



Medford Leas *Life*

VOL. XXXV, No.10

DECEMBER 2007

A KENYAN CHRISTMAS

by Sue Thorp

The reality of Christmas in Kenya proved to be even more exciting than the anticipation. It was 1990 and my husband Al and I were thrilled at the prospect of spending some time teaching English and religion in Kenya. Our youngest son Andrew had been in Zaire for two years as a Peace Corps volunteer, and we had made detailed plans to leave Indiana and rendezvous with him in Nairobi. He had a week's vacation, and our plan was to meet in Nairobi for a few nights at a hotel frequented by missionaries and humanitarian workers. Then we would take the night train to Mombasa on the Indian Ocean to celebrate Christmas together. "Night train to Mombasa" sounded so romantic that I kept repeating the phrase in my head.

Our reunion with Andrew was filled with wonder as we listened to his many stories of experiences in a small, remote community where he was helping the subsistence villagers with agricultural methods. During these few days in Nairobi, we also had the opportunity to meet a few Kenyans whom we found to be extremely gracious and welcoming. We were just beginning our exposure to a culture far different from what we were used to in Indiana.

Two days before Christmas we found ourselves in the cheerfully chaotic Nairobi train station, which was packed with throngs of people trying to find the trains to take them to their homes. Many Kenyans from the countryside come to the city to work, but return to their hometowns and villages for Christmas. My senses were bombarded by

different sounds, smells, and sights. Many people were dressed in colorful native clothing and were carrying gifts for their families at home. Some were carrying live chickens and other foods and possessions balanced on their heads. Christmas carols were playing on loudspeakers, and the station was decorated with tinsel and other décor which, by our standards, was sparse and meager; but one felt the joy of the coming occasion. There were also many police and soldiers with weapons prominently displayed. We had reserved a roomette from which we could view the animals as we passed through the Rift Valley. The train made many stops, at which smiling children greeted us and begged for coins or anything we would throw out to them. I'm sure they knew nothing of Santa Claus. As a prosperous American, I admit to having had feelings of guilt. The train was a relic of the genteel British colonial days. There were linen napkins and a silver tea service, but it was all rather a memory of faded glory and beginning to look a bit shabby.

Mombasa is a large, commercial city on the Indian Ocean, with many resort hotels frequented by Europeans. We arrived there on Christmas Eve and found that the only dinner available was Chinese, not traditional fare for us, but good. From the balcony of our room we listened to a group of singers in the courtyard, singing familiar Christmas carols, but with an unfamiliar, syncopated Kenyan beat. The balmy, gentle night air welcomed us to a Christmas such as we had never experienced.

Although delighted with our different surroundings, our thoughts turned to loved ones at home on Christmas Eve. We made our way to

the lobby to make a phone call to Lenox, MA, where our other two children and their families were gathered to celebrate the holiday. The conversation was brief because of a bad connection and the presence of hoards of mosquitoes in the lobby. We learned that our Lenox family was snowbound in a blizzard, and below-zero temperatures were keeping them indoors. In that moment, the contrast in climate and cultures became strikingly apparent. I felt grateful to be spending an unforgettable Christmas in this beautiful country and to be learning about a culture so different from mine.

SCHEDULE OF HOLIDAY EVENTS

by Kitty Katzell

Decorating Day will have come and gone when this issue of *Medford Leas Life* is delivered. Now residents are working on their Christmas cards. It's a Christmas tradition at Medford Leas for residents to place a single greeting card in a receptacle at the front desk to be shared with all others. Resident elves hang those cards in the Atrium where everyone can view them.



photo by Margery Rubin

Another tradition is the Employees' Holiday Show. This year, it's scheduled to be held on Thursday, December 6. Tickets were available on November 28 and 30, but check at the desk if you didn't get one.

On Saturday, December 22, the Cherokee High School Choir will give their annual concert at 7:20 p.m. in the Auditorium. They do a beautiful job.

Christmas Eve there will be a service of Carols and Readings in the Auditorium at 7:30 p.m. The service is preceded by taped excerpts from Handel's *Messiah*.

They say what goes up must come down, so Undecorating Day will be Thursday, January 3. At that time, all the holiday decorations that were put up late in November will be returned to storage to wait for the next holiday season.

ART GALLERY NEWS

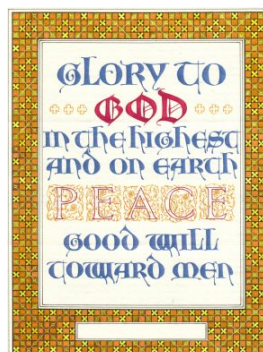
by Helen L. Vukasin

It's December and that means the new Art Gallery at Medford Leas is welcoming the Philadelphia Society of Calligraphers. **Harry Forrest** has organized this year's show, *The Wondrous Mystic Art of the Written Word*. Harry is presenting a retrospective of his series of holiday greeting cards that have been enjoyed by one and all over the past years. An opening reception is scheduled for Tuesday, December 4, 3:00 to 4:30 p.m. in the Art Gallery.



Visions of the Pinelands II, the November art exhibit in the Medford Leas Gallery, was a great success with more than 30 artists from the area showing some 40 paintings. The juried show featured two-dimensional images of Pinelands ecology, history, and culture. With a \$3,000 grant from the Burlington County Division of Cultural Affairs and Tourism, 14 of the artists had been commissioned to produce the originals for reproduction in the Medford Municipal 2008 Calendar. The exhibit and the opening reception created additional ties between Medford Leas and the local community.

The Art Studio has been settling into the new facility located on the ground floor of the new Arts and Social Wing. Because of the move, the Winter exhibit will be mounted in January 2008.



