



# Medford Leas *Life*

*VOL. XXXVI, No.7*

*SEPTEMBER 2008*

## EMPLOYEE SCHOLARSHIPS

by Kay Cooley

Every year, residents experience the satisfaction of assisting qualified employees to continue their education. For many, pursuing their academic goals would be impossible without the help they receive from Medford Leas residents.

There are three scholarship funds: the Lois Forrest Merit Scholarship, the Nursing Education Fund, and the General Education Fund.

The Lois Forrest Merit Scholarship of \$2,500 was established in honor of **Lois Forrest**, executive director of Medford Leas for 21 years, after she retired in 2000. It is awarded by a committee of residents to the employee they deem most qualified, based on the applications submitted. This year, **Lindsay Gallagher**, who works in Dining Services when she is home, won the award. Lindsay will be a sophomore at Georgetown University this fall.

The Nursing and the General Education Scholarship Funds were started in 1986 from resident donations. This year, nursing education assistance amounting to \$40,137 was given to 14 applicants. One of these has worked at Medford Leas since 1995, starting as a CNA, then becoming an LPN, and is now pursuing her RN. She has been Employee of the Month twice. Another, a CNA and single mother of two, is working toward her associate's degree at Camden County College while working a full day shift in Estaugh. She will earn an RN when she finishes.



Margery Rubbin

*Lindsay Gallagher & Lois Forrest*

From the General Education Assistance Fund, \$73,870 was awarded to 36 staff members. This fund is mainly supported by income earned by the Thrift Shop. One of the recipients is beginning law studies at Widener University immediately after earning her bachelor's degree in July. Another is pursuing a BS in Healthcare Leadership at St. Francis University.

In all, \$116,507 was awarded to 51 employees. Residents can feel proud of the role they play in furthering the educational aspirations of so many staff members.

## AWARD OF EXCELLENCE

by Kitty Katzell

Last May, *The Central Record* had an article announcing that the Elizabeth Haddon Creekside Development had been nominated for an award given by the New Jersey Community Development Association (NJCDA) for excellence in community service. Creekside is the affordable

housing development that was built on property owned by and adjacent to Medford Leas on Route 70. The project was developed to assist Medford Township in meeting its affordable housing requirements.

At the Estaugh Board meeting on July 23, **Dennis Koza**, CEO, announced that the project had won the 2008 Award of Excellence from NJCDA. A plaque announcing the award now hangs in his office. It says: "NJCDA 2008 HOME Award of Excellence presented to Ingerman Affordable Housing, Inc. and Medford Leas, Elizabeth Haddon Housing Corporation, Elizabeth Haddon Creekside Development."

Ingerman was responsible for the construction, which was completed within six months of groundbreaking. Medford Leas was not involved in the construction or financing of the project.

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## CANDIDATES NIGHT

The two candidates contesting the open seat for the Third Congressional District, long held by Jim Saxton, are coming to Medford Leas on Wednesday, October 22, to tell residents and guests why they should vote for them on November 4.

The candidates are Chris Myers, Republican, currently Mayor of Medford, and John Adler, Democrat, a member of the New Jersey State Senate. They both contacted Medford Leas, offering to speak to residents about their campaigns.

**Barbara Trought**, MLRA President, will be the moderator. **Ellen Stimler** will coordinate arrangements for the evening, which is scheduled to start at 7:30 pm. Following presentations by the candidates on domestic and foreign affairs, two 10-minute periods will be set aside for audience questions on these topics.

E.S.



## TAK MORIUCHI GATHERING

by Kay Cooley

On June 8, over 100 friends, family members, and associates of **Takashi Moriuchi** joined in a Worship Gathering at Medford Friends Meeting House to honor this sole surviving founder of Medford Leas. Tak's role in starting Medford Leas, his business accomplishments, and the varied roles he held – father, Quaker, community leader – were remembered and spoken of by those present.

**Lois Forrest**, former executive director of Medford Leas, began the meeting by describing Tak as "a servant leader who cared about the welfare of residents and staff," and as "a man of wisdom, energy, and effort." **Nancy Barclay**, former Estaugh Board member and daughter of **Lewis W. Barton**, who was also a founder of Medford Leas, recalled how "Tak had started life all over again in 1944, after his release from a camp for Japanese interned during World War II." From a small fruit and vegetable farmer, he became a major fruit grower in the region. "His presence," Nancy said, "was an inspiration in itself." Tak's daughter, Miyo, commented that in their busy family home "growing up was not a quiet process," but all four children benefited from their parents' involvement in many activities. Her parents never dwelt on their difficult past, she said.

As family, friends, business associates, former and present Estaugh Board members, staff, and residents of Medford Leas shared their reminiscences of Tak, a picture emerged of an extraordinary man whose fidelity to Quaker principles, courage, and enterprise has produced much good and touched many lives. Fortunately, this portrait of words was filmed and will be expanded into a commemorative videotape to be shown at a reception for Tak and Yuri, his wife, on Sunday, October 19, at Medford Leas.

After the meeting, guests met in the Meeting House Gathering Room to greet Tak and enjoy refreshments.

## SEW WHAT?

Every Wednesday morning, people gather in the Fiber Arts Studio. Several bring their knitting. Two or three come, week after week, to help their fellow residents who are no longer able to do their own sewing repairs, such as people in Assisted Living or Skilled Nursing, and others who can no longer see to thread a needle.

Those who do the sewing don't tackle tailoring jobs. They mend split seams, sew on loose buttons, tack up hems, that sort of thing. Some of the work is done by hand, some by machine. Jobs may be taken home by the person who will do the sewing and who will return it to the owner a week later, or a quick fix may be done on the spot.

