



# Medford Leas *Life*

*VOL. XXXVI, No.3*

*MARCH 2008*

## **PERSONALIZED MEDICINE PROJECT**

by Ellen Stimler

Medford Leas residents have an “amazing, exciting opportunity” to participate in a new kind of personalized health care, declared **Dr. Scott Kapulskey**, Medical Director, in introducing Dr. Michael Christman, President and CEO of the Coriell Institute for Medical Research.

Dr. Christman and his top staff had been invited to explain their Delaware Valley Personalized Medicine Project and offer residents the opportunity to enroll in the ongoing research after his presentation. Sixty-five residents were so impressed by the benefits to be derived that they lined up to participate even as Dr. Christman was completing his remarks.



photo by Margery Rubin

As explained by Dr. Christman, 99.9% of every human being’s DNA is identical from birth to death. The only difference is the 0.1% that is called the variant and contains “snits” or markers identifying the genes that give each person a unique identity. It has been only about two years since the technology has become available to identify snits that carry risks of diseases or toxic reactions to certain medications.

At present, Dr. Christman suggested, doctors generally prescribe the same treatment for the

same disease, a “one size fits all” approach. With personalized medicine, each patient’s medical care will be based on an analysis of his/her genome profile, which is derived from a patient’s DNA.

To illustrate this new process, Dr. Christman cited the case of a patient who became very ill after taking Coumadin, a blood thinner. Her genome profile revealed a genetic variant that predisposed her to a toxic reaction. She recovered as soon as she was taken off Coumadin. In another case, a patient near death was denied an experimental drug by his doctor, because the drug was effective for only a small minority. However, the man’s genome showed that he was in this minority, and he was cured with the new drug. Similarly, in the Vioxx case, Dr. Christman felt that personalized medicine had the potential to identify those people who could safely take Vioxx compared to those who could not.

In its current research project, the Coriell Institute has the cooperation of Cooper Medical Center, Virtua Health System, and Fox Chase Cancer Center. Their initial goal is to enroll 1,000 volunteers to provide their DNA for transformation into individual genome profiles, to be stored electronically at Coriell. Significant ethical and legal issues remain to be resolved.

The residents who volunteered to enroll in the project had to fill out a consent form and then give a saliva sample in a small plastic container. In addition, they must submit a completed medical questionnaire and make some of their medical records available. All the research on an

individual's genome is done anonymously, with a number assigned to each participant.

The saliva samples will be taken to the Coriell Genome Center, where an individual's variants are determined by isolating DNA from the saliva sample and injecting it into a GeneChip, a high-tech device about the size of a postage stamp. Enrolled residents will be notified by email after their genome has been completed, and they will be referred to a privacy-protected website where they can access their genome.

An important point made by Dr. Christman was that only "medically actionable" diseases will be disclosed from the genome. At present, Alzheimer's disease is regarded as "not medically actionable," meaning that there is no effective remedy. The decisions about "actionable diseases" are made by the Cohort Oversight Board on the basis of all then currently available information.

Residents who have consented to participate may withdraw that consent at any time, and they remain in complete control of the recipients entitled to receive their genome information.

Medford Leas was the first CCRC approached by Coriell for participation, because of the special relationship between these organizations. **Dr. Lewis Coriell**, the founder of the Institute, was a resident of Medford Leas for many years and conducted guided tours of the Institute. Several residents have provided financial support. For this reason a preview of the Personalized Medicine Project was given to a group of residents in January.

Residents who want to get a genome profile and enroll in the project should contact **Charity Reilly**, Resident Services Assistant. Dr. Courtney Sills, Coriell's Communications Director, indicated a willingness to return for another session if there is sufficient demand.



## DR. QUINTON RECEIVES AWARD

by Kay Cooley

For Medford Leas residents and staff who knew him, it will be no surprise to learn that **Dr. Keith Quinton** received a Lifetime Achievement Award from Virtua Memorial Hospital last October 26.

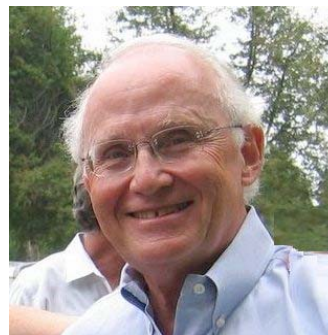


photo by Jim Muir

To win the rarely given award, a physician must demonstrate over the span of his career an outstanding contribution to medical practice, a commitment to patients, support of his hospital, and dedication to the community. Dr. Quinton's citation noted his "outstanding achievements in the medical community" and his "unwavering dedication to his patients."

