



# Medford Leas *Life*

*VOL. XXXVII, No.4*

*APRIL 2009*

## EMPLOYEE RECOGNITION

by Kitty Katzell

It may have been traditional, but in many ways this year's Employee Service Recognition Dinner was exceptional. Among the traditional parts were the place (Charlie's Other Brother), a Friday evening in the winter (late February), and especially the high level of conviviality among those present. Exceptional were the size of the crowd (160) and the names of many of the participants.

After the social hour, but before the dinner, CEO **Dennis Koza** welcomed everyone to this special event and spoke briefly about the current economic situation that has affected everyone, including Medford Leas and its employees.

The real festivities started while dessert was being served. **Susan Cunningham**, vice president of the Estaugh Board, expressed the Board's appreciation to staff. MLRA President **Barbara Trought's** remarks captured some of the special relationships that residents share with staff, such as the Annual Holiday Show and the water volleyball rivalry. (See next article.)

Then came the real purpose of the whole evening! **Mark Wick**, Benefits and Payroll Specialist, serving as MC, first recognized the 24 members of the staff who have been at Medford Leas for 3 years. Next were the 7 with 5 years of service, 7 with 10 years, 6 with 15 years, 4 with 20 years, 3 with 25 years, and 5 with 30 years. Each received a blue Medford Leas blanket; those with 15 and more years of service also received a bond. **Susan DeJacom**, Human Resources Assistant, photographed each group.

Next to be introduced were the 12 members of the Employee Council who represent their colleagues in Administration, Assisted Living, Dining Services, Environmental Services, Estaugh, Health Center & PT, Landscaping, Maintenance & Security, Outpatient, Resident Services, Therapeutic Recreation & Fitness, and Woolman. Each of them received a gift card. Their introduction was followed by that of Employees of the Year who still work at Medford Leas, nine members of the Estaugh Board and their guests, and members of the senior staff.

Finally, it was time for the Big Announcement. Dennis Koza resumed his place at the microphone and invited the four Employees of the Quarter to join him: **Donna Coonley**, Marketing and Community Relations; **Lisa Minuto**, Reception Desk; **Joanne O'Rourke**, Resident Services; and **Ken**



photo by Margery Rubin

**Roland**, Fitness and Aquatics. Dennis began reading a prepared statement about the winner's contributions, but when his audience caught the word "fitness," cheers erupted. Everyone realized that Ken Roland was the winner.

Special perks accompany Ken's designation of Employee of the Year: a \$500 gift card, a special parking space for the year, a framed certificate, and an invitation to the Service Recognition Dinner every year for as long as he is employed at Medford Leas. Congratulations, Ken!

## EACH OF US HAS A STORY

[What follows are the remarks of **Barbara Trought**, MLRA President, at the Employee Service Recognition Dinner.]

Each of us has a story. When we are asked, "Why do you work at Medford Leas?" or "Why do you live at Medford Leas?" We answer. We tell our story. If I sat with each one of you tonight, I would hear good stories, stories that only you can tell. Let me tell a part of my story.

I moved to Medford Leas just three years ago. What attracted me? The sense of community, a shared life, I had learned from **Jane Burgess**, **Esther Woodward**, and **Newlin Smith**, to name a few. Now I'm here living on campus and seeing this community you, the staff, and I, as a resident, share from a particular vantage point. MLRA leadership heightens my awareness – and deep appreciation – of what's going on.

The Flower Show attracts entries from residents and employees. Together. Judged by an expert, acclaimed not only with ribbons but also with appreciation spoken by visitors to the show.

Gingerbread Houses in December, created by men and women who work here, and shared with the whole community. **Aromas!** This year's contest – my sister visiting stopped to admire the handiwork. "Nothing like this at the CCRC where I work."

And who would not revel in the Holiday Show! The anticipation, enthusiasm, a turnout that fills the Theater twice!

Water Volleyball. Will the employees' team ever perfect their game?

Another year in our life together. Thank you!

On behalf of all Medford Leas residents, thank you!