The number of residents available to do the sewing jobs has dwindled to the point that it has become necessary to cut back on the services provided to those who must depend on others who can still sew. Anyone reading this who is willing to help should come to the Fiber Arts Studio any Wednesday between 9 and 10:30 am. The welcome mat is always out and those who come to knit and sew are a congenial group.

K.K.

## MEDFORD LEAS FLOWER SHOW

by Fran Webb

September is Flower Show month at Medford Leas. This year's theme is Showtime, and the show will start on Tuesday, September 9, when it can be seen from 1:30 to 8 pm, and will continue on Wednesday from 8 am to 2 pm. Residents and staff wishing to display their flowers, plants, vegetables, and arrangements are requested to register their entries on Tuesday between 7:30 and 9:45 am. The judges will do their work in the period before the public is invited at 1:30 pm. Co-chairs **Lois Rickett**, **Joan McKeon**, and **Fran Webb** have prepared detailed information in a leaflet that will be distributed to residents and is also available at the Front Desk or by phone from Joan at 3678.

## SAY "NO" TO PLASTIC BAGS

Plastic bags are made from petroleum, are not biodegradable, and are very difficult to recycle. Paper bags are easily recycled along with newspapers and magazines.

Canvas bags are reusable and now earn a bonus if used for packing groceries at certain supermarkets. For example, at ShopRite the store deducts 5¢ from the receipt for every canvas bag used and 2¢ for every used paper or plastic bag brought back for packing. They also sell canvas shopping bags for 50¢ near the checkout stations. Say "no" to plastic bags at every store and take purchases home in a canvas bag.

**MLRA Resource Conservation Committee**

## UPDATE ON MOVIE TRIPS

by Ginette Weld

Movie trips to the Ritz will resume on Monday, September 15, and will continue the third Monday of every month as long as enough residents participate. The price will remain the same, \$10.00 (\$6.50 for the ticket purchased at the box office and \$3.50 for the Medford Leas bus), which will be added to the monthly bill. For further information call Ginette Weld (3127).

## ATRIUM FLOWERS

by Betsy Pennink

Overheard in the Atrium: "Who made that gorgeous arrangement on the Reception Desk?" Or, "Fran has really brought in the outdoors with this charming arrangement!" Or, "Perry's orchid is perfect!" Or, "Look at this interesting arrangement! Is it ikebana?"

Such excitement is produced by the many arrangements created by the members of the Atrium Flower Committee, chaired by **Nancy Carson**. After three years of soliciting volunteers weekly for the flowers in the Atrium, Nancy hit on the idea of assigning a certain week of each month to each of four very enthusiastic arrangers.

**Fran Webb** asked to make the arrangement for the Reception Desk every first week in the month. She now includes other tables in the Atrium too. Her long-standing interest in flower arranging was further inspired when she took a course in ikebana (the Japanese art of flower arranging) from **Yuri Moriuchi**. Fran saw how important simplicity and flowing lines can be. She then developed her own style of arranging, with some affectionate monitoring from **Kate Haupt**, who would occasionally move a flower or leave a little note of advice. Fran has discovered that residents particularly appreciate it if she snips a few flowers from bushes or plants growing right on our campus, since many don't get out to see them. She herself loves the colors of flowers and doesn't mind the time it takes to make the arrangements.

**Harry Harrison** lives in Lumberton, but he is at the Reception Desk with his arrangement at 7:00 a.m. every Saturday of the second week of the month. Beforehand he has collected a vase from the Medford Leas assortment and spent a great deal of time thinking about what he will make. Harry buys his plant material at Produce Junction and ShopRite, but also introduces other items he has collected, such as greens. Many years ago he was involved in making displays for the Philadelphia Flower Show and in flower-arranging lessons for small groups. He always

has fresh flowers in his house. When his arrangement is at Medford Leas, Harry comes a minimum of three times that week to check on it. He usually has to water, but sometimes he makes changes, even adding new material or a new color. **Jane Weston**, Director of Marketing and Community Relations, has called on him for arrangements for other parts of the Community Center. He has learned one lesson here: not to use lilies, as their scent is too heavy.

**Jane Holben** is a devotee of ikebana, a student of one of its "schools" called Sogetsu. Her arrangements appear on the Reception Desk the third week of the month. Jane explains that the philosophy behind Sogetsu is to show the beauty of the flower (often just one) in a modern and unusual way. She has a large collection of containers. These form the basis of the arrangements. She uses all kinds of materials: flowers (which she often buys, even in summer), greens from around the campus, and even bare sticks. Before beginning to make an arrangement, there must always be a period of meditation. Jane began taking lessons in Sogetsu from a Japanese friend while still working at the Coriell Institute. It has taken her ten years to get through four study books, earning the certificates, and she is still taking lessons. Her arrangements have been seen at the Philadelphia Flower Show for the last ten years.

**Perry Krakora** has 63 orchids. When Nancy heard about them, she asked Perry if she would put out some orchids on the small tables in the Atrium. After their huge success, Nancy asked Perry to be responsible for the Reception Desk flowers the fourth week of each month. Perry began her orchid collection when she and her husband Herb spent winters in Boca Raton. There they could be outside all winter. Now her orchids reside in their basement in Bridlington in the winter, with the proper lighting and temperature. In the summer they live in a special "shade house" at the shore. Perry has mostly Phalaenopsis ("Phals"), some Dendrobiums, and some Cattleyas ("Catts"). Phalaenopsis can bloom most of the winter, so Perry has been able to provide the Atrium with these beauties

for weeks. When none of her orchids is in bloom, she will share other "plants of interest," such as Begonias, succulents, and ferns, to grace the Reception Desk and tables.

Some months there is a fifth week, and that is where **Marge Piecyk** steps in. Before coming to Medford Leas last November, she had been making arrangements from flowers from her husband's garden for over 50 years. She has many vases and containers and particularly likes seasonal and holiday arrangements. Marge misses the many flowers in their garden and will happily place an arrangement on the Reception Desk if ever the scheduled provider cannot, as long as she knows a day or two in advance.

