



Medford Leas *Life*

VOL. XXXVI, No.6

JUNE 2008

BRAIN HEALTH SEMINAR

by Maggie Woodard

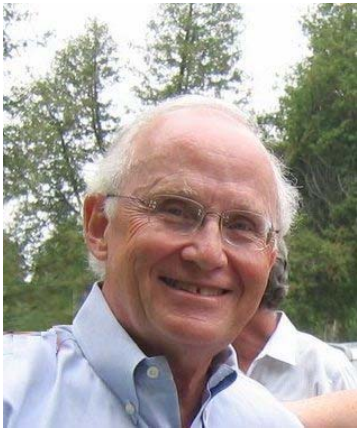


photo by Jim Muir

Some 250 residents and visitors attended the first Annual Keith J. Quinton Health Seminar. Dr. Quinton was Medford Leas' Medical Director from 1988-2006. Before he retired, residents and the Estaugh Board donated money to establish a yearly professional

conference in his honor. The seminars are to be educational and always on a healthcare-related topic.

Brain health was the subject of the May 7 seminar. The two speakers were selected by **Dolores Redner**, Medford Leas Administrator. Both are members of the Brain Health Collaborative, founded in January 2008 "to serve as the hub and catalyst of the brain fitness movement." Patrick Brannelly is the founder and CEO of the Collaborative and Dr. Jay Chyung is Director of Research.

The program lasted more than three hours and was divided into four segments, one of which was a half-hour break for brain-healthy refreshments and conversation. During the first segment, Mr. Brannelly reported on the results of the Medford Leas Brain Health Survey. (A printed report of the results was given out at the

end of the program.) The questionnaire that had been distributed earlier by the Collaborative to all residents was completed by 146. Mr. Brannelly commented that Medford Leas residents are a highly educated group and therefore special.

Among the highlights that he noted:

- not a single man rated himself below average in mental functioning;
- women most fear stroke, Alzheimer's, and cancer, in that order, while men fear Alzheimer's, cancer, and stroke;
- most women want to maintain their current capabilities but almost as many want to improve them; lowering the risk of Alzheimer's was a secondary goal;
- men seek to maintain their current capabilities and secondarily to lower their risk of Alzheimer's;
- women are more socially active and men are more physically and mentally active.

When asked in the questionnaire: "In which areas have you recently noticed a drop-off in your abilities and/or experienced challenges?" respondents, in general, reported experiencing only minor problems. Memory, balance, and processing speed were the most problematic. Only a few small differences were noted between women and men. Most notably, women reported more problems with energy level.

Mr. Brannelly concluded that Medford Leas residents are socially and physically active, and this is a brain-healthy environment. He encouraged the audience to do more to maintain their physical fitness and increase their mental stimulation.

In the second segment, Dr. Chyung discussed the prevention and treatment of Alzheimer's Disease (AD). He said that presently there is no magic bullet that will stop or prevent AD. However, new and exciting developments are on the way and there is a good chance that in the next ten years treatment will be possible. He described ten warning signs of AD:

- memory loss
- difficulty performing familiar tasks
- problems with language
- disorientation to time and place
- poor or decreased judgment
- problems with abstract thinking
- misplacing things
- changes in mood or behavior
- changes in personality
- loss of initiative.

Today, drugs treat AD symptoms, not its underlying cause. The good news is that early AD may be reversible. "Focusing on healthy aging, and maintaining cardiovascular health and mental fitness, are the most promising things you can do today."

After the break for refreshments, Mr. Brannelly talked about practical things to do now to "stay sharp at any age." He listed five areas of the brain that can improve:

- executive function
- auditory processing
- fine motor control
- visual processing
- posture and balance.

He emphasized the importance of trying new activities so that new connections are made in the brain. For example, in the area of executive function, which involves the front of the brain and decision-making, doing puzzles and

problem-solving activities promote brain fitness. He suggested learning to play a new musical instrument, speak a new language, juggle, dance the Tango, and become an air-traffic controller!

Both speakers urged the audience to keep raising the bar, take on new skills, do something new! Mr. Brannelly ended the program on this hopeful note: "Although 50% of people over 85 will develop AD, that will not happen in this group – you're special!"

COURTYARD GARDEN STUDY

by Kitty Katzell

During the past year, Seiko Goto, a professor of landscaping at Rutgers University, studied residents' preferences among seven of the 32 Courtyard Gardens. The seven courts were chosen to represent different styles of landscape design: Court 7, 15, 20, 24, 25, 27, and 28. The study asked residents to indicate which of those seven courts they liked, which they disliked, and how they would rate the gardens with respect to aesthetics, indicating the "best" and "worst." The same questions were asked about the same courts in summer and winter.

While the number of residents responding was not large, the results are nonetheless interesting because of their apparent consistency. Only 36 responded to both questionnaires, but 25 of the 36 agreed that Court 7, the Japanese Garden, was the most favored in the summer, 21 in the winter. Least favored in the summer by 27 of the 36 was Court 15, the Herb Garden; in winter it was least favored by 17. Runner-up for most-favored in the summer were Court 24, with 11, and Court 28, with 9. Runner-up for least favored was Court 20.

Ms. Goto concluded "that the level of acceptance of a garden by its observers depends upon its design and quality of maintenance." She was most grateful for residents' assistance with her project. For anyone interested in more detail, **Jane Weston** has a copy of Ms. Goto's report.