The Art Studio will be missing a very important member for the next few months as **Rita Keiper** has decided to spend the winter in Florida. Her "students" and friends gave her an informal farewell and thank-you party on November 1 to send her on her way.

At Lumberton, a new resident on the Lumberton Campus, **Pat Heller**, shares the Gallery with Medford campus resident **Katie Lewis** from December through February.

AREA ALTERNATIVES TO THE HOLIDAY CRUNCH

by Kay Cooley

Overwhelmed by the avalanche of holiday catalogs? Numbed by the plethora of begging letters? Both Burlington County and Medford Township offer refreshing alternatives to the relentless drumbeat of holiday consumerism.

Dickens Fest Saturday, December 1, in Historic Medford, 6 to 10 p.m. Main Street is transformed into a scene from Charles Dickens' *A Christmas Carol*. The Township Council lights the Christmas tree at the Gazebo just before Santa arrives for the children. Stroll along Main Street and experience the sights and sounds of Christmas in earlier times.

Historic Smithville Mansion in Eastampton highlights the holiday season with three sets of Victorian Christmas tours of its decorations. This year's theme is "Victorian Angels."

Victorian Christmas Tours will run December 2-23 and 26-30 at 1, 2, and 3 p.m. The cost is \$6 for adults and \$5 for seniors and children. Phone (609)265-5068 or (856)778-8052 for reservations.

Victorian Christmas Candlelight Tours will run December 4, 8, 13, 16, 21, and 28 at 7:30 p.m. The charge is \$10 for adults and \$7 for seniors and students. Reservations are required. Phone the same numbers as for Christmas Tours above.

Victorian Christmas Tea Tours will run on December 8, 12, 16, 27, and 30 at noon. The tour includes tea, homemade sandwiches, and dessert. The cost is \$25 per person; reservations are required. Phone (609)859-2460.

Smithville Mansion is in Historic Smithville Park, 801 Smithville Road, Eastampton Township, three-quarters of a mile off Route 38.

The Medford Senior Center has ongoing daytime activities and programs at its location in Cranberry Hall behind the Municipal Building at 17 North

Main Street. No registration or fee is required for the following activities unless otherwise indicated.

Mondays

- 10:00 to 12:00 Mah Jongg
- 1:30 to 3:30 Duplicate Bridge

Tuesdays

- 10:00 to 12:00 Bridge Workshop
- 1:30 to 3:00 Beginner's Bridge – Fee \$10.

Wednesdays

- 10:00 to 12:00 Knitting and Crocheting
- 1:30 to 3:30 Open Bridge

Thursdays

- 9:00 to 11:00 Pinochle Lessons
- 10:00 to 12:00 Pinochle
- 12:00 to 1:00 Investor Information Exchange
- 10:00 to 11:00 or 11:00 to 12:00 Introduction to the Computer. Call 609/654-2512 by Monday of the week you plan to attend.

Fridays

- 7:00 to 10:00 p.m. Fun & Games: Ping Pong, cards, Mah Jongg, book discussions, current events, or just relaxing over a cup of coffee in the company of fellow seniors.

Hanover Street Dessert Theatre

The Hanover Street Theatre Company, based in the Neighborhood Arts Center in Pemberton, offers plays with dessert. Pastries and varied beverages are served during intermission.

A Nutcracker Tale: December 14-16 and 21-23: The classic tale is told through the eyes of a charming teenager with a mixture of traditional and contemporary music and dance. Shows start at 8:00 p.m. on Fridays and Saturdays and at 2:00 p.m. on Sundays. Directions to the theater: North on Rt. 206 for 7.4 miles to Rt. 530, turn right (at Vincentown Diner), go 2.6 miles to the traffic light at Hanover Street (Rt. 616, Burger King); turn left, go 0.2 miles. The Neighborhood Arts Center at 64 Hanover Street will be on the right across from a large Baptist Church.

With such an array of delightful distractions, there is no need to succumb to shoppers' depression. Foil the merchants, marketers, and solicitors; have fun in December!

ELMER ROWLEY HONORED

by Ellen Stimler

Elmer Rowley, an early advocate and consistent supporter of the Pinelands preservation movement for over 30 years, was inducted into the Pine Barrens Hall of Fame for 2007 at a banquet at Braddocks Tavern on November 3.

The Rowleys' two sons, with their spouses, one of their grandsons, and a group of friends from Medford Leas joined Elmer and **Thelma Rowley** for this grand occasion.

Elmer was one of three persons selected for this year's awards because of their exceptional contributions to the preservation of the million-acre National Pinelands Reserve. Elmer said he "fell in love" with the Pinelands when he moved to Medford in 1962. He was actively involved in Pinelands preservation efforts through his work with the old Pine Barrens Conservationists, the Pine Barrens Coalition, and particularly the NJ Audubon Society. One of the other award recipients credited Elmer with mentoring her and telling her "whatever you do, make a difference in your community."

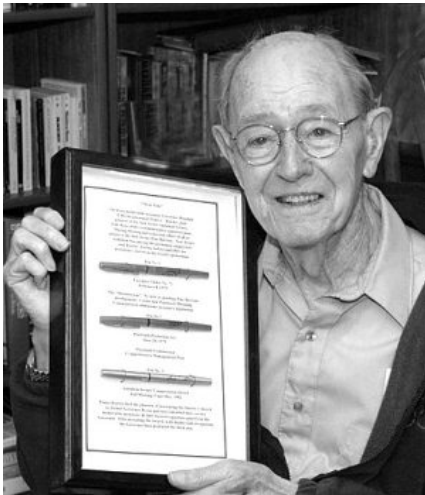


photo by Margery Rubin

When it was Elmer's turn to acknowledge the award and citation, he responded with a special surprise gift of three pens that chronicled the history of the Pinelands preservation movement. The pens were mounted in a frame

constructed for Elmer by **Sam Burgess** in the residents' Work Shop. The first pen was given to Elmer in 1979 when Governor Brendan Byrne signed an Executive Order for a moratorium on all new construction in the Pinelands until the New Jersey Legislature would create a Commission to

regulate it. Elmer received the second pen when Governor Byrne signed the Pinelands Protection Act. In a reversal of roles, Elmer, representing the NJ Audubon Society in 1982, presented to Governor Byrne the Society's Conservation Award, and on that occasion received the third pen.