Nancy has a list of directions for first-timers. The vases and watering cans are in the cabinets near the Haddon Greenhouse. A "week" is from Saturday to Saturday. It is the arranger's responsibility to see to the watering, to pull off any dead flowers, and to remove the container at the end of the week. The Committee has a small sum for reimbursement of expenses if necessary. **Russ Haley** works with the Committee to provide the name slips that stand in front of each arrangement in little wooden blocks.

Sometimes large arrangements are received by Medford Leas. Fran will then divide them and make smaller bouquets for other areas, such as Estaugh. When special events are planned, Jane Weston asks the Committee for flowers on many tables. Then Nancy calls her "people" to action. She makes a point of always phoning to say thank you. Nancy's job and that of her volunteers is for 11 months out of the year. December has its own decorations.

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## CALLING ALL CHESS PLAYERS

**Herb Heineman**, who lives on the Lumberton campus, is looking for anyone interested in an occasional (or frequent) game of chess, at your place or his. Call him at 518-8906.

## ART GALLERY NEWS

by Helen L. Vukasin

The new exhibit in the Art Gallery, *From Garlic to the Hudson River*, opened on August 5 with a reception. The artist, Myra Ryan, gave a short talk about some of her ideas and her works in the show.

"More than anything else, color is what excites me about painting. I enjoy using rich saturated juicy pigments to express my feelings. ...it is emotions that I try to express in the painting," she says.

She enjoys painting with other artists because it is enriching, and the artists learn from each other.

Jane James, whose exhibit *A Passion for Color* hung all summer in the ML Art Gallery, took down her paintings, but she did not put away her paint box. On August 1 she gave a stimulating and instructive demonstration of her methods. On Wednesday, September 3, at 1 pm, Jack Nolan, brother of resident **Eileen McConville**, returns to show his latest techniques.

In the Art Studio Gallery, a new show of resident work will be hung in October. The reception with the usual homemade goodies will be held on Monday, October 13, from 10 am to noon.

In Lumberton, on June 27, over 50 visitors attended the wine and cheese reception at the Community Center Art Gallery. They were excited about the new photographic show. The exhibit displays studies of *Light on Water* by **Stanley Brush** and the close-ups of beautiful blossoms and studies of the seasons, *Winter, Summer and Fall*, by **James Muir**. Brush and Muir described their personal approaches to photography.

The show is worth a visit. Medford residents may obtain a key to the Community Center from the receptionist in the Atrium. Both exhibits will remain through September.

## CHANGES & MEMORIES

by Maggie Woodard

According to **Bill Murphy**, Director of Operations, the current remodeling of the Atrium and Colonial Room is the most extensive in 37 years. The carpet has been replaced every five years and the reception desk has been changed three or four times.

The woodwork and wallpaper in the Atrium and Colonial Room will now be similar to that in the Arts and Social Wing. Some people wanted to save the brick walls and others did not, so the result was a compromise – there will be some of each. A big change is the creation of an Information Center near the Library and away from the receptionist. The mailboxes, bulletin board, and MLRA and management boxes will be located there. Target date for completion of the remodeling is September 19.

The remodeling of the Atrium and Colonial Room caused longtime resident **Sam Burgess** to remember other changes that have taken place during the 28 years he has lived in Apt. 108. When Sam first visited, dairy cows could still be seen in what is now called the Meadow, but was then part of the Hennesy Farm. In the late 80s, Medford Leas bought the farm for \$1 million, and then sold half of that for \$1 million. Bridlington was created from the half not sold.

When Sam became a resident, Medford Leas had two buses and an ambulance. One of the buses was a school-bus type and the other a regular municipal-type bus. **Bob Costigan** of Maintenance was the driver (he's been here 30 years). Some residents had canoes, and a canoe dock was an early facility on Rancocas Creek. In 1971, Sam saw a freight train going through where courts 65 and 66 are now located. The only entrance to Medford Leas was from New Freedom Road.

The campus looked much the same in 1980 except that the trees were smaller. There had been pine trees outside the main building; they were removed to make more parking space. The planting in the Atrium's Center Garden was

less organized. The weeping tree was being trained to weep.

When Sam moved in a small HMO that operated out of the basement provided health care. Outsiders as well as residents were cared for. The HMO did not work out, and several doctors were hired to replace the HMO doctors before things settled down with the hiring of **Dr. Ben Paradee** as medical director. He is now a resident on the Lumberton campus.

The Library was located where the Fiber Arts Studio is now. The Woodworking Shop operated out of what is now the Fitness Center office. The Auditorium (now Theater) wasn't built until 1986; it had been where the Library is now. Folding doors opened into the Lounge and folding chairs were used in meetings. Resident Christmas plays were performed there.

Before the construction of the Community Building in 1973, residents' meals were cooked and served by a woman in what is now Apt. 107. In 1971 there was a brief period when **Gladys Fleming** was the only resident. The Colonial Room often needed more seating, so sometimes overflow tables were placed in the Atrium. Later, a room called the Terrace Room was built off the Atrium to take care of the Colonial Room overflow. The back end opened into the kitchen, so it is now used for kitchen storage.

When the Garden Room was later built, it was much more a garden than it is today, with lots of greenery. Tables and chairs were garden-style rattan. The Colonial Room, too, had greenery with two Norfolk Island pines that reached almost to the skylight!

Another longtime resident, **Margo Hinman**, moved to Medford Leas in October 1975 with her husband, **Herb**. Margo remembers that the Thrift Shop was originally located in one room off the Art Studio, then on the ground floor. There was a Day Care Center for employees' children.

Margo remembers constant parties and lots of fun! The Private Dining Room was booked almost every night for dinner parties, and women



always wore long gowns to dinners in that room. Bridge was very popular; foursomes played in residents' apartments. Many men and a few women played golf.