Dr. Quinton earned his medical degree at Cornell University Medical College. He completed an internship at the Hospital of the University of Pennsylvania and his residency at Temple University, where he also served as Chief Resident in Medicine. He was a member of the United States Army Medical Corps and has extensive training in internal medicine, gastroenterology, and geriatrics. He was Chief of Gastroenterology at Virtua Memorial Hospital from 1968 to 1988 and served as Medical Director of Medford Leas from September 1989 through June 2006.

Dr. Quinton is a member of many national and state medical societies and has been honored as Outstanding Clinical Outpatient Teacher West Jersey Health System-Family Practice Residency Program. As his page in the program for Virtua's triennial Physician Recognition Award Ceremony reads, "the Lifetime Achievement Award is a well-deserved honor."

## INNOVATION IN THE HEALTH CENTER

by Kay Cooley

The staffs of the Health Center and Information Technology (IT) have been working to improve Health Center systems and procedures for more efficient service to residents. Some of these improvements are under way, while some are anticipated for the spring of 2008. More detailed information will be forthcoming then; meanwhile, some highlights follow.

### How will incoming calls be handled during office hours?

Calls will first be answered at 3427, then rolled over to 3428, then to 3429. Only if all three lines are busy will residents be connected to voice mail.

### How will medical records' accessibility and storage be improved?

*Chart-maker*, an electronic medical record system that also handles billing and scheduling, has been installed. Before it can be fully operational, all resident records must be scanned into it. This is a time-consuming process. When completed, residents' records will be instantly accessible to staff as needed.

### How will patient flow during office hours be improved?

Procedures for getting residents to practitioners are being streamlined. **Maryann Haller**, RN, who has twenty years of office nursing experience, has joined the staff. She and **Nancy Glovacz**, LPN, will get residents to their practitioners in the right office at the right time.

### How will an appointment's follow-up be handled at the time of the appointment?

In addition to the check-in window, a new check-out window will be installed. After a visit to a practitioner, residents will stop at the check-out window to schedule follow-up visits and/or lab appointments and get referrals or other papers as needed. This will eliminate the need to return.

### How will test results be reported?

When test results come in, they will be reviewed by the practitioners who ordered them. Residents will then be informed that the results are in and asked to meet with the practitioner to review the results. In the future, residents will more frequently receive a copy for their records.

### How will patients with unexpected medical concerns be seen on short notice?

The office will allot time every day for "sick call." This practice will ensure that residents with urgent medical concerns will be seen on the same day, even if the practitioner available is different from their ordinary caregiver. For less urgent concerns, they will be seen within 48 hours.

For resident care after office hours, an on-call system, similar to a doctor's office, is being developed. Medications needed outside of office hours will be filled at the CVS on Hartford Road and Route 70. Residents may have to purchase them first and then be reimbursed by Medford Leas, if their contract so stipulates.

### How will Health Center doctors interact with hospitals on behalf of patients admitted for care?

Both **Dr. Kapulskey** and **Dr. Peterson** have strong professional connections with Virtua Memorial Hospital in Mt. Holly. They may "direct admit" patients when medically appropriate, thus bypassing the ER. Both visit their patients in the hospital. Should another practitioner admit a patient, Dr. Kapulskey is informed and follows up.

Constantly searching for more efficient and effective ways to serve residents, the Health Center staff, with the help of **Russell Pepe** and **Dave Wagner** of IT, are creating systems that will deliver even better health care to Medford Leas residents. When these systems are in place, residents will enjoy state-of-the-art health care.



## FITNESS DAY XIII

by Maggie Woodard

Fitness Day XIII, January 30, presented by the MLRA Fitness and Recreation Committee and the Medford Leas Fitness and Aquatics Department, was a huge success. Activities were held in every possible venue and many residents participated in more than one activity, for a total of 650 resident participations in all.

The "Morning Spa" is always a special feature, where staff and resident volunteers provide relaxing hand and back massages.

