



Medford Leas *Life*

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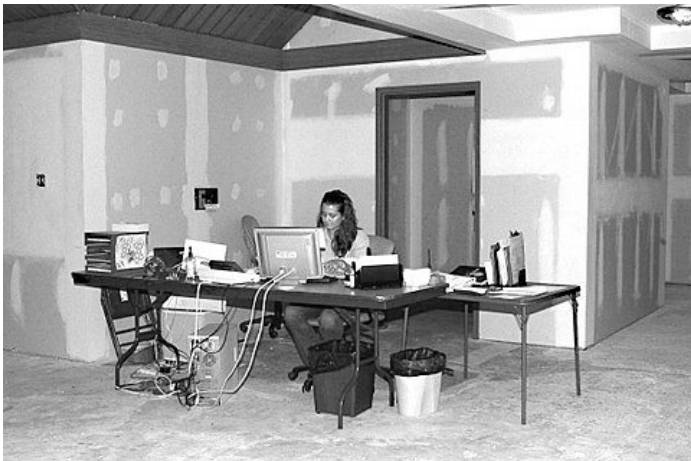
OCTOBER 2008

THE RENOVATIONS

by Maggie Woodard

Reconstruction of the Atrium, the Colonial Dining Room, and the Community Building entrance will soon be completed.

There will be a sliding-glass-door entry from the parking area. An epoxy coating like that around the Pool will cover the cement floors on walkways to the right and left of the entry as well as the walkway leading into the Atrium. An electric-eye door will replace the two doors that formerly opened into the hall along the side of the Gift Shop. That hall will have an oak ceiling and the walls will be covered with oak and wallpaper; the doors into the Atrium have been eliminated.



The Front Desk During Construction photo by Margery Rubin

Residents will find the color scheme in the Atrium and the Colonial Room similar to that in the Arts and Social Wing: stained oak, wallpaper, and paint with a lot of woodwork.



The New Ceiling Under Construction photo by K. Katzell

The doors, ceilings, lighting fixtures, and carpets are being replaced.

Changes in the Gift Shop include sliding doors, two recessed display cases in the walls outside the shop, and a simulated wood floor.

The Atrium will have a new, larger display case designed by **Todd Butler**. It opens from the front, making it much easier to arrange displays.

The new Main Desk will have an oak base and granite top. Some areas within Administration will be recarpeted and repainted.

The new Information Center along the Library wall, to the left of the door to the Library, will include resident mailboxes, bulletin boards, and boxes labeled for the Pharmacy, for bills, and for MLRA.

In the hallway from the coatroom toward the Coffee Shop, the flooring will be simulated wood

up to the edge of the carpet near the Bank. Those walls will have new wallpaper and oak wood panels. The Private Dining Room is not being changed, but the door to the Ladies Room will later be replaced with an electric door to facilitate access by those using walkers.

The Colonial Room is being re-painted, re-carpeted, and re-papered, and there will be new chairs. The planter has been removed and a new beverage room has been created at the kitchen entrance, leaving more room in the kitchen and making the dining room quieter. It will also mean that staff need not go into the kitchen for coffee and juices.

The resident Interior Design Committee, **Barbara Zimmerman**, chair, **Doris Allebach**, **Jean Stratton**, and **Fran Webb**, sponsor, and the Gift Shop chairs, **Joan Bellman** and **Geri Dickerson**, have met with **Jane Weston**, Director of Marketing & Community Relations, and **Dennis Koza**, CEO, to discuss the reconstruction and offer their suggestions.

It may all sound almost too good to be true, but everyone will be able to check it out very soon.

THE MARKETING OF MEDFORD LEAS

by Elsie Behmer

Who is responsible for marketing Medford Leas?

We all are!

“We have a big story to tell,” said **Jane Weston**, Director of Marketing & Community Relations, “and there are many people here to tell it. In a way, the marketing department has a larger staff than any other department because it includes the whole Medford Leas community. Residents not only help with open houses, host special events, and befriend visitors, but they also assist with nitty-gritty tasks such as promotional mailings. And, of course, current residents send us prospective residents.

“In fact, in recent years most Medford Leas residents have moved from within a 20 to 30-mile radius of our campuses, many times because of a personal connection to someone here. People often call for a visit because of a direct experience with someone who knows first-hand about Medford Leas. Others tend to come because of our Quaker affiliation. And there is a second generation of residents. People whose parents have lived here now live here themselves.”

A course in Marketing 101 teaches that we are a consumer society and that a successful marketer must connect emotionally with what customers want, perhaps even more than what they need. Residents freely and spontaneously communicate a positive emotional connection with Medford Leas in many, many ways. “Everyone has an impact,” said Jane. “The people who live and work here are seen as in the know about what Medford Leas is really like. Others ask them questions that they might be reluctant to bring up in a formal meeting.”

