



Medford Leas *Life*

VOL. XXXVI, No.10

DECEMBER 2008

WEDDING OF THE YEAR

by Betsy Pennink

It isn't every day that all the residents of Medford Leas are invited to a wedding. So it was that a crowd of residents thronged into the Theater with great excitement for the marriage of **William (Bill) Conte**, Maintenance, and **Maurica (Reese) Steinagle**, Environmental Services, on the evening of October 30.

Nannette Hanslowe, at the piano on the stage, played soft music as the seats filled, and those in wheelchairs lined up behind the back row. The front edge of the stage was decorated with a garland of autumn leaves and several teddy bears of different sizes. A large pair of teddy bears sat in the middle, clothed in wedding finery: a white dress with a satin bow and a black tuxedo with a red vest, respectively. Eyes focused, however, on the arch of white tulle, decorated with sparkling red grape leaves and red grapes, which stood directly in front of the stage.

Ariel Hyun began the ceremony by announcing that she and Nan had prepared a medley of songs for the occasion. Accompanied by Nan, Ariel sang "Always" by Irving Berlin and, for the younger generation, "I Will Always Love You" by Dolly Parton.

Then, the **Rev. Jim Muir** took his place at the lectern. Bridesmaids stood on the left. The two girls in strapless gowns were Katie Conte (Bill's daughter) and Ashley Otero (Reese's daughter). Three residents were also bridesmaids: **Mary Frances Denworth**, **Elizabeth Parnell**, and **Louise Evaul**. All five carried bouquets of pink roses, baby's breath, and purple statice.



photo by Margery Rubin

The groom's party stood on the right. The three young men were Reese's sons: Julian, Joshua, and Damian Otero. The three residents were Best Man **Karl Mendel**, and ushers **Wil Britten** and **Al Pfeiffer**.

Bill arrived, dressed in a teal-green shirt and black trousers. He wore a black wool cap with a visor, which he removed for the prayers. (Bill said later that he had to wear a cap or nobody would have recognized him.)

The attendees rose to the notes of "Here Comes the Bride," and Reese came down the aisle on the arm of **John Brzostoski**, who gave her away. Reese's floor-length strapless dress was of shimmering light green and she carried a bouquet of large pink roses.

Jim Muir conducted the ceremony. Bill and Reese exchanged vows, kissed on cue, and the families retired to the Gathering Room, where

there was a beautiful three-tiered wedding cake. The receiving line was long as so many wanted to congratulate the couple. When asked what made them decide to have their wedding at Medford Leas, Reese answered that it was because all the residents were like family. Bill said that, in the 25 years that he has worked at Medford Leas and the 10 years that Reese has been here, the residents "have given so much to us that we wanted to give something back." There were many residents who would claim that Bill and Reese had been giving to them all along.

The three resident bridesmaids were pleased that they had been involved in creating the bouquets, put together with **Debbie Lux** at Louise Evaul's apartment. Debbie was also responsible for the other floral arrangements.

Jim Muir had remarked at the beginning of the ceremony on the number of smiling faces in the Theater, but residents were still smiling the next day. They commented on what a happy occasion it was, on how they'd never been to a wedding like that before, and how pleased they were to be part of such a large group of residents sharing the same delightful experience.

THE THEATER'S SOUND SYSTEM

The last time you were in the Theater for a program, did you have trouble hearing? If so, here are some suggestions that can help.

1. Before you go into the Theater for a program or meeting, take a headset from the table outside. Try using it. Even people with excellent hearing find that a headset improves the clarity of reception.
2. If you wear a hearing aid, remove it before donning the headset, to avoid creating an annoying whistle.
3. When using the mike, hold it out in front of you and point it toward your mouth. Your hand should be at the level of your mouth, **not** below your chin.

K.K.

DECEMBER DOINGS

photos by Margery Rubin

It is traditional at Medford Leas for residents to give a single greeting card to be shared by all other residents. A basket is provided at the Front Desk where the cards are to be placed. Then, on Decorating Day, the cards themselves form part of the decorations in the Atrium.

December 1 – **Decorating Day**, when residents help with putting up the Holiday decorations throughout Medford Leas.



December 4 – the **Employees' Holiday Show**. Tickets will have been issued on Friday, November 21 between 8:30 and 10:30 am.

December 21 – **Chanukah** starts at sundown.

December 24 – **Christmas Eve Service** in the Theater. The evening begins at 6:45 with recorded music from Handel's *Messiah*. A service of carols and readings starts at 7:30 and lasts for less than an hour. Everyone is welcome.

December 29 – the last day of **Chanukah**.

January 5 – **Undecorating Day**, when residents help with taking down the Holiday decorations.

K.K.



ELECTION AT MEDFORD LEAS

by Ellen Stimler

The election results from Medford Leas were historic. This district, #9, had 442 eligible voters, and 404 of them voted in person or with absentee ballots. That was a turnout of 91 percent, a record. Also, for the first time at Medford Leas, the Democratic candidate for President received a majority of votes. In addition, a Democrat was elected to replace the Republican Congressman who had represented this district for as long as anyone can remember.

The results in the major races were as follows:

For President

Barack Obama	278
John McCain	99

For U.S. Senate

Frank Lautenberg	230
Dick Zimmer	119

For U.S. House of Representatives

John Adler	235
Chris Myers	113

For the first time in 25 years, two Democrats were elected to the five-member Burlington County Board of Chosen Freeholders: Chris Brown and Maryanne Reinhart, each receiving 210 votes from Medford Leas.

With respect to the two ballot questions at Medford Leas, the first one received a majority of "Yes" votes, and the second one was rejected by just one vote.