Both Sam and Margo agree that from the beginning Medford Leas was a very special place.

## NONDISCRIMINATION POLICY

by Neil Hartman

Last winter, the MLRA Diversity Committee requested the Administration and the Estaugh Board to prepare a written non-discrimination policy that would require all users of the Medford Leas facilities to observe the terms of the policy statement. In May of 2008, the text of the new policy was made available and is printed below:

### ***POLICY FOR THE USE OF MEDFORD LEAS FACILITIES BY OUTSIDE ORGANIZATIONS OR INDIVIDUALS***

Medford Leas values and strives to provide a diverse, inclusive, and welcoming culture for residents, employees, and visitors as well as for individuals and groups using its facilities.

Consistent with its values and commitment to nondiscrimination, Medford Leas will not discriminate against anyone based on race, age, gender, sexual orientation, ethnicity, national origin, or other characteristics protected by law.

Individuals or groups using Medford Leas' facilities are expected to read, acknowledge, and support its nondiscrimination policy.

Medford Leas' CEO has the responsibility for evaluating and approving all requests of individuals or groups wishing to use its facilities. If there is any doubt about the adherence of an individual or a group to Medford Leas' non-discrimination policy, the CEO may request written acknowledgement of compliance with it from such individual or group before granting the permission requested.

## NEWCOMERS! JOIN THE LEAS FORUM COMMITTEE

by Helen L. Vukasin

Residents, especially newcomers, are invited to visit a meeting of the Leas Forum Committee and see whether they might be interested in joining. It's stimulating, it's entertaining, and it gives great satisfaction.

The Leas Forum Committee seeks and discovers talent for the twice-monthly Forum programs in the Theater. The process is fun and sometimes puts you in direct contact with the most fascinating people.

The best way for us to provide programs that the residents will enjoy is to have your help in identifying potential speakers or entertaining programs. If you hear of a great speaker or see a good program, please pass on some basic information to the Chair, **Jack McKeon**, 3678.



The Committee meets every other month. The next Committee meeting will be Monday, October 13, in the Private Dining Room at 1:30 pm. Call Jack if you are interested.

## IN MEMORIAM

<b>Virginia Abramson</b>	<b>June 2</b>
<b>Henrietta Kwiecinski</b>	<b>June 2</b>
<b>Margaret (Peg) Colkitt</b>	<b>July 4</b>
<b>Hilda Howell</b>	<b>July 27</b>
<b>Dorothy Houck</b>	<b>August 4</b>
<b>Luther Conant</b>	<b>August 10</b>
<b>Peggy Goering</b>	<b>August 12</b>
<b>Flora McKinney</b>	<b>August 13</b>
<b>Betty Nicholson</b>	<b>August 16</b>

## BOW WOW WOW

by Sumi Kobayashi

*Ed.Note: This is the fourth and last of a series of articles on the 14 dogs on the Medford campus belonging to 12 households. One additional dog, Peppin, was discovered after the series was begun. A new canine Bob-the-Dog has joined the resident dog community.*

**Sue Thorp** and Moby lived on the Lumberton campus of Medford Leas before they moved to the main campus 2½ years ago. Moby is a West Highland Terrier, 4½ years old, a breed developed to kill rats, mice, moles, and other small farm pests. Her full name is Moby Dickens, reflecting the literary tastes of Sue and her late husband for Moby Dick and Sue's favorite author, Emily Dickinson. Moby came from a breeder in the area recommended by Sue's son.

Moby is a friendly dog that craves lots of attention and affection. She is all white, except for her erect ears with a pink interior and her black eyes. She fixes a steady gaze on a visitor, but in a friendly manner. Moby has a bag of tricks: she sits up, stands up, and dances around. At last year's Medford Leas dog show she won an award for best tricks. She went to dog training school and answers to commands to go down on her belly, heel, and stay. Sue and Moby walk 1½ miles every day. Moby loves snow and does not mind rain. She has boots but cannot keep them on. She wears no sweater on cold days.

**Jeanne Youngs** acquired Peppin, a black Miniature Poodle, when she was living in Stuart, Florida. Peppin liked Florida, but in spite of being born in a warm climate, he has acclimated to the variable weather here and likes to be outside. He has a raincoat, and when it rains he refuses to go out without it. Jeanne cleans his paws after being outside.

Peppin loves Bob Wasson, the mailman, and likes most people he meets at the Medford Leas Fitness Center and Health Center. Jeanne's longtime private housekeeper, Rachel Hunsher, takes him for long walks when she comes to the apartment once a week. Peppin likes people, but when he feels the need for privacy, he re-

treats to his favorite spot under a chair in the living room.

Peppin can put on a show. He sits up, dances, speaks, rolls over, and jumps through a hoop. He won first prize for best tricks at a recent Medford Leas dog show.

Jeanne's daughter has a big brown Lab and a cat. Peppin and the cat get along famously. Peppin is not fussy about food. He likes kibbles and the ground meat Jeanne cooks for him. He also likes eggs.

Jeanne's granddaughter in Texas frequently sends him doggy coats, so he has an extensive wardrobe. Jeanne puts the coats on him, especially for Halloween and Christmas.

Peppin is eight years old and weighs 11 pounds. He twisted himself in mid-March and has to be careful not to strain his back while it heals. Even dogs have health problems at Medford Leas.

Bob-the-Dog is the newest canine resident of Medford Leas. He is a two-year-old Welsh Terrier adopted by **Elsie Behmer** after her 15-year-old Wirehaired Fox Terrier Jack died in April. Bob has a history of shyness and had two other homes before being welcomed into the Medford Leas community. He is a friendly dog, a "real charmer" to quote Elsie, who is a mite prejudiced. He shows his friendliness by jumping up on people for an enthusiastic greeting and has to be firmly reminded of his manners. Over the summer Elsie took him to training classes at Allen's Kennel in Moorestown. She said, "He's on his way to becoming a 'perfect gentleman.'"