At the dinner, the frame with the pens was presented to the president of the NJ Audubon Society. Elmer has had a longtime relationship with the Society, serving as its president from 1974-75 and on its board until 1990. Asked why he didn't keep the frame for himself, Elmer said: "Maybe, if I had a trophy room for all my Marine Corps and other awards...but this way it can be exhibited and people can see it."

DEDICATED BENCHES

by Sumi Kobayashi

Residents may have noticed a new bench just inside the Pinetum with a plaque bearing the words "From the Friends of **Tina Mecray**," a resident who died recently. It is a bench that invites a person to spend a few soothing minutes looking out at the beautiful new garden in the Pinetum.

From the time Tina and her husband, **Paul Mecray, M.D.**, moved into Rushmore in 1984, she viewed the Pinetum as her special project. She checked regularly to see that it was maintained properly and conducted tours for visitors. In her honor her son has underwritten the creation of a special corner of the Pinetum, with a walkway and smaller plants, as a memorial to her love for the grove of trees from all over the world.

From time to time friends and relatives of residents have donated benches for the enjoyment of current residents. To the right as one enters the Community Building is a bench dedicated to **Mable Benjamin Martin**. Ms. Martin was the recipient of numerous awards and

honors, including the Edwin T. Dahlberg Peace Award, June 28, 1975. She was recognized as an educator, a humanitarian, and an outstanding authority on the United Nations. This bench is used daily by persons waiting for the Medford Leas bus or other transport.

To the right of the Martin bench is a bench dedicated "In Memory – **Helen Parrish**, 1977-2001, **Julie Wendel**, 1988-2000, **Ida Pfeufer**, 1989-2005, **Wing-Wen Poon**, 1996-2000." A second bench with the same four names is located in Court 10.

In the walkway on the other side of the entrance is a bench with a plaque bearing the words "In Honor of **Ruth** and **Don Killian** from your Loving Family."

In the Memorial Garden across the road from Parking Circle B is a bench with the words, "In Memory of **Jane White Young**, 1909-1999, a resident of Medford Leas 1986-1999...Given by **Edgar** and **Harriet Young**."

There are approximately 100 other benches located strategically throughout the campus to provide a place to rest, to chat, or to contemplate the wealth of natural beauty available at Medford Leas.

New guidelines for gifting benches and other Arboretum related gifts are in the process of being formulated.

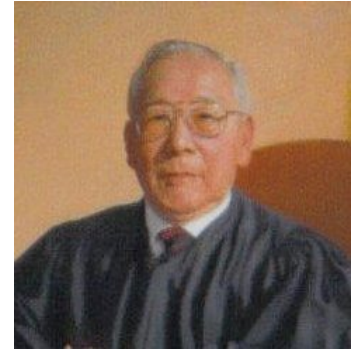


Pinetum and the Tina Mecray Bench

A LEGEND OF THE BAR

by Sumi Kobayashi

William M. Marutani (1923-2004), late resident of the Lumberton campus, was inducted into the Legends of the Bar of the Philadelphia Bar Association at a ceremony and reception on October 23, 2007.



To achieve this high honor an inductee must be recognized by a committee of the Philadelphia Bar Association for breadth of achievement, an enduring contribution to the law, a deep commitment to equal access to justice for all citizens, a leadership role, or an ability to mentor, lead, or inspire others in the pursuit of law and justice. The 41 "Legends" inducted at the ceremony join the 160 original Legends, some of whom lived more than three centuries ago. The committee stated that Judge Marutani "personified the higher calling of the bar, dedicating much of his life to the causes of the underprivileged and oppressed."

He volunteered as a civil rights lawyer for desegregation of schools and voter registration in the South; argued a seminal case that struck down miscegenation laws before the U.S. Supreme Court; and served on the Philadelphia Court of Common Pleas, where he ruled in a landmark case that all-male Central High School must admit girls because as a taxpayer-supported institution it must offer equal opportunities to both boys and girls. He was appointed by President Carter to the Commission on Wartime Relocation and Internment of Civilians, whose deliberations led to passage of the Civil Liberties Act of 1988 that offered a Presidential apology to each person forced into evacuation and internment, and \$20,000 in compensation to each individual living when the bill became law in 1988.

Vicki Marutani and two of her daughters attended the ceremony, as did **Sumi Kobayashi** and **Mary Toda**.

ASSISTED LIVING

by Betsy Pennink

What's the second biggest department at Medford Leas after the dietary department? The answer is Assisted Living, which serves 73 residents, with a staff of 54, working around the clock in three shifts. The department is headed by **Lisa Heinkel**, Director of Nursing for Assisted Living. She has recently become a Certified Assisted Living Administrator. **Dolores Redner** serves as Administrator for Assisted Living as well as Administrator for Long Term Care and Subacute Care. Between the two, they are now prepared for the expected increase to 80 in the total number of Assisted Living residents.



photo by Margery Rubin

Lisa, an RN, and many of her staff had been at Medford Leas for years when the Assisted Living Department was created under the leadership of **Lois Forrest**, Executive Director, in 1994. The first and second floors of Haddon were transformed from nursing units to

private apartments for residents in need of an intermediate level of care. These were then licensed as Assisted Living units by the New Jersey Department of Health and Senior Services. Lisa describes the values established for Assisted Living: providing care to residents in a homelike setting, while recognizing their individuality, independence, privacy, choice, and dignity.