MLRA OFFICERS

by Kitty Katzell

The six residents who had been nominated to serve on the MLRA Council were elected at the business meeting on Monday, April 21. Ten of the 11 scheduled to serve on the 2008-09 Council met on Tuesday, April 23, to elect the next MLRA President and Vice-President. **Dan Seeger**, a new Council member, was in California.

Wil Britten and **Barbara Trought** were nominated for the presidency. When the secret ballots were tabulated, each had received five votes. Consideration was given to obtaining Dan's vote by phone or email, but it became obvious that his ballot would then not be secret. On Wednesday, April 24, Wil emailed the other members of the 2008-09 MLRA Council withdrawing his name from consideration and indicating his willingness to serve as vice-president.

The officers for the year beginning July 1, 2008, will be Barbara Trought, President, and Wil Britten, Vice-President.



photo by Margery Rubin

SUPER FITNESS

Heard in the Fitness Center recently:

A resident, seeing **Dexter**, the Fitness Department dog, for the first time in a number of weeks, exclaimed to **Rick Trandahl**, "How did Dexter get so big and strong so fast?"

Rick: "Steroids."

REMEMBERING HOWARD CRAMNER

Employees in Dining Services are grieving over the death of a new employee, **Howard Cramner**, 37, who was killed in a car accident. In his five months at Medford Leas, Howard impressed his supervisors and fellow employees with his up-beat personality and positive attitude. The accident happened near Howard's home on Magnolia Road in Pemberton.

Howard was hired as a sanitation assistant but was being trained as a supervisor in the department. "No task was too big or too small for him," said **Brad Mauger**, Executive Chef, who saw Howard in line for assuming a leadership role.

Howard's fellow employees arranged a special memorial service for him, which was conducted at Medford Leas in the manner of Friends. Individuals gave brief testimony about their relationship with Howard. **Jane Weston**, Director of Marketing and Community Relations, said she was "truly moved by the way our staff shared such powerful messages about their short time with Howard."

E.S.

EARTH DAY

Tuesday, April 22, was perfect for Earth Day! Warm enough, but not too warm, sunny and pleasant. Fifteen stalwart residents plus a couple of grandchildren joined the staff of Maintenance to clean up the Medford Leas campuses. According to **Jim Wolosin**, Director of Maintenance, they collected 25 or 30 bags of litter, most of it along the periphery of the campuses. So thanks to all those who came out and helped.

Everyone can be mindful of litter when they see it around the campus. Those who are able should pick it up and take it to the nearest trash receptacle. Make every day another Earth Day.

K.K.

ENVIRONMENTAL SERVICES

by Sue Heath

How many of us ever think about house cleaning? Residents who move into the Courts probably cleaned and dusted their own former homes, so they are delighted that a housekeeper with a cart loaded with cleaning agents and tools now takes care of that chore for them every week.

Keeping rooms, hallways, meeting spaces, dining rooms, etc. clean is the job of the Housekeeping and Laundry divisions of Environmental Services.



photo of Doris Wallace (l) and Cheryl Smith by Margery Rubin

The 25 full- and part-time workers in that department are supervised by two long-time employees under **Bill Murphy** as Director of Operations. **Doris Wallace** is the Lead Coordinator of the Environmental Service staff and **Cheryl Smith** is Environmental Services Supervisor. Doris has been at Medford Leas for 36 years, Cheryl for 32 years. Cheryl supervises work on the medical floors and in the Laundry; she also prepares schedules and maintains the time clock system used in the Department.

The Laundry washes, dries, and folds all the bed linen and towels used by residents in the Courts, Assisted Living, skilled nursing units, Pool, Physical Therapy, Fitness Center, Beauty Shop, and Health Center. It all adds up to some 750,000 pounds of wash yearly, all done in one

50-pound and two 125-pound washers. There are one 75-pound and four 50-pound dryers. The Laundry operates from 5:30 am to 2 pm daily, with weekends covered by Housekeeping staff. The three employees who manage this important area are **Jeanne Everton**, **Alice LeMunyon**, and **Angel Montes**.

Residents living in the Courts receive house cleaning once a week. Usually, the same person services each apartment and performs a set routine of cleaning on the same day each week. On the morning of cleaning day, residents put used sheets and towels outside the door, to be picked up and taken to the Laundry. The housekeeper provides clean bath and bed linens and makes the bed with fresh linen if the resident wishes. Most residents become familiar with their housekeeper and often develop friendly relationships with them.

Three days a week, a housekeeper cleans the apartments in seven Courts; the other two days, she cleans the apartments in six Courts. In the spring and again in the fall, the housekeepers, assisted by the porters, do heavy cleaning in the Court apartments, moving furniture and kitchen appliances and washing windows.

In addition to cleaning the Court apartments, the housekeepers are also responsible for Assisted Living, Skilled Nursing, and common areas like the public bathrooms, meeting rooms, Lounge, Libraries, Theater, Beauty Salon, Pool area and dressing rooms, exercise rooms, and Health Center, which are cleaned daily. The staff is also responsible for the Community Center at Lumberton.

After special events on either campus, cleaning falls to these same housekeepers. Drapes, carpets, and windows are also under their care, as are walkways and lights. The medical floors and Assisted Living common areas are cleaned daily and renovated apartments are cleaned before new residents move in. In addition, some Bridlington, Rushmore, and Lumberton homes are cleaned on a fee-for-service basis.