Posture screening was done by **Ayesha Ahmed**, PT, MHS, Rehabilitation Staff, using a posture grid and digital photographs. In some cases, follow-up evaluation was recommended.

Small groups were led by **Ken Roland**, Fitness Staff, in simple posture exercises, emphasizing the importance of developing a strong core and of doing exercises every day to improve balance and posture.

**Ed Ellis**, Fitness Staff, handed out 4"x5" cards describing 20 different exercises to perform when attendance at exercise classes is not possible.

Exercises with resistance bands and balls were led by **Rick Trandahl**, Fitness Staff, to "improve endurance, hand-eye coordination, posture, and balance awareness."

Reading from the book *Power of Now* by Eckhart Tolle, **Marge Miller**, Fitness Staff, emphasized the importance of keeping oneself in a state of awareness. Participants engaged in several two-minute exercises: one involved trying to clear one's mind of thoughts, and another was using focus to improve posture.

Ken Roland and Rick Trandahl led posture and balance exercises, again emphasizing the importance of building core stability in order to improve posture and balance.

Lori Volpe, a Certified Mindful Hatha Yoga Practitioner, led a yoga workshop. According to

Lori, yoga is important in developing good posture. She advised deep breathing when tense and said her most important message was to be more attentive to one's breathing.

**Beth Goldenberg**, OTR/L, and **Ayesha Ahmed** lectured on the "Five Principles of Posture": Motion, Balance, Patterns (Integration of Motion), Compensations, and Adaptations, noting that correct posture is the position in which minimum stress is placed on the joints.

As usual, the food at the Fitness Day Luncheon was delicious and healthful. A lively program provided many laughs. After **Bud Stratton** welcomed everyone, members of the Fitness Staff led the rest of the program. Rick Trandahl and **Beverly Kannengieszer**, Director of Fitness and Aquatics, named those receiving Fitness Recognition; and Ed Ellis inducted **Connie Bacha** into the Century Fitness Club, composed of residents who reach the age of 100 while still exercising in a structured fitness program. **Dolly Houck**, **Evelyn Knowlton**, and **Emily Taylor** are the other members of the Club.



Centenarian Connie Bacha with Rick Trandahl

While the general theme of the day was "posture," **Gerry Stride**, Director of Community Life, provided a delightful contrast during the luncheon when she spoke to the 186 in attendance about "Fitness from the Neck Up!" In her witty way, she emphasized the importance of doing new things in a new way and of staying mentally active as one ages. She had the audience do some brain

exercises, and she distributed handouts with word games and other suggestions for activities designed to prevent mental decline.

Names of residents who had taken part in the morning programs were drawn for prizes of a yoga blanket, boom boxes, and pedometers. Beverly Kannengieszer gave closing remarks.

The most frequent comment heard throughout the day was "This is fun!"

**PRIMARY ELECTION**

by Kitty Katzell

District 9, now composed solely of Medford Leas residents, has 446 registered voters: 197 Democrats, 182 Republicans, and 67 unaffiliated. Some 20-25 residents who had been among the unaffiliated registered at the Primary, most of them as Democrats. Of the 446 registered voters, 320 (72%) participated in the Primary, nine by absentee ballots, four by provisional ballots, and 307 on site in the Activities Room on February 5.

When the poll closed at 8:00 pm, the tabulation showed that 188 Democrats and 119 Republicans had voted:

Barack Obama	95	John McCain	71
Hillary Clinton	83	Mitt Romney	21
John Edwards	4	Rudy Giuliani	6
Joe Biden	2	Mike Huckabee	4
Dennis Kucinich	1	Ron Paul	3

This count does not include the results of those who voted by absentee and provisional ballots.

In the Township of Medford, there are 15,087 registered voters: 9,167 unaffiliated, 3,853 Republicans, 2061 Democrats, 4 Liberals, and 2 Greens.

A small human-interest story emerged from Primary Day. A few registered Republicans sought to vote on the Democrat line of the ballot. When they found they could not, they walked out without voting.

**MEDFORD UNIVERSITY:  
SPRING COURSE**

by Kay Cooley

Maestro Karl Middleman, Artistic Director of the Philadelphia Classical Symphony, will teach Medford University's spring course, *Mozart and the Age of Enlightenment*. Classes will be held in the Theater from 3:30 to 5 pm on Monday afternoons, April 14, 21, and 28, and May 12 and 19. Tuition is \$25. Enrollment forms will be distributed in March.