From the start, the Assisted Living philosophy involved a new approach to nursing. Everything should be done to give residents opportunities to be as independent as possible, encouraging them to do as much as they can for themselves. As **Kathy Pliskin**, LPN on Haddon I, puts it, this was a change from "illness nursing" to "wellness nursing." She soon discovered that it gave her a

chance to find out what residents like and to provide activities that "make life fun." It's a rewarding way of nursing, she says.

Betty Cullins, LPN on the day shift, emphasizes the independence in Assisted Living. The staff is there to offer assistance and supervision as needed. She says the care involves some "cueing," such as getting a shower ready or helping with dressing. Sometimes it means having a snack ready if a resident misses a meal. Betty tries to "enhance what the residents liked in the past, by providing personal choices."

Evelyn Burger, a CNA on the evening shift, praises the homelike setting in Assisted Living. Residents choose their apartments and bring their own furniture. They can also have pets. This pleases Evelyn, who finds the animals add to the "homey" atmosphere. She adds that the lovebirds in the aviary near the dining room on Haddon II are always a source of interest. (They have hatched chicks four times.)

Kim Herndon is a CNA-CMA, as are other CNAs who have had training to become Certified Medication Aides for Assisted Living. (Normally only LPNs can hand out medicine.) Kim says that there is one LPN on each floor, who is responsible for nursing needs, so it is the CNAs who do most of the "hands-on" work. She finds that the Assisted Living model gives her a great deal of freedom; for instance, freedom to go for a walk with a resident if it seems like a good idea. "It gives people more choice," she says.

Mary Brodie, an LPN who is Nurse Case Manager on the night shift, has a wide range of responsibilities. She is in charge of all Assisted Living floors as well as tending to any emergencies that arise in the Courts between 11 p.m. and 7 a.m. When Lois Forrest first introduced the concept and goals of Assisted Living, Mary realized that this kind of nursing would be what she would want for her own family. She believes in treating each resident as well as she would one of her loved ones. Everyone in Assisted Living plays a part in the residents' well being. The caring staff goes to "great lengths to find a solution to anything that seems a problem

to an individual resident.” (Mary calls this “brainstorming.”)

Susan Guilmet, LPN, has been assigned to the third floor of Haddon, where everything is in flux. She works from 7 a.m. to 7 p.m. in the midst of the construction that will change the third floor from Residential Living to Assisted Living. Within three or four months this will be finished and Medford Leas can apply for another Assisted Living license from the New Jersey Department of Health and Senior Services. For now, Susan’s nursing often consists of dispensing medications to residents who are happy to turn over the responsibility of remembering to take them and of refilling prescriptions. At present, 22 residents live on the floor.



front: Kim Herndon, Anne Di Martino; *middle:* Mary Gunter, Andrea Lawrence, Peggy Giles; *back:* Emily Phillips, Catherine Oechsle, Lisa Heinkel, Kathy Pliskin, Marcia Stedford

There are many reasons a resident might move to Assisted Living. Among them are: difficulty with one or two Activities of Daily Living (ADLs); problems with medication; poor diet; or frequent falling. The decision to suggest such a move to a resident is made at a meeting of the Interdisciplinary Resident Review Committee, where most of the departments at Medford Leas are represented. This takes place every Tuesday. There follows a discussion with the resident and the family, if possible. It is difficult for some

residents to accept the idea of moving to Assisted Living. When they come, they usually find out quickly how independent they still are. Evelyn points out that they are “freed from worries,” such as remembering medications or doctors’ appointments. This develops a sense of security, she says.

Lisa describes the way the Assisted Living department is organized. There are 14 LPNs and 39 CNAs. There is a dining room on each floor for breakfast and lunch, which is served family-style. Dinner for all floors is in the “Courtyard” (Activities Room) with a menu and wait staff. Actually, residents can eat wherever they want, and many go to the Coffee Shop or the Colonial Dining room. There is a laundry room on each floor and kitchenettes on the second and third floors.

Lisa echoes the members of her staff when she calls them a “great team.” Her motto is “respect begets respect” and there is a deep feeling of respect among residents and staff alike in Assisted Living.

Abbreviations:

RN Registered Nurse

LPN Licensed Practical Nurse

CNA Certified Nursing Aide

CMA Certified Medication Aide

ADL Activity of Daily Living, e.g., bathing or dressing without help

WINTER ENERGY TIPS

by Resource Conservation Committee

On cold, sunny days, open the drapes and let the sun shine in to warm your home and your spirits.

At night, turn down the heat in your bedroom and other rooms, too.

Check to be sure that furniture is not blocking the heating unit.

When leaving for several hours, or for days, turn the heat down.

Report drafty areas to Maintenance (ext. 3140).

HAPPY HALLOWEEN

by Elsie Behmer

Pumpkins on porches. Scarecrows on benches. Costumes on kids. It's Halloween at Medford Leas.

"Celebrating Halloween here has evolved," explained **Gerry Stride**, Director of Community Life. "There has always been a parade. When there was an on-site Day Care Center, the children would dress up for the residents. When that center closed, we wanted to add celebrations to be more varied, more interactive, more lively, just plain more. Since many residents couldn't go to Main Street for Halloween, we would bring Main Street to them."

And, Main Street was delighted to come.