---

You must have mirth or you will have madness.  
*G. K. Chesterton*

## BLUEGRASS MUSIC IN HOLLY ROOM

by Ellen Stimler

A Bluegrass pick-up band of musicians from South Jersey is jamming away in the Holly Room on Friday nights, encouraging residents to join the players with their own instruments or just listen to the music.



photo by Margery Rubin

Charles Sage, a friend of the group leader, had been hiking on the Medford Leas trails for about two years. Wanting "to give something back" to Medford Leas, he wrote a letter to the Administration, offering to bring Bluegrass music to the community during the winter months. The offer was turned over to **Gerry Stride**, Director of Community Life. She contacted MLRA president **Barbara Trought**, who asked **Liz Knapp** and **Eileen McConville** to make the necessary arrangements. Liz and Eileen worked out all the details, advertised the event with notices and a poster, and ordered lots of chairs for the Holly Room.

Meanwhile, Charles, who is a Bluegrass devotee but doesn't play any instrument, told his friend Chet Moore about the Medford Leas offer. Chet alerted the Bluegrass musicians who had been playing at the Gazebo on Main Street in Medford during the summer but were without a venue for the winter.

As it worked out, there weren't enough chairs for the 50 listeners and 19 musicians who showed up for the first jam session on February 20, and more had to be brought in. The 17 musicians were joined by two residents, **Nannette Hanslowe** and **Marion Burk**, who brought their autoharps. All the players sat in a circle in the center of the room, described as "a circle of

prayer.” At the beginning of the session, Chet welcomed the audience but told them the musicians were not here for a performance but for a jam session.

During the evening, Chet would go around the circle and ask each member in turn to select a song and the key to play it in. The group would then accompany the song on their diverse instruments, as long as the feeling lasted. Then they would start on the next song. Most of the time, there was singing along with the music, and the audience would chime in at times and even call out a favorite song. Only acoustic instruments were used at the first session, in contrast to the electric ones commonly played by Country and Western bands. The instruments included guitars, fiddles, dulcimers, banjos, harmonicas, mandolins, violins, autoharps, a pennywhistle, and a bass.

The evening started at 7:30; around 9 some residents started to leave. Liz contacted Security to find out how late the visitors could stay, and she was told as long as they wanted. Around 9:20, a musician with a bass fiddle joined the group. The jamming continued until 10, followed by talking for another half hour.

When Eileen called Charles and Chet, they told her that the musicians had enjoyed playing at Medford Leas.

The second session on February 27 had a few changes. The listeners also sat in a circle around the musicians, and one of the group members held a microphone in front of the musician whose turn it was to select the song. At the start, Chet asked the musicians to introduce themselves and their instruments. The opening song was *Amazing Grace*. Most of the players know the songs by heart, but a few have sheet music for the words. The musicians' ages span a wide range, with some working full or part-time and others retired.

Bluegrass music originated in Appalachia, when Irish, Scottish, and other immigrants continued to play and sing the songs that reminded them of their home countries.

The Medford group was started about ten years ago by Nancy Longenecker, a remedial reading teacher who plays guitar, dulcimer, and fiddle. She began playing with a few friends in the Gazebo in Medford, and eventually many more players joined in. Since then, the group has played ten jam sessions there in the summer. They expect to play at Medford Leas every Friday until June 16.

---

## CORIELL GENOME PROJECT

by Ellen Stimler

Almost 100 residents gave saliva samples to participate in the Coriell Institute's Personal Medicine Collaborative to receive information on potential disease risks and problems with certain medications.

This project involves complex protocols relating to privacy, personal and family health histories, and acceptance of a list of conditions. As a first step, participants must go to the Coriell Internet site ([cpmc.coriell.org](http://cpmc.coriell.org)) to establish an on-line account with a user name and a password. Then they must complete several questionnaires which are estimated to take several hours but may be completed over several days. On March 23, staff from the Institute were in the Medford Leas Brain Gym to assist residents in navigating the site, so there are now a number of residents who have learned how to use this site and can help others. After Coriell receives a resident's completed questionnaire, the information will be used to construct an individualized genome profile containing the data on health risks.