Several elections ago, District 9 was divided and limited to include only Medford Leas residents. This year the Creekside housing development, on land leased from Medford Leas, was added to District 9. About 20 people no longer eligible to vote at Medford Leas had to be sent to their new polling place at Bob Bende Park on Route 541.

The voting started at 6 am with a trickle of voters that swelled to a waiting line of 12-15 between 10 am and 12 noon. By 2 pm two-thirds of all eligible voters had come in, and the rest showed up before 6 pm, leaving the remaining two hours for poll workers to take turns eating dinner.

There were no incidents or glitches. Four voters had to be given provisional ballots. Their names were not in the poll book even though they had identification showing that they were eligible to vote in District 9. The Board of Elections will investigate their cases and count their ballots if a mistake was made, or the Board may request more information. Voters are told they may call the Board after ten days to find out the disposition and the reason for it.

Four workers staff the polling place: two Democrats, **Colette** and **Evert "Bart" Bartholomew**, and two Republicans, Robert Plasmert and Vivien Johnson. Mr. Plasmert has worked the polls for 15 years, the Bartholomews for 14. Mrs. Johnson is the newest member, working in

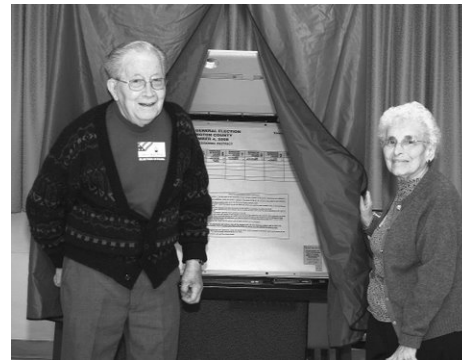


photo by Margery Rubin

2008 for the second time. All poll workers complete a training course given by the Board of Elections and refresher courses every two years. In

the interim, they receive information on new procedures and technical changes. A special "must read" packet of information is sent before a general election. This year, the packet included a new rule about the ban on political insignia or clothing within 100 feet of a polling place and use of emergency ballots.

On Election Day, the workers must report at 5:15 am in the Activities Room. It takes them until 6:00 am to open and ready the voting machine, arrange the room with tables and chairs, and organize their books and other election materials. At 8 pm the back of the machine is opened, and workers extract the tapes that record the number of votes for each candidate and the ballot questions. The machine is then closed, ready for removal. One of the workers must deliver the results to Medford Township. After an exhausting 16-hour day, the workers are finally able to head home.

AN MLRA SCHOLARSHIP STORY

by Kay Cooley

[Many employees have taken advantage of Medford Leas' scholarship funds to help finance degrees and certificates that help them advance productive careers. This story is emblematic of how far one can go with a goal, hard work, and a little help.]



photo by Margery Rubin

Liz Conlin began working at Medford Leas in 1997 as a part-time nurse on the John Woolman Unit. She held an associate's degree in Science from Camden County College and a three-year diploma in nursing from the Helene Fuld School of Nursing. She had

worked as a home care nurse and in nursing positions at Voorhees West Jersey Hospital.

In January 1999, Liz was appointed Nurse Manager of Woolman, and that August she started her bachelor's degree courses aided by Nursing Scholarship funds. For three years, she and **Trudy DeLacy** traveled Wednesday evenings to Jeanes Hospital in Philadelphia for three-hour satellite classes. In May of 2003 they went to the University of St. Francis in Joliet, IL to receive their bachelor's degrees in health services administration.

In 2004, Liz started commuting again to Jeanes Hospital, this time for graduate courses. In 2006, she began taking courses online and this past September, passed her comprehensive exam. In January 2009, she will receive her Master's Degree in Health Administration. Liz says she was able to accomplish her academic achievements with the assistance of the Medford Leas nursing tuition scholarship funds.

She writes: "I am proud to be the first in my family to have a master's degree and accomplish it with a 4.0 grade point average. I am very fortunate to work at Medford Leas. The opportunities at Medford Leas enhance so many lives whether it is resident or staff, and I am proof of it."

Liz is now Director of Quality and Infection Control in Medford Leas Health Services.

2009 GREAT DECISIONS

by Kitty Katzell

From February 12 through April 2, the Great Decisions sessions will be held at 10:30 am every Thursday in the Theater. **Bill Heisler**, chairman of Great Decisions, has received the following list of topics from the World Affairs Council.

The U.S. and Rising Powers: Who are these rising powers? Will their emergence change the global balance of power? How will the U.S. react?

Afghanistan and Pakistan: What impact will renewed U.S. interest have on the two states and on U.S. defense strategy?

Energy and the Global Economy: What are the potential consequences of huge wealth transfers to oil-exporting states? Are there any realistic alternative energy scenarios on the horizon?

The Arctic Age: How will sovereignty disputes among the five countries bordering the Arctic affect its potential development? What impact will this race have on an environment already in flux?

Egypt in the 21st Century: With elections in 2009, how will Egypt deal with domestic issues ranging from Islamic radicalism to food shortages? What factors will influence its path?

Global Food Supply: What factors are driving up food prices? Can they be tamed? What will be the political fallout for governments that fail to act? What role can global institutions play?

Universal Human Rights: Do human rights transcend national borders and customs? Is the definition of human rights changing?

Background briefing books for Great Decisions will be available for purchase in December. Meanwhile, Bill Heisler is recruiting discussion leaders for the eight sessions.



LENAPE'S SEASONAL OFFERINGS

by Ellen Stimler

Keeping up a long tradition, the Lenape Regional High School District is providing free admission and transportation for residents to its Holiday Choral Festival on Sunday, December 14, at 2 pm.