Jane and the marketing staff (**Marianne Steely**, Marketing Manager; **Marge Sagett**, Residency Planning Associate; **Donna Coonley**, Marketing Administrative Assistant) don't rely on word-of-mouth alone. They use all the promotional tools available, including website, by-invitation special events, print advertising, and 30-second spots on the local NPR station.

Collaboration with like-minded local and national groups is another promotional tool that allows Medford Leas to reach out. “We are getting ready to co-host Healing Gardens, our third event with the Morris Arboretum,” Jane said. “The Elderhostel programs were great successes from their point of view and from ours. We are developing a strong relationship with them. Many local not-for-profit groups meet here. In addition, Medford University, Community Day, and other programs are open to the public.”

None of this is haphazard. Marketing is a process designed to motivate people to act in a specific way. As with any carefully managed

organization, Medford Leas has a marketing plan that includes the essential marketing elements of product, place, price and promotion (the already mentioned advertising, public relations, special events and one-on-one discussions).

“We exist in a very competitive marketplace,” Jane said, “and potential residents are very aware of the many choices available to them. Some come prepared with a spreadsheet listing areas of importance to them – such as dining, health services, pricing, activities – so that they can comparison shop. Potential residents are very savvy and skilled at doing that. Medford Leas is fortunate to have so much to offer – a product line of various sized, designed, and priced residences; multiple contract options; two campuses from which to choose – all set within the Lewis W. Barton Arboretum. There is much to consider when deciding where to make a new home. Residents are especially helpful as they share their experiences of life within the community, that special essence of what it is to be part of Medford Leas.

“As a Quaker organization, we value and respect each individual. That concept is at the core of Medford Leas. For sharing such a positive message about our community with family, friends and visitors, we say thank you to our residents and staff.”

FALL TEA

This year’s Fall Tea will be held from 2:30 to 4:00 pm on Tuesday, October 14, in the Holly Room and the adjoining Gathering Room. Residents are urged to wear their nametags and to introduce themselves to newcomers.



SECOND ANNUAL GOLF OUTING

The Second Annual Medford Leas Golf Outing, for the benefit of the Reserve Fund, is being held on Tuesday, October 7, at the Deerwood Country Club. The rain date is Tuesday, October 21.

Last year’s outing was a huge success, thanks to the support of residents, staff, Estaugh Board members, friends, and the loyal vendors and professionals who serve Medford Leas. Members of the Medford business community also supported the event by contributing gift certificates and items for the auction. In all, the 2007 Outing raised some \$20,000 for the Reserve Fund. As most readers know, the Reserve Fund helps Medford Leas residents who have outlived their resources, a cause dear to the hearts of Medford Leas residents.

Again this year, a bus will take residents to the Club to attend the Awards Dinner and Auction, which starts at 6:30 pm and costs only \$35 per person. The dinner choices are Salmon, Chicken Wellington, and New York Strip Steak, and the auction will offer a great variety of treasures, including gift certificates from many local vendors.

K.K.

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photo by Margery Rubin

Bill Conte, Maintenance, presents **Sandy Green**, Director of Development, with a \$110 check for the Reserve Fund. Conte organized a golf outing at the Little Mill Country Club; about 30 people attended. When the club returned 5% of the money, the participants as a group decided to donate it to the fund.

2008 FLOWER SHOW

by Ellen Stimler
photos by Margery Rubin

“Show Time,” the theme of this year’s Medford Leas Flower Show on September 9 and 10, perfectly described the rainbow of colors, the creativity of the arrangements, the ingenuity of non-competitive displays, the hard work behind all the exhibits submitted for the judges, and the background music that played during the show.

Early in the morning on September 9, co-chairs **Joan McKeon, Fran Webb, and Lois Rickett** were on hand to organize an army of 45 volunteers who had to set up the display tables, register, label, and classify the 185 entries, arrange the entries in the correct order, assist the judges, guard the doors against intruders, monitor the music tape, and tabulate the final results.

“This was the biggest show we have produced in the 15 years I have worked on it,” declared Lois Rickett. “The additional entries, compared with last year’s 151, and the 66 blue ribbons awarded, showed real quality.”

The flowers, arrangements, and vegetables that are part of the show cannot be submitted in a casual manner. They must fit into the overall scheme of the show. There are three competitive divisions – design, horticulture, and vegetables -- and one non-competitive division of special exhibits. Within the first two divisions there are 24 named classes, and each entry must be labeled as to its division and the class.

Within the six classes in the Design Division, Class 4, “Sound of Music,” was the most popular, Joan McKeon said. Entries had to reflect “the title of a song or a musical.” The judges liked Joan’s interpretation of “Cats,” composed of Cattails, Marigolds, and Irises, and gave it a blue ribbon for best in its category.

Fran Webb also got a blue ribbon in this class with her arrangement of Carnations, Baby’s Breath, Ageratum, and Pachysandra, which she called “Birth of the Blues.”