The 18 housekeepers (Environmental Services

Assistants) are: **Mary Cleavenger, Colleen Conine, Christine Counts, Betty Jo DiFrank, Carol Emerson, Joanne Griffith, Shirley Lewis, Ann McCaslin, Anna Marinella, Michele McGill, Jessica Perry, Lynda Robbins, Donna Rossi, Joann Scott, Lisa Shemely, Karen Smires, Reese Stienagle, and Jane Walker.** Each has a designated area where she works, such as Public areas, Courts, Rushmore, Bridlington, Lumberton, Estaugh, Haddon, and Woolman. Some work evenings, but most work days. Then there are four Environmental Services Porters: **Rick Granger, Chris Oneal, Shawn Smith, and David Whitfield.**

Doris and Cheryl share a small office on the ground floor of Haddon. The walls are covered with calendars. One keeps track of guest rooms scheduled to be used; one is the apartment cleaning schedule for Lumberton; another is for Rushmore and Bridlington. These are fee-for-service cleanings and most are done on a two-week rotation.

To get all this work done, the 25 workers are here at Medford Leas for many different eight-hour shifts, covering the whole day from 5:30 am to 9:30 pm.

When asked what is the most gratifying thing that can happen for one of the housekeepers, Doris said, "The nicest thing is when a resident writes a note about something the housekeeper has done for him or her, or just about the housekeeper's pleasant personality. The note is posted on the bulletin board for all to see, and a copy goes in the employee file."

IN APPRECIATION OF KNITTERS

by Kitty Katzell

Medford Leas is blessed with many residents who knit and crochet for others, but they don't often hear from those who receive their products. During the past winter, a collection of baby sweaters, blankets, and caps was given to South Jersey Legal Services in Mount Holly for distribution to their clients. A thank-you letter from Lynne Devine, who is a lawyer on their staff and the daughter of **Irma Lawrence**, tells the story.

An infant sweater and blanket were given to a young woman with six children, whose 29-year-old husband died from a blood clot in the lung. She came to the Legal Services office the Monday morning after his death seeking assistance; they gave her the two items for her youngest baby.

An infant sweater and matching hat went to a young woman who was expecting her first baby. She was thrilled to have something so nice on hand for when her baby was born. Another blanket went to a client who came to the office with her infant, and a sweater and hat were given to a mother with a 3-month-old child. A client whose baby arrived four weeks early received a sweater and blanket, and two other blankets were given to two poor families.

Lynne's letter says she wishes those who did all the work could have seen the recipients' faces; they were so obviously pleased. So thanks to all who lend their hands for these good works.

RITZ MOVIE TRIP JUNE 16

The next movie trip with the Medford Leas bus is on Monday, June 16. The total cost will be \$10, \$6.50 for the ticket bought at the box office and \$3.50 for the bus, which will be added to the monthly bill. On the preceding Friday, when the new movie titles become available, a sign-up sheet will be at the Front Desk, listing departure time, around noon, and the movie choices.

RECYCLING CENTER

by George Trought

Despite forewarnings about the need to climb stairs, wear appropriate footwear, hard hats, and goggles, 14 intrepid residents boarded the Medford Leas bus on April 28 and headed for the Burlington County Recycling Center, named for former Freeholder Robert C. Shinn.

The Center is operated by the Occupational Training Center of Burlington County, a private, non-profit agency which trains and employs individuals with disabilities.

The group was met by Luis Rivera, the plant's safety manager, at the Center on Hancock Lane in Westampton Township. By demonstrating the sorting of actual materials, he was able to point out the kinds of recyclables the Center can accept and sell.

In a tour of the plant, we were able to see the conveyor system and complex equipment used to separate and bale the various types of materials.

All came away with an increased appreciation for the value and scope of the recycling process.

ARBORETUM VOLUNTEERS

by Kitty Katzell

Many residents seized the opportunities provided during April to get better acquainted with their Arboretum. The visit to the Recycling Center was worthwhile, the walks in various parts of the two campuses found many new faces in the crowd, and the Lewis W. Barton Annual Lecture by Paul Meyer of the Morris Arboretum was a great success. His lecture ended with slides and comments about the role of volunteers in the care and maintenance of the Morris Arboretum. Every Wednesday morning, people come there to help with weeding, mulching, planting, pruning, etc.

Given the size of the Lewis W. Barton Arboretum and the seasonal nature of its needs, volunteer assistance could also be helpful here. While we have a fine staff whose job it is to tend to landscaping, Medford Leas' two campuses cover over 200 acres and there are many things that residents can do to help in their maintenance.

Some residents already keep an eye on the courtyard gardens outside their front doors. They report things that need to be done, like weeding, pruning, and mulching and, if they are able, they pull weeds when they see them. Some have chosen an area of one of the campuses for which they take that kind of responsibility, like the plantings in a parking area. There are also certain areas that need to be hand-watered on a regular basis, like the window boxes in the Coffee Shop.

Those who are able could help Landscaping staff with planting projects, from herbs and annuals to trees and shrubs, depending on their interests and abilities, and grounds clean-up is always needed.

Anyone who would consider taking on an assignment is urged to sign up at the Front Desk. The coordinator for your area or a member of the Landscaping staff will contact those who sign up. The area coordinators are: **Joan McKeon** (3678), Bridlington; **Warren Sawyer** (3636), Rushmore; **Miriam Swartz** (702-5735), Lumberton; **Bobby Murray** (3232), South Courts; Ann **Walker** (3181), North Courts.