Courtney Sill, Coriell's Communications Director, said the completion of the questionnaires was the first phase of the project and is currently in process. "We are expecting the second phase of the project to begin in April," Dr. Sill announced, "when participants will have access to their personal risk results for various conditions."

## RESIDENTS STILL WORKING

by Sue Heath

Some people think of Medford Leas as a "retirement home," but some residents are still part of the work world, going to an office or other site or receiving clients at home. All the jobs described here result in income for the worker.

**Carmelita Aseron** is a substitute teacher. She works three to four days each week, mostly at Lumberton Middle School, and sometimes at other schools.

**Elsie Behmer** goes weekly to the Evesham branch of the Burlington County Public Library to facilitate a conversation group of intermediate students in English as a Second Language. She also teaches a citizenship class, all funded by a grant to the library. Elsie says, "There are participants from Japan, Korea, Turkey, Colombia, India, Taiwan, Israel, Uzbekistan, China [via Canada], Germany, and Venezuela. For the 'students,' it is a chance to practice English. For me, it's a course in contemporary foreign affairs. The people who are studying for the citizenship test have already learned what they need to know about US history and government. They are nervous about the test itself and want to practice the questions and an interview with an English speaker to make sure they can understand and be understood."

**Dee Bursch** is a front desk receptionist and administrative assistant at Westampton Friends School, where she used to teach. She works year-round, answering the phone and performing occasional teaching duties.

**Helen Carrell** is a musician, playing the organ at Trinity United Methodist Church in Merchantville. She also gives music lessons in her home in organ, piano, and harp. All her students are adults.

**Dick Dill** is an attorney, working a few days a week from the office of his firm with some clients. He is also involved in collections for the firm.

**Kit Ellenbogen** is another attorney, traveling two or three days a week to Newark, to the Association for the Children of New Jersey, child advocates. She helps people who cannot afford private counseling, mostly cases with special needs.

**Janet Gray** is Associate Professor of Women's Gender Studies at the College of New Jersey. She teaches three courses per semester, does research, plans special programs, and serves on college governance and other committees.

**Sandy Heath** is an occasional substitute teacher at Moorestown Friends School, where he used to teach Social Studies. His jobs are usually one or two days at a time, and can be in any field, as the teachers usually leave specific work for the class to do.

**Ann Naulty** was formerly employed at Medford Leas and now drives for residents who make the arrangements and pay for her services. She will go wherever they need to go.

**Marion Norcross** has been giving music lessons since 1957, and she is glad to be able to continue teaching here. She says some communities do not permit lessons in the home. She teaches oboe about five hours a week.

**Paul Ray** is a radar systems engineer who took no notice of "retirement age." He goes to the office every day, doing much the same work at Lockheed Martin as before: project engineering, mostly with ship systems.

**Kathy Reilly** is Associate Secretary for Business and Finance at Philadelphia Yearly Meeting (PYM). She supports the Yearly Meeting in conjunction with the committees and is in charge of the office needs of the three Yearly Meeting buildings: Arch Street, Race Street, and the Burlington Conference Center. She monitors and reviews the finances of all the activities at Yearly Meeting, and supports the Annual Funds and covenants.

During a lifetime of writing and editing, **Carol Suplee** worked for *The Philadelphia Inquirer* and

local New Jersey papers. Such work is not plentiful in the present economy, as many newspapers are reducing their size. She has authored and “ghostwritten” books for others. After volunteering at Camp Dark Waters, where she did public relations and prepared camp publications, she continues to work on camp projects. She is the editor of the Pastoral Care Newsletter, a publication of the PYM especially for pastoral caregivers in non-programmed Friends Meetings. This includes, as Carol says, “not only editing text, but also design, layout, and production management.”

Many residents drive people for pay, to the airport, train station, and other destinations, but there were too many to locate and document. Perhaps other residents who work for pay will contact *Medford Leas Life* so they can be reported in a follow-up.