A tricolor ribbon for “best in show” in the Design Division was given to **Terry Tuffnell** for her “delightful design” of Carnations, Asters, Statice, and Ageratum, titled “Deep Purple.”



Best in Show: Design

In the Horticulture Division, the “best in show” was a single Lady Slipper Orchid from **Polly Schnepf**.



Best in Show: Horticulture

Awards were also given for fruits and vegetables. The tricolor “best in show” ribbon was earned by **Susan Dowling** for her collection of three perfect heads of garlic.

Bill Heisler received a special-mention ribbon for what the judges said was a “fabulous” yellow Dahlia measuring about six inches across.

Three schools of Ikebana flower arranging were represented by three spectacular designs in the Special Exhibits Division III. “Star Performance” by **Yuri Moriuchi** presented rising levels of yellow Chrysanthemums against a backdrop of

greenery with red berries. **Jane Holben's** "Applause" centered on three long-stemmed Calla Lilies swaying to one side. **Shigeko Kawano's** design was based on "South Pacific."

For her theme of "Stagestruck," **Debbie Lux** of Landscaping had a very large vase on a pedestal, filled with red Roses and Baby's Breath and surrounded by colorful bouquets.

One of South Jersey's greatest natural resources, the Pine Barrens, was highlighted in an educational exhibit created by **Jane Bourquin** and **Ann Walker**. Their poster pictured the flora and fauna, books on the area, and a notebook with more information. The Arboretum Committee had a terrarium where visitors could watch the antics of Monarch Butterflies, Chrysalis and Caterpillars, and Bagworms.

The continuous background music of show tunes and popular music had been taped for the show by **Gene Raup** from recordings in his collection.

After completing the judging of the competitive entries, the judges and co-chairs were invited to a home-cooked lunch in the Apartment of **Mary Ann Black**, chair of the MLRA Food Committee and a gourmet cook. With the help of **Louise Evaul**, the guests were served a meal of oriental shrimp salad, a gelatin salad, and a fruit sundae for dessert. "They must have enjoyed it," commented Lois Rickett, "because they stayed longer than ever before."



Jane Holben's "Applause"

DONATED PLANTS TO SEE

Outside, in the plot between the Fitness Center and the Linden Room, there's a lovely flowerbed in glorious color.

The seeds of the butterfly weed, a tropical annual, were donated by **Tom Krainik**. Tom collects seeds from the plants he grows on the Lumberton campus for Monarch butterflies and is willing to share them.



photo by Ellen Stimler

The Hibiscus was grown from seeds supplied by **Gwen Crawley**. Gwen leaves various seeds and plants at the Haddon Greenhouse and would be interested in swapping with others.

The Elephant Ears around Medford Leas were gifts of **Mort Yeomans**. The one in this bed was formerly in the Pool area.

Debbie Lux started the donated seeds in the Nature Center Greenhouse last spring and planted the seedlings and other plants early in the summer. It's easy to enjoy the plantings from inside the Fitness Center or the Linden Room, but it's worth the short walk outside to get their full effect.

K.K.



FAVORITE PLACES

by Bea Smolens

[Editor's Note: Some months ago, readers were invited to report on their favorite places. This is the first piece received.]

Although I have traveled three-quarters of the way around the globe, the most beautiful and enjoyable spot for me is less than five miles from Medford Leas, on Lake Pine, in this same township. For 35 years, I lived in a very large log cabin that faced west towards the setting sun reflected over the lake. During my early years there, my lullaby was the mournful cry of a loon. By day, until the alien Canada geese took over, I had a mélange of Peking and local ducks, pure and crossbred, that swooped from the sky when I called, "Here, quack, quack, quack." I have photographed geese eating from my dog's bowl when she refused her dinner.

The lot was less than an acre, yet there were 172 trees large enough to count, including a Hemlock and a patch of healthy old American Chestnuts. Best of all, my husband and son built a big stone barbecue, which became the centerpiece for picnics and barbecues. There was fun of all kinds – swimming and boating in summer and ice-skating in winter. We were able to share all of this with our summer church school groups as well as our extended family programs, our annual work picnics, our international guests, and personal friends.

Perhaps other places were as beautiful because they were far away and distant, cherished in photos or memory, but ours was an ongoing way of life. My son grew up and moved away; my husband died. But I continued to live there, working at a job that I loved, making a peaceful 16-mile drive through the woods, until I retired. There was a cozy studio apartment over the big garage where one or another friend lived for long periods. At times there were one or two people in the big house with me, and several times groups came for special retreats or to sample our kind of American life.

It provided a perpetual vacation while real life went on, and it eased the way into aging and

moving to Medford Leas. Yet memories and photographs remain of more than a place where I lived, but rather a way of life shared with many people whose paths crossed mine.