IN MEMORIAM

Charlotte Ludwig	April 28
Anna Klotz	May 2
Virginia Hanratty	May 8
Anne Smith	May 16
Virginia (Beaver) Abramson	May 26

MEDFORD LEAS DOG SHOW

by Betsy Pennink



Dexter leading Rick

The dogs were excited, but well behaved, even though most of them had not met the others before. The audience, which lined the sides of the Activities Room, was full of anticipation. It was April 23, the day of the Sixth Annual Medford Leas Dog Show. Formerly limited to employees' dogs, the show is now more inclusive. This year 12 of the dogs

participating were owned by staff members, six by residents, and two by a volunteer from outside the community.

Residents from Estaugh and Assisted Living sat in the front rows, but many other dog lovers soon joined them, until there was standing room only.

The Therapeutic Recreation staff, headed by **Linda Schultz**, Therapeutic Recreation Coordinator of Assisted Living, organized the show. The categories were light-hearted and amusing. Some dogs competed in more than one event. The dogs' breeds were varied. Many were purebred, but others were entered as "mixes." A Labradoodle and a Yorkiepoop were more precise about their parentage.

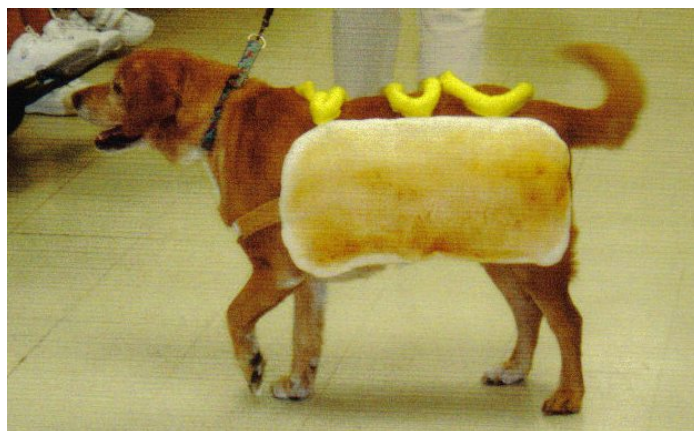
Davina Cornish, Therapeutic Recreation, was Master of Ceremonies and introduced each dog, describing its favorite foods and activities, while the dog and its owner went down the middle of the room and back, to the applause and cheers of the audience.

After each event, the three judges, residents **Jane Bourquin**, **Sally Klos**, and **Helen Hamilton**, conferred and gave the following first prizes:

Best Tail Wagger: Gator, Miniature Long-haired Dachshund, two years old, owned by **Virginia Huffman**, volunteer.

Best Kisser: Mandi, Yorkshire Terrier, two years old, owned by **Lisa Minuto**, Reception.

Best Costume: Sandy, yellow Labrador mix (dressed as a hot dog), ten years old, owned by **Linda Schultz**, Therapeutic Recreation.



Hot Dog in a Bun, with Mustard

photos by Jim Muir

Best tricks: a tie between Sandy, Shih Tzu blend, about three years old, owned by **Dottie Mulholland** and Dexter (rescue dog), seven months old, owned by **Beverly Kanngieszer** and trained by **Rick Trandahl**, Fitness and Aquatics.

Best Looking Mutt: Prince, Miniature Schnauzer, five years old, owned by **Walt Belfield**. (In this case, "mutt" apparently meant "dog," not "mixed.")

Other: Here the judges wrote new rules on the spot. They devised categories to fit the six different entrants, so that each won a first prize:

Most Lovable: Chloe, Bison Frise, 8 months old, the official Estaugh Recreation Dog.

Most Fascinating: Boy Scout, 1½ years old, and Lone Ranger, 1¼ years old, both Italian Greyhounds, owned by **Toby Riley**.

Most Adorable: Gismo, Shih Tzu, 8 weeks old, owned by **Christine Counts**, Housekeeping.

Cutest: Lucy, Basset Hound, 3 months old, owned by **Karen Raynor**, Operations Coordinator, and shown in a red wagon with Karen's twin grandsons, Justin and Anthony Paul, 19 months old.

Longest Ears: Fred, Basset Hound, 5 months old, bred by Karen and owned by **Brad Mauger**, Chef.

Most Handsome: Meggie, Kerry Blue Terrier, 8 years old, owned by **Rona Keilin** and shown by **Barbara Murray**.

Finally, Best in Show: Finnegan, Bernese Mountain Dog, 3 years old, owned by **Katelyn Llamas**, Dining Services.

From the largest (Finnegan, over 90 pounds) to the smallest (Gismo, perhaps a pound?), each dog had its special charm and personality. All were friendly and happy to perform. They won the hearts of the audience.

BOW WOW WOW

by Sumi Kobayashi

Ed.Note: This is the third in a series of articles on the 13 dogs on the Medford Campus belonging to 11 households. Since the series was begun two dogs have died: Elsie Behmer's Jack and Luther Conant's Susie. Condolences are extended to Elsie and Luther for their losses. Susie's story is included here because she was such a familiar sight at Medford Leas.

Virginia Mattice and Coco can be seen daily heading leisurely toward the Silo. Coco usually has her nose to the ground, checking out all the interesting smells along the way. She likes people and acknowledges a greeting with a vigorous wag of the tail.