## PRESIDENTIAL JINGO

At 10:30 on Friday morning February 27, a yellow school bus stopped at the Main Entrance and forty-five 5th graders from St. Mary's of the Lakes poured out and headed to the Activities Room. They were there to play Presidential Jingo with some 25 residents from Assisted Living and Estaugh. Presidential Jingo is a combination of Bingo and Trivial Pursuit. It tests recall of facts about U.S. presidents and first ladies. The players competed for candy or pencils while staff members alternated calling out questions, replenishing piles of poker chips, and passing around trays of prizes. **Linda Schultz**, Therapeutic Recreation, and her dog Sandy circulated among the 15 tables to offer assistance.

E. B.

The only function of economic forecasting is to make astrology look respectable.

*John Kenneth Galbraith*

## AT MLRA.ORG: IMPRISONED WITHOUT TRIAL

by Maggie Heineman

As part of the celebration of **Tak Moriuchi's** life, **Sumi Kobayashi** prepared a display in the Medford Leas Gallery called “Imprisoned Without Trial.” The website MLRA.ORG now has a page based on the photographs and illustrations of that exhibit.



*In 2000 Suye Kobayashi, Sumi's mother, who was interned at Topaz, UT, celebrated her 100<sup>th</sup> birthday at Medford Leas. The two Insets are from 1922 and 1945 photos, which are shown large and uncropped on MLRA.ORG.*

The Internet version adds depth to the Gallery display by giving information about the images and also links to relevant Internet resources. For example, a link to Google Books provides most of Miné Okubo's *Citizen 13660*.



*Citizen 13660, p 189: “In the summer in Topaz we had the choice of being eaten by mosquitoes outdoors or suffocating with the heat indoors.”*



## THE QUAKER COLLECTION

by Ruth Blattenberger

The Medford Leas Library houses a collection of Quaker writings in two vertical bookcases, to the left of the librarians' office. These writings present guidelines and fundamentals that provide consistency to the Quaker form of life.

Residents who have questions about Quakerism will find helpful information in this collection of writings on philosophy, spirituality, and mysticism. There are also current commentaries in newsletters and pamphlets.

The Quaker Collection is not intended to be a research library. More intensive help can be obtained from the libraries of the Philadelphia Yearly Meeting, as well as Haverford and Swarthmore Colleges. The catalogs of Friends General Conference and Pendle Hill Bookstore on the shelves may also be helpful.

To learn about fundamentals (and structure), readings might include *Faith and Practice* (of various Meetings), *Christian Faith and Practice in the Experience of the Society of Friends* (London), *Guide to Quaker Practice* (Brinton), *Portrait in Grey* (Punshon), *Beyond Majority Rule* (Sheehan), and *The Quakers* (Hamm).

Historical and biographical books, of which there are many, include *The Beginnings of Quakerism* (Braithwaite), *Early Quaker Writings* (Barbour), *A Procession of Friends* (Newman), *The Quaker Reader* (West), and *Friends for 300 Years* (Brinton). The writings of Robert Barclay, George Fox, Isaac Pennington, William Penn, and John Woolman are documented in original works as well as within other publications.

Writings on philosophy, spirituality, and mysticism are notable in writings of Howard Brinton, Rufus Jones, Thomas R. Kelly, Douglas Steere, and Elton Trueblood.

Current commentaries are to be found in newsletters and pamphlets such as *Friends Journal*, *The Friend*, *Quaker History*, *AFSC News*, *FCNL Newsletter*, and Pendle Hill pamphlets.

## SERENITA ITALIANA

The winner of First Prize and Best in Show among the Miniature Settings at the 2009 Philadelphia Flower Show has been on display in the Medford Leas Lounge. It is the creation of Lucille Dickerson, sister-in-law of resident **Gerry Dickerson**.



A black and white photograph can't do it justice, but the scale can be judged by the 16" tape at the bottom of the picture. At the left a counter only two inches wide holds wee bottles of wine. Hanging from the rack above the counter are tiny Revere pots and pans, and on the shelf below the wine are two little loaves of bread Italian style. Out on the veranda are a table and two chairs. Not shown is a small room to the left, with miniature furnishings and a Lilliputian chandelier hanging from its ceiling.