ACCIDENTAL GARDEN

by Maggie Woodard

Have you noticed the tomato plant growing in the front of the Atrium Garden? Have you wondered why it's there and how it got there?

Arthur Jombe, Lead Sanitation Services Coordinator in Dining Services, places food for the turtles in the Garden from the beginning of May to November. (The turtles hibernate when it's cold outside.) He puts sliced tomatoes, strawberries, cantaloupe, cat food, and sometimes lunch meat on the soil. It is said that turtles are drawn to the color red.

This year, for the first time, tomato seeds sprouted and a large plant, with many tomatoes, has emerged. Arthur figures that one time when he cleaned up the area with water, some seeds somehow went into the soil and, this summer, up came the tomato plant. Medford Leas is known to provide a stimulating environment!

Betsy Pennink, who draws the maps showing the plantings in courts and atria, is currently revising the Atrium's map, but her diagrams show only perennials, so the tomato plant will not be there.



photo by Margery Rubin

SPORTS DAY 2008
photos by Margery Rubin



Bocce



Croquet



Shuffleboard



Horseshoes



Music

ART GALLERY NEWS

by Helen L. Vukasin

The Gallery Committee is pleased to be a part of the October celebration of the founding of Medford Leas and the role played by resident **Tak Moriuchi**. The Medford Leas Gallery outside the Theater will have an exhibit of early Japanese woodblock prints and sketches, and photographs portraying the Japanese internment experience that some residents lived through during World War II. The exhibit will remain open through October and November.

John Brzostoski will describe the techniques that were used to produce these fabulous woodblock prints in a slide-talk presentation on Friday, October 3, at 11 am in the Theater.

A special exhibit of three-dimensional pieces and traditional kimonos will be on display in the Poplar Room (formerly Park Place), during the weekend of October 18. The special hours of the exhibit will be announced in the program for the weekend.

On Saturday, October 18, from 10 to 11:30 am, there will be a demonstration in the Theater of Ikebana (Japanese flower arranging) by students of **Yuri Moriuchi**.

That same afternoon, between 2 and 4 pm, **Tom Murakami** will welcome visitors to his Bridlington home, Apt. 671, to see the beauty and splendor of the unique furniture constructed in the famous George Nakashima workshop in New Hope, PA. Visitors will also see furniture designed by Murakami in the style of Nakashima. The Medford Leas van will shuttle residents between the Community Center and Tom's home.

The whole weekend is a celebration of Japanese American arts and culture in honor of residents Tak and Yuri Moriuchi. Areas to be covered, in addition to the art forms of prints and creative furniture, are family history of the Moriuchis, the Quaker influence, and the extreme challenges of the Japanese internment through

the historical photos, sketches, and art of Japanese residents.

The major event of the weekend will be a tribute to Tak Moriuchi in the Theater and the Holly Room from 2 to 4 pm on October 19. A film about the founding of Medford Leas and its Quaker roots will be shown continuously throughout the afternoon in the Theater.

Elsewhere on the Medford campus, in the Art Studio Gallery that extends through the ground-floor halls of the Community Building, from the Fitness Center to the Art Studio, a brand new exhibit of resident artists' work will open on October 13 from 10 am to 12:30 pm.

SUMMARY OF MORIUCHI EVENTS

September 29 to November 30 – Japanese art and culture, kimono display, internment memorabilia, etc. in the Art Gallery

October 3 – Lecture and slide show on Japanese Block Prints by **John Brzostoski**, at 11:00 am in the Theater.

October 18 -- Ikebana demonstration by students of **Yuri Moriuchi** from 10:00 to 11:30 am in the Theater.

October 18 – Tour of **Tom Murakami's** Bridlington apartment to see Nakashima furniture and Tom's own pieces modeled after Nakashima. The Medford Leas van will transport residents back and forth from the Community Center to Tom's home between 2:00 and 4:00 pm.

October 19 – **Moriuchi** honoree event in the Theater from 2:00 to 4:00 pm, starting with a film about the founding of Medford Leas and its Quaker roots. A reception will follow in the Holly Room. The film will be shown in the Theater continuously during the afternoon. The event is open to residents and the public.



JAPANESE AMERICANS AT MEDFORD LEAS – WHO ARE THEY?

by Sumi Kobayashi

There are 21 current and former Japanese American residents at Medford Leas. Most were born and grew up on the West Coast of the United States and came to the East Coast as a result of the United States Government placing all persons of Japanese ancestry in American-style concentration camps during World War II.

The evacuees had lived on the West Coast from Seattle to Southern California. The late **William Marutani** lived in Kent, WA; **Florence Ishida** in Seattle, WA. **Minoru Endo** and **Ida Shimanouchi** lived in San Francisco. Others in the Bay area were **Sumiko Kobayashi**, **Kazuye Oye**, and **Mary Toda**. **Takashi Moriuchi**, **Grayce Uyehara**, and the late **George Oye** hailed from central California. **Yuriko Moriuchi**, **Shigeko** and **James Kawano**, **Mary** and **Tom Murakami**, and **Hiroshi Uyehara** lived in the Los Angeles area. All were American citizens born in the United States who were swept up in the evacuation of ethnic Japanese.