The principal of St. Mary of the Lakes School wanted students to participate in more intergenerational activities. So the art teacher spent a month helping about 50 fifth graders make scarecrows. The children also wrote and illustrated Halloween stories that they read to residents during their October 24 visit. And the residents loved it! "It's wonderful to hear what children are thinking about these days," said one, as her friends nodded in agreement.

On the Sunday before Halloween, a dozen or so young teens from the Tabernacle United Methodist Church youth group did a "reverse" trick or treat, going door-to-door in Haddon, Woolman, and Estaugh and handing out treats.

For the third year in a row, Medford Moms, a local group of parents of babies and toddlers, organized the children's parade. On October 29, 22 children in costumes and 18 moms and dads sang songs, played balloon volleyball, colored Halloween pictures, and shared treats with residents and resident volunteers.

Pumpkins, Pumpkins, Pumpkins

Residents carved pumpkins, decorated pumpkins, crafted pumpkin decorations, arranged flowers in hollowed-out pumpkins, and, most importantly

baked pumpkin-shaped chocolate chip cookies from the famous Medford Leas recipe.



The tastiest pumpkin-centric event was, without a doubt, the Pumpkin Festival held October 9 on the back porch. Apple cider was the only non-pumpkin item on the cookie and muffin menu. There was even pumpkin butter to spread on crackers.

Check it Out!

Residents, staff, volunteers, companions and community members donned the costume du jour -- flannel shirts — for the traditional Scarecrow Walk. Scarecrows were based on characters from books and made by staff, the Crazy Critters 4-H Club of Burlington County, and the students from St. Mary's.



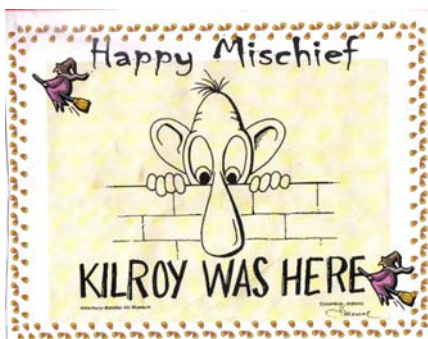
Harry Potter and Friends

The administrator of Sequoia Transition School

was looking for activities that would provide the high schoolers the opportunity to serve the community. The Scarecrow Walk was a natural fit. The kids entered into the spirit of the event taking residents around the walkways, explaining when necessary, and dancing with them during the Mummies on the Move “after party.”

Was it fun for everyone? “You bet,” said Gerry. “This was the best year ever for kids and scarecrows!”

Mischief Night



The Woolman Owls brought the Mischief Night tradition to the floors with typical All Hallows’ Eve pranks: tossing toilet paper rolls around, making a ruckus and posting graffiti in the form of “Kilroy Was Here” signs. The staff had set the stage by “decorating” the halls with cobwebs.

Halloween Day

The much-anticipated and much-loved Halloween Variety Show was, as usual, a great success. Staff dressed up and performed skits and sang; residents read poems and sang along. Everyone had a great time. A poignant, unexpected moment came during the opening costume parade when staff circled the room to shake all the residents’ hands...and then went around again to make sure everyone was welcomed.

On Halloween afternoon a local Brownie troop, the girls in costumes, visited residents and gave them pumpkin shaped cards they had made for the occasion. The girls and residents shared smiles, little jokes, and giggles. One resident summed up the delight saying “We need more things like this that help us laugh!”



Everyone who embraced this year’s Halloween month contributed to its success. But it was Gerry, **Linda Schultz**, Therapeutic Recreation Lead Assistant, her staff, and all the other staff in all the departments who made it happen.

Gerry summed up by saying, “It was a success because the Medford Leas community – independent residents, assisted living, resident volunteers – came together with Main Street for a celebration that brings out the kid in all of us.”



Peter Rabbit in an Eagles Tee Shirt

For more pictures, go the MLRA website, mlra.org.

2008 GREAT DECISIONS

by Kitty Katzell

Bill Heisler is chairing Great Decisions in 2008 and he has already received the advance materials from the Foreign Policy Association. The sessions will be held on eight Thursday mornings from February 21 through April 10. Each session will start with a half-hour DVD presentation related to that day's topic, followed by comments by a resident, and then general discussion.

The eight topics are:

- Exiting Iraq: Deadline for Democracy
- The European Union at 50
- Dangerous Dialog: Talking with the Enemy
- Reexamining Russia
- Waning War Machine: The State of the U.S. Military
- The Latin American Left
- Out of Balance: U.S.-China Trade
- Philanthropy and the Rise of Global Giving

Notices will be distributed when the study guides are available.

GUIDED TRAIL WALK AT THE LUMBERTON CAMPUS

by Miriam Swartz

Ted Gordon, a local botanist, met with 23 residents on Tuesday, October 16, at the Lumberton Leas Community Center and guided them on a walk along trails for plant identification. The 45 acres of woodlands on the Lumberton campus are inhabited by many native plant species common in the inner coastal plains area, the Delaware River Valley. Route 70 is the border between the Pine Barrens (outer coastal plains region) and our region. All the vegetation depends on the types of soil. The outer coastal plains soil is sandy and the inner coastal plains soil is more fertile.

The group learned about the many types of oaks, which are divided into two broad categories, the

White Oak and the Black Oak families. In our woodlands, we have Black Oaks, which can be identified by their bristly leaf tips and angular buds; White Oaks have rounded leaf lobes. Along the Rancocas Trail (Blue Trail) and Kay Dee Trails (Blue signs with bunnies), we saw Black Oaks, Southern Red Oaks, and the Northern Red Oak. We identified one member of the White Oak family, a White Oak. We also identified the Willow Oak, which has leaves similar to a willow tree, thus the name.