She would chase rabbits and birds if not restrained by a leash. Walking on a leash was the most difficult change for Coco when she and Ginnie moved to Medford Leas from Mount Laurel. At their former home Coco had the run of a large yard where she could move about as she pleased.

In common with other residents at Medford Leas Coco shows her age, 13 years, with a muzzle that has turned white from its former brown color. She ignores rain and snow, has a raincoat but doesn't care if she wears it or not. Strangely, the sound of thunder bothers her when she is indoors but not when she is outdoors. She notices sounds and is a good watchdog but not necessarily a guard dog (she is not aggressive).

Her life had a traumatic beginning. She was one of a litter of six rescued from a house fire in Camden, orphaned when they were unable to find the mother. She is more leery of men than of women.

She has a good appetite, has gained 10 pounds since she moved to Medford Leas, and now weighs about 30 pounds. She drops off to sleep without warning and loves to ride in cars.

Coco is a Boxer-Terrier mix. Ginnie has always favored Boxers. At one time she bred Boxers, hated to part with the puppies, and once owned four full-grown dogs at the same time.

Sisters **Caroline** and **Elizabeth Heyl** welcomed Rocco into their lives about a year and a half ago when his previous owner was expecting a new baby and could not give Rocco the attention he needed. They acquired him through **Debbie Halcomb**, their staff companion. The Heyls promptly changed his name to Rocky as a more appropriate name for a Philadelphia area dog. Rocky is a purebred Mexican Chihuahua, and at 7.43 pounds is the smallest resident dog at Medford Leas.

Rocky has a loving disposition and loves to cuddle and to be carried around. He is inclined to snap at strangers and yaps and barks, but has a protective instinct for his owners. He is wary of larger dogs but was good friends with **Luther Conant's** dog Susie.

The Heyls do not walk him but let him out in the quadrangle. He needs a raincoat, booties and a winter coat. He hates rain and snow. During

the time the Heyls were in Woolman, Rocky stayed with them during the day but at night went home with Debbie, who has two Chihuahuas of her own.

Susie, the brown curly-haired little dog trotting after **Luther Conant**, was well known to almost everyone on the main campus. She certainly was the most cultured dog, sitting quietly on Luther's lap through concerts and Vesper services. Occasionally she got bored and wandered among the listeners without disrupting the program. She knew when to be quiet but barked when it suited her. When she sensed something about 11 pm, probably the feral cat on campus, she went to the patio door and barked.

When she was outdoors during the day, she harassed a neighbor's cat by barking at him through his glass patio door. The cat got his revenge when both were outside. (The cat normally is an indoor cat). Reversing the usual pattern of this kind of encounter, the cat chased Susie to her door.

Susie was born in Missouri and endured what must have been a frightening experience, traveling across the country in the cargo hold of an airplane. Luther does not know why she was shipped such a distance. Although she was not a purebred, she had papers tracing her history. She was born on the first day of spring and was adopted by Luther and his late wife Elinor on the first day of fall from a local shelter, Animal Kingdom, on Jacksonville Road.

Like many small dogs, she generally ignored strangers but was loyal to her family. She was Elinor's dog until Elinor entered Estaugh. Elinor died in August 2007, but Luther says Susie continued to look for her.

Susie was a Peek-a-poo, acknowledging her Pekinese and poodle ancestors. She was 8½ years old when she died.

Series to be concluded in the fall.

ART GALLERY NEWS

by Helen L. Vukasin

Flashes of color and bright light are characteristic of the works of Jane James, whose watercolor paintings are gracing the walls of the Art Gallery at Medford Leas during June and July. Ms. James often creates effects and enhances the watercolor with Caran d'Ache crayons, pastel, ink, or collage. She has painted in the Scottish highlands and Tuscany as well as in Maine and Pennsylvania.



Numa in the Snow, watercolor

The opening reception for the exhibit, *A Passion for Color*, will be on Wednesday, June 11, from 3 to 4:30 pm. Ms. James will speak about her ideas at 3:30.

On the Lumberton campus, an exciting photography show will be hung in late June for July, August, and September. Well-known resident artists **James Muir** and **Stanley Brush** share a passion for catching just the right light and composition but with quite different results. A wine and cheese reception will be held on Friday, June 27, from 4 to 5:30 pm. The two artists will share their ideas about creating photographic images at 4:30 pm.

The exhibit of the work of resident artists in the Art Studio Gallery of the Arts and Social wing will close at the end of summer.

ELDERHOSTEL EVALUATION

by Ellen Stimler

The "Training Your Brain" program created by Medford Leas for Elderhostel's Day of Discovery received the highest possible ratings from participants who filled out evaluations after attending one of four single-day sessions in April.

On an Elderhostel survey form, attendees were asked to rate, on a scale of 1 to 5, their satisfaction with the day's activities as related to overall satisfaction, answers to questions, educational content, instructional staff, program staff helpfulness, accommodations, and meal quality. Of 34 participants who answered these questions, all but two gave a 5 to overall satisfaction, and there was never more than one slight deviation from this highest rating with respect to all the other categories.

In written comments, members of the four groups expressed their satisfaction in terms such as these:

- "One of the best programs we've done."
- "Professionalism of the staff, beauty of the location, outstanding healthy food."
- "The staff was helpful and friendly. The facilities were beautiful."
- "I hope you can repeat the program again, it was just a wonderful experience."