Strength

They were first sent to temporary holding areas, like race tracks and fairgrounds, which could accommodate several thousand people, while semi-permanent barrack cities were prepared in interior mountain states and swampy land along the Mississippi River in Arkansas. Min Endo, Yuri Moriuchi, Tom Murakami, and Hiroshi Uyehara were assigned to horse stalls that had been hastily whitewashed and converted into living quarters.

As the fall of 1942 approached, the internees were sent to ten camps in California, Idaho, Wyoming, Colorado, Utah, Arizona, and Arkansas. True to their beliefs, the Quakers were in the forefront reaching out to the imprisoned

people. The American Friends Service Committee (AFSC) sent layettes to mothers of newborns in all ten camps. Florence Ishida was one of those who received a layette.



Friendship

As the tide of war changed in favor of the US, the Government allowed the release of the internees. Tom Murakami, Bill Marutani, Ida Shimanouchi, Sumi Kobayashi, and James and Shigeko Kawano left to attend college. Tak Moriuchi, Min Endo, and Hiroshi Uyehara had already graduated. Min Endo left for the Military Intelligence Service Language School in Minnesota, where he was retained as an instructor after going through intensive training. When the war ended, he went to Tokyo as part of the Occupation of Japan. Mary Toda became secretary to the Dean of the George School, a Friends boarding school in Bucks County.



Healing

The *Nisei* (American born and educated) who relocated to the East Coast found their futures in varying fields. Tak Moriuchi remained in agriculture and expanded his horizons to banking and real estate, and was one of the co-founders of Medford Leas. Min Endo became a Vice-President of Mikasa, Inc. Tom Murakami, PhD., Hiroshi Uyehara, and Sumi Kobayashi found technical careers with RCA, Westinghouse and FMC Corporation, respectively. James Kawano, a pharmacist, had his own store in West Philadelphia. Ida Shimanouchi and Grayce Uyehara went into education. Ida taught English at a progressive private school in Manhattan. Grayce switched careers from music to social work and

became a counselor in the Lower Merion School District. Grayce later played a key role as coordinator in the ten-year lobbying effort to obtain redress for the Japanese Americans.

As a result of the assistance of the Friends in the relocation centers and the welcoming attitude and helpful assistance in the resettlement process, many of the evacuees joined the Society of Friends. Tak and Yuri Moriuchi became stalwart supporters of Moorestown Meeting and its associated school. James and Shigeko Kawano joined Merion Meeting. George and Kaz Oye became members of Providence Meeting. George joined the staff of AFSC soon after he came to Philadelphia and volunteered to keep the books of the Friends Credit Union after he retired.

Tak Moriuchi was responsible for most of the Japanese Americans becoming residents of Medford Leas. He convinced fellow members of the Japanese American Citizens League (JACL) that Medford Leas was where they wanted to be when their children had flown the nest and they faced possible health problems in their senior years.



Love

Four Japanese American residents of Medford Leas were born in Japan and were not interned. **Victoria Marutani** was a nurse in occupied Japan, when she met Bill, who enlisted the help of his Congressman to enable her to enter the U.S., opening the door for other U.S. servicemen to marry Japanese women. **Kimiko DeFranco** also came to the U.S. as the bride of an American serviceman. **Steve Yanai** came to the U.S. after the war, earned a PhD in physical chemistry, and joined Rohm & Haas. The late **Suye Kobayashi** had come to the U.S. as a bride in 1922. She spent the last years of her life at Medford Leas and died in November 2001.

EMPLOYEE OF THE QUARTER

by Kay Cooley

Joanne O'Rourke has been named Employee of the Quarter for the second quarter of 2008. An employee of more than twelve years, she can be seen helping residents in several departments.



photo by Margery Rubin

Primarily a Companion in the Resident Services Department, Joanne devotes herself to the personal care of her residents and does her best to make their lives comfortable. She helps out in the Fitness Center several times a week, where she assists residents to go through their fitness program and

keep in shape. She sometimes helps out with Activities Department events and is especially known for her hand massages on Spa Days.

Joanne is a friend of her coworkers as well as of residents. They appreciate her willingness to help, her sense of humor, and her gentle, caring ways.

She has been happily married for forty years and is a proud mother and grandmother. Thank you, Joanne, for all you do for the Medford Leas community, and congratulations on being chosen as Employee of the Quarter!

IN MEMORIAM

Tom Darlington
Susan Arnold
Christian Trost
Scott Charles
June Medaugh

August 22
September 6
September 7
September 13
September 14

ZINC CAFE

by Ellen Stimler

“Zinc is a trace element that the body is unable to produce on its own; therefore it must be replenished every day through the diet.”