Dining Service has graciously agreed to serve an early Sunday dinner at 11:45 for those residents who signed up to go to this concert. The bus will leave from the front entrance at 1 pm. Students from all four high schools – Lenape, Cherokee, Shawnee, and Seneca – will sing in this performance. A sign-up sheet will be at the Front Desk on December 1.

In addition, two of the schools have announced shows in December, but no school bus transportation will be provided. Residents who want to attend these performances would have to drive or form car pools. The plays and dates are as follows:



**Cherokee High School, at
the Performing Arts Center:**

“Big – The Musical.”

Dec. 4, at 7 pm
Dec. 5, at 7:30 pm
Dec. 6, at 2 and 7:30 pm

**Seneca High School,
Tabernacle,**

“Get Smart”

Dec. 4 and 5, at 7 pm
Dec. 6, at 2 pm



ART GALLERY NEWS

by Helen L. Vukasin

It is December and as tradition dictates, we are welcoming the Philadelphia Society of Calligraphers in the Medford Leas Art Gallery. There will be an opening reception on Tuesday, December 9, from 3 to 4:30 pm in the Gathering Room. The artists will say a few words about their work. The exhibit is organized by **Harry Forrest**.

At Lumberton, **Chuck** and **Barbara Lassen** will share the gallery space for an exhibit of “The Lighthouse and the Kitty Cats.” Chuck and Barbara have developed their skills in the Art Studio, neither having painted seriously before coming to Medford Leas. There will be a surprise showing of the sculpture of **Mort Yeomans**, President of the Lumberton Council.

In the Art Studio Gallery the works of 27 resident artists will be shown for a few months. Some of the paintings have been sold, and the works have been replaced.

COMING CÉZANNE SHOW

In the next few weeks, there will be many announcements of the blockbuster show “Cézanne and Beyond” opening at the Philadelphia Art Museum in February 2009. The MLRA Gallery Committee has already reserved Tuesday, March 24, for a private guided tour of this exhibit, which will not be shown anywhere else. According to the Art Museum’s brochure, it includes “60 of Cézanne’s greatest masterpieces, drawn from private collections and major museums the world over ... The exhibition will explore Cézanne’s profound influence ... from Henri Matisse and Pablo Picasso to Jasper Johns.” Residents will receive a sign-up flyer in February.

E.S.

LIFE IN ASSISTED LIVING & ESTAUGH

by Maggie Woodard

Residents from Assisted Living and Estaugh enjoyed Oktoberfest in the Back Porch Garden on October 9. Birch beer from a large keg was served in steins, and German wine and beer were also offered. Sauerkraut and knockwurst, which had been sliced by Estaugh residents that morning, were served with the beer.

Gerry Stride, Director of Community Life, and **Linda Schultz**, Therapeutic Recreation Lead Assistant, danced to recorded German music. **Josephine Morris**, Apt. 490, also danced, using her walker, while staff members **Rachel Conte**, **Terry Tuffnell**, **Colleen D'Arcy**, Linda, Gerry, and others clapped to the music along with the residents.

On October 23, **Bart Bartholomew**, assisted by his wife **Colette**, led a group of wheelchair square dancers in the Activities Room. Following Bart's calls, 15 staff and resident volunteer helpers pushed 15 residents in wheelchairs to recorded music, the wheelchair residents clapping their hands to the music. Another 15 residents sat and watched, singing and clapping to the Hokey-Pokey, Alley Cat, the Chicken Dance, and the Virginia Reel.

In one dance, the helpers followed a routine in which they knelt down and put their elbows on the floor. When this dance ended, one helper was heard joking "Where's the Advil?" The program ended with a Grand March. Helpers pushed the wheelchairs to the Atrium, around the Atrium to the Front Desk and back, with loud music playing. Bart has been leading these dances since August, 1996.

On October 31, over 60 residents enjoyed a raucous Annual Halloween Variety Show in the Activities Room. Chairs were festooned with colorful balloons; a large spider web and a spider decorated one of the windows, and colorful figures adorned one wall. Four residents and many of the staff wore Halloween costumes. Gerry Stride directed the program. The audience was mostly Assisted Living and Estaugh resi-

dents, but some were from independent living areas.

From time to time during this day's program, Gerry led the group in singing, accompanied by **Nannette Hanslowe** at the piano. After seven members of the nursing staff sang "A Spoonful of Sugar," nurse **Peggy Bamberger**, dressed as a bride, danced and sang "Get Me to the Church on Time." **Rick Trandahl**, **Ken Roland** and **Ed Ellis** of the Fitness Staff then did a lively comedy routine as the Three Stooges, with Director **Beverly Kannengieszer** joining in.

The big feature of the day was their version of the Wizard of Oz, featuring staff in costume. Large fans blew paper strips around the room, simulating a tornado. Rachel Conte, as Dorothy holding a live dog in her arms, sang "Over the Rainbow." Colleen D'Arcy, the Scarecrow, sang "I Need a Brain." Linda Schultz, the Tin Man, sang "If I Only Had a Heart." **Jessica Magaziak**, the Cowardly Lion, wanted courage and strength. Terry Tuffnell was the Wicked Witch of the West, and **Davina Deusinger**, the Good Witch of the North. The Cowardly Lion found Gerry, the Wizard of Oz, who gave the Brain Gym to the Scarecrow, a heart to the Tin Man, and courage badges to the Cowardly Lion and everyone else, while singing that Medford Leas provides everything and leading the audience in singing "There's No Place like Medford Leas." That is certainly true!



BIG PUSH FOR AWARENESS

by Suzanne Frank

"In the spirit of cooperation, we want to bring people together," said **Gerry Stride**, Director of Community Life, as she explained the purpose of staging the November 5 *Walk for Alzheimer's*. "Everyone -- at any age -- is fearful of this condition, so we need to raise people's awareness of the disease and also raise as much money as we can for research."

Previous to the Walk, six independent residents signed up as walkers, and ten volunteered to push Estaugh folks who are in wheelchairs. "Many of those pushing wheelchairs have spouses in Estaugh," Gerry said, "so these husbands and wives are in a position to witness first hand the devastation Alzheimer's can cause. We have to be proactive to find a cure, and our offering such aids as 'Brain Gym' to residents is the administration's attempt to further this cause."

Because the weather looked threatening, the Walk was moved from a planned outside route to walks around some of the Courts. It isn't every day that you see CEO **Dennis Koza** pushing a resident from Estaugh in a wheelchair.

Asked to explain his good humor, Dennis responded, "This is the best job I've ever had in the 15 years of my career. I just love coming to work. And participating in events such as this is very meaningful!" He was especially pleased with the high spirit and camaraderie exhibited by all involved – the pushers, the walkers, and the wheelchair-bound.

The idea for the Alzheimer's Walk had come from **Charity Reily**, Resident Services Assistant. She had received information about Alzheimer's, and the idea to form a team was born. On November 1, about 35 staff members and their families participated in the 8th Annual Alzheimer's Walk to Citizen's Bank Park in Philadelphia. They completed the required 3.1 mile walk and raised contributions for the Delaware Valley Chapter of Alzheimer's, according to **Pat**

Wilus, Director of Human Resources. "We would really like to make it an annual event," she remarked, as she beamed with satisfaction while looking around the Holly Room at all the residents who were enjoying snacks, kisses, and hugs of friendship.



photo by Rick Trandahl

For those who are pumped up by this community effort, please make your check out to the Alzheimer's Foundation and ask the receptionist to put it in Charity's box.

MOVIE NOTICE

There will be no bus to the movies in December because of the many other holiday-related events. The next trip will be on the usual schedule, the third Monday of the month, January 19.

REVISITING GERMANY IN 2008

by Lili Wronker

Born in Berlin, Germany, I had a happy childhood until the Nazis came to power. Because I was Jewish, I was expelled from my public school and then sent to a private Jewish school by my parents. That is where I drew a timetable, with all the subjects we were taught. Eventually, I donated the original drawing to the Jewish Museum in Berlin, where it became the most-viewed object by young visitors.

Because of this drawing, the Jewish Museum in Berlin invited me and my daughter to talk to children aged 9 to 16 about my experiences before Kristallnacht (Night of the Broken Glass), November 9, 1938. That was when my family escaped from Germany, amid burning synagogues and the destruction and expropriation of Jewish stores and businesses.

For two days, I met with the students and answered their questions. I was impressed by how mature and serious they were; it was an experience that gave me hope for their future. While in Berlin, we visited the doctor who now lives in our former home and went to museums where I found paintings I remembered from my childhood visits.

After Berlin, my daughter and I set out on an itinerary of our own, visiting Dresden, Nuremberg, Munich, Regensburg, Dusseldorf, and Frankfurt.

Everywhere, organizations and friends offered us generous hospitality. We saw wonderful art in museums and new Jewish life with immigrants from Russia.

One memorable side trip with a friend and a Polish interpreter took us to the former home of my husband's grandparents, the Hermann Wronkers, who owned many department stores. They were among the Jews who were deported and murdered in Auschwitz. To our surprise, the present owner of the house invited us in for coffee and cake. We also stopped in the town of

Wronki, the origin of the Wronker name, which means raven in Polish.

While grateful for much beauty and personal kindness during our 22 days abroad, I am still aware that there are persons in power today who were active during the Hitler regime, including the man who "Aryanized" the Wronker stores.

I was most interested to learn about a new project designed to memorialize the Jews who were deported and murdered in concentration camps. Bricks inscribed with names of Holocaust victims are placed into the sidewalk in front of the former resident's last voluntary address. The placement of the stone is a ceremony attended by community and family members. The project, adopted by many German cities, is called "Stolpersteine" (stumbling stones).



Stolpersteine

photo by Lili Wronker

I won't live to see what the next generation will be faced with, but I returned to Medford Leas inspired and encouraged by what I had experienced and with faith in the youth of today.

SIGNING UP FOR GENOMES

by Ellen Stimler



Two top staff members of the Coriell Institute for Medical Research came to Medford Leas a third time to offer additional

residents the opportunity to join their Personalized Medicine research project. Thirty residents decided to participate on November 3, in addition to about 90 who enrolled during the two earlier presentations.

Residents signed up on the promise that, eventually, they would receive information on their genome profiles, which could reveal increased risk for certain diseases and tolerance for specific medications. Participants had to sign a consent form, give a saliva sample, and give an email address. Maren Gaughan, Coriell's Director of Development, offered to give email addresses to residents who do not have them but can use a computer in the Computer Room. Because of privacy considerations, all genome information will be sent only to individual email addresses after Coriell's special website (a portal) has been opened. On the website, residents have a choice of viewing or ignoring their risk factors.

Only "actionable" diseases will be disclosed, meaning those for which effective treatment is available. A board of experts will decide which diseases are "actionable" and update the list periodically, based on the latest research.

Summarizing and updating information about what is now called the Coriell Personal Medicine Collaborative (CPMC), Courtney Sill, Director of Communications, made the following points:

- The focus of the research is the part of the genome called a "snit," which contains the information on the 1% of DNA that is unique for each individual.
- The Institute is interested in the use made of the information about disease risks, etc. Is it

shared with health providers? Does it lead to changes in lifestyle, medications?