**ART GALLERY NEWS**

by Helen L. Vukasin

In the Medford Leas Gallery, the work of Betty Bemby, New Jersey folk artist, will be exhibited through March. At the opening on Sunday afternoon, February 10, Ms. Bemby talked about how she began painting at an early age and learned to love it. She has attended a variety of classes but was mostly self-taught.



painting by Betty Bemby

**Katie Lewis** and **Pat Heller** will be exhibiting through March at the Lumberton campus Art Gallery.

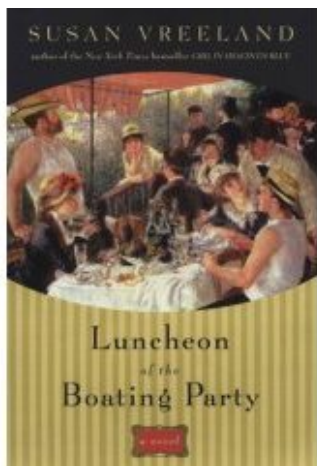
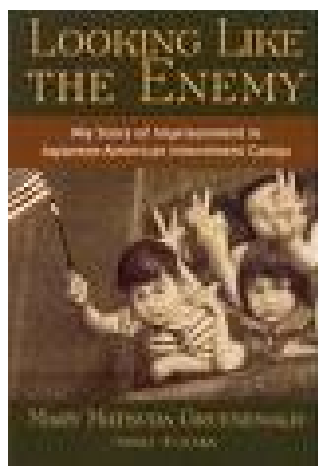
The work of some 28 new and old residents continues to be shown on the walls of the lower floor of the new Arts and Social Wing. Photographs of many of the pictures in the exhibit can be found at [www.mlra.org](http://www.mlra.org).

**NEW BOOKS IN THE LIBRARY**

by Joanne Greenspun and Bob Hambleton

Non-Fiction

- |                 |   |
|-----------------|---|
| Brokaw, Tom     | <i>Boom!</i>  |
| Dallek, Robert  | <i>Nixon and Kissinger</i>  |
| Gruenwald, Mary | <i>Looking Like the Enemy</i>                                     |
| Lucas, John     | <i>George Kennan</i>  |
| Larson, Edward  | <i>A Magnificent Catastrophe:<br/>Tumultuous election of 1800</i> |
| Terkel, Studs   | <i>Touch and Go</i>   |



Fiction

- |                   |                                      |
|-------------------|--------------------------------------|
| Brooks, Geraldine | <i>People of the Book</i>            |
| Miller, Sue       | <i>The Senator's Wife</i>            |
| Vassanji, M.G.    | <i>Assassin's Song</i>               |
| Vreeland, Susan   | <i>Luncheon of the Boating Party</i> |

Mystery

- |                      |                           |
|----------------------|---------------------------|
| Brown, Rita Mae      | <i>Purrfect Murder</i>    |
| Gerritsen, Tess      | <i>The Bone Garden</i>    |
| Grisham, John        | <i>The Appeal</i>         |
| Lescroart, John      | <i>Betrayal</i>           |
| Mortimer, John       | <i>Rumpole Misbehaves</i> |
| Patterson, James     | <i>Double Cross</i>       |
| Robb, J.D.           | <i>Creation in Death</i>  |
| Scottoline, Lisa     | <i>Lady Killer</i>        |
| Sigurdardottir, Yrsa | <i>Last Rituals</i>       |
| Truman, Margaret     | <i>Murder on K Street</i> |
| Woods, Stuart        | <i>Beverly Hills Dead</i> |

**LENAPE DISTRICT SPRING MUSICALS**

*West Side Story* and *Bells Are Ringing* are two musicals that will be available to seniors with a Gold Pass. There will be no admission charge but also no school bus transportation.

An effort will be made to arrange car pools to these two shows. Sign-up sheets will be placed at the Main Desk two weeks before the performances.