The idea for Elderhostel at Medford Leas originated with **Jane Weston**, Director of Marketing and Community Relations. Top staff worked out a program that included a lecture on the brain by **Keith Quinton, MD**; a presentation on activities to nurture and grow the brain, by **Gerry Stride**, Director of Community Life; a brain-healthy lunch; exercise to support brain health with **Beverly Kannengiezser**, Director of Fitness and Aquatics; and some practice with the new Wii game.

Jane said she will work with Elderhostel to repeat the program in the fall, since it was so well received.

CREATIVE WRITERS

by Helen L. Vukasin

The Creative Writers Group will continue to meet during the summer. They welcome all residents who wish to join them or just to visit. The group meets on the third Friday of the month, from 10 to 11:30 am in the Linden Room on the lower level of the Arts and Social Wing. The next meeting will be on June 20.

Members write short stories, poetry, memoirs and other prose. Some are working on a personal project; many produce material that they submit to *Leas Lit*; and some have tried to publish elsewhere. At some meetings, the group is motivated to get started by all members writing on a common theme. Members share what they have written when they get together at the monthly meetings. Discussions sometimes get philosophical as well as editorial.

So, feel free to come and meet the group. Bring something you have written or just come to hear what others are doing.

MISSING VOLUMES, Chapter 2

In April, readers were asked to look for a three-ring binder containing issues of *Medford Leas Life* for the years 2001 through 2003.

When the binder had not materialized in May, **Lois Rickett** volunteered that she had a stack of back issues of *Medford Leas Life* and perhaps a new binder could be compiled from those. As it turned out, Lois had copies of all but four of the issues from those three years, and **Gene Raup**, Business Manager for *Medford Leas Life*, had copies of the four missing ones.

So there is now a new red three-ring binder for 2001 through 2003. It is located on the shelf by the window in the Library. Everyone is welcome to use those binders, but ***please do NOT remove them from the Library.***

NAME THAT PLACE

by Kay Cooley



When Ed Stein, puzzle constructor of the *NY Times*, visits Medford Leas for Elderhostel on June 16, he will find a community of adept puzzle-solvers. They will have been practicing how to decipher the unfamiliar names of certain meeting rooms listed in "This Week at Medford Leas."

For example, Monday night movies and MLRA meetings quite appropriately now occur in the **Theater**, (formerly the Auditorium). Where else would one expect to see films and drama?

For sewing, knitting, quilting, and weaving, one now goes to the **Fiber Arts Studio**. That is certain to have more appeal for incoming residents of the Baby Boomer generation than the Busy Hands Room or the Knitting and Sewing Room.

The meeting room on the upper floor of the new Arts and Social Wing will no longer be known as the Multipurpose Room, a name taken from an architect's plan. Instead, it will be known as the **Holly Room**, in honor of the signature holly tree that grew on the original property.

The Lower Level Meeting Room also will be renamed to reflect a tree, one beginning with the letter "L" for Lower Level. It will be known as the **Linden Room**.

The new names will begin designating their assigned spaces as soon as their signs arrive. The Americans with Disabilities Act requires that Braille versions be included on the signs, so their production takes longer.

Anyone who has difficulty solving such new names puzzles might consider enrolling in the Elderhostel course.

CONNECTION TO THE OLYMPICS

by Kay Cooley

Many residents have attended meetings and social functions in the Private Dining Room (PDR) under the watchful eye of **Helen Biddle Porter**, whose portrait hangs on the east wall. A cousin of Estaugh Board member **Miller Biddle, MD**, and one of the first residents of Medford Leas, she was instrumental in starting the Thrift and Gift Shops. Unfortunately, she suffered a stroke not long after her arrival, leaving her incapacitated until her death nine years later.

Helen's energy and enterprise survived in her granddaughter, Connie Carpenter. Connie became a speed skater and competed in the 1972 Olympics. An ankle injury prevented her from skating in the 1976 Olympics, however, so she turned to cycling (as many skaters do in their off season) and returned to the 1984 Olympics as a road cyclist, winning the first gold medal awarded to a woman in that sport.

Connie married Davis Phinney, a professional road cyclist, who also competed in the 1984 Olympics. Their son Taylor is carrying on the tradition. Last year, at age 17, he won the Junior World Championship Time Trials and will be competing in cycling at the Beijing Olympics.

Residents who watch the Olympics this summer can feel a special connection.



Photo Credit: *Velonews*. January 18, 2008 report of Taylor Phinney's World Cup victory in Los Angeles.

<http://www.velonews.com/article/71327>

<http://www.velonews.com/article/71473>

ENERGY TIP OF THE MONTH

As warmer days come, remember to . . .

- wear lighter clothes
- open windows to let in the breeze
- close curtains when hot sun shines in
- turn off air conditioners when you will not be using a room for two hours or more
- use your ceiling fan to circulate the air.

Your Resource Conservation Committee

GUESS WHO!

Here's the second in the series of drawings by resident artist **John Brzostoski** of a mystery resident. If you can guess who it is, put your solution in Box 116. Names of those who submit the correct answer will be published in the September issue. Call John (3157) if you want to be a mystery resident in a future issue.



Thirteen residents correctly identified the caricature of a resident in our May issue as the face of **Gordon Beckhart**: **Ruth Blattenberger, Gordon & Anne Clift, Jean Cronin, Jim and Penny Eynon, Herb Heineman, Barbara Heizman, Sally Klos, Philetta Lobo, Dottie Mulholland, Phyllis Orta, Diane Seely, Bud and Jean Stratton, and Helen Vukasin.**

ORIGAMI IN ATRIUM

The origami flowers in the Atrium were made by Patrick Monari, with help from Jane and Richard, his siblings, relatives of **Mary Toda**. Patrick is a junior at Wilmington Friends School, where his mother teaches and his brother attends the Lower School.

