for six years, emphasizes that there are two words that define the companions: *caring* and *flexible*. Many have raised their children and are looking for work where they can be helpful and know they will receive much in return. Teresa describes this: “The giving is both ways.”

Flexibility is required because a companion must be willing to do almost anything. Laundry is a common request, as are shopping and going out to lunch. The long list includes help with meal preparation, showers or baths, medication reminders, bed making, and dressing. **Joanne O’Rourke** meets weekly with a resident in the Courts to help with correspondence. **Sandy Rogers**, who is the only companion on a late shift, spends most of her time in Estaugh and helps with feeding, walking, and playing games. Sometimes it is enough for a companion just to be there to chat.

A primary task is the transportation of a resident to a doctor’s appointment. A companion may use the resident’s own car, leaving the Medford Leas cars free for those who need them. **Agnes Santore** points out that residents are encouraged to keep their cars even if they can’t drive any longer.

Many of the companions work with more than one resident in the course of a day, going, for example, from a resident in the Courts, to one in Estaugh, and then to another in Assisted Living. Sometimes other departments ask for help. Both Agnes and Joanne work two mornings a week in the Fitness Center, helping out **Beverly Kannengieszer**, Director of Fitness, during the busiest times. Companions also do some needed filing in the Health Center and some hand massages in Assisted Living.

The companions take their role of resident advocate seriously. It is their responsibility to report any change in the health status of their residents. Companions can be the liaison between the residents and their families. Family members often phone to find out how everything is going or to ask for something special to be done.

Charity takes great pains to match the personality of the companion to that of the resident. Pat Achey describes how one might spend only half an hour with a resident in the beginning and gradually build up a sense of trust. This closeness between companion and resident also has its sad side. Companions mourn the death of a much-



Front Rows: Regina Towell, Agnes Santore, Jane Menie ----- Joanne O’Rourke, Anna Dickersbach, Teresa Williams, Pat Achey  
 Back Rows: Alice Gaehring, Patricia Berman, Jeanette Connelly, Debra Halcomb ----- Donna Westphal, Emilia Hart, Barbara Wright  
 Not Shown: Bonnie DeWitt, Christine Maiorano, Lorette Pothier, Sandra Rodgers



loved resident. On top of that, there is a need to fill in the lost hours of employment.

The companion service was organized by **Gerry Stride**, Director of Community Life, in 1992. In the beginning she interviewed the candidates. **Trudy DeLacey**, Director of Resident Services, also did interviewing. Now it is Charity's job. Residents are charged for a companion's services in half-hour increments. Some residents need help for only a short time, others for longer. The companions must report their activities at the end of each day, indicating the time spent on each activity.

Companions have fun together. Agnes says they are a team. If one needs a substitute, another steps in. The companions have an "office," the Residents' Laundry Room near the Thrift Shop. Here they "hang out," as one said, while they are doing laundry or if they have a free moment. Agnes is teased for having set up one corner as her own "desk" – not to be touched! There is a phone nearby so that they can easily be reached.

The Medford Leas companions are: **Patricia Achey, Patricia Berman, Jeanette Connelly, Bonnie DeWitt, Anna Dickersbach, Alice Gaehring, Debra Halcomb, Emilia Hart, Christine Maiorano, Jane Menie, Joanne O'Rourke, Lorette Pothier, Sandra Rodgers, Agnes Santore, Regina Towell, Donna Westphal, Teresa Williams, Barbara Wright.**

A number of them heard of job openings for companions from friends or family already employed at Medford Leas. Many began part-time and worked up to full-time, with benefits. One has been here over 15 years.

All have found schedules that fit the demands of their lives. For example, one has taken a late shift (3:00 or 3:30 to 9:00 p.m.) to be able to baby-sit two grandchildren earlier in the day. Another drives 93 miles twice a week to work three long days, Tuesday through Thursday. Still another takes Tuesdays off, but works weekends. The average schedule is four to five days a week.

The companions have varied backgrounds, such as selling antique jewelry, working as a medical

secretary in an oncology department, or volunteering in an infant center.

Helping the residents gives the companions the most pleasure. As one put it, these are the grandparents she never knew.

Anyone interested in knowing more about the Medford Leas Companions should contact Charity Reily at ext. 3119.