The special senior performance of *West Side Story* is scheduled for May 29, at 6 pm, at the Performing Arts Center adjoining Cherokee High School. *Bells Are Ringing* will be presented on May 8, at 7 pm, in the Seneca High School Theater in Tabernacle

The Lenape High School District has announced two additional musicals, but for these no special senior performances are scheduled. Admission to these shows is also open to seniors with a Gold Pass on any of the performance dates. At the Lenape High School, *Grease* will be performed on March 7 and 14 at 8 pm and on March 15 at 1 and 8 pm. Shawnee High School students will act and sing in *Fiddler On The Roof* at the Performing Arts Center, on March 7 and 8 at 8 pm; on March 1 at 2 and 8 pm, and on March 6 at 7:30 pm. For attendance on these dates, residents will have to make their own transportation arrangements.

**Ellen Stimler**, 3116, has a supply of Gold Passes.

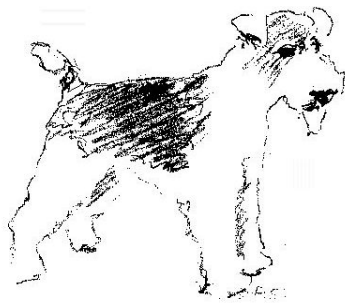
<b>IN MEMORIAM</b>	
<b>Rudolph Salati</b>	<b>February 1</b>
<b>Lily Tamarin</b>	<b>February 3</b>
<b>Dorothy Pierce</b>	<b>February 5</b>
<b>Reece Haines</b>	<b>February 10</b>
<b>Tamara Kosteljanetz</b>	<b>February 19</b>

## BOW WOW WOW

by Sumi Kobayashi

*Ed.Note: This is the first of a series of articles on the 13 dogs at the Medford campus belonging to 11 households.*

A number of dogs call Medford Leas home. Most have registered champions in their lineage, and their owners are very proud of them, but they need not have aristocratic forebears to be cherished by their owners. Dog owners are always ready to talk about their companions.



drawing by Alice Skidmore Culbreth

Sophia, a nine-year-old Welsh Corgi, lives with **Katie and Dave Lewis**.

Sophia was born in Canada and joined the family when the Lewises were living in Buffalo, just across the border. Welsh Corgis are working dogs, bred to herd cattle by nipping at their heels. The breed is cousin to Dachshunds, which share the general shape of an elongated body on short legs. Sophia's mother was a Canadian champion.

Sophia chases rabbits but has learned that squirrels can go where she cannot, so she does not waste energy chasing them. Once she came nose to nose with a woodchuck; both backed away without harm to either animal. She chases deer when she encounters them in the woods.

She knows what time the mailman should arrive, waits by the mail slot and barks when the mail comes through the slot. She is a great eater and would double her weight if left to her own desires. She is a territorial dog that watches over her owners. She has a very strong herding instinct and herds people, Katie and Dave included.

Prince and **Walt Belfield** start their day with a walk at 5:30 AM

They do not meet many people or other dogs at that hour. Prince, four-and-a-half years old, is a Miniature Schnauzer (meaning snout) with lots of champions in his background. Classified as a housedog, the breed was developed to catch rats and shake them to death. He gave a demonstration of the technique, shaking a towel on command. He does tricks: speaks (barks), rolls over, and sits up. Walt has a sign at his door: "My Schnauzer is smarter than your honor student."

Prince and Walt spend July and August in New Hampshire, where Prince is happy to run without a leash. They start the drive north at 1:00 am to avoid most traffic. Prince is a good traveler, sleeps most of the way. On cleaning day Prince follows the housekeeper around to make sure she does the job properly. Prince and Walt used to walk in the woods, but Prince picked up so many ticks that they now walk in the open.

Prince loves snow and does not mind walking in the rain (Walt does), but at their New Hampshire retreat next to a lake he hates to go into the water. A retriever he is not. He will chase cats and rabbits given the chance. Prince is a friendly dog that likes people. Walt takes him to a groomer every five weeks so he always looks neat and well cared for.

Meggie (short for Omega of the Pines) is a Kerry blue terrier, a breed developed in Ireland as a farm animal to kill rodents.

She comes from a long line of show and obedience champions. She responds to voice commands and hand signals from **Rona Keilin**. Meggie is sweet-tempered and gets along well with Evita, a 17-year-old cat that shares the household. The dog was sent to puppy pre-school, is well mannered and does not jump on people or furniture.

Having Meggie is like having a four-year-old child in the house. She knows many words, can count to three (the number of dog biscuits she is

allowed each morning), and is a wonderful companion. She knows the household routine, lets Rona know when the washer has finished, when the dryer is quiet, and when water is boiling for tea. Once when Rona was boiling eggs and ignored Meggie's signal, she later found the pot dry and white eggs turned brown.