This quote is on little tent cards displayed on every table in the Zinc Cafe, which has opened in the space previously occupied by Izzie’s restaurant on Stokes Road in Medford.

I found out about Zinc from two residents who loved everything about the place. So a few days later I invited a friend to join me there for lunch.

Newly decorated, the dining room now has fewer tables, less noise, and a feeling of lightness and freshness. Tables are topped with granite, and cutlery is wrapped in cloth napkins. Weather permitting, a few diners can be served at tables on the sidewalk. Both the table settings and the food were described as “Casual California” by Robin Sammons, co-owner with her husband Chris, who manages the kitchen



Robin and Chris

photo by Ellen Stimler

After we were seated (no waiting), our waiter brought a tall glass containing long, very thin breadsticks resembling drinking straws, for dipping into a little crock of Boursin-type cheese. A great start. We asked the waiter about the food containing zinc, and he mentioned oysters and seafood in general.

Next, we concentrated on the menu, which listed soup of the day (\$4), seven appetizers (\$6-11),

eight salads (\$7-12), twelve sandwiches (\$7-11), and eight entrees (\$9-21). Even just concentrating on salads, it was a hard choice as every selection seemed special and different because of the combination of ingredients. As it happened, we both chose the same salad, “stuffed avocado with jumbo lump crab.”

We both felt it was the best salad we had tasted in years. The perfectly ripe avocado half was heaped with crab lumps and no filler whatever, just a delicate dressing that also touched the very fresh bed of spring mix underneath.

Although we knew we should not even think of dessert, we simply could not resist the raspberry crême brûlée (\$5) on the dessert menu. Raspberries were hidden in a light vanilla cream topped by a perfectly caramelized crust.

During our meal, Robin circulated among the tables, and, during a brief interview the next day, she told me more about their new venture. Neither she nor Chris trained at a culinary institute. For 10 years, both worked at The Beach House in Cardiff, CA, near La Jolla, where they learned to use fresh ingredients for an eclectic menu, including fresh seafood, seaweed, avocados, international cheeses, and Asian specialties.

After coming to New Jersey, Chris helped out at Food for Thought, Word of Mouth, and Braddock’s Tavern for 15 years. During this period, Robin was a caterer at Whole Foods.

Zinc Cafe is open Tuesday through Saturday from 11:30 am to 9 pm. The same menu is served throughout the day, but for the evening meal portions (and prices) are somewhat larger. Reservations are welcome (609-953-9462). On Sundays, an extensive brunch menu of at least 24 choices is available from 8 am to 2 pm. In addition to the standard varieties of eggs, pancakes, and French toast, there are offerings such as “mango and avocado frittata” (\$7), “Asian calamari with ginger over field greens” (\$9), and “crispy tilapia sandwich with artichoke spread” (\$9).



WATER VOLLEYBALL CONTEST

by Ellen Stimler

A team of residents led by **Charlie Morrow** won the first-ever water volleyball game against a team of Medford Leas employees, played in the Lumberton pool on Friday afternoon, August 29.

Grace Schaffel, a veteran of many prior volleyball contests, praised the great spirit of the employee team, captained by **Bill Conte**. The team was playing for the first time, Grace pointed out, they had no time to practice, and they were not familiar with the rules of the game. Nevertheless they won two games, as against three for the residents.

Rick Trandahl, a member of the Fitness and Aquatics Department, had the idea for the contest and enlisted Bill Conte to recruit an employee team. Bill had a team of about 16 employees ready to play on the initial date fixed for the game. Unfortunately, it was rained out, and many team members couldn't make the new date on the Friday of the Labor Day weekend.

After the game and changing into dry clothes, the players headed into the Community Center, where Medford Leas Dining Services had prepared a supper of hamburgers, hot dogs, salads, cookies, and fruit.

For the resident team, the Leas Leapers, this game was a warm-up for their semi-annual competition with the team from Kendal-Crosslands CCRC. But on September 11 the Leapers lost that best-of-five match, three games to one.

Aside from the players already mentioned, the resident team included **Lefty Alderfer, Liz Gyswyt, Doris Klaver, Carmen Kunyczka, Tom Lang, Bill Reifsteck, John Sommi, Carol** and **Jim Suplee, Hannah Wilson, and Will Wythoff**. The employees on Bill Conte's team were **Bob Costigan, Lenny Oman, Jackie Pacheco, Reese Stienagle, and Ed Ellis**. Rick Trandahl was the scorekeeper.