Ted Gordon pointing to the high water mark of the 1994 flood

There are only two types of maples that live in this coastal plain, the Swamp Red Maple and the Silver Maple. We found plenty of Red Maples but no Silver Maples. Two shrub-like trees, Boxelder and Swamp Alder, are in our woodlands. With Ted Gordon's expertise we identified 30 species of trees and several types of ferns and mosses, including an ancient Club Moss, a kind that was in tree form in the age of the dinosaurs.

Everyone learned something about the native plant material in the Lewis W. Barton Arboretum at Medford Leas at Lumberton. Unfortunately, the inner coastal plain is fast being lost to development, but a small piece of it is preserved on the Lumberton Campus.

IN MEMORIAM

Lowry (Sis) Cooper November 1

AAHSA ANNUAL MEETING

by Kitty Katzell

Medford Leas sent six people to the annual meeting of AAHSA, the American Association of Homes and Services for the Aging, in Orlando in late October: CEO **Dennis Koza**, Director of Marketing and Community Relations **Jane Weston**, Estaugh Board members **Walt Evans**, **Paula Fairley**, and **Harry Scheyer**, and Resident/Board member **Kitty Katzell**.

The theme of the meeting was *Live Your Story* with a different sub-theme on each of the four days. The first day's theme was *A Life of Conscience*, and Nobel Peace Prize winner Elie Wiesel spoke at the general session, encouraging his audience to confront injustice and extend compassion to all people in all parts of the world.

The theme for the second day, when Claire Gaudiani, Professor of Philanthropy and Fund-Raising at NYU, spoke, was *A Life of Community*. She sees generosity as essential to American prosperity and urged her listeners to leave the world a better place by giving back to the community.

On the third day, actor-director Sidney Poitier told of his life and his luck, as he rose from hardship to success, reflecting the day's theme, *A Life of Integrity*, a life in which he refused to accept stereotyped roles or to deny friendships in racially charged times.

A Life of Legacy was the fourth day's theme when award-winning photographer Jerry Friedman was the speaker. Friedman set out to explore the hearts, minds, and spirits of the 62 oldest people on earth, all aged 110 or more. He was awed by their dignity and spirit and troubled by America's lack of respect for them. The Orange County Convention Center South was decorated with photographs of his 62 subjects.

Bill Cosby entertained one evening, but most of the four days was spent attending as many of the 200+ educational sessions as possible. Most of those attending earned continuing education credits when their badges were scanned as they

left each meeting. The meetings also provided opportunities for professionals to interact with their peers, to learn of innovations in care and treatment, and to examine new equipment displayed in the numerous exhibits.

LEAS LEAPERS LAND HARD

by Herb Heineman

On November 8, our water volleyball squad of 12 (2 from Medford, 10 from Lumberton) visited Kendal-Crosslands for a return match. Unlike the match in September, when K-C visited us with only eight players, this time they were at full strength. For fear of running late, the games were shortened to 10 points. We lost in four: 5-10, 0-7, 10-6, 7-10. Presumably we'd have done no better had the games run their customary 15 points and we'd have missed the best part of the morning. The early finish left time for an "everybody-in-the-water" game – 13 on a side – in which K-C and ML players were mixed; the rules were amended to take the numbers into account. Without the tension of intercampus competition, everybody had a ball (sorry).

A generous lunch followed, allowing our players to mix socially with theirs. Here I learned that the K-C players "practice" three times a week year-round, and that most show up for every session. Their play, as before, while not spectacular, was consistent and steady, and they made few mistakes. They richly deserved to win and reclaim the plaque that goes with victory at Kendal-Crosslands.



NOVEMBER ELECTION RESULTS

by Ellen Stimler

Running against the Republican tide that swept through Burlington County on November 6, Medford Leas voters would have installed Democrats in most of the offices where Republicans were elected on a county and state-wide basis.

This was easy to determine because, for the first time, Medford Leas was a new separate Voting District, #9. The surrounding area residents, who previously were part of the old District 8 and voted at Medford Leas, were divided into two new districts and had to vote either at the Bob Bende Park or the Public Safety Building. This was confusing for many of them, who came to the Activities Room and had to be turned away.

On Election Day, Medford Leas had 439 registered voters, of whom about 300 cast valid ballots. There are 192 registered Democrats, 184 Republicans, and 63 Independents.

On the four ballot questions, Medford Leas voters were more in tune with the rest of the county and state. The only difference was that Medford Leas voters approved, 199 to 74, the bond issue for stem cell research, which was disapproved state-wide. Also disapproved by Medford Leas and statewide was the first question on property tax relief. Approved were Questions 3 and 4, on open space and on changing the competency definition for voting in the NJ Constitution.

In Medford Leas, Republican Phil Haines got just one more vote than Democrat Francis Bodine for the State Senate, and Haines will be our new State Senator, giving up his County Clerk post.

For the Assembly, Democrats Tracy Riley and Christopher Fifis lost to the Republican team of Scott Rudder and Dawn Marie Addiego. For these two seats, Medford Leas voters split their ticket and voted for Rudder and Riley.

For Freeholder, Medford Leas' choice was Democrat Tom Bader, with 169 votes, in preference to Joe Donnelly, who got 112 votes from Medford Leas but a majority countywide.

The Republicans maintained their lock on the Medford Township Council, with the victory of newcomers Robert Martin and Mary Ann C. O'Brien. They defeated Democrats Richard Vogt and Stephanie Kassel-Doherty, who were preferred at Medford Leas by wide margins.

COURTYARD GARDENS ARE "IN"

by Ellen Stimler

"This place is just like a beautiful resort," declared one member of the Pennsylvania Horticultural Society, during a recent tour of the Medford Leas Courtyard Gardens, organized to generate ideas for next year's Philadelphia Flower Show.