## COURTYARD GARDEN STUDY

by Kitty Katzell

During the next several months, Dr. Seiko Goto, an assistant professor in Rutgers Department of Landscape Architecture, will be conducting a study at Medford Leas. The purpose of her study is to find out if there are certain garden designs that are preferred by older adults.

Dr. Seiko's proposal was approved by the Arboretum Oversight Committee and her survey document was distributed to residents in the Courts in mid-October. Since the landscape design of each of the 33 courtyard gardens is different, Dr. Seiko selected seven gardens that meet different aesthetic criteria. Residents were asked to rate those seven. Since the appearance of the gardens is different in the winter, she will resurvey residents using the same gardens and the same questions in January.

Medford Leas is pleased to have been invited to participate in such an important study.

### MLRA GIFT SHOP NEW HOURS

The Gift Shop has new hours. It is now open from 1:30 to 5:00 p.m. Monday through Friday. It will no longer be open in the evening or on Saturdays. Residents who work in the Gift Shop will have 1¼-hour shifts, from 1:30 to 3:15 p.m., and from 3:15 to 5:00 p.m.

**ESTAUGH BOARD MEMBER**  
**DAVID M. BARCLAY, III, M.D., M.P.H.**  
 by Kay Cooley

The names Barton and Barclay are synonymous with the Arboretum at Medford Leas. Lewis W. Barton, an eminent horticulturist for whom the Arboretum is named, planned and helped to establish it. His daughter **Nancy Barton Barclay** has had a leading role guiding its development as chair of the Arboretum Committee and, until recently, as an Estaugh Board trustee. Perpetuating the family involvement with Medford Leas, Nancy's son **David M. Barclay, III, M.D., M.P.H.** joined the Estaugh board in early 2006. However, if one thing characterizes David's career, it is not horticulture but medical education and public health service.

David was born on the Marine base in Quantico, VA, and grew up on his grandfather's farm in New Jersey. He attended Westtown Friends School, where he became involved with work camp projects in the inner city of Philadelphia and got interested in serving the needs of the poor and marginalized. He attended Haverford College, the Temple University School of Medicine, then the School of Public Health and Tropical Medicine, also at Temple. Afterwards, he completed a residency in Family Medicine at the University of Maryland, where he served on the faculty for seven years.

During his Baltimore days, David became involved with a clinic in South Baltimore Station for homeless men with alcohol and drug addiction. He taught the University medical students and residents at the site and served on the clinic's board.

For the past ten years David has served as Associate Professor and Associate Chair, Undergraduate Education, in the Department of Family and Community Medicine of the Temple University School of Medicine. During this time he has provided volunteer medical services for Prevention Point, a needle exchange program in Philadelphia, and served on its board. In addition,

he volunteers in a student-run clinic in a North Philadelphia church. He also takes medical students to these sites, where they provide medical services out of a van.

David's career and experience contribute a unique perspective to his work on the Estaugh Board. Asked what he saw as the assets of Medford Leas, he wrote: "I think Medford Leas is a wonderful, vibrant community that is providing state-of-the-art resources to all those who live and work there. The staff and the Campus/Arboretum are Medford Leas' chief assets." As challenges he cited that among many are: "Maintaining the highest standard of living for residents at an affordable cost; maintaining the beauty of the Campus/Arboretum in harmony with the evolving demands placed on the bricks and mortar; and creating a more diverse population."

David and his family live in Haddonfield. His wife Leila works part-time at the University of Pennsylvania as an annotator for the Linguistic Data Consortium. She maintains a web site, [www.Al-hakawati.net](http://www.Al-hakawati.net) that covers many topics related to Arab culture. She also chairs AFSC's Mid-East Committee.

David and Leila have four children: Sara, who has just graduated from the University of Pennsylvania and is currently working there for AmeriCorp; Nadia, a senior at Bryn Mawr; Alexander, a freshman at Temple; and Benjamin, a junior at Westtown.

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### AL GORE MOVIE AT LUMBERTON

With uncanny timing, just after learning that Al Gore would receive the Nobel Peace Prize, the Lumberton Residents Council and the Resource Conservation Committee announced a showing of Al Gore's movie, *An Inconvenient Truth*, on Thursday, November 8, in the Lumberton Community Center 7 p.m. After the movie, there will be a general discussion of the issues and problems portrayed in the film.