All the players agreed to have more games soon. "It was a very nice affair, with lots of laughter," said Charlie Morrow.



photo by Ed House

Jackie Pacheco dishes one up

ELDERHOSTEL ROAD SCHOLAR

by Kitty Katzell

Medford Leas' Marketing Department has been working closely with Elderhostel to bring new programs for the public to our campus. Last spring, four Day of Discovery programs were held on *Training Your Brain*, as described on page 4 of the May issue of *Medford Leas Life*. Then in June, there was the Crossword Puzzle Elderhostel, which was reported on page 10 of the September issue. Coming up next will be four more *Training your Brain* sessions, which are already filled. Each Elderhostel program draws visitors who get a close look at Medford Leas, visitors who might otherwise be unaware of all that our CCRC has to offer.

The latest Elderhostel program, now in progress at Medford Leas, is one of their Road Scholar Day of Discovery programs, this time on *The Wisdom of Our Fathers*. The eight Days of Discovery are being held on successive Thursdays from September 11 through October 16. They will deal with the history of Mount Rushmore, the political issues that each of the four presidents who are memorialized there had to deal with, and the relationship of today's political issues to those that were faced by the country's Fathers.

IS YOUR GARDEN READY FOR WINTER?

As you clean up your garden for winter, your garden waste should go to the compost pile. In Bridlington and Rushmore, residents may put garden waste on the ground outside the recycling stations. Residents who live in the courts may put garden waste in a bag near the door to the Trash Room. In both cases, Landscaping will pick it up as they make their rounds.

MLRA Resource Conservation Committee

THRIFT SHOP VIGNETTE

by Ellen Stimler

On a Tuesday in August my friend Johanna brought her friend Jean to do a little shopping in the Thrift Shop. The ladies each had several shopping bags of bargains when I met them at noon to take them to lunch. On her way out, Jean passed the long table across from the Haddon Greenhouse, and noticed a powder blue sweater that matched her outfit. She tried it on with the encouragement of several salesladies, admired herself in the mirror, and happily paid the three dollars charged.

Finally we headed upstairs toward the Coffee Shop. Shortly after getting off the elevator, I heard my name called. We saw two of the salesladies running toward us. "I'm so glad we caught up with you. There's been a terrible mistake," one of them said, "and we do apologize." The blue sweater belonged to a resident who had dropped it on the table and was quite frantic when she went to retrieve it. Everybody had a good-natured laugh, the sweater was returned, and Jean received a full refund.

TOTE BAGS FOR WALKERS

Wen Eby now makes tote bags for walkers. Held on by Velcro, they are large enough for a book, glasses, keys, whatever. Proceeds from sales of the bags go to the Appreciation Fund. See them in the Fiber Arts Studio.



photo by K. Katzell

MACINTOSH COMPUTER USER HELP

by Barbara Griffith

Residents who have MAC computers probably know about the Tuesday evening classes with Anne Harkins. In addition, the South Jersey Apple User Group (SJAUG) meets in the Linden Room from 9 a.m. to noon on the fourth Saturday of each month. They usually have a program and a Q&A period where members with knowledge and experience help others.

On the Lumberton campus, MACs for Students meets from noon to 4 pm on the first Sunday of the month. This group of volunteers renovates older MACs for donation to seniors, students, and the handicapped. The session is a "hardware" workshop, where workers are likely to learn something about the insides of MACs.

For further information about these programs, contact Roger Lippincott at sjaug@mac.com or teddaandroger@comcast.net



ALZHEIMER'S WALK

Medford Leas will be participating in the annual Alzheimer's Walk on Saturday, November 1. It will be a 3-mile walk, starting from Citizens Bank Park, the Home of the Phillies. Anyone who is able to walk three miles is welcome to enter. The Walk will start at 11 am, so those entering need to be in Philly by 9:30 am for registration. For more information or to sign up, call **Charity Reily**, in Resident Services, at 3119, or **Pat Wilus**, in Human Resources, at 3025.

HEALTHFUL VOLUNTEERISM

by Kitty Katzell

The Johns Hopkins Medical Letter says that volunteering seems to have a positive impact on one's physical health. Data from over 30 studies showed that people who volunteer have less depression, greater life satisfaction, and longer lives than those who don't.

It seems that the structure and social support provided by volunteer activities help stave off the depression that often accompanies chronic illnesses. Also, volunteering is associated with increased blood flow in certain areas of the brain, which may indicate more connections between brain cells in those areas.

So, if for no other reason than the health benefits, residents may want to find one or more of the many MLRA committees and get involved.

RESIDENTS IN THE NEWS

Maggie Heineman was mentioned and quoted in national newsprint. A *USA Today* reporter, who was preparing an article on the growth of bicycling tours in the US, became a participant in a 5-day tour in Vermont. The reporter was interested in Maggie's story and when the article appeared in the September 5 issue of the paper, it included these lines: "Some have been biking for decades. Others, like Maggie Heineman of Medford, NJ, came to the pursuit late in life. Sitting at the breakfast table in the Old Tavern at Grafton on Day 2, the trim, attractive 72-year-old tells of a lifetime of yo-yo dieting until, at age 67, she got on a bike. 'My goal is to be cycling when I'm 85 because it's social. And it's fun,' she says."