The theme of the 2008 Flower Show will be New Orleans. At a meeting with the Show's head designer, courtyard gardens were mentioned as a common feature in New Orleans homes. "This gave me the idea to build a program around that element," explained Chula Kleiber, the PHS Education Program Manager, who organized the visit to Medford Leas. She said she heard about Medford Leas from Jane Pepper, president of the Society, and then visited Medford Leas two years ago, at which time she met **Jane Weston**, Director of Marketing and Community Relations, who later worked out the details of the recent visit.



Court 26

photo by Mike Carrell

"By coming to Medford Leas," Chula added, "I was able to provide a program for our large New Jersey membership." Chula also had a personal

interest in the visit, as she had just purchased a home with a courtyard garden in Queen Village in Philadelphia.

The group of about 40 members met in the Auditorium, where Jane Weston welcomed the visitors and introduced **Herb Minkus**, Landscape Coordinator for the Arboretum. Jane gave a brief talk about Medford Leas and the history of the Arboretum, followed by a Power Point presentation showing different courtyards and their distinguishing characteristics, such as plant materials, trees, paths, ponds, and benches "Our 33 courtyards are the front doors of residents' living spaces," she explained, "and they are also a resource for the community."

After the slide show, Herb led the group on an hour-long walk, starting with the Atrium garden, along the Estaugh walkway, past the Pinetum, through Courts 20, 25, 27, 66, and then across the campus to Court 3. Herb stopped in each Court to explain the design elements, any problems encountered, and action taken. Many members took notes and asked questions. One member remarked regretfully that she could not "grow any of these things in my bad soil in Tabernacle."

The visitors had a beautiful, sunny fall day for their tour and seemed completely absorbed in the wealth of information received from Herb and Jane.

SOUTH KOREAN VISITORS

by Ellen Stimler

Seven executives from South Korean real estate investment trusts inspected every department of Medford Leas on October 25 on a tour arranged by their industry association to assist them in evaluating investments in retirement communities in their own country.

One of the seven participants was here seven years ago as part of a similar delegation that was looking for ideas to incorporate in the first CCRC-

type retirement community then being built in Seoul. That community, called Noble, now has about 300 residents, a health center serving both residents and the surrounding community, and a child care center for residents' grandchildren and children of staff. Medford Leas has a "sister" relationship with Noble and an ongoing exchange of information.

Bill Murphy, Director of Operations, and **Dolores Redner**, Administrator, took the visitors on a tour of every area, from the Atrium to the Knitting, Fitness, Brain Gym, Art, and Computer Rooms. Bill and Dolores explained the activities in each, then one of the group translated for his colleagues, who spoke little or no English. Fortunately, residents were actively engaged in most of the areas, so few words of explanation were needed.

The next stop was the ground floor of the new Arts and Social Wing. When the men stepped outside and viewed the putting green and outdoor game areas, one gentleman struggled for words to express his feelings and then said: "This is like a country club."

Crossing over to the Health Center, the group was lucky to meet up with **Dr. Kapulskey**, Medical Director, outside the Pharmacy and got a quick summary of the Health Center's operation before going inside to inspect the examining rooms. Dolores told them about the various professionals available on site, the Pharmacy, and the Therapy Department.

The last part of the tour covered the Assisted Living and Skilled Nursing units. Dolores explained the natural progression from independent living to Assisted Living and possibly Long Term Care units, and the great care taken by the staff to make this transition as smooth as possible.

The group then left in a van for a visit to Medford Leas at Lumberton. They returned for a luncheon in the private dining room, where they were joined by **Wil Britten**, MLRA president. The visitors presented Medford Leas with a large, beautifully decorated ceramic vase. Each of them received a packet of information about Medford Leas, which included a copy of *Medford Leas Life*.

WEDDING BELLS RING

by Maggie Woodard

There were two weddings of Medford Leas residents recently: **Ginny Jones** to **Tom Darlington** and **Penny Fykse** to **Jim Eynon**. History is repeating itself. Thirteen years ago, Medford Leas saw three resident weddings in a short space of time: **Peg Holmes** to **David Van Name** at the end of 1994, and **Lois Boltz** to **Allyn Rickett** and **Maxine McVeigh** to **Dan Prewitt** on January 7, 1995. Some years later but not at the same time, **Harriet Raymond** was married to **Ed Young**, and **Jean Robbins** was married to **Bud Stratton**.



Ginny and Tom were married on October 27 in her apartment by **Don Killian**, a retired Presbyterian minister. Ginny's sisters, **Vivian Hart** and **Ruth Engle**, were present, as were her two daughters, spouses, and three granddaughters. Also in attendance were Tom's two sons, two daughters, two spouses, and 11 grandchildren. Friends and family joined them at 4 p.m. for a reception in the Lounge. After fierce rain in the morning, the sun came out in the afternoon, to provide a warm setting for the festivities. The Lounge was aglow with beautiful flower arrangements created by **Debbie Lux**. Ginny, in a lovely blue dress, and Tom, in elegant attire, greeted people after they signed the guest book. A two-tier wedding cake was displayed, with white rose petals strewn around it. Wine, punch, and hors d'oeuvres complemented the happy occasion! They will be moving soon to Apt. 204.

Penny and Jim were married on November 9 in the Cathedral of the Woods in Medford Lakes by the Reverend Stephen Winkler. Penny's daughter was her matron of honor and Jim's

nephew was his best man. About 50 people attended the wedding, 15 of whom were Medford Leas residents. The log-cabin church, built in the 1920s, provided a lovely setting for the wedding, with three beautiful flower arrangements and many candles. The service was both religious and personal. The minister recounted Jim's reason for deciding to be married on the day before he and Penny were to leave on a two-week cruise. Jim said he could hear his mother saying, "not unless you're married!"