Patrick became interested in origami as a very young child and is now seldom without a piece of paper making some origami item. His work has been displayed at Longwood Gardens and elsewhere. Since he now has a job after school, he has money to buy advanced origami books.

For the past several years, an origami Christmas tree has adorned a table near the Display Case. That tree and the current planter of origami flowers made mostly by Patrick were gifts to Mary from her family.

WHO'S NEW



photos by Barbara Degler

Ferrill and Joan Alderfer lived in Moorestown for 26 years before moving to 60 Woodside Drive. Ferrill ("Lefty") grew up in Harleysville, PA, and received his nickname when playing baseball in elementary school. Because of his skill in baseball and other sports at Souderton High School, Juniata College in Huntingdon, PA, gave him a baseball scholarship while he majored in business administration and mathematics.

Joan was born in Collingswood, NJ, and lived in the historic Collings-Knight House, the early home of the town's founding fathers, until her



family moved to Moorestown. She attended Juniata College where she majored in elementary education and where she met Lefty in their American history class. After Sputnik, the Ford Foundation was offering grants for graduate study in science and mathematics, as well as

teaching certification for qualified students in those subjects. Lefty took advantage of this opportunity to earn his master's degree after graduating from Juniata.

Lefty and Joan accepted teaching positions at Octorara Area School District in Atglen, PA, near Lancaster. Lefty taught high school mathematics and coached baseball. He also played baseball in the Lancaster County League, a community sponsored team. Joan taught first grade.

In 1961, Lefty accepted a teaching position at Cherry Hill West High School. Later, when Cherry Hill East was built, he went there as mathematics department chair and baseball team coach, serving until his retirement in 1994.

While raising their three children, Joan was active in PTA and volunteered in youth sports activities. Later, she joined the teaching staff at St. Andrew's Methodist Church Nursery School in Cherry Hill, where she taught a class in parenting. She also served as a teacher and counselor in the Parent-Toddler Program at Pennsylvania Hospital in Philadelphia, retiring in 1994.

The Alderfers have a cabin at Lake Wallenpaupack in Pennsylvania, which they enjoy with their children and ten grandchildren. They are active members of the Trinity Episcopal Church in Moorestown. In her leisure time, Joan enjoys needlework, crossword puzzles, and cooking. Since their retirement, they have done considerable traveling. The most extraordinary sights in all their travels were the immense carved sandstone structures of the ancient city of Petra, Jordan.

by Doris Brown



David and Jane Bartram lived in Scotch Plains, NJ, before moving to 167 Woodside Drive. Dave, whose first name is John, is a descendant of John Bartram, America's first botanist who created Bartram's Botanical Gardens in southwest Philadelphia in 1727. Dave

was raised in the West Mt. Airy section of Philadelphia and Jane lived close by in East Falls. Both graduated from Germantown Friends School.

The Bartrams first learned of Medford Leas through Jane's mother, Rhoda Stilz, who was secretary for the Philadelphia Yearly Meeting Committee on Aging at the time ground was broken for Medford Leas.



photos by Barbara Degler

Dave was an active athlete, playing on many sports teams, including the undefeated basketball team in his senior year. Jane was on the varsity field hockey team and sang in the choir. She spent her junior year in Falaise, France, as an exchange student sponsored by the American Friends Service Committee.

Upon completion of a two-year course in electronic technology at Philadelphia Wireless Technical Institute, Dave and his first wife moved to Newark, DE, where he was employed by the Atlantic Aviation Corp. near Newcastle, and later at Summit Aviation Co. in Middletown. After ten school districts were court-ordered to combine with Wilmington schools, Dave became president of the citizens committee that worked out problems among parents, teachers, administrators, the community, and the state legislature.

Jane graduated from Kean College in Union, NJ, in 1967 with a dual certificate in elementary and special education. She married and raised five

girls.
Jane and Dave had known of each other at Germantown Friends, but were not close friends. After leading paths distant from each other for many years, they met again at a class reunion in 1982. Both of their marriages having ended in divorce, they eventually married and settled in Westfield, NJ. Returning to teaching in 1987, Jane taught K-6 grades. She retired in 2006. With a degree in computer science, Dave went to work for Cessna Aircraft Co. in Boonton, and then for Jersey Central Power and Light Co. in Morristown, until his retirement in 2004.

Before their move to Medford Leas, Dave volunteered with Literacy Volunteers of America and Jane drove for Mobile Meals in Westfield. Now they enjoy visits to Bar Harbor, ME, and their nine grandchildren.

by Doris Brown

* * * * *



photo by Margery Rubin

Wilma (Barratt) Fitzpatrick, Apt. 28, came to Medford Leas from Willingboro, NJ, where she had lived with her late husband Richard and their four children since 1961. Wilma looked at five other CCRCs before deciding on Medford Leas, which impressed her as the best choice on her first visit. She knows **Jeannette Muir** from quilting events.

Wilma grew up in Trenton and attended Keystone Junior College in Scranton, PA, planning to become a medical secretary. After receiving her diploma, she changed her mind and took a job with New Jersey Bell. She met Richard, a CPA, on a blind date, and they were married in 1952. Their first home was in Levittown, PA, but they moved to Willingboro in 1961 to make room for their growing family of

two boys and two girls. Wilma stopped working until the children were in school and then took a job as a secretary for the Willingboro Board of Education.