Meggie is a "people" dog, responding well to friendly overtures. She does not like rain but loves to romp in the snow. She is eight years old and tips the scale at 44 pounds. She is hypo-allergenic, has hair, not fur, so gives off no dander. Hair grows forever, so like sheep needing shearing, she needs to be clipped periodically, which Rona does herself. In winter Rona clips only the hair over her eyes, allowing the hair on her body to keep Meggie warm.

## THE CHINESE SCROLL

by Beth Wray

In June, 1998, when my late husband, **Joe Wray**, was still active in teaching public health, he learned from a friend and colleague, Steve Isaacs, that Steve was setting up a family-planning conference in Princeton for a group of health professionals from Mainland China.

Joe told Steve about Medford Leas and asked if the delegation might want to visit such a retirement community. Although traditionally in Chinese families the oldest son cares for his elderly parents, the one-child policy in China was making this more difficult. Steve thought that the delegation would be interested to learn of one solution developed in the U.S.

Arrangements were made for a "field trip" to Medford Leas. Then-Executive Director **Lois Forrest** explained the development and concept of a CCRC. **Janet Rumble** described the health care, and several residents, including a centenarian, told about their daily lives here.

After a tour of the facility, a look at some apartments, and lunch, the group returned for a final question-and-answer session.

Before departing, the head of the delegation presented to Medford Leas the scroll with the calligraphy that currently hangs in the Lounge. It represents "longevity" and was inscribed by an 85-year old Chinese calligrapher who is a specialist in this particular character.



photo by Margery Rubin

## "WINDOW ON OUR WORLD" A NEW MEDFORD LEAS RESOURCE

Medford Leas' "Window on our World" will be introduced and demonstrated to residents on **Wednesday March 19 at 11 AM in the Theater**. The program is designed for all residents whether or not they use a computer.

The program will review what we are showing the world about the life and activities of the residents of Medford Leas through the MLRA website. This will enable residents to tell relatives, friends, or even strangers about the exciting information and pictures available. There will be excerpts from videos, still pictures of the campuses, the woodlands and flowering trees and plants, as well as back copies of *Medford Leas Life*, other archival material, and topical information about MLRA

Along with the presentation of the MLRA website there will be an introduction to the website which is developed by the Medford Leas Administration.



## ENERGY AUDIT: PRAISE, CHALLENGE

by Gwen Crawley

Last June, the MLRA Resource Conservation Committee requested the Administration to provide an energy audit. The recent report by energy auditors Corner Stone Services highlights praise for past work done by Medford Leas and challenges for the future.

Among accomplishments singled out were:

1. The heating-cooling-hot water co-generation system that saves \$6,000 per month.
2. Savings of \$3,000 per month through use of 1,000 CFL fixtures and bulbs.
3. Buying gas and electricity from the lowest bidder.
4. Installing low-flush toilets, aerators on faucets, and Energy Star appliances in new and renovated units.

Suggestions for more energy savings included:

1. Weather-stripping drafty residential areas.
2. Replacing *all* bulbs in fixtures that can take CFLs.
3. Insulating all Court hot water heaters.
4. Evaluating the use of solar panels.

Above all, residents' cooperation is needed to make Medford Leas a "Green" leader in respecting and conserving the environment.

---

## PINETUM (py-nee-tm)

by Kitty Katzell

The Pinetum in the Lewis W. Barton Arboretum at Medford Leas is a collection of over 40 specimen conifers. A *Self-Guided Tour of the Medford Leas Pinetum*, printed on green paper, can be found in a rack at the far corner of the Estaugh walkway, beside the door that opens into the Pinetum.

As reported in the December issue of *Medford Leas Life*, **Tina Mecray** had a special fondness for the Pinetum. In her memory, her son Terry has underwritten the creation of a special corner

with a walkway and some smaller plants, which have already been installed. Still to be added are other notable conifers that were recommended by an expert on the subject. To make room for these additions, some overgrown Eastern White Pines (*Pinus strobus*), of which there are plenty on the campus, were removed.

These changes are part of the continuous efforts to maintain and upgrade the Arboretum. As spring approaches, not only the Pinetum but all parts of the Arboretum will burst into their seasonal finery.