Of course, the plants are all real, making them acceptable for showing at the Philadelphia Flower Show – and also making it necessary for Gerry to water them with an eye dropper and a turkey baster every morning.

K.K.

Let's leave pessimism for better times.

Source Unknown

## LAISSEZ LE BON TEMPS ROULER!



Call it Mardi Gras, Fat Tuesday, or Carnival, the Mummers were in the Activities Room to celebrate it. Bead-bedecked residents from Assisted Living and Estaugh clapped, toe-tapped, and sang along as a Mummer trio of banjo, saxophone, and accordion pleased the crowd with favorites like "Golden Slippers" and "I'm Looking Over a Four-Leaf Clover." Some of those standing were dancing; others tried a classic Mummer strut.

## TEA AND TALK

by Sally Klos

On Friday afternoon, February 27, residents and friends gathered in the Holly Room for tea and conversation with recent writers in *Leas Lit*, the literary journal of Medford Leas. **George Rubin**, Master of Ceremonies, introduced the speakers and asked them to tell something of the *hows* and *whys* of their writing.

**Ruth Gage** was the first author to be introduced. Ruth read from her most recent writing, "Right to the Door," which appeared in the December 2008 issue. She said she does not consider herself a writer. "I don't plan to write something," she said, "but sometimes things just occur to me." She will write down the idea, then find herself thinking more and more about what

she has written down and add new ideas as they occur to her. That's how it happened with "Right to the Door." As she shopped at the supermarket one day, she began to think of the many vendors who used to come right to the kitchen door. It's a case of going back in time "to polish memories that stick together."

**Howard McKinney** likes to write about places he's been or about places in which he has a special interest. Many of his writings are based on memories of growing up in a prairie town in Kansas. As Howard read his poem "Day on a River" it was not hard to imagine a lovely, lazy day in Kansas.

Next was **Stanley Brush**, who wrote about witnessing a tense four-day cricket match in Pakistan in 1955. It was the first time that Indian and Pakistani national teams had met in competition since the Partition in 1947. Stanley builds the tension nicely for the reader as he shares the events of the coming together of these two hostile teams and those who came to root for them. That the four-day match ended in a draw and that everyone made an effort to be hospitable to one another led Stanley to conclude that it was a win-win situation.

**Alan Gaylord** was the last to share thoughts about his writing, particularly as it appeared most recently in *Leas Lit*, "How I Did Not Help to Win WW II." Alan discussed different kinds of remembering. What he knew as a boy in San Francisco and what he knows now looking back on recollected memories is quite different, but both are authentic memories. He admonished the group to be as light or as dark as your memories seem to lead you.

**Edie Pray** read a recent poem of hers in honor of **Nancy Zwarg**. It was a lovely tribute to Nancy who had died during the week. **Helen Vukasin** thanked everyone for coming and closed the program with an open invitation to all to attend The Creative Writing Group. It meets on the third Friday of the month from 10:00 to 11:30 am in the Poplar Room (formerly Park Place).



## DR. QUINTON RETURNS

by Kay Cooley



Like a warm sun on a cold winter day, the return of **Keith Quinton**, M.D. to the Health Center has brought warmth and good spirits to residents and staff. Dr. Quinton served as Medical Director of Medford Leas from 1988 to 2006. His retirement in June 2006 was felt as a loss by the community.

Since his "retirement," Dr. Quinton has been constantly on the go. At Medford Leas he has assisted with the Brain Gym and with Elderhostel "Day of Discovery" programs on brain health. Thursday mornings he has been volunteering at The Tender, a daycare program in Moorestown for seniors in the early stages of dementia. Thursday afternoons he has been spending in a youth after-school program at Woodland Presbyterian Church in a poor neighborhood of Camden.

He also helps out at Symphony in C (formerly the Haddonfield Symphony) and last summer volunteered at a music camp at Rutgers-Camden. His affinity with music has been strengthened by taking piano lessons at age 72. (He takes seriously the idea of exercising the brain in new ways.) Leisure activities have included reading, biking, and taking joy rides in his 1977 MGB.