## FSA ANNUAL MEETING

by Kitty Katzell

The theme of the Annual Meeting of Friends Services for the Aging (FSA) was *Soul at Work*. The meeting was held at Pennswood, a Quaker CCRC in Newtown, PA, and was attended by **Grace Blackburn** (MLRA), **Kitty Katzell** (EStaugh Bd.), **Dennis Koza** (CEO), **Gerry Stride** (Resident Life), **Jane Weston** (Community Relations), and **Jen Zdunczyk** (Dining Services).

The keynote speaker and discussion leader was Rita Bailey, who works in marketing at Southwest Airlines. Dynamic and attractive, she focused on how to improve an organization's effectiveness through the working relations of board, staff, residents, and volunteers.

Spokespeople for several of the Quaker facilities had been asked to report on *Soul at Work* in their communities. For example, Foulkeways spoke of their educational assistance program and Pennswood reported that residents knit security blankets for children in homeless centers, both activities similar to things done at Medford Leas.

To me, the highlight was **Gerry Stride's** report on *Cognitive Fitness*. She told about the Cognitive Fitness Group at Medford Leas that meets for an hour every Monday, Wednesday, and Friday, and about the Brain Gym. She really got the group involved when she challenged them to name ten parts of the body that are spelled with only three letters; ten foods that begin with the letter "P", ten places that begin with the letter "N", and the last 12 U.S. presidents. On her handout, she had four rebuses, including **ARUPMS**, which is a rebus for "UP in ARMS."

The point of Gerry's message was clear: in order to remain cognitively fit, one needs to keep challenging the brain, doing different things, or doing the same things in different ways. Her handout included a web site, [agenet.com](http://agenet.com), where people can find more such challenges.



## WATER VOLLEYBALL WIN

by Nannette Hanslowe

The Medford Leas water volleyball team, *The Leas Leapers*, was the winner this year of their home game against the players from Kendal-Crosslands CCRC in Kennett Square, PA.

The game was played on September 11 at the Lumberton Pool, in perfect weather, with no wind to divert the ball. The two teams played five games, with the Leapers winning three and the visitors prevailing in two. Spirits were high as Melanie coached the Kendalites and **Rick Trandahl** cheered on the Leapers.

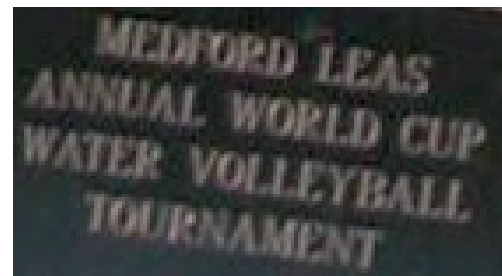


photo by Jack Akerboom

The Kendal team was at a significant disadvantage because it had only eight players, as against 12 for the Leapers. This was due to the fact that rain on the preceding Tuesday necessitated postponement to Thursday and decimated the team. The valiant group played brilliantly, winning the 2nd game 15 to 11 and the 3rd game 15 to 8.

The hospitality of the Lumberton residents was very much appreciated. **Ann Naulty** was coordinator of a luncheon in the Community Center, with assistance from **Carmelita Aseron**, **Doris Klaver**, and other volunteers.

The Leapers were happy to bring home the beautiful, big Medford Leas trophy. In November Medford Leas will have an away game at which the two teams will compete for the Kendal trophy.



Inscription on trophy base



## NEW NATURE WALKS

by Ellen Stimler

A devoted group of outdoor enthusiasts is enjoying the expanded Nature Walks under the leadership of **Jane Bourquin**. The dates of the walks are listed in the monthly and weekly calendars.



Kimiko, Mary, Jane, and Shigeko photo by Ellen Stimler

On one Saturday morning in September, Jane emerged from a stand of trees to meet her group. "I've got something really interesting to show you before we start our walk," she said. In one hand she held a honey mushroom; in the other, two sprays of what she identified as flat-head Goldenrod and Eupatorium. Jane pulled out copies of pages from Peterson's Wild Flower Field Guide to show that this particular Goldenrod was the flattop kind, one of 64 existing varieties. As to the Eupatorium, this is from the boneset family, so named because at one time it was used as a tea to mend broken bones.