---

## WELCOME TO THE COURTS

After seven years on the Lumberton campus, **Faith Quillen** has moved into Apt. 282. Her two children suggested the move, because she was making so many trips back and forth between the two campuses. Her close friend here is **Minerva Sarfert**, a transplant from Rushmore, whom she has known since their days in Taylor Business School.

A trophy of an enormous marlin, which weighed over 100 pounds when caught by Faith off Ocean City, hangs over her living room sofa. It recalls many years of boating and fishing on her family's 38-foot boat named "The 4 Qs" for Faith, husband Louis, and their two children. The family had a summer home in Ocean City, and Faith and Louis lived there in their retirement until Louis died in 2000. About a year after his death, Faith moved to Lumberton.

Faith graduated from Friends Central in Philadelphia and was one of very few women working for Gulf Oil Refinery, where she met her future husband. Faith loved working in the Medford Leas Gift Shop when she lived in Lumberton, and she expects to volunteer there again soon. Her son, who lives in suburban Philadelphia, visits frequently; her daughter lives in Colorado. Faith has two grandchildren and two great-grands.

**WHO'S NEW**

**Joseph** and **Alice DePalma** moved to 128 Woodside Drive from Moorestown. They have lived in South Jersey for the past 30 years.



photos by Barbara Degler

Alice was raised in Philadelphia and graduated from Kensington High School for Girls. She married at age 18, had one child, and was later divorced. She worked as Administrative Officer at the Frankford Arsenal in Philadelphia from 1950 until it closed in 1977, taking many evening

courses at what is now LaSalle University. When the arsenal closed, Alice went to work for the Department of Defense in South Philadelphia as a management analyst. She left the federal civil service in 1990 and took a job as loan officer in the credit union office at the same installation, until she retired in 1996.

Joe was born in Englewood, NJ, the youngest of 10 children. He graduated from Dwight Morrow High School in 1938. In 1940, he entered active duty in the U.S. Army and served in both the European and Pacific theaters. After the war, He remained on active duty and returned to Germany, where he met and married an American lieutenant in the Women's Army Corps. During his military career, Joe attended the Army Language School and graduated with a thorough knowledge of Bulgarian. Later, he served as assistant army attaché in Greece and Turkey. The couple raised four children during Joe's Army service. Joe's wife died in 1974.



Joe retired from the Army in 1960 and became an industrial security specialist for the Department of Defense at the Frankford Arsenal in Philadelphia. There he met Alice and they were married in 1976. Joe left after a year and then held successive positions as field office chief for the Philadelphia Region of the Defense Investigative Service and as manager of industrial security. He retired in 1987.

The DePalmas lived on the Rancocas Creek for four years, later moving to Mt. Laurel and Moorestown. They are active members of the Trinity Episcopal Church in Moorestown. Alice enjoys the theater, reading, listening to music, and furnishing their new home. Golf has always been Joe's favorite pursuit and he is a keen bridge player. He has joined the Monday Afternoon Bridge Club in Lumberton.

**by Doris Brown**

\* \* \* \* \*

**Dorothy (Wisner) Hammorstrom**, Apt. 158, came to Medford Leas from Gladstone, NJ, where she had lived for most of her married life. She was surprised to meet a number of residents whom she had known through her affiliation with the New York Yearly Meeting.

When Dorothy was nine years old, her parents moved from the Bronx to Ridgewood, NJ. She finished her freshman year at Tusculum University in Tennessee, then had to return home to go to work. She worked at Wright Aeronautical in Paterson during WWII. Later she was assistant to the production manager of a magazine in New York City.



photo by Margery Rubin

At Tusculum, Dorothy had become interested in play-acting, and in Ridgewood she joined the Joe

Jefferson players. One evening, Eric Hammorstrom, a mechanical engineer who had grown up in Ridgewood, came to see the play and was introduced to Dorothy. She had the lead in the show *Kind Lady* that evening. Eric said he fell in love with Dorothy that night, and they were married a year later.

The couple made their home in Gladstone, where they raised three daughters. Dorothy continued to pursue her interests in acting and civic causes. She served on the board of the McCutchen Friends home (a retirement community) and on the local board of education for five years. She also organized a council on drug abuse and volunteered at the Visiting Nurse Association. She became a "convinced Friend" and, together with other local Quakers and like-minded people, started the Somerset Hills Meeting near Gladstone.