At Medford Leas, while the search for his permanent replacement goes on, Dr. Quinton has overall responsibility for the medical treatment of residents, working collaboratively with Dr. Dolores Peterson and Nurse Practitioner Janet Rumble, and sharing with them the care of residents. He also has responsibility for all John Woolman patients and is involved in the ongoing review of policies and the streamlining of procedures. "Residents will be kept informed as changes are made," he says.

Welcome back, Dr. Quinton!

## RITZ MOVIES

In addition to the movies shown at Medford Leas, as described in the March issue of *Medford Leas Life*, once a month the Medford Leas bus takes residents to the Ritz Theater in Voorhees, where they can see the latest films.

The bus trips are on the third Monday of every month. On the Friday preceding the bus trip, reviews of the three movies that will be available are posted on the table next to the Mailboxes, along with a sign-up sheet for those who want to go. Those attending buy their own tickets at the theater, and Medford Leas adds a charge for the bus to their monthly bills, bringing the total cost per person to \$10. For more information, call **Ginette Weld**, 3127.

## WHERE IS IT? WHAT IS IT?

There were no responses to last month's "Where is it? What is it?" The item pictured was a 35-inch sculpture "Woman and Child," which was installed some 20-25 years ago on the terrace outside the Main Building's Lounge.



Try again. Can you locate the sign above? Do you know when and why it came to be there? Put your answer in an envelope on the *Medford Leas Life* shelf in the Atrium by April 10. The May issue will answer those questions and list names of those who give the correct answer.



## LUMBERTON POOL TO OPEN

by Bill and Lucia LeConey

The outdoor pool at the Lumberton Campus is scheduled to open about April 15. The opening will be celebrated at the annual Polar Bear Dip on Tuesday, April 28. **Rick Trandahl**, Fitness and Aquatics, and members of the Lumberton Pool Committee are planning the festivities and refreshments for this special occasion. All members of the Medford Leas Community are invited to watch or take the plunge at this rite of spring.

The Lumberton Pool Committee is pleased that more residents from the Medford Campus have been enjoying the pool in recent years and they hope this will continue and even increase. Medford residents who want to use the Community Building restrooms should request a key at the Reception Desk before coming. Residents are not permitted in the pool alone, so they should come with a partner and guests must always be accompanied by a resident.

Weekly water exercise classes are expected to resume after Memorial Day.

## SPRING TRAINING

The media have finished their reports on athletes in spring training, and now they are into the baseball season. Professional athletes aren't the only ones who need spring training. Residents find they need it, too, and they turn to the Fitness and Aquatics staff for help so they'll be ready to tackle work in their gardens and on their farm plots, without pain in their legs, backs, arms, and shoulders. Others seek spring training so they'll be ready for tennis, golf, and weekends at the shore with swimming and long walks on the sand. So before setting forth on a strenuous summer program, check with one of the staff in Fitness and Aquatics for their suggestions about spring training for your favorite summertime activity.

K.K.

## ART GALLERY NEWS

by Helen L. Vukasin

April heralds a new exhibit in the Medford Leas Art Gallery featuring work of ten men and women from Home Fine Art Gallery in Mount Holly. Artists work in their own media from watercolor to oils and acrylics and photography. Those who will be showing are Vickie Mathas, Bob Chappell, Nina Gee, Myra Ryan, Michael Block, Sandy Jones, Jan Terry, Bette Johnson, Ben Cohen, Maureen Gass-Brown.

"Home Fine Art, An Exhibit of Many Media" will be shown during April and May. The opening reception will be on Tuesday, April 14, from 3:00 to 4:30 pm. Some of the artists will talk about their work beginning at 3:30 pm.

In addition, the deadline for submission of work for the new exhibit in the Art Studio Gallery on the ground floor is April 13. Any resident who is an artist or photographer is welcome to contribute to the all-resident show. To be accepted, work must be matted, framed, and wired for hanging. For questions about the exhibit, call the Art Studio, 654-3640.

The whole community is invited to greet the artists and enjoy the homemade sandwiches and cookies at the opening of the show on Monday, April 20 from 10 am to 12:30 pm in the Art Studio and the Gallery in the Arts and Social Wing.