Friends, family, and the bridal couple returned to Medford Leas for a reception in the Lounge. Penny, in a lovely blue dress, and Jim, in a handsome suit, greeted guests after they signed the guest book. Again, a two-tier wedding cake was displayed, this time with red rose petals strewn around it. Wine, punch, liquor, and hors d'oeuvres made this another happy occasion. The Eynons will be living in Jim's apartment, 51.

EMPLOYEE OF THE QUARTER

The latest Employee of the Quarter, **Debbie Lux**, is well known to staff and residents. She began her career at Medford Leas in 2001, after **Lois Forrest** interested her in working here.



photo by Margery Rubin

Debbie works in the Landscaping Department as a horticulturalist specializing in plant propagation, greenhouse duties, indoor plants, and beautification on both campuses. She also participates in many campus extra-curricular activities and serves on the Employee Council.

Outside of work Debbie maintains a house in Pennsauken where her garden is a neighborhood showpiece.

For all she has done and continues to do, Debbie has been named Employee of the Quarter. Congratulations, Debbie, and many thanks!

WHO'S NEW

Eugene (Gene) and Jane Hall Holben, Apt. 145, visited Medford Leas in the early 1980s with Jane's mother, who was looking for a retirement home, although she did not come here. Much later, when Gene and Jane were ready for a retirement place, Medford Leas was at the top of their list. By that time they had met **Helen Peterson** at their church, **Shigeko Kawano** through Jane's interest in Ikebana International, and the late **Dr. Lewis Coriell** through Jane's job at the Coriell Institute.



photo by Margery Rubin

Jane and Gene attended adjacent colleges. Jane's sorority house at Moravian College for Women was just a block away from Gene's fraternity at Lehigh University. They dated during their college years and were married right after graduation. Jane received a B.Sc. in medical technology and Gene a B.Sc. in electrical engineering.

Gene's first job was with Philco in Philadelphia. They lived in Chestnut Hill and Jane worked at the Chestnut Hill Hospital. They moved to Haddonfield, NJ, when Gene started a job with Conoflow Corporation, a manufacturer of control valves in Blenheim, NJ. Gene was there for 23 years, rising to Director of Research and Development. During this period, they had two children, a boy and a girl, and Jane stopped working for ten years. In 1972, Conoflow was bought by ITT and Gene started his own company, Conameter Corporation, which

produced industrial flow meters and control instruments. He sold the company in 1992.

When Jane decided to go back to work, she was hired by the Coriell Institute in Camden as Director of the Vivarium, where she was in charge of all the animals used for experiments, including 2,500 mice, rats, rabbits, and hamsters. Once the Institute was featured on a TV Program, which showed Jane milking some mice for the mouse milk used in the research.

The Holbens love to travel and they pursue major hobbies. Gene is a ham radio operator, deeply involved in genealogy, a member of the radio restoration crew of the Battleship New Jersey, and a computer techie. Jane is very active in the Ikebana Society and travels frequently to Ikebana demonstrations and events. She also likes to do a variety of needlework, knitting, crewel embroidery, needlepoint, and rug braiding.

Their son lives in Haddonfield and their married daughter, with two children, in New York City.

by Ellen Stimler

oops!

Two errors of omission in the November issue of *Medford Leas Life* have been brought to our attention. On page 4, we failed to credit **Margery Rubin** for the photograph of the candidates, and on page 11, we omitted the name of **Dolores Redner**, Administrator, from the list of those who attended the FSA Annual Meeting at Pennswood. We offer our sincere apologies for these omissions.

DECEMBER CRYPTOGRAM

by Betty Donahue

VZG ZCUBGQV CL MUU ZCUBYMXQ
 MWG VZCQG IGJV SX CFWQGUPGQ
 BT QBUGTHG MTY MJMWV, VZG
 QGHWGV MTTBPGWQMWBGQ
 CL VZG ZGMWV, RZGT VZG LFUU
 VBYG CL LGGUBTD CPGWLUCRQ.
 --UCTDLGUUCR

Here is the solution to the November cryptogram by Ellen Stimler:

WE THANK WITH BRIEF THANKSGIVING/
 WHATEVER GOD MAY BE/ THAT NO MAN
 LIVES FOREVER./ THAT DEAD MEN RISE UP
 NEVER/ THAT EVEN THE WEARIEST RIVER/
 WENDS SOMEWHERE SAFE TO SEA.
 --SWINBURNE

The correct solution was received from 33 readers: **Ken Anderson, Miriam Angle, Mary Barth, Ruth Blattenberger, Judy Braddy, Florence Brudon, Marion Burk, George Cardona, John Caughey, Anne Cree, Alice Culbreth, Doris Curley, Liz Dill, Betty Donahue, Mary Fenimore, Mickey Gray, Herb Heineman, Barbara Heizman, Patti Hopton, Hugh Jenkins, Sally Klos, Mary Mason, Mary Ann Metzger, Alice Norcross, Helen Peterson, Betty Preston, Warren Reeves, Doris Salati, Florence Sawyer, Peg Scott, Betsy Snope, Emily Taylor, Ellen Wiener.**

Please put your solution in an envelope in Box 116 by December 10 or send it by email to estimler@medleas.com. New, interesting cryptograms are always welcome.

MEDFORD LEAS LIFE

Ex Officio: Wil 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

Staff Photographer: Margery Rubin

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

Business Manager: Gene Raup

Production Manager: Maggie Heineman

Distributors: Pete Johnson, Mary Lou Mullen, Mary Toda

Recorder: Florence Sawyer

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

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



printed by Minuteman Press, Berlin, NJ