Bob came from Penny Meadows Kennel, the same breeder as Elsie's other Welsh Terrier, Bess. Bess, the runaway dog, is still wary of strangers. Elsie was at Penny Meadows to pick up Bess from a "vacation stay" when the breeder introduced Bess to several "bachelor" dogs. Because they got along well, Bess chose Bob from a large pool of male Welshes.

Bob-the-Dog is the name of a terrier in one of Agatha Christie's Hercule Poirot novels. Bess



likes Russ Haley and his dog Duffy. Bob, however, growls at Duffy every chance he gets. They are not buddies.

Duffy, a Kerry Blue Terrier, lives with **Russ Haley**. Duffy is 11 years old but acts like an exuberant puppy. Kerry Blues are diggers; they dig into burrows of moles and rats. Duffy chases rabbits and feral cats but never catches them. It is the chase that is fun. He knows it is no use chasing squirrels.

He and Russ take two 20-minute walks a day and a longer one at noon. They have several different routes, and Duffy chooses which one. If Russ wants to go in one direction, but Duffy has other ideas, the dog takes what Russ calls his "door stop" stance. He plants his feet firmly and refuses to budge despite Russ's tugging. Duffy usually wins out.

He and Russ play a game of "tennis" each day at noon. Duffy carries the ball to the courts in his mouth. Russ throws the ball, and Duffy catches it on the first bounce. This goes on for about 15 minutes. Then they go for their mid-day walk.

At the residents' dog show about two years ago Duffy took the blue ribbon as best tail-wagger. He sometimes utters what sounds like a menacing growl, but all the while his tail is going a mile a minute. Those who understand dog-speak know there is nothing to fear.

Duffy hates rain and snow. He will walk around puddles to avoid getting his feet wet. He is very reluctant to go out when the weather is nasty. He is fastidious about his food. He will eat only finely chopped beef; he refuses to eat food with larger chunks of meat.

Duffy is a very friendly dog. He likes people, even if he barks at the mailman. He likes other dogs and is surprised when his friendly overtures are sometimes rebuffed.

As anyone who has owned a dog knows, each animal is an individual with its own personality, likes and dislikes – just like people.

## ED ELLIS TO THE RESCUE

by Allyn Rickett

When the Medford Leas bus arrived at the Academy of Music on June 15 for a performance of the Pennsylvania Ballet, the passengers were greeted by **Ed Ellis**, a member of the Fitness and Aquatics staff. He had come with a friend to see the Ballet, but when he saw the Medford Leas bus pull up, he came over to assist residents in getting off the bus. At the time, we did not know how fortunate his presence would be.

As she started down the aisle to find her seat in the orchestra section, **Caroline Heyl** tripped and fell, landing between two rows of seats. Ed, who was seated down front near the stage, heard the fall and rushed up the aisle to her side to help and quickly took charge. He cautioned Caroline to remain still until he could determine how badly she was hurt, explaining to the ushers that he knew the lady and was a trained therapist.

Ed's calm, professional presence reassured everyone. His careful examination determined that, except for hurting her knee, Caroline was probably all right. The ushers provided an ice pack for the knee and helped Ed raise Caroline gently into a wheelchair. Ed found a place for her and her sister **Betty**, where they were able to watch the entire performance together.

After the performance, the ushers rolled Caroline to the bus, where **Bob Costigan**, the driver, placed her comfortably aboard. On arrival at Medford Leas, the bus was met by a nurse with a wheelchair. The medical staff decided to send Caroline to Virtua Hospital in Mt. Holly for X-rays and further treatment as appropriate.

The day provided more excitement than we wanted, but it showed again what a wonderful staff we have and how lucky we are to be at Medford Leas.



## CROSSWORD PUZZLE WORKOUT

by Ellen Stimler

Over 40 committed crossword puzzlers, including 32 residents, participated in the first-ever Crossword Puzzle Elderhostel held at Medford Leas on June 16. It was one of Elderhostel's "Day of Discovery" programs, which present a single topic in one day and are geared to attract attendees from the surrounding community within easy commuting distance.

**Jane Weston**, Director of Marketing and Community Relations, who established the relationship with Elderhostel, introduced Ed Stein, the instructor for the day. Ed is a retired advertising executive on a second career as a *New York Times* crossword designer. Jane mentioned that the Crossword Elderhostel was preceded by four "Training Your Brain" Days of Discovery at Medford Leas in April and that she hoped to bring more Elderhostels to Medford Leas in coming months.

Ed Stein came with a big blow-up of what he considered an "easy" puzzle and a second, harder one which would appear in the *Times* the following Sunday.



At the outset, Ed gave some interesting history about the invention and growth of the crossword phenomenon. The first puzzle invented in 1915 appeared in a small newspaper as Word Cross. One

day the paper's typesetter mistakenly titled it Cross Word, and the name stuck. Crossword solving was all the rage in the 1920s, with big tournaments, but the *Times* didn't get into the game until 1942. First they printed a crossword only on Sundays, then on a daily basis. Until the early 90s, the clues were based mostly on history, literature, science, and sports and generally attracted mostly older readers. When a new entertainment editor took over at the *Times* in 1993, he sought to attract younger solvers by

having pop culture clues in the crossword. He prepared a list of such clues and tried them out on seven applicants. The only one who could solve them was Wil Shortz, who was then hired as puzzle editor.

Ed confirmed that the Monday and Tuesday puzzles in the *Times* are the easiest because the clues are mostly factual and straightforward. On Wednesday and Thursday, clues are trickier and challenging, and on Friday and Saturday they are "very hard." Sunday is like Thursday.