The nearby trees were yellowwood trees with very smooth, grey bark. We learned that in the spring they have big, yellow flower clusters, which develop into seedpods. Jane scanned the ground until she found one of the bean-like seeds to show us.

On our way into the woods, we saw Gaillardia, native to the Western prairies, the small, yellow

flowers of Camphor, Ragweed, and the tall stalks of Evening Primrose. Inside the woodlands, our attention was called to a tuft of tiny branches, barely two inches above ground. It was Lycopodium and looked like a miniature Christmas tree. Jane said people used to string these plants together for Christmas wreaths. Also, this plant develops spore-bearing pods that look like thin string beans. The spores have uses in flash photography and some medicines.



Lycopodium, a genus of Club Moss also known as Ground Pines

By this time we heard rain coming down through the trees and started back to Parking Lot B. Participants on this walk were **Kimiko DeFranco, Shigeko Kawano, Mary Toda, and Ellen Stimler**.

## MEDFORD LEAS' WATER SYSTEM

by Kay Cooley

Few residents suspect Medford Leas is a public utility. Yet, according to **Bill Murphy**, Director of Operations, with regard to the treatment and distribution of water, Medford Leas does just what a public utility does. It conforms to myriad state, county, and township regulations; it performs daily and weekly tests of the water and reports the results to the state weekly and monthly; and on any given day it provides water to some 1,000 users.

The community draws from the Rancocas Creek

and two 400-ft. deep wells in the Raritan Aquifer. Potable water comes from the aquifer. Medford Leas is allowed 47 million gallons per year, which amounts to about 4 million gallons monthly.

When salt began infiltrating aquifer water 15 years ago, the state mandated a water reduction of 35% from the Raritan Aquifer. At that time, Medford Leas changed to the Rancocas Creek for its irrigation water supply.

Because water has been a scarce commodity for years, Medford Leas has been practicing conservation for a long time. In new construction and in remodeling work, low-flo toilets are installed. Last year, 42 such toilets were installed; this year so far the number is 45. All showers have been adjusted to low-flo, and aerators have been installed in kitchen and bathroom sinks to reduce water flow.

If Medford Leas exceeds its monthly water allocation, it is charged a daily fine of \$5,000, so Bill maintains a watchful eye on usage. Several years ago during a drought, Medford Leas came very close to using up its allotment, and Bill cut off all watering, to the considerable consternation of the landscaping staff. However, it rained for the following ten days, so all the water needed became accessible without a fine.

On the other hand, when lack of water reduces the water pressure of the two Raritan wells to 50 psi, clay valves open automatically and city water becomes available (at a price). Medford Township has guaranteed that Medford Leas will have the water it needs.

Water that is used for domestic purposes goes into the sanitary sewer system, from where it is carried to the pumping station and eventually to the township sewer treatment system. Storm water, on the other hand, is carried into the Rancocas Creek.

Residents can have complete confidence that Medford Leas' water supply is pure, safe, and adequate. The best action they can take to keep it that way is to use it sparingly.

## GOLF OUTING

by Kitty Katzell

Monday, October 15, was a perfect day to spend on the golf course and the 84 golfers who had signed up for Medford Leas' Golf Outing were rarin' to go. Registration started at 11:00 a.m. Then there was a chance to warm up on the driving range and enjoy a barbecue lunch before the first of the 84 golfers teed off at the "Shotgun Start" at 1:00 p.m. Each foursome started at a different hole.

For 21 residents, the evening's events started with a Medford Leas bus ride to the Deerwood Country Club on Woodlane Road in Westampton. Light hors d'oeuvres and a cash bar were available at 5:30 p.m., and they were followed by the awards dinner and an auction. There were 140 people in attendance: residents, staff, friends of Medford Leas, and eight of the fourteen Estaug Board members.

As people entered the Club, they were checked in by **Lori Jakelsky**, Executive Assistant, who gave them tickets indicating their choice of entrée, steak, salmon, or chicken. Many also purchased tickets for both the auction at \$20 for 10 tickets and for fifty-fifty at \$10 per ticket. **Pat Wilus**, Director of Human Resources, was the winner of the Fifty-Fifty, coming home \$240 richer.