Eric died in 1982. By that time Dorothy had retired from acting and had taken courses in sculpture at the community college. A charming bust of one of her daughters in her apartment displays her talent. Dorothy says she is aware of all the artistic outlets at Medford Leas and pleased with all the possible choices.

E.S.

\* \* \* \* \*



photos by Margery Rubin

**Norman and Marion (Lippincott) Jones**, Apt. 44, have lived within less than 10 miles of Medford Leas all their lives. They "know just about everyone in Mt. Holly," including **Drs. Arthur Steitz** and **Bud Stratton**. They met **Ed McVaugh** on ski trips in Colorado; and **Mary Fenimore** was Marion's piano teacher at one time.

Norman and Marion were in the same class in the Mt. Holly High School, now Rancocas Valley High

School. Marion was a cheerleader, Norman on the football team.

Before their marriage in 1951, Marion studied piano and pipe organ at the Eastman School of Music in Rochester, NY. She was thinking of becoming a music teacher but marriage took precedence.

As the son of a Lumberton farmer, Norman was expected to help out with farm chores, and he eventually took over the management of the farm after his father retired. The farm produced a variety of vegetables, but the main crop was tomatoes for Campbell Soup. Marion had to pitch in with farm chores, too, and she used to drive a tractor to pick up the tomato baskets filled by farm laborers. In addition to her farm and household chores, Marion took care of their two children, a daughter born in 1953 and a son in 1956.



Norman sold the farm in 1979, and the family moved to a new home built in Vincentown. When Marion's father retired from his fuel oil business, Norman took it over with Marion's help. Marion had previously taken an accounting course at Taylor Business School to assist her father with a new accounting system. The business is now being run by the couple's son, with part-time help from Norman.

In their new life in Vincentown, the Joneses had time for recreation and travel. They bought a summer home in Haven Beach (*sic*), where they spend three summer months. They also have a time-share unit in St. Martin. They used to go skiing every winter but gave that up three years ago. They expect to continue to travel, although there are not many places they have not visited. Both have also gone on long biking trips and don't want to get out of practice.

E.S.

## MARCH CRYPTOGRAM

by Patti Hopton

GVWF DYF GVQ PBFG KTIWTMQFG

LKG BS YAA;/ SBE DVQT GVQ

TBRAQ LYQFYE FYD VWP FGYP;/

WTUEYGWGKMQ, PBEQ FGEPTU

GVYT GEYWGBEF' YEPF;/ CKWGQ

OYTCKWV' M VWP;/ GVQT RKEFG

VWF PWUVGX VQYEG; ... .

--ZKAWKF LYQFYE YLG WWW, WW

Here is the solution to the February cryptogram by **John Caughey**:

FRIENDSHIP IS CONSTANT IN ALL OTHER THINGS, SAVE IN THE OFFICE AND AFFAIRS OF LOVE; THEREFORE, ALL HEARTS IN LOVE USE THEIR OWN TONGUES; LET EVERY EYE NEGOTIATE FOR ITSELF AND TRUST NO AGENT.  
—SHAKESPEARE

The correct solution was received from 33 readers: **Ken Anderson, Miriam Angle, Ruth Blattenberger, Marion Burk, George Cardona, Gwen Crawley, Alice Culbreth, Doris Curley, Liz Dill, Betty Donahue, Jan Durbin, Louise Evaul, Mary Fenimore, Dorothy Garver, Mickey Gray, Herb Heineman, Barbara Heizman, Eleanor Horner, Sally Klos, Mary Mason, Bob Morrow, Alice Norcross, Helen Peterson, Ed Porter, Betty Preston, Warren Reeves, Toby Riley, Doris Salati, Florence Sawyer, Peg Scott, Miriam Ward, Ellen Wiener, Gladys Wynkoop.**

Please put your solution in an envelope in Box 116 by March 10, or send it by email to [estimler@medleas.com](mailto:estimler@medleas.com). Always happy to get new, interesting cryptograms.

## MEDFORD LEAS LIFE

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

*Editorial Staff:* Ellen Stimler and Kitty Katzell, Senior Editors; Elsie Behmer, Kay Cooley, Sue Heath, 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](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