Some examples of tricky clues: Exactly, *toat*; Ordinary, *run-of-the-mill*; Top secret, *toupe*; Where cooler heads prevail, *crisper*; John to Ringo, *loo*.

The attraction of crossword solving, Ed suggested, is that it puts the individual in control of solving a mystery. When starting out, he advised, it's important to examine the crossword's title and figure out the theme, if any. Current puzzles often have multi-word phrases and sometimes wind around several lines. Ed cautioned about clues ending with a question mark. That's a sign of a pun or double meaning. It's best to relax, step away for some time, and then come back, often with fresh insight.

Copies of the two puzzles brought along by Ed were distributed to everyone and then worked as a group. Ed would call out a clue, wait for the correct answer from one of the group, fill it in on his whiteboard, and then guide the group to the next clue that had a few letters already. By getting all participants to pool their knowledge, it didn't take more than 30 minutes to finish each puzzle.

In between the two puzzles, Medford Leas served an excellent "brain-healthy" lunch in the Garden Room, which undoubtedly helped with the quick solution of the "hard" crossword after lunch.

In addition to the 32 residents, the group included seven people from the community, three waiting list members, and three Medford Leas staff.

## SERVING ON A GRAND JURY

by Kit Ellenbogen

This past winter, I spent 16 weeks, every Thursday, going to Mt. Holly, where the Burlington County Court is located. There I joined 22 other grand jurors, listening to potential criminal court cases. Grand jurors are chosen at random from the residents of the county. Anyone over 75 may ask to be excused from this civic duty, but I chose to participate. I anticipated an especially interesting experience since, as an attorney, I had only an academic knowledge of criminal law, which is the subject of the work of a grand jury.

A grand jury can be local (Burlington County), state (sitting in Trenton), or federal (sitting in Newark's Federal Courthouse). The grand jury (23 people) is an arm of the prosecutor's office, and the public does not have access to its deliberations. The prosecutor cannot indict an alleged perpetrator of a crime without the consent (vote) of at least 12 of the 23 grand jurors.

In contrast, the petit jury, or regular trial jury (12 members) hears evidence from both plaintiff and defendant, based on the indictment voted by the grand jury. The petit jury then announces a verdict of guilty or innocent of the charges in the indictment. This is how the grand jury and the petit jury work together in criminal cases.

As grand jurors, every Thursday, from 9 am to 4 pm, we heard the prosecutor and any witnesses he or she presented give the facts of the alleged crime. The witnesses were usually police, detectives, and parole officers. There is never a defense attorney, defendant, or witness for the defense present. In the course of a day, a grand jury may hear evidence in as many as 20 cases. At least 12 of the 23 grand jurors must be present at all times, and every juror may ask questions of the prosecutor and the witnesses. When there are no further questions, the prosecutor says, "I now leave the grand jury to deliberate this case." There may or may not be any discussion among the jurors, depending on the complexity of the alleged crime and the facts of the

case. For example, in a case of a contractor taking money in advance of doing any work, and then not showing up to do the work, the case leaves nothing to doubt, and the grand jury will vote to have the alleged criminal go to trial. Each juror who is present for the hearing votes on every case presented.

Most of the crimes we heard dealt in some way with drugs. Stealing, robbing, threatening with an unlicensed weapon, etc. frequently were drug-motivated. The crimes included possession of drugs, intent to sell drugs, illegal possession of a weapon, failure to register under Megan's law, shoplifting, theft by deception, forgery, burglary, assault, aggravated assault (including rape), attempted murder, and murder.

In each case the prosecutor first reads to the grand jury the law that must be applied to the facts. The grand jury is not there to determine the guilt or innocence of the alleged criminal. All that a grand jury does is determine whether there is sufficient evidence to indict the person, which will then entitle him or her to a trial or possible negotiations. It is a comforting thought that it is not just up to a prosecutor to determine if an alleged defendant is to be tried.

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## GIFT SUBSCRIPTIONS

A good way to keep friends and family informed about life at Medford Leas is to give them gift subscriptions to *Medford Leas Life*. Although the volume year starts in January, a subscription can be started at any time. Some residents choose to send a subscription as a birthday or Christmas gift to their children or their own siblings. Whatever the choice, to order subscriptions, just send names and addresses of the recipients to **Gene Raup**, Box 144, along with a check payable to MLRA in the amount of \$7.50 for each subscription. Then during the next year they will receive their own copies of *Medford Leas Life*.

K.K.

## WELCOME TO THE COURTS

After living at Rushmore for ten years with his wife **Euseba, Warren Kamensky** has moved into Apt. 228. He hopes that Euseba will eventually be able to join him after recovering from a serious fall that has placed her in Woolman for the time being.

Warren is a chemical engineer who was a project engineer, specializing in control systems, at Rohm and Haas until his retirement in 1982. The couple lived in Cinnaminson, where Euseba pursued her multiple crafts of silversmithing, pottery, weaving, and painting. Warren used to help her with her equipment, which he now has packed up in the new apartment. He also did all the gardening, which he loved, and he worked a farm plot behind Rushmore for some time.

At Medford Leas, Warren volunteers in the Gift Shop, buying the pharmaceuticals. He used to hang pictures for the Gallery exhibits and run bus trips to the Wilma Theater and local museums. Right now he is assisting his wife as much as possible and spends his "free" time reading, doing the family finances, and helping **Lili Wronker** to glaze ceramic tiles in the Pottery Studio.

E.S.

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## RESIDENTS IN THE NEWS

**Ariel Hollinshead Huyn**, MD, PhD, received the National Meritorious Service Award "for outstanding dedication and service to Graduate Women in Science" at the end of the June 28 National Conference of Sigma Delta Epsilon/Graduate Women in Science. The conference, with the theme of "The Global Impact of Environmental Change," featured prominent women scientists recruited for the day by Ariel.