After the salad and main course, and before the strawberry cheesecake, **Sandy Green**, Director of Development, presented awards for such things as having come the greatest distance, having the most grandchildren, living at Medford Leas the longest, and the like. Then **Wil Britten**, MLRA President, took over as Master of Ceremonies for the auction, while **Bill Murphy**, Director of Operations, assisted by **Lisa Minuto**, Receptionist, handled the drawing of the tickets and distribution of people's winnings of the 50 items that were auctioned.

It was all over by 8:30 p.m., when a lot of very happy people left the party with some very attractive gifts. Now, just wait till next year!

## ENERGY CONSERVATION

A file of current articles on energy issues and conservation has been placed in the Library. It is in the bottom drawer of the file cabinet under the windows. Everyone is welcome to use this file and make copies of any articles of interest. Please return materials to the file folders from which they came.

New information on energy issues is always welcome. Place items in Box 264 and they will be added to the file.

**Resource Conservation Committee**

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## “A TASTE OF MEDFORD”

by Ellen Stimler

Under sunny skies, hungry crowds streamed into Medford's Freedom Park on Saturday, September 15, to feast on samples of 16 local chefs' signature dishes, appropriately advertised as “A Taste of Medford.”

For the third successive year, Medford Leas participated in the event by staffing one of the check-in tables and operating one of the food tents. **Jane Weston**, Director of Marketing and Community Relations, greeted visitors while **Charity Reily**, Resident Services Assistant, collected admission fees. **Norma D'Alonzo** and **Susan Dowling** handed out literature about Medford Leas.

The Medford Leas food tent, colorfully decorated with oriental flowers and fruit, was a major attraction, with 30 or more people waiting to be served the menu of teriyaki-ginger-skewered beef tenderloin with grilled pineapple, on a bed of sesame-soba noodle salad. “This is the best food here,” one young woman was heard to tell a friend who was just joining her.

**Jennifer (Jen) Zdunczyk**, the new Director of Dining Services, and **Kim Wagner**, Catering and Dining Health Services Supervisor, were kept

busy dishing out the menu for the seemingly never-ending line of people. **Katie Dye** and **Amy Burn** from the wait staff brought fresh supplies from the rear of the tent, where the skewers were being prepared on two grills by **Brad Mauger**, Executive Chef, and **Corey Johnson**, sous-chef.

Among the many other food choices were an enormous salad and mini mushroom quiches from ShopRite, baby crab cakes from Izzy, a free jar of tomato sauce and a bowl of spaghetti with a meatball from Roselli, hand-dipped chocolates from Reily's, and fresh-roasted nuts from A Kettle of Nuts.

In a separate section, non-food businesses advertising their services in creative ways included banks, realtors, photographers, hair salons, and clothing stores. The *Philadelphia Daily News* gave away a kitchen apron printed with the Sunday comics for ordering the Sunday paper.

Special areas of the park were set aside for a Black Belt Karate demonstration, a horse-drawn carriage ride, and activities for children.

Dog owners were drawn to an obedience demonstration put on by the Burlington County Kennel Club and a program on pet care offered by Greyhound Friends of New Jersey.

The enthusiasm and size of the crowd made it a foregone conclusion that “Taste of Medford” will be back next year. The event is a project of the Medford Business Association, in which Medford Leas is represented by Jane Weston.

### IN MEMORIAM

<b>Richard Lapidos</b>	<b>September 22</b>
<b>Sara Burget</b>	<b>September 22</b>
<b>Mary H. Hansen</b>	<b>September 30</b>
<b>Richard D. Fine</b>	<b>October 4</b>
<b>Elizabeth Lees</b>	<b>October 15</b>



## LENAPE CHRISTMAS SHOWS

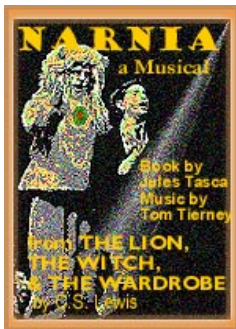
by Ellen Stimler

On Saturday, December 8, residents can attend one of two musicals, one performed by Cherokee High School students at the Lenape Performing Arts Center, the other at Seneca High School in Tabernacle.

The Cherokee show is titled "Narnia, the Musical," based on the book *The Lion, the Witch, and the Wardrobe* by C.S. Lewis. There is a matinee performance on December 8 at 2 p.m.