## IN MEMORIAM

**Nancy Zwarg**  
**Ethel Angus**

**February 26**  
**March 1**

## PROFILE IN FITNESS

by Suzanne Frank

[Editor's note: To put a spotlight on the multiple advantages offered by the Fitness and Aquatics Department, the following is the first in a new series reporting specific personal experiences from the lives of those whose quality of life has significantly improved as a result of their participating in the available programs.]

Never after she married did **Vickie Marutani**, Apt. 167, ever exercise. But during the past ten years of her stay here, this gentle 81-year-old has ever so slowly blossomed into what some friends call a "fitness fanatic."

When she first arrived at Lumberton, Vickie thought the pool looked inviting. However, she had a great fear of water, having been nearly swept away at the seashore in Japan at the age of three. But she found the courage to join the classes there, being sure to keep to the very shallowest part of the pool. She says rather proudly that now she can tolerate the water right up to her chin.

A couple of years ago Vickie was told that her knees were in need of repair. Once again she showed her courage by electing to have both knees replaced at the same time. After a three-day hospital stay, she went to Woolman, where they "pushed me very hard but with great kindness and care," she related. The therapy that she underwent there led her to begin her serious self-motivated efforts, guided and structured by Fitness and Aquatics staff, to regain her strength and endurance. As a near-term goal, she wanted to get rid of the ever-present cane.

"We work hand in hand with Genesis Rehab Therapy," said **Beverly Kannengieszer**, Director of Fitness and Aquatics, which enabled Vickie to be eased slowly into doing some modified personalized workouts. "Not every CCRC's fitness department works as closely with the therapy department as we do here at Medford Leas," she added proudly. **Donna Sherman**, Director of Rehabilitation, confirmed this by saying, "Fitness and Rehab meet regularly to review residents' fitness programs. This truly completes the 'hand in hand' process and

facilitates progression of the residents' routines, or, if necessary, timely referral back to Therapy."

So Vickie also began water walking, working with Beverly to create a whole-body workout. Slowly she immersed herself in practically all the workshops available to residents. She is now taking classes in muscle building and stretching, and, on odd days, yoga, tai chi, and balance. Adding to the daily workouts in Fitness and water aerobics, she sometimes completes five hours of some type of fitness activity every weekday. Although Vickie no longer needs to, she still tools around on her scooter simply because she made such an investment in it and wants to keep it running. "It's my car," she chuckled.



She seems to love every minute of her busy fitness routine. "It keeps me feeling young and more alert. And it's a good way to meet people and get to know them even if I don't remember their names."

---

## IMPORTANT REMINDERS

Do not put Styrofoam, clear plastic take-out food containers, or plastic bags in recycling bins. Return all kinds of plastic bags to the supermarket. Put Styrofoam and clear plastic take-out food containers in the trash. Boxes and aluminum trays in which baked goods are sold should go in the trash. Check the signs about recycling in the Trash Rooms and Recycling Centers. Be a good neighbor. Follow the rules.

## WHO'S NEW

photos by Margery Rubin and Barbara Degler

**Peter and Dorothy Stocke** moved to 47 Woodside Drive from Convent Station, an area adjacent to Morristown, NJ. Both were born in Milwaukee, WI. Following graduation from high school, Dorothy worked as a secretary in a local utility company. They met after he served in the Korean War.



They married in 1956 and settled in Whitefish Bay, a suburb of Milwaukee. Dorothy was a member of the board that established the Milwaukee Ballet Company. Peter attended evening classes at the University of Wisconsin and became Sales Manager for the Taylor Electric Company, marketing recording labels in Wisconsin and Chicago. He was elected president of the National Association of Record Merchandisers.



In 1974 Peter's career brought the Stockes and their four children to Moorestown where Dorothy was active in volunteer work at Burlington County Memorial Hospital (now Virtua), the Perkins Art Center, and the Welcome Wagon Club. She

also spent many pleasurable hours riding her horse, *Demitasse*, which was stabled in Mt. Laurel. The next career move took the family to Morristown, NJ, when Peter became Vice President of Music Distribution for TimeWarner in New York City. Again Dorothy volunteered with a local hospital, art museum, and Welcome Wagon. In Morristown she hunted with the Spring Valley Hounds, a *drag hunt*, which does not use a live fox as prey.

The Stockes have traveled in the U.S., South America, and Europe. Since Peter retired in 1999, he continues to follow sports, and he finds time for a little golf. Dorothy enjoys reading and

gardening. Unfortunately, arthritis prevents her from riding. They are very proud of their nine grandchildren.

Doris Brown

\* \* \* \* \*

**Jane Dyer Trost** lived in Moorestown for over 50 years before moving into Apt. 156. She is a member of the Moorestown Friends Meeting and serves on some of its committees. She treasures the many friends and associations she made there over the years. "I know I'll break away from them some day," Jane said, "but as of now I still have my roots there."



Jane grew up in Collingswood, graduated from the town's high school, and attended Peirce Junior College in Philadelphia. She worked as a secretary for a number of companies, including the Plymouth-Chrysler dealership on South Church Street in Moorestown. One day, Christian Trost came in to have his car fixed, got into conversations with Jane, and that was the start of a two-year courtship. They were married in 1956.

Chris had emigrated from Norway some years before. After their marriage, they opened a Scandinavian gift shop in the garage of their home on South Church Street. They had one daughter, Lisa, who is currently a riding teacher and manager of a horse barn in Medford.

After Jane and Chris divorced in 1982 Jane went back to work as secretary in the media center of the Moorestown High School. She loved the interaction with the students and faculty and had an active social life, going to movies and cultural events with friends. She often takes her friend **Marion Sandman** to events in her wheelchair.

**Christian Trost**, Jane's ex-husband, came to Medford Leas at Lumberton with his second wife, **Aviva**, and the couple later moved to the main campus in April, 2007 (*Medford Leas Life*, May 07, p.11). Both have since died.

Ellen Stimler

## APRIL CRYPTOGRAM

by Ariel Hollinshead Hyun

NGONC HYK MDYJLGDNS CHPL  
 H JLGNDY KDMNDYBODMCDYB  
 YHNDPL WOMNLG HIZON NCLX  
 QCDJC JHYYZN IL ELGALJNWS  
 JZOYNLGDNLK. NCLS HGL  
 WDUL ADGL HYK AWHXL NCHN  
 JHYYZN IL EHDYNLK.  
 – ILYTHXDY AGHYUWDY

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

IF SPRING CAME BUT ONCE IN A CENTURY,  
 INSTEAD OF ONCE A YEAR, OR BURST  
 FORTH WITH THE SOUND OF AN  
 EARTHQUAKE, AND NOT IN SILENCE, WHAT  
 WONDER AND EXPECTATION THERE  
 WOULD BE IN HEARTS TO BEHOLD THE  
 MIRACULOUS CHANGE! --LONGFELLOW

The correct solution was received from 28 readers: **Ken Anderson, Miriam Angle, Ruth Blattenberger, Judy Braddy, Marion Burk, Alice Culbreth, Barbara Degler, Liz Dill, Alan Gaylord, Linda Gorwood, Herb Heineman, Barbara Heizman, Ariel Hollinshead Hyun, Hugh Jenkins, Sally Klos, Mary Mason, Eileen McManimen, Dottie Mulholland, Alice Norcross, Helen Peterson, Betty Preston, Ruth Quackenbush, Warren Reeves, Fran Reynolds, Doris Salati, Peg Scott, Miriam Ward, Ellen Wiener.**

Please put your solution in an envelope in Box 162 by May 10 or send it by email to [estimuler@medleas.com](mailto:estimuler@medleas.com). Solvers are encouraged 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, 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, Dave Bartram

*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](http://medfordleas.org). The email address is [information@medfordleas.org](mailto:information@medfordleas.org). When using FAX or email, specify the name of the person to receive the message. The Medford Leas Residents Association has a separate website at [mlra.org](http://mlra.org).

**Deadline for submissions:  
 10<sup>th</sup> of the month preceding publication**



printed by Minuteman Press, Berlin, NJ