Ariel has a long history of leadership in SDE/Graduate Women in Science since she became a member in 1961. She was president of

the organization from 1985-86, and her activities on behalf of Graduate Women in Science fill several pages. She did this "volunteer" work in addition to her full-time positions as Professor at the George Washington University School of Medicine and Director of GWs Laboratory for Virus and Cancer Research.

The July-August issue of *Future Age*, an AAHSA publication, carried a four-page article entitled "Flower Power: How Gardens Can Improve Your Residents' Health." One picture illustrating the article showed **Mary Toda** watering her garden; another showed **Ed Naulty** cultivating his Lumberton farm plot. Medford Leas was prominently featured throughout the article, with quotations from Jack Carman, the landscape designer who works with Medford Leas, and from **Jane Weston**, Director of Marketing and Community Relations. MLRA Committees that relate to nature were also mentioned.

E.S. & K.K.

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## WHO'S NEW

"We love the woods," declared **Thomas (Tom)** and **Alice Augenti**, when welcoming their visitor to their secluded new home surrounded by woods, in one of the two large units (#610) built where Woods Cottage once stood. Their new location, Tom explained, is very similar to their former home in Readington, Hunterdon County, which was also surrounded by woods and visited by deer, and had a very rural feeling.

They came to Medford Leas at the urging of their two married daughters, who live in Shamong and Tabernacle, respectively. Although they miss the "view of the horizon" they had from their Readington home, they are happy to be able to visit their families with just a short drive.

Tom and Alice met at their first job in 1956, working at adjoining desks for the Home Life Insurance Company in New York City. Alice had preceded Tom by 18 months and was told to

“train” Tom on the job. They took their relationship seriously and were married a year later.

Tom grew up in New York City, went to local public schools, and earned a BA in government from NYU. He was drafted into the Signal Corps and sent to Germany right after graduation. Upon his return in 1956 he got the job at Home Life.



photos by Margery Rubin

Alice’s family lived in Absecon, NJ. After graduating from Pleasantville High School, she went to Rochester University, planning to major in business administration. But she was told that this field was closed to women and was steered into applied economics. At a job fair she was recruited by Home Life.



The couple lived in Jackson Heights, NY, until their second child was on the way. They then moved to Kendall Park, NJ, near Princeton, where they lived for 25 years until their daughters were out of college.

After their girls were in middle school, Alice resumed work as a secretary at Princeton University, in the dean’s office and in the English department. She retired in 1992.

In 1985 they moved to Readington to be in the country. Tom retired from Home Life in 1990 and then worked another two years for a cabinet-maker. He says he learned a lot and enjoyed the physical work in contrast to his old desk job.

Tom and Alice love music and play duets on their piano. Both were active in church choirs, Alice as organist and Tom as choir director. The past 12 years they have enjoyed singing with the Hunterdon Choral Union. For a change of pace, they play golf. They both have a record of community volunteering and are aware of the

volunteer opportunities at Medford Leas.

E.S.

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**Janet S. Gray** lived in Ewing, NJ, before moving to 15 Woodside Drive, Lumberton. She is an Associate Professor at The College of New Jersey, teaching in the School of Culture and Society. Her father, **Robert Gray**, a member of the Estaug Board for 30 years, and her mother, **Gladys**, have been residents of ML for 20 years.

Janet was born in Altadena, CA. In her very early years, the family lived in Kunsan, Korea, where her father was director of a post-war reconstruction project sponsored by the American Friends Service Committee. Later, her family was stationed in India and she attended the same boarding school in Darjeeling that **Kitty Katzell** had attended as a child.

When her family returned to California, Janet attended public schools in Pasadena. After graduating from Earlham College, she continued to participate in the Society of Friends Peace Movement. In the 70s, she established her own typing business at her home and also wrote and published a book of her poetry, *A Hundred Flowers*. At the same time, she pursued her master’s degree in English at Middlebury College in Vermont for seven consecutive summers. She then entered and completed Princeton University’s PhD program in English.



photo by Barbara Degler

In 1999 Janet accepted a teaching post at the College of New Jersey in Ewing, NJ, where she teaches in the Women’s and Gender Studies program, a field focused on gender equality and other areas of social justice and human rights. She has edited two volumes of poems by women poets, *She Wields a Pen* and *Race and Time*.



When asked to name some of her favorite things, Janet replied, "wilderness." She also expressed an interest in yoga and tai chi. Her two sisters live in the West and often visit their parents here. Janet looks forward to their visit in her new home.

Doris Brown

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**Marjean (Armitage) Ingalls** moved to Apt. 685 in Bridlington from the house in Nutley, NJ, where she had lived for 78 years and five days. Her parents took her there directly from the Newark hospital where she was born.



After graduating from Brown University, Marjean worked for several brokerage houses in New York City as a security analyst, specializing in electric utilities. "That was an area that didn't especially interest the male analysts, so opportunities were open to women," she said.

Marjean and her late husband Jerry traveled the world. She has visited 54 countries, but the trip to the game parks in Kenya and Tanzania remains a favorite. "The two of us camped out in a pup tent," she recalled. "We were so in awe of the beauty, the big sky, the starry night, that we had no sense of danger." Many of Marjean's trips have been with Elderhostel. "I've been on more than 30," she said. "My next one is to Estonia, Lithuania, Latvia, Moscow, and Saint Petersburg. The schedule is kind of tight, though, as my flight leaves the day after my 60<sup>th</sup> reunion at Nutley High School."

An avid bridge player, Marjean is a regular at the Wednesday night game on the Medford campus. She participates in as many other activities as she can squeeze in while unpacking many, many boxes and finding new places for their contents.