Lin House was pictured on the front page of the September 11 issue of *The Central Record*, in a column headed "Tennis Anyone". She was among those participating in the Bob Hoffman Memorial Senior Tennis Tournament at the Arrowhead Tennis Club.

WHO'S NEW

photos by Margery Rubin

Suzanne and Stefan (Steve) Frank moved to Apt. 63 on July 24, after years of living in South Jersey. They already knew Medford Leas well and have many friends here. For a long time they had been visiting the late **Edith Miller** and **Edna Kahn**. Present-day friends are, among others, **Ellie Stimler**, **Ellen Wiener**, **Colette** and **Bart Bartholomew**, and **Blanche Lippincott**.

Suzanne was born in Würzburg, Germany. (She was amazed to find two other residents who had been born there, too!) She came to the U.S. in 1940 and grew up in Flushing, NY. Suzanne received her BA in English literature from the University of Michigan.



Steve was born in Regensburg, Germany, and came to the U.S. in 1937 at the age of 15. He was already an apprentice cook and had been baking (with a little help) since the age of seven. Living with relatives until his parents joined him in

1940, he went to the Food Trades Vocational High School in New York City. He left to help support his parents. In spite of being classified as an "enemy alien," Steve was drafted into the U.S. Army after Pearl Harbor. While he was serving in Italy, he was sworn in as an American citizen by a representative of the U.S. State Department.

After his discharge, Steve re-enlisted in the Army and earned his high school diploma at night school in Washington, DC. He went on to Cornell University under the GI Bill and received a BA in chemistry and an MFS (Master of Food Science). Meanwhile relatives of Suzanne and Steve had been trying to get them together. Suzanne insisted that they correspond first. (Steve was still at Cornell.) They were married in 1955.

Soon afterward, the Franks moved to Chicago where Steve had a job as a research food technologist for a soybean company. Suzanne left her job at *Colliers* in New York. She then worked for *Chicago Magazine* in many capacities. The Franks' first two children, daughters, were born in Chicago.

After five years the Franks moved to Southern New Jersey. They spent a year in Pennsauken, then 24 years in Mt. Laurel, where their son was born, and 21 years in Medford Lakes. Steve retired in 1990 as a manager in the international division of Campbell Soup, after working there as a food technologist for 30 years.

Suzanne has written for internal magazines for a management company in Mt. Laurel and for Scott Paper. She has also been in real estate. Most recently she has been Recycling Coordinator for Medford Lakes. She is still on the Environmental Commission for Medford Lakes. Suzanne loves tennis, bridge, reading, listening to music, and photography. Both Franks are movie buffs.



Steve has done considerable volunteer work. He enjoys bridge and reading. He took painting lessons from 1973 on and works with both oil and watercolor. He hasn't given up cooking, especially baking. Suzanne says he makes the best pies in the world.

The Franks are enthusiastic members of the Friendship Force of Southern New Jersey, part of an international organization. Once a year club members have the opportunity to make one-week stays with families, perhaps in two different foreign cities, with the aim of getting to know their cultures and making lifelong friendships. Suzanne and Steve have made many visits abroad this way. Reciprocally, they have hosted incoming members from 15 different countries.

Betsy Pennink

OCTOBER CRYPTOGRAM

by Janet Gray

NTPCTPUV, TPU DXL

CPBUADFC XAUP CXWQUFCPXAU

LFWUTABFC?

WUTAUG, WBOU VKU VKBFCG XI

NTF, DXL ZBVK DXLP IPUGK

KUTPV ETPU IXP, ETF DXL?

– CUPTPQ NTFWUD KXHOBFG

Here is the solution to the September cryptogram by Alice Culbreth:

THE PRIMARY SIGN OF A WELL-ORDERED MIND IS A MAN'S ABILITY TO REMAIN IN ONE PLACE AND LINGER IN HIS OWN COMPANY.

– LUCIUS ANNAEUS SENECA, THE YOUNGER

The correct solution was received from 28 readers: **Ken Anderson, Ruth Blattenberger, Marion Burk, George Cardona, John Caughey, Gwen Crawley, Anne Cree, Doris Curley, Liz Dill, Betty Donahue, Louise Evaul, Dorothy Garver, Janet Gray, Herb Heineman, Barbara Heizman, Patty Hopton, Hugh Jenkins, Sally Klos, Mary Ann Metzger, Alice Norcross, Helen Peterson, Ed Porter, Betty Preston, Warren Reeves, Fran Reynolds, Doris Salati, Florence Sawyer, Peg Scott, Miriam Ward, Ellen Wiener.**

Please put your solution in an envelope in Box 162 by October 10 or send it by email to estimuler@medleas.com. We encourage solvers to submit new cryptograms for future use.

MEDFORD LEAS LIFE

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