At the Seneca High School, students will perform "Miracle on 34<sup>th</sup> Street," also at 2 p.m. on December 8.

Because the High School District cannot provide bus transportation to these shows, there will be an attempt to arrange car pools for residents who indicate their interest on a sign-up sheet at the Front Desk on November 20, with a deadline of December 1. To attend the shows without charge, residents must bring their gold pass. To obtain a pass, call Ellen Stimler at 3116.



## WHO'S NEW

**Elizabeth Ellen Platt** (Apt 252) has come to Medford Leas from Iowa, where for 20 years she taught Biblical Studies at the graduate level at the University of Dubuque. Dubuque, Iowa, is located on the Mississippi River close to where Iowa, Illinois and Wisconsin come together. While at Dubuque, Elizabeth observed some of the filming of Kevin Costner's movie "Field of Dreams" about

baseball immortals visiting a farm – "If you build it (a baseball diamond), they will come." Some of the scenes were shot on the Dubuque campus; others were filmed in a cornfield nearby. Although she has spent much of her working life in Iowa, she has deep roots in this area, including great- and great-great-grandparents who were Quakers in Pennsylvania.

Elizabeth was born in East Orange and grew up in Ridge-wood, NJ, 12 miles from the George Washington Bridge. She attended Ridge-wood High School and graduated from the College of Wooster in Ohio. Before she was invited to join the faculty at Dubuque she was on a church staff in Westfield, NJ, and also taught at Rutgers. At Westfield she met **Mary-Glenn Morin**, a resident of Medford Leas, who introduced her to the advantages of this retirement community. She was impressed by the friendly atmosphere here and the way residents helped each other – a spirit of community that she found was so needed at other places. After several visits to the campus she decided in 1996 that this was where she wanted to spend her most senior years, and she put her name on the waiting list.



photo by Margery Rubin

Soon after Elizabeth moved in, she met **Frances Carter**. In comparing backgrounds she learned Frances also was from Ridgewood and had been a math teacher at Ridgewood High. Small world!

Elizabeth's hobbies are archeology, focused on places associated with the Bible in the Middle East, and reading, sewing, and housekeeping. Her 97-year-old mother lives happily near Branchville in northern New Jersey.

by Sumi Kobayashi



## NOVEMBER CRYPTOGRAM

by Ellen Stimler

TB QEXKH TFQE YOFBC

QEXKHPDFSFKD

TEXQBSBO DLA JXV YB

QEXQ KL JXK IFSBP CLOBSBO

QEXQ ABXA JBK OFPB RM KBSBO

QEXQ BSBK

QEB TBXOFBPQ OFSBO

TFKAP PLJBTEBOB PXCB QL PBX.

– PTFKYROKB

Here is the solution to the October cryptogram by Betty Donahue, which seems to have been very difficult:

POLITENESS DOES NOT ALWAYS EVINCE GOODNESS, EQUITY, COMPLAISANCE, OR GRATITUDE, BUT IT MAKES MAN APPEAR OUTWARDLY AS HE SHOULD BE WITHIN.

– JEAN DE LA BRUYERE

The correct solution was received from only 20 residents: **Miriam Angle, Ruth Blattenberger, Florence Brudon, Marion Burk, John Caughey, Anne Cree, Doris Curley, Liz Dill, Doris Salati, Louise Evaul, Mary Fenimore, Mickey Gray, Herb Heineman, Barbara Heizman, Eleanor Horner, Sally Klos, Mary Hope Mason, Helen Peterson, Betty Preston, Ellen Wiener.**

Please put your solution in an envelope in Box 116 by November 10 or send it by email to [estimler@medleas.com](mailto:estimler@medleas.com). We are always looking for new, interesting cryptograms.

## MEDFORD LEAS LIFE

*Ex Officio:* Will Britten, MLRA President; George Rubin, MLRA Sponsor

*Editorial Staff:* Ellen Stimler & Kitty Katzell, Senior Editors; Elsie Behmer, Kay Cooley, Sumi Kobayashi, Betsy Pennink, Maggie Woodard

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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](http://medfordleas.org). The email address is [information@medfordleas.org](mailto: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](http://mlra.org).

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



printed by Minuteman Press, Berlin, NJ