- Before the genome information will be finalized, participants will have to complete a family and health history questionnaire, which will then be integrated with the genome information.
- The information revealed in the genome is "just a little piece of the puzzle, a little piece that can help in one's healthcare."

Participation in the project is absolutely free, although it costs about \$1,000 for the construction of each genome. The CPMC expects to enroll 100,000 volunteers and already has the cooperation of many hospitals, as well as Harvard, Princeton, and Sloan-Kettering.

Coriell now has genetic counselors on staff, and participants may discuss concerns in person, by phone, or email.

Residents who are interested in participating should call **Charity Reily, 3119**, to discuss their options.

ENERGY TIP OF THE MONTH

Give a gift to the environment this season. Use artificial wreaths and trees and a minimum of lights. The old ornaments have special memories, too. Fresh greens go to the compost pile.

CONSERVE, REUSE, RECYCLE.

Your Resource Conservation Committee

IN MEMORIAM

Minoru Endo	October 27
Edmond Preston	October 29
Eleanor Greenley	October 30
Maxine Prewitt	November 5
Della McDaniels	November 8
Ann Walker	November 22

CELEBRATION OF TAK MORIUCHI

by Kay Cooley

“Of all the things I have done, building Medford Leas has been one of the most satisfying.”

These words of **Takashi “Tak” Moriuchi** set the perspective in which his accomplishments and his role in founding Medford Leas were honored in a special reception on Sunday, October 19. Over 350 family, friends, associates, residents, and staff filled the Theater to pay tribute to this remarkable man.

The afternoon program drew on the personal reminiscences of individuals associated with Tak in the Medford Leas community. **Dennis Koza**, who became CEO during Tak’s last year on the Estaugh Board, said, “It didn’t take me long to realize that the feeling of uniqueness that I experienced here on my first day at Medford Leas ... is the heritage that began some 36 years ago with that quiet man I knew and the other founders of Medford Leas.”

Tom Zemaitis, chairman of the Estaugh Board, noted that “without Tak’s persistence and without his vision, there wouldn’t be a Medford Leas and it certainly wouldn’t be the place it has become. We are fortunate to be able to stand on the shoulders of Tak and the other founders of Medford Leas.”

David Barclay, a Trustee and the grandson of **Lew Barton**, another founder of Medford Leas, announced to the audience that a yellow magnolia tree had been planted in honor of Tak and his wife **Yuri** (who, incidentally, were celebrating their 62nd wedding anniversary that weekend). Dr. Barclay said that this gift of the Arboretum Committee was particularly appropriate, because the tree was native to both Asia and North America.

Highlighting the program and linking it to a tribute to Tak held on June 8 at the Medford Meeting House was a film documentary, “Medford Leas – A Dream Fulfilled.” Featuring clips of speakers’ testimonials at that Meeting,

scenes of Medford Leas’ beautiful campus, and the interaction of residents in a variety of settings, the film captures the vibrant spirit of Medford Leas in its multifarious forms. Shots of Tak throughout hint at his pervasive influence in creating this oasis of peace and harmony. The film is intended to be used as both an archive and a marketing tool, and will be available for purchase as a DVD in the near future.

Before guests moved to the Holly Room for a reception, Chiyo Moriuchi, the youngest of the Moriuchi daughters, introduced all her family members and delivered some heartfelt words: “Medford Leas is an embodiment and living testimony to my parents’ lives and an example, I think, of what happens when people let their lives speak, as the Quakers say. We hope that the community and spirit of Medford Leas will continue to live on and make a difference in the world.” Then she held the microphone for her father as he said, “Thank you all for coming to this wonderful affair, every last one of you. It was great to have you all here.”

MORIUCHI CELEBRATION EXTRAS

by Sumi Kobayashi

Leading up to the October 19 celebration honoring **Takashi Moriuchi** were several programs and exhibits presenting the cultural and historical background from which this last surviving founder of Medford Leas came. It was a background far different from those of most residents and staff.

On Friday, October 3, **John Brzostoski** presented a slide show in the Theater on Japanese woodblock prints. The prints were the products of collaboration between the artists, wood carvers, and publishers that enabled the sale of multiple copies of the works of art. John explained that not only were the prints popular with Western collectors but they influenced profoundly the

Impressionist painters of the late 19th century in Europe.

A documentary entitled *Topaz*, produced by a Salt Lake City television station, was shown in the Theater on the Friday evening preceding Sunday's event. The film recorded the reminiscences and reflections, 40 years later, of Japanese Americans from San Francisco who were evacuated and interned in Tanforan Assembly Center and Topaz, UT. The film was followed by a panel discussion among **Shigeko Kawano**, **Sumi Kobayashi**, and **Doris Shamleffer**. Impromptu discussion (and comic relief) was provided by **Hiroshi Uyehara**. An impassioned recital by **Grayce Uyehara** of her lobbying effort to pass redress legislation drew applause. The event was organized by **Neil Hartman**.

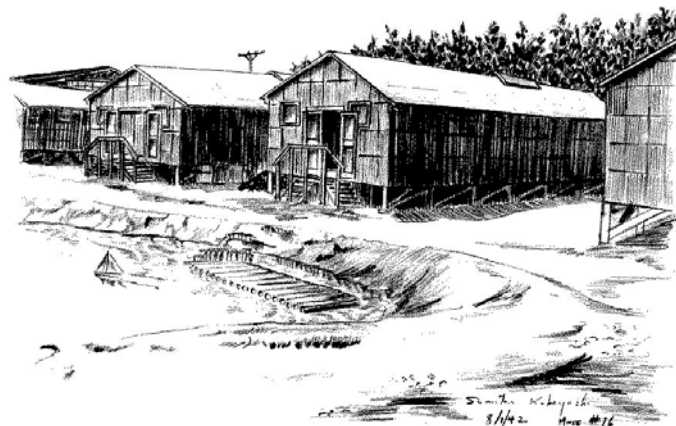
On Saturday morning, **Yuri Moriuchi**, Marie Cartwright, and Shigeko Kawano demonstrated ikebana (Japanese flower arranging) in the front of the Theater. Yuri and her student, Marie, presented examples of the Ikenobo school, a traditional formal approach to the art. Shigeko showed a newer style, Sogetsu, that allows the practitioner greater freedom of expression. The arrangements were later displayed in several places in the main building.

Saturday afternoon, **Tom Murakami** received residents at his Bridlington apartment to view his collection of furniture by internationally renowned woodworker George Nakashima. Tom also has a collection of shells neatly arranged in cases he made for them. Other items relating to Japanese culture were on display.

From Friday through Sunday, an exhibit of items relating to Japanese culture was on display in the Poplar Room. The highlight of the exhibit was silk kimonos, displayed on T-frames made by the Medford Leas Workshop. The kimonos were loaned by Miyo Moriuchi's tea ceremony teacher. Miyo provided a handout describing the various types of kimonos. A child's kimono was brought by the Moriuchis' daughter, Chiyo, who flew in from Tokyo for the event. Also displayed was a large wall hanging of cranes,

carved by Tak Moriuchi's father while he was incarcerated in a Colorado Relocation Center.

The Gallery and the approaches to the Theater were lined with three exhibits that remained through the end of November. In the Gallery was a large group of woodblock prints. The walls leading to the Theater held an exhibit about the Moriuchi family on one side. Opposite it were portraits of co-founders of Medford Leas, **Lewis W. Barton** and **Tom DeCou**, and pictures of **Gloria Bregman**, **Wilda DeCou**, and the Estaugh Board of 2004. The third section showed a pictorial history of the evacuation and internment of West Coast Japanese Americans during World War II. All but three of the current and former Japanese American residents shared this common background, including Tak and Yuri. A handout describing the evacuation and internment was prepared by Sumi Kobayashi.



courtesy of the Pennsylvania Historical Society

1943 sketch by Sumi Kobayashi

The committee that organized the supplementary exhibits and events surrounding the October 19 celebration included Yuri, Miyo, and Kiyo Moriuchi, **MaryLou Morrow** (who prepared the artwork for exhibition), **Betsy Snope**, **Alice Culbreth**, and Sumi Kobayashi. Overall coordinator was **Sandy Green**, Director of Development.

ON FEELING THE PULSE OF THE CITY

by Bud Stratton

A classic clash of venues – the Phillies' victory parade and the trip to the Philadelphia Orchestra concert, for which the bus was cancelled. But Jean and I had anticipated the concert for so long, we decided to go on our own.

Because of the Phillies' victory parade, everyone was urged to use public transportation. We first drove to Haddonfield for the High Speed Line. We found a very long line of red shirts and police barring the doors to the station. Full trains were passing every six minutes, but few were able to board.



People stand in line at Haddonfield, NJ. Train Station waiting to go to the parade to celebrate the Phillies winning the World Series in Philadelphia Friday, Oct 31, 2008. (EDWARD LEA)

Press of Atlantic City

Off we went to the Cherry Hill Mall to take a bus, which arrived as we parked and hurried to board. It was slow, and stopped often going through Camden. We got off at 11th and Market because Broad Street was blocked for the parade. We walked south and west but couldn't reach Broad and Chestnut because of a solid mass of red-shirted people crowding to a police barrier.

After a bit of disappointment, we remembered the underground Broad Street Concourse. So we went back to the Wanamaker Building bucking a dense crowd of more red shirts, down the steps, across to the west side for another

shorter walk, picking our way through another sea of enthusiastic and happy celebrants.

Eventually we saw a bit of the parade over the heads of other rubberneckers at the Union League Club, where we had lunch. On the walk to the Kimmel Center along 15th Street to Spruce, the traffic wasn't much thinner but we were again surrounded by a happy bunch of people, all very polite and well-mannered.

The orchestra program was exceptional. After introductory remarks about the program, the conductor thanked us for coming, as Verizon Hall was barely half full. He said he realized that there was a celebration outside so "We will have our own parade in here." At the downbeat of the baton the whole Philadelphia Orchestra burst into my favorite march, "The Stars and Stripes Forever."

After the performance, there was a longer walk back to Market Street. Already trucks spraying water were washing tons of trash into the gutter, and sweepers were pushing it away. Market Street was almost clean as we approached City Hall.

After a long wait, our bus for the Cherry Hill Mall arrived for a slow trip home during rush hour. In Camden costumed trick-or-treaters, large and small, came aboard. Yes, it was Halloween and, after seeing red all day, we welcomed the change to witches, ghosts, and goblins.

It was dark when we finally arrived back at Medford Leas, exhilarated by the day's events – the happy celebration of the Phillies' win, the stirring concert, the ethnic mix of the bus passengers, the finale of children enjoying Halloween, and our own ability to be part of the spirit of Philadelphia.



TAX DEDUCTIONS FOR RESIDENTS

by Ed House

As New Jersey and Federal taxpayers, CCRC residents decide on deductions to list on their tax returns (often with a tax adviser's assistance). The Organization of Resident Associations of New Jersey (ORANJ) learned of questions about the extent to which residents' real estate taxes and medical expense payments may be taken as deductions. For example, some tax advisers question whether real estate taxes paid by CCRC residents qualify as deductions, since residents are typically not property owners.

The ORANJ Finance Committee conducted a survey of its 24 member CCRCs in New Jersey to investigate these concerns. The recently distributed survey report includes the following information useful to residents.

- Instructions for filling out New Jersey tax form NJ 1040 state that, "As a resident in a continuing care retirement community, you may qualify for a property tax deduction or credit as a homeowner if the continuing care contract requires you to bear the proportionate share of property taxes attributable to your unit."
- IRS Publication 530 indicates that a homeowner can deduct state and local real estate taxes that meet certain typical criteria.
- IRS Regulations provide (Publ. 502) that residents of a retirement community who pay the community a flat monthly fee in exchange for the community's agreement to provide the residents with lifetime medical care may take, as a medical deduction on their income tax returns, that part of their monthly fee which can properly be allocated to medical care.

As income tax time approaches, Medford Leas notifies residents of the amounts that may be deductible for real estate and medical care.

Copies of the report are available at the Front Desk or it can be viewed on the ORANJ website at www.oranjccrc.org. Residents may wish to show the report to their tax advisers to make them more fully informed about these two important types of tax deductions.

NEW AT MLRA.ORG

by Maggie Heineman

Before he moved to Medford Leas, **Dave Bartram** was webmaster for the employee newsletter where he worked. He is now using his skills for the Medford Leas Residents Association website at www.mlra.org.

Dave is specializing in the development of "committee rooms" for the website, beginning with the rooms of the Lumberton Trails and Site Committee and the Resource Conservation Committee. You may approach these rooms through the "Committee Rooms" link on the sidebar at the main website.

The content of the Resource Conservation "room" changes frequently. As of this writing (November 13) it includes links to: Al Gore's November 13 editorial in *The New York Times*, the Repower America site, an article on the hydrino theory which is a possible new source of energy, a video titled "Oil and Gas – The Next Melt-down?", a video of Al Gore's July 17 speech presenting his 10-year plan, a video of Katie Couric's July 17 interview with Al Gore, an October 6 *Newsweek* article about Recycle Bank, and Chris Jordan's remarkable website with photographs documenting "Intolerable Beauty: Portraits of American Mass Consumption."

The Lumberton Trails and Site Committee's "room" has a report, with photos, of the committee's current work of eliminating a Horsenettle invasive from the meadow, as well as a new slideshow of wildflowers in the meadow.

Dave is also assisting webmaster **Maggie Heineman** with the ongoing task of building an electronic archive of all back issues of *Medford Leas Life*.

At mlra.org a sidebar links to the Medford Leas website, to the ORANJ website which has a new report on Tax Deductions for residents, and to the page on the Burlington County Library site for requesting books from the Bookmobile.

RESIDENTS IN THE NEWS

A front-page article in *The New York Times* about the complex care of falls in advanced age was based on interviews with two Medford Leas residents, **Katharine Aliminosa** and **Susan Arnold**. The article, by John Leland in the November 8 issue, chronicled the psychological and physical consequences of the women's falls and related them to the latest research by specialists in the field. The article is date-lined Medford, but Medford Leas is never mentioned by name, simply as "a retirement community here."

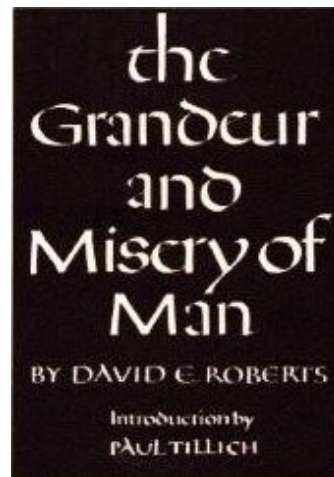
The author cited the opinions of Dr. Mary E. Tinetti, a falls expert at the Yale Medical School, who compared falls to strokes in their harmfulness, and Dr. R. S. Morrison from Mt. Sinai Medical Center, who said that even minor falls "need to be taken as seriously as diabetes."

Discussing the different outcomes for Katharine and Susan, the writer explained that Susan never recovered her strength after she broke her hip in her fall. Due to her preexisting conditions, she contracted pneumonia and died. In contrast, Katharine looks confident in a large picture on page 21. After a long program of physical therapy and fitness workouts, Katharine told her interviewer during their last meeting: "I'm walking, I wouldn't say to my satisfaction, because I used to be a hiker. I can't expect that yet, but I'm hoping for it."

The *Times* article is based on a research study by Dr. Deanna Gray-Micelli, who did research on falls and their prevention for over ten years for her doctoral dissertation at the University of Pennsylvania. During this period, she came to Medford Leas many times, the nursing staff reported falls to her, and she gave an in-service presentation in the Theater. She disseminated her findings in professional journals and became nationally known. She was contacted by the *Times* and asked to suggest some residents for use in an article.

* * * * *

Eleven pages of a 31-page issue of *Alphabet*, the Journal of Friends of Calligraphy, were devoted to an interview with **Lili Wronker**, accompanied by 18 illustrations of her work. Lili is one of nine honorary members of the Society who "have distinguished themselves with their exceptional skills, the respect of their peers, and a notable devotion to the art of calligraphy."



A book cover by Wronker, from *Alphabet*

The *Alphabet* article stated, "[Lili Wronker] excels in all the above, and is a great facilitator and friend to anyone who seeks her opinion or advice on the subject of calligraphy. She is also humble to a fault. She seldom uses a computer, always answers her mail (the hand-written kind), and is the friend and correspondent to countless calligraphers the world over."

* * * * *

Rita Keiper currently has six watercolors and one acrylic on display at Medford's OFF MAIN gallery, which has recently moved and is now ON Main – 32 S. Main, at the corner of Friends Avenue. The gallery's new owner, Kathy Cronk, admired Rita's prizewinning painting at a recent competition at the Perkins Center for the Arts and then asked Rita to provide some works for the gallery's ART-FULL HOLIDAY SHOW, which runs through December 27.

E.S.

WELCOME TO THE COURTS

After living at Medford Leas in Lumberton for seven years, **Bud** and **Cathy Denton** moved to the main campus, Apartment 62, for health reasons. At the time they selected Apt. 62, they were not aware that their next-door neighbor in Apt. 63, **Steve Frank**, was a former colleague of Bud's at Campbell Soup, where both men had spent the major part of their careers.

Before moving to Lumberton, the Dentons lived in Moorestown, where they belonged to the First Presbyterian Church and therefore know many of their fellow members who retired at Medford Leas.

Because of Cathy's frail health, Bud did most of the shopping and cooking in their Lumberton home, but came to the Medford campus regularly to work as a health volunteer. He is happy to leave the cooking and shopping to Dining Services and to continue volunteering. He is also interested in trail maintenance and still volunteers at Moorestown's First Presbyterian Church.

In Moorestown, Cathy took art classes in water-color painting. A big stack of her framed paintings, many of them colorful flower arrangements, is waiting to be sorted for display on their walls. Cathy hopes to be able to resume painting after their new home is completely organized. She enjoys reading a range of genres from mysteries to historical biographies and fiction.

E.S.

WHO'S NEW

photos by Margery Rubin

The **Cordeks**, Apt. 35, come from the coal country in Pennsylvania, **Carl** from South Fork and **Emma**, née Rusnak, his wife of 62 years, from Portage. They claim the happiest day of their lives was when they met each other outside a social hall. Shortly thereafter, Carl was inducted into the Army and served for three years in Europe and the British Isles during WWII. While

he was overseas, the couple corresponded, and upon his return, they married in February 1946.



In civilian life again, Carl took a course in Mining Technology at St. Francis College in Loretto, PA, enabling him to become a supervisor in a coal mine in Ehrenfeld, PA. "It was about the only kind of work you could get then," he says. He spent

12 years doing day/night shift work at a time when the only defense he had against the coal dust was to hold his hand over his mouth. In 1950, the couple moved to Philadelphia, where Carl was employed by Industrial Research Lab, supervising the assembly of machinery for 25 years. From there he went to United Container as a supervisor in their corrugated box division.

Meanwhile, Emma had worked as a bookkeeper in a mining office because she "loved working with figures." When they moved to Philadelphia, she took a position in the Treasurer's office of Holy Family College and retired after some 40 years.



The Cordeks adore traveling and once rode from Prince Edward Island in Canada all the way down to Key West in what they describe as an "old beat up car." They both love walking, pinochle, and reading. Emma also enjoys needlework and mysteries.

Their son, a CPA in Voorhees, was responsible for the Cordeks moving to Medford Leas. Only after he had fully scoped out all the other facilities in the area for three years did he decide this community was the best place for his parents. Emma and Carl have to admit that their son did his research very well, because they are happy and have found that "everybody's been so very friendly" here. The Cordeks have two granddaughters, one a graduate of Boston College, the other enrolled in New York Law School.

Suzanne Frank

DECEMBER CRYPTOGRAM

by Ruth Blattenberger

UKZZB JA UJUCPFZ DFAY

GPNFAY BOFDFCB UDFYWC

EWPC HTA FC FB CJ ZPTYW

PAX BFAY/ P BZKFYWFAY BJAY

CJAFYWC.

– VPGKB ZJDX OFKDOJAC

Here is the solution to the November cryptogram by John Caughey:

WE MAINTAIN A COMMUNITY THAT PROVIDES A HEALTHFUL, CARING, AND SECURE ENVIRONMENT TO ENHANCE . . . THE PHYSICAL, EMOTIONAL, INTELLECTUAL, SOCIAL, AND SPIRITUAL WELL-BEING OF EACH RESIDENT.

– OUR MISSION STATEMENT.

The correct solution was received from 27 readers: **Ken Anderson, Miriam Angle, Ruth Blattenberger, Marion Burk, Jody Cardona, Gwen Crawley, Alice Culbreth, Doris Curley, Liz Dill, Betty Donahue, Louise Evaul, Alan Gaylord, Janet Gray, Herb Heineman, Barbara Heizman, Ariel Hollinshead Hyun, Sally Klos, Mary Mason, Eileen McManimen, Ruth Quackenbush, Helen Peterson, Betty Preston, Warren Reeves, Doris Salati, Florence Sawyer, Peg Scott, Miriam Ward.**

Please put your solution in an envelope in Box 162 by December 5 or send it by email to estimler@medleas.com. We encourage solvers to submit new cryptograms for future use.

MEDFORD LEAS LIFE

Ex Officio: Barbara Trought, MLRA President; Wil Britten, MLRA Sponsor

Editorial Staff: Ellen Stimler and Kitty Katzell, Senior Editors; Elsie Behmer, Kay Cooley, Suzanne Frank, Sue Heath, Sumi Kobayashi, Betsy Pennink, Maggie Woodard

Staff Photographer: Margery Rubin

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

Business Manager: Gene Raup

Layout: Maggie Heineman

Distributors: Wilma Fitzpatrick, Mary Lou Mullen, Fran Reynolds

Recorder: Florence Sawyer

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

**Deadline for submissions:
December 5 for January publication**



printed by Minuteman Press, Berlin, NJ