Wilma has racks of interesting quilts, which she made during the past 25 years, but she had to give up this favorite pastime because of impaired vision. Two of her children live in Burlington County, the other two in Bucks County, PA. All but one are married, and there are four grandchildren.

by Ellen Stimler

* * * * *

Mary (Marshall) McKillop, 638 Rushmore, has lived in three countries, and after each move she made new friends by participating in English and Scottish country dancing groups. Before coming to Medford Leas, she met **Bea Smolens, Colette and Bart Bartholomew**, and the late **Margaret Melstrom** in a dance group in Cinnaminson.



photo by Margery Rubin

“I like to be doing things,” Mary said, listing her current favorite activities as walking, aquatic exercise, and dancing. For many years, competitive sailing was at the top of the list.

Until she was seven, Mary’s family lived on Loch Lomond in western Scotland. Their next home for 25 years was in Helensburgh on the River Clyde. In her teens, Mary joined the Sea Rangers, a type of scouting group for older girls, and she had the opportunity to learn sailing and other seafaring skills. After the equivalent of high school, Mary earned a teaching certificate in home economics and taught the subject for ten

years. Meanwhile, her interest in sailing led her to the local yacht club, where she met Allan, a radar engineer.

Mary and Allan were married in 1960 and spent much of their spare time sailing Allan's boat, which they had built together. In 1965 they won the National Flying 15 championship in Scotland.

Sailing took a back seat two years later, when the couple moved to the Isle of Wight, where Allan had a new job, and Mary was busy raising two boys.

After 15 years there, Allan was looking for a new challenge and accepted a job with Emerson Electric in St. Louis. Mary made new friends there in the Scottish Dancing Society.

The family's final move was to Moorestown, NJ, in 1987, when Allan was hired by RCA, which shortly thereafter became General Electric and is now Lockheed-Martin. Allan retired in 1998 and died in 2001.

Mary says she still continues her Moorestown life but is ready to be "on the fringe" of Medford Leas, merging into it gradually over time. Both of her sons are married. One lives close by in Shamong Township, the other in Bridgewater, NJ. Mary has four grandchildren.

by Ellen Stimler

* * * * *

Coming to Medford Leas has been a big change for **Gerry Jordan Schifferdecker**, Apt.680, after living in Pennsauken for 76 years.

When Gerry left high school, she didn't want to go to college, so she took an accounting course and then got a job as a bookkeeper in Philadelphia. She enjoyed the city, but after a few years of commuting she was able to find a job with the Pennsauken Water Commission and could walk to work.

She met George Schifferdecker at a dance. After they married, she stayed at home with their two sons, then continued her career as a bookkeeper with just a short break during which she sold real estate.

George and Gerry had a summer place in Maine on Rangely Lake. When they retired, they went to Maine to live from May to October. They had boats on the lake and did some sailing and fishing, some skiing, and golf. They also traveled to national parks in the West, and cruised to Alaska and Hawaii. George died last year.



photo by Margery Rubin

Gerry's two sons are married, and she has four grandchildren. One son lives in Medford, the other in Cape May Courthouse.

Gerry used to enjoy gardening and hopes she can manage a small garden behind her Bridlington home. She also likes to read, play bridge, and bake. Gerry was a high school classmate of **Dave Taylor**, and also knew **Beni Taylor** from Merchantville High School.

by Sue Heath

SUMMER HIATUS

Medford Leas Life takes a vacation every summer after the June issue is published. The next issue will appear at the beginning of September. Residents may submit ideas for cryptograms or news items at any time by placing them on the *Medford Leas Life* shelf to the right of the Front Desk. The deadline for the September issue is August 10.

JUNE CRYPTOGRAM

by Ellen Stimler

W JKEOA HEGA KB W

DEZZAJ XNKKG/ EJ PDA

HAWBU IKJPD KB FQJA/

PDWP PK PDA OHAALJJC

SKKZO WHH JECDP

OEJCAPD W MQEAP PQJA.

-O. P. YKHANEZCA

Here is the solution to the May cryptogram by Betty Donahue:

COMMENCEMENT SPEECHES WERE INVENTED IN THE BELIEF THAT COLLEGE STUDENTS SHOULD NEVER BE RELEASED INTO THE WORLD UNTIL THEY HAVE BEEN PROPERLY SEDATED. -GARRY TRUDEAU

The correct solution was received from 33 readers: **Ken Anderson, Ruth Blattenberger, Judy Braddy, Jody Cardona, John Caughey, Gwen Crawley, Anne Cree, Alice Culbreth, Doris Curley, Liz Dill, Louise Evaul, Mary Fenimore, Dorothy Garver, Alan Gaylord, Mickey Gray, Herb Heineman, Barbara Heizman, Ariel Hyun, Hugh Jenkins, Sally Klos, Mary Mason, Alice Norcross, Aline Page, Helen Peterson, Ed Porter, Betty Preston, Warren Reeves, Doris Salati, Florence Sawyer, Peg Scott, Miriam Ward, Ellen Wiener, Gladys Wynkoop.**

Please put your solution in an envelope in Box 116 by August 10 or send it by email to 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

Layout: Maggie Heineman

Distributors: Pete Johnson, 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