Marjean is a quilter. For years she was a member of the Garden State Quilters and of the Speertown Quilters in Montclair. "I usually modify patterns from books and have more 96 x 96 quilts than I can count. I piece them together by machine, but quilt them by hand. I plan to live to be at least 600 years old. My quilting friends say that the Lord will never take you while you have a quilt in progress. I have enough fabric in my current stash to last at least that long!"

Elsie Behmer

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**Christa (Melcher) Irick**, Apt. 66, says that the two great loves of her life are music and cooking. During years of teaching piano and organ, cooking for a family of eight, and managing a restaurant kitchen, she was happily able to indulge both of her loves to the fullest.

Christa was born in Philadelphia to German immigrant parents. At age four in 1938, she went to Germany with her mother and stayed with relatives near Baden-Baden while her mother was being treated for a medical condition.



photo by Margery Rubin

When her father came in 1939 to take them back home, they were not allowed to leave Germany and did not get back to Philadelphia until 1950. On her return, Christa completed her last two years of high school.

There was always music in Christa's home. Her father played several instruments, and she had piano lessons from age seven. After graduation, she worked at an office job during the day and studied piano and voice at a conservatory in the evening. She met her future husband, Carlton Irick, at the music school, where he was perfecting his tenor voice.

After their marriage in 1956 Christa moved to her husband's family home in Vincentown. There Christa cared for two children from his



prior marriage and four of their own. Carlton, a historical restorer and interior decorator, gave song recitals in many area venues, with Christa as his accompanist. Christa gave piano and organ lessons and played the organ at two local churches.

But one of Christa's dreams remained unfulfilled – to run a restaurant. "You'll get us into bankruptcy," her husband warned when she broached the idea. One day she saw an ad for manager of the kitchen in Strawbridge & Clothier's new restaurant in the Burlington Mall. Christa got the job and ran that kitchen for four years. Her long hours were hard on the family, so she transferred to the company's credit department in Philadelphia for another 11 years.

Christa loves her new apartment, particularly her large kitchen and the open view onto her garden, a meadow, and the birds around a feeder. She will listen to music and continue to cook up a storm to entertain friends and family. One of her two sons has taken over her Vincentown home, another lives in Medford. One of her daughters is nearby in Philadelphia, another in Marblehead, MA. She has five grandchildren.

E. S.

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**Elizabeth (Liz) and James (Jim) Knapp**, Apt. 48, followed in the footsteps of Liz's mother, **Marian King**, who enjoyed life at Medford Leas for 20 years from 1978 until 1998.

While Liz and Jim were both students at Drexel in 1955, they met during a trip of the Drexel Glee Club. They were married in 1958, after Liz had completed a two-year business course and Jim had received a BSc in business administration from Drexel and an MBA from Columbia.

The couple lived in Brooklyn, NY, while Jim was pursuing an MBA at Columbia. They moved to Haddonfield when Jim started his first job at IBM in Philadelphia. After two years, Jim had an

opportunity to work at NASA headquarters in Washington as a financial analyst.

Their final move took them back to Haddonfield when Jim accepted a position as Manager of Information Systems at RCA in Moorestown. During all these moves Liz worked as a secretary for a number of companies but stopped working to raise a son and a daughter.

Jim retired from RCA in 1988 and then started on a second career, running a handyman business. "I was busier than I could possibly be. I had enough work for six people," Jim said. He loved his independence and being able to help people. He also volunteered as a guide at Independence National Park.



photos by Margery Rubin



A bonus for Liz was that, in his retirement, Jim did most of the shopping and cooking because she was still working as church secretary for the Haddonfield United Methodist Church and for a real estate development office. Later she did volunteer work for Samaritan Hospice and at

Cooper Medical Center, tending to babies with special needs.

Jim and Liz went on many Elderhostel trips and also traveled as Elderhostel Ambassadors, explaining the benefits of this educational travel experience to groups and individuals in many communities.

Jim enjoys solving cryptograms and crossword puzzles and expressed an interest in the Residents' Workshop. Liz is bound to continue her dedication to volunteer work inside and outside Medford Leas.

Ellen Stimler

## SEPTEMBER CRYPTOGRAM

by Alice Culbreth

GSV KIRNZIB HRTM LU Z

DVOO-LIWVIVW NRMW RH Z

NZM'H ZYRORGB GL IVNZRM

RM LMV KOZXV ZMW

ORMTVI RM SRH LDM

XLNKZMB.

-OFXRFH ZMMZVFH HVMVXZ,

GSV BLFMTVI

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

A NOISE LIKE OF A HIDDEN BROOK/ IN THE  
LEAFY MONTH OF JUNE/ THAT TO THE  
SLEEPING WOODS ALL NIGHT/ SINGETH A  
QUIET TUNE. -S. T. COLERIDGE

The correct solution was received from 35 readers: **Ken Anderson, Miriam Angle, Ruth Blattenberger, Marion Burk, Jody Cardona, John Caughey, Gwen Crawley, Anne Cree, Alice Culbreth, Doris Curley, Barbara Degler, Liz Dill, Betty Donahue, Mary Fenimore, Dorothy Garver, Alan Gaylord, Bob Gray, Janet Gray, Mickey Gray, Herb Heineman, Barbara Heizman, Ariel Hollinshead Huyn, Hugh Jenkins, Sally Klos, Mary Ann Metzger, Alice Norcross, Helen Peterson, Ed Porter, Betty Preston, Warren Reeves, Doris Salati, Florence Sawyer, Peg Scott, Miriam Ward, Ellen Wiener.**

Please put your solution **in an envelope** in Box 162 by September 10 or send it by email to [estimler@medleas.com](mailto:estimler@medleas.com). We really need new, interesting cryptograms.

## MEDFORD LEAS LIFE

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*Layout:* Maggie Heineman

*Distributors:* Pete Johnson, Mary Lou Mullen

*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, Berlin, NJ