



Medford Leas *Life*

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MAY 2009

THE GAMES RESIDENTS PLAY

by Ellen Stimler

If it's Tuesday, it's Game Night in the Coffee Shop, starting around 6:30, after the tables have been cleared from dinner.

More than a dozen table games are available and stored in a closet in the main Coat Room, but right now the games being played are Mah Jongg, Scrabble, and Royalty. There used to be a devoted group of poker players who laughed a lot and had a great time. One of them, **Vince Pecoraro**, is hoping that some newcomers will become interested so poker can start up again.

Jane Bourquin is the leader at the Mah Jongg table and is eager to teach the game to anyone willing to learn. **Fran Reynolds** has recently joined the group, which usually includes **Barbara Heizman** and a visitor who plays Mah Jongg at the Medford Senior Center in Cranberry Hall. That's where she met Jane, who also plays there on Monday mornings and Friday afternoons.

Royalty, a challenging card game, attracted a group of six players who were looking intently at words laid out on cards in front of each one. Each player is dealt seven cards. Each card has a letter and a number. At each turn, a player has to put out a word and is scored the total numbers of the letters used. During the same turn, the player can use his/her left-over card(s) to make a new word from any of the words previously put out by the other players. If that is successful, the player "captures" the new word

and adds it to his/her score. The Royalty players on a recent Tuesday were **Grace Schaffel** and a friend, **Gerry Dickerson**, **Doris Shamleffer**, **Dorothy Hammarstrom**, and **Marilyn Loftus**, Dining Service staff.



photo by Margery Rubin

At a table for two, **Nan Hanslowe** and **Lori Berliner** played Scrabble on Lori's miniature travel set, using the Crossword Dictionary. They said they enjoy playing together because they are "evenly matched." The other Scrabble regulars, **Sally Klos** and **Liliane Reynolds**, took a game set to **Nancy Darling's** room in Woolman, so

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Nancy wouldn't have to miss Game Night.

Some of the players, like Jane, love these games so much that they get together on other nights in the Coffee Shop or in their homes.

Grace, the unofficial guardian of Game Night, emphasized that newcomers are most welcome. She suggested that they call (3655) and tell her what they are interested in playing.

MUSICAL MONDAYS IN MARCH

by Maggie Woodard

Gerry Stride, Director of Community Life, thought it would be nice and appropriate to have *Music for Reflection* during Lent and to have contributions from local churches. She contacted churches too late, so the only one represented was St. Mary's of the Lakes.



Gerry's intent was to give residents music that was spiritual. Her judgment was that it was "loosely spiritual." The programs were scheduled for four Mondays in March in the Activities Room. On March 9, James Corrente, a pastor who also teaches music at Eastern College, played classical piano music. On March 16 a Quaker folk band from Pennsylvania played folk and blues music in a performance titled "Faith and Practice."

On March 23, Bill and Linda Green performed gospel music. Bill and Linda, a husband and wife team, are affiliated with the Pinelands United Methodist Church and perform at the church on Saturday nights once a month. They both sing and accompany the songs with guitars and/or a banjo. On March 23, they sang 13 songs to a crowd of 50-60. Most who attended were from Assisted Living, but some people came from the Courts.

On March 30, Marianne Perkins and Toni Burdey, who provide music at St. Mary's of the Lakes at the Saturday evening mass, gave a concert titled "Music for Reflection."

"Every generation imagines itself to be more intelligent than the one that went before it, and wiser than the one that comes after it."

George Orwell

THE FARM

Out between the Nature Center and Rushmore on the Medford campus is an area known as The Farm. There, residents grow vegetables, like tomatoes and zucchini, herbs, berries, and all sorts of flowers. Landscaping and Maintenance staff assist the "farmers" with the heavy work, and there are tools, water, mulch, and other farming supplies available. At last report, there are still plots available. Any resident who might want to begin farming should call either **Rona Keilin** (3608) or **Dunbar Denham** (3643) for more information.



A LITTLE SPRING IN SPRING

by Suzanne Frank

A low-key, high-energy competition called Put a Little Spring in Your Life “walked out” in our midst this past month. Sponsored by Genesis Rehab, its focus was on promoting overall wellness by challenging residents and staff to monitor their walking habits as well as acquainting them with the Rehab staff and services. A sort of “meet and greet,” said **Jeannie Roland**, PT, who headed the program. It was like an open house for the department to welcome everyone and enabled Rehab to engage one-on-one with a lot of new faces.

Each entrant was given a pedometer and instructions on its use. Requirements were easy: each person had to check in weekly to have the pedometer read and reset for the next week. The challenge ran from March 11 to April 10, with the top three participants to be awarded special prizes. “The prize for everyone, naturally, is better health,” added Jeannie. “The aim is to get people into a good habit and have it become a part their daily routine.”

“A lot of people in the business office center reported all sorts of stories of pain and torture,” **Donna Sherman**, Director of Rehabilitation, said. The program makes people realize what they can accomplish for their aching bodies just by walking. It was timed to be a jump start from winter into spring, when everyone is more active using more muscle power.

A strongly committed walker, **Liz Knapp** commented that “walking makes me feel good emotionally, physically, and spiritually. This competition not only inspired me to take a long rather than a short route somewhere, but also gave me hope,” she chuckled, “that I might come out near or at the top.”

Loretta Rosell, CNA in Woolman, reported that the contest helped her “keep track of how much walking I did for exercise, as I walk here and at home. I recently lost a lot of weight and I need to tone up my body. I want to get to be a healthier older person for sure.”

Walking at our age is the best exercise and very beneficial,” **Al Pfeiffer**, recently remarked. “At my age of 83, I carry my own golf bag, which also helps my shoulders because the new bags come with yokes that enable a golfer to carry them on two shoulders. One week I managed to record 140,000 steps, which I hope to duplicate.”

“Now that I got my brain in shape (two programs), I wanted to get myself in shape again because I had walked five miles a day before my husband **George’s** health problems,” said **Rolfa Rogers**. At present, she pushes George in his wheelchair for two miles each day, weather permitting, along with her regular walking schedule.

And now for the winners! Not surprisingly, Rolfa was first in this “step challenge” with 392,496. Al with 328,365 was second, and Liz was third with 327,884. The prizes of an ungraded pedometer and water bottle were awarded on April 15th, amidst a big cheer from all the participants and the staff of Genesis, which deemed the effort a huge success in its focus on encouraging wellness in our community.

ART GALLERY NEWS

by Helen L. Vukasin

Over a hundred visitors strolled through the Art Studio Gallery in the halls of the Arts and Social Wing at the opening reception on April 20 to view the new exhibit of residents’ art work. The list of artists keeps growing and the work keeps getting better. The homemade goodies were up to their usual high quality.

Upstairs in the Medford Leas Gallery, the exhibit of Home Fine Art Gallery continues through the month of May.

At Lumberton, as part of the 10th Anniversary Celebration planned for the month of June, there will be an exhibit of artwork both two dimensional and three dimensional in a variety of media by the resident artists of the Lumberton Campus.

SEAN-NÓS IRISH DANCING



photo by Margery Rubin

Residents and guests packed the Activities Room on March 19 and watched in rapt attention as dancers from the Coyle School of Irish Dance performed reels, jigs (slip, light, and single), hornpipes, and traditional sets. This annual event is one of the high points of the "Green Week" celebration of St. Patrick's Day. The dancers, nine girls and one lad, ranged in age from 8 to 18 and performed both soft-shoe (similar to a ballet slipper) and hard-shoe (sort of a tap shoe) numbers.

Sean-nós roughly translates to "Irish step dance" and is characterized by rapid leg movements while body and arms remain still. The Coyle School is in Cherry Hill. Most of the dancers who performed at Medford Leas travel the *feis* or step dance circuit, successfully competing nationally and internationally. See mlra.org for more pictures.

IN MEMORIAM

Inga Pickering
Jeannette Bricault

March 24
April 15

NEW IN THE LIBRARY

Note: The following new books may be placed on reserve by filling out the appropriate card on the desk in the Library.

Non-Fiction

- Baker, Nicholson *Human Smoke: The Beginnings of World War II*
 Barnes, Julian *Nothing to be Frightened of*
 Boston Globe Reporters (editor Canellos, P.)
Last Lion (Ted Kennedy)
 Epstein, Daniel *The Lincolns: Portrait of a Marriage*
 Fagan, Brian *The Great Warming: Climate Change*
 Gladwell, Malcolm *Tipping Point*
 Grann, David *The Lost City of Z*
 McDaniel, Donna & Julye, Vanessa *Fit for Freedom, Not for Friendship*
 O'Brien, Stacey *Wesley, the Owl*

Fiction

- Berg, Elizabeth *Home Safe*
 Delinsky, Barbara *While My Sister Sleeps*
 Deveraux, Jude *Lavender Morning*
 Fairstein, Linda *Lethal Legacy*
 Goolrick, Robert *A Reliable Wife*
 Grisham, John *The Associate*
 Houghteling, Sara *Pictures at an Exhibition*
 Kleypas, Lisa *Smooth Talking Stranger*
 Moore, Christopher *Fool*
 Picoult, Jodi *Handle with Care*
 Trigiani, Adriana *Very Valentine*
 Wroblewski, David *The Story of Edgar Sawtelle*
 Young, William *The Shack*

Mystery

- Coben, Harlan *Long Lost*
 Leon, Donna *About Face*
 Leonard, Elmore *Road Dogs*
 Quinn, Spencer *Dog on it*
 Robards, Karen *Pursuit*
 Scottoline, Lisa *Look Again*
 Vine, Barbara *The Birthday Present*
 Woods, Stuart *Loitering with Intent*

FOR THE BIRDS (AND RESIDENTS)

by Kay Cooley

Birding has been an active interest of residents since the earliest days of Medford Leas. Articles on birds and bird identification first appeared in *Medford Leas Life* in September 1973. Pieces at first titled "Bird Watchers Notes" then "For the Birds" appeared regularly thereafter. In a fall 1975 issue, the late **Ruth Carver** described a trip to the Edwin W. Forsythe Wildlife Refuge.

The Bird Club came into being in 1987 after **Wayne** and **Gertrude Marshall** joined the community. They started monthly meetings with two field trips a year to such bird havens as Cape May, Stone Harbor, Reed's Beach, and Forsythe. Wayne led the yearly January bird census connected with the Cornell Laboratory of Ornithology, while Gertrude wrote articles about birds for *Medford Leas Life* from 1988 to 2005.

Today the Bird Club is very active. From September through June, 25 to 30 residents meet in the Theater at 10:30 am on the first Wednesday of the month for a program on some aspect of birds and birding. Live presentations by residents or a guest speaker alternate with videos about birds.

This winter, a guest lectured on how to identify sparrows, while another gave a slide presentation on the eight species of owl found in New Jersey. The May program will feature a video, "Watching Warblers," followed in June by another video, "Spring and Summer Songbirds."

Trips are both full-day and half-day. The one remaining full-day trip of this year will take birders to the Forsythe National Wildlife Refuge on May 15. From April to June the coordinator schedules short morning trips to local areas to view birds that have arrived in the spring migrations. This year Burlington County parks are the destination, with Long Bridge Park in Hainesport and Rancocas State Park targeted for May and Brightview Farm for June. Birders will be on the watch for Bobolinks, Meadow Larks and other grassland birds.

Bird Club trips (and meetings) are open to all residents. The only requirement is to sign up for the trips on the sheet by the mail boxes so car-pooling can be arranged. Full-day trips leave Medford Leas at 8:00 am and return by 4:00 pm. Participants need to take their lunch. Short trips leave from the Lumberton Campus Community Building at 7:30 am and return by lunch time.

Likewise, all residents are invited to write down the names of birds, common and uncommon, seen during each month. A sheet for this is located by the mailboxes. In 2010 a Bird Sightings pamphlet will be published and compared to the last one dated 2001 to see how bird populations have changed over a ten-year period.

The residents who energize the Bird Club and its activities are: Programs - **Sue Dowling, Jean and Joe Jordan, Perry Krakora, and Miriam Swartz**; Trips - **Ethel Cebra, Doris Curley, Gil Goering, Lucia LeConey, Arthur Steitz, Dave Swartz, and Louise Tompkins**.

The Bird Club now has its own web page at <http://sites.google.com/site/mlracommitteepages/bird-club>

JOHN WOOLMAN QUAKER PIONEER

During March and April, Elderhostel held Day of Discovery programs at Medford Leas on the topic "John Woolman — Quaker Pioneer of the Spirit in America." Those programs involved a full day of activities and those who attended paid the usual Elderhostel fee.

On May 15, at 10:30 in the Theater, residents will have an opportunity to attend an abbreviated program, which will permit them to have at least part of the same Elderhostel experience. The two speakers will be residents **Lois Forrest**, on "Introduction to Religious Society of Friends/Quakerism," and **Dan Seeger**, on "John Woolman's Life and Witness."

PROFILE IN FITNESS

by Suzanne Frank

[This is the second in a series of articles profiling residents whose decision to benefit from Fitness and Aquatics programs has resulted in significant improvement in the quality of their lives.]

Who could imagine that **Maggie Heineman**, svelte leader of 35-mile bike rides, could ever have been over 200 lbs. and suffering from sleep apnea, snoring, edema, swollen ankles and having difficulty getting out of a sofa. "I was a 'keyboard potato' and not at all athletic, leading a very sedentary life," she said, reflecting on a life change she could never have predicted. She feels she has gotten younger in the last eight years and says the catalyst for this transformation has been fitness and more fitness.



Left: March 2004, Medford Leas Wildflower Walk
Right: July 2007, First Place 65+ Age Group,
Philadelphia Women's Duathlon

Her odyssey into a life of exercise began in 2001 while working in the pool with residents who are unable to walk on land. "I hadn't had that kind of a personal interaction before and it gave me a great psychic benefit," she commented. "I still yo-yoed between overweight and obese even though I was doing both water aerobics and the land exercise class."

Still over 200 pounds a couple of years later, Maggie began to use her water class friends as a support group. "After announcing that by every holiday I was going to lose five pounds, I then had to do it. The group strongly supported my effort."

Meantime, she started biking with the Outdoor Club of South Jersey. The realization that she could not keep up with even the slowest groups unless she reduced her weight provided strong and continuing motivation. She began to faithfully write down everything she ate. She went beyond morning land and water exercise classes into a more challenging program, designed by the Fitness and Aquatics Department, which included cardio, strength training, abs exercises, and stretching.

Maggie said the lifestyle she now practices reflects six components of wellness. The first three, the physical, emotional, and spiritual aspects, are satisfied through the Fitness Department as a volunteer and a participant. Doing the layout for *Medford Leas Life* and her work as webmaster for mlra.org satisfies the last three, intellectual, vocational and creativity.

During the long and cold winter she concentrates on more indoor fitness work so that in the summer she is able to do longer and hillier bike rides, thanks to **Rick Trandahl**, who has prepared her for these strenuous and endurance-testing efforts.

"I'm still improving. At 73 I'm a better cyclist than I was at 72," Maggie claimed. As an offshoot of her athleticism, since 2005 she has raised over \$13,000 by biking for the Multiple Sclerosis Society. This June she's aiming to cycle a "century" – 100 miles in one day. That will be a staggering achievement for a woman who "never met a calorie I didn't like!"

WATER VOLLEYBALL

by Grace Schaffel

If you hear a roar from the vicinity of either Medford Leas swimming pool, your ears have not deceived you. The sound emanates from a vigorous and challenging water volleyball match between the Medford Leas residents' team (Leas Leapers), led by **Charlie Morrow**, and

members of the Medford Leas staff, headed by **Bill Conte**.

Their third aquatic duel was held on March 27 and won by the Leapers. The friendly competition has been such fun that it will likely continue on the last Friday of each month, either at the indoor Medford campus pool or the outdoor pool at Lumberton, depending on the weather.

At the first meet, the staff, never having played before, did not do well against the more experienced Leapers. During the next two matches, staff players increased in number and experience, although senior savvy outplayed youthful ebullience two games to one.

Leapers beware! Staff star player **Eddie Ellis** seems to rocket nine feet high at the net to become "Eddie the Terror," slamming the ball at Leapers' feet. He is backed by **Rick Trandahl** and **Ken Roland**. All three are from Fitness and Aquatics. Other staff players hail from Dining Services, Physical Therapy, and Maintenance. However, Charlie Morrow, across the net, gives back what he gets, to show experience and age can match youth.

Watch the calendar for future games. Come out to cheer them on!

SAWS AND HAMMERS



Just about as long as there has been a Medford Leas, there has been renovation of apartments. About 20 years ago, they began to combine and/or extend Courtyard Garden apartments because new residents wanted more room.

Now it's Bridlington's turn. Recently, incoming residents have asked for more usable space. Accordingly, bathrooms are being enlarged, screened porches are being transformed into

closets, and decks are being converted to four-season sunrooms.

Two apartments are active construction sites: the expanded 682 will be a model unit; 693 is being readied for its new residents and includes a bedroom and bath in the loft.

"Among our many strengths is the variety of our apartment designs," said **Jane Weston**, Director of Marketing and Community Relations. "Therefore, we can meet the requirements of many potential residents. Typically, specialized construction is undertaken to meet their specific needs."

E.A.B.

Postage Increase



On Monday, May 11, the cost of mailing a 1-oz letter will increase from 42¢ to 44¢. "Forever" (Liberty Bell) stamps can be purchased for 42¢ before that date and can be used *forever*, even after the price change. Postal cards from the Post Office will cost 31¢. A stamp for a post card will cost 28¢.

WINE IN THE COLONIAL ROOM

Beginning some time in May, residents will be allowed to bring wine and beer to meals in the Colonial Dining Room. A survey of other Quaker-related CCRCs found that six of the nine who responded did allow this and that a majority of Medford Leas residents were willing to have the former alcohol-use policy revised.

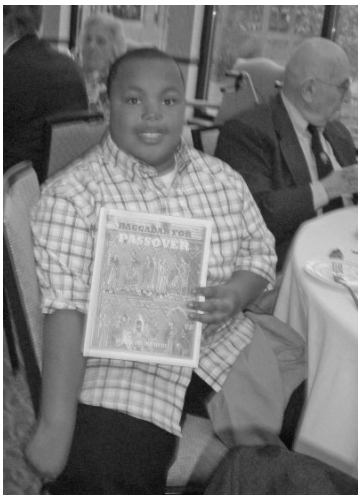
Residents who are interested in reading the new policy in full are referred to the Minutes of the MLRA Council meeting of March 27, 2009.

5769 or 2009 SEDER

by Kitty Katzell

After 17 years, Medford Leas' Seder is traditional. The Haggadah (textual guide to the Seder) is one that has been used each year since it was produced by former resident **Charles Brownfield**. The leader is **Ernest Kaufman** and the others at the head table have read the parts for Participants before: **Philetta Lobo**, **Phyllis Orta**, **Inge Raven**, **George Spivack**, **Loretta Strassler**, and **Sandy Green**, Director of Development. **Liesel Marcus** checks off those in attendance; she also supplies the candelabra, candles, and matches.

The 54 who attended included residents from both campuses, staff, and several guests of residents. One of the guests was **George** and **Margery Rubin's** grandson, who performed the duties specified in the Haggadah for the youngest person at the Seder.



Each table had its own Seder plate filled with the items called for in the Haggadah, and the other items needed during the Seder service: a plate of matzo, a bowl of red horseradish, a bowl of charoseth (a mixture of chopped nuts, apple, and wine) and wine at each place. The meal

started with warm gefilte fish, followed by matzo-ball soup, then brisket, carrots, and spinach kugel. Desserts were fruit compote, matzo kugel made by **Mina Kaufman**, and sponge cake made by **Sandy Green** and **Ellen Wiener**.

The meal itself was finished in time for people to get to Duplicate Bridge, and the Seder was finished soon after 7:30 pm. Dining Services provided Styrofoam containers for residents to take home leftovers of sponge cake, compote, and Passover candies.

KRIEBEL WAY

[The Kriebel Way sign was April's "Where is it?" challenge. **Dotie Mulholland** and **Arthur Steitz** had correct answers.]

Kriebel Way is not a real road, but a trail. It is located near the edge of the woods parallel to



Courts 62 and 63 of the Rushmore units. It wasn't meant to be a path or a trail. It was simply a track that was formed at the edge of the lawn behind Rushmore by support vehicles from Landscaping.

When it was decided to reduce maintenance by reducing the amount of lawn, the bare area left between track and grass was taken over by Mother Nature. "Volunteer" trees began to grow, as did tall grasses.

Howard Kriebel made a small path from his unit in Rushmore through the new growth to the track. It was the shortest way to the Nature Center, as it went directly to the Farm Garden area. At Howard's suggestion, 25 or 30 trees were planted along the path among the wild ones. Before long the Woodlands Group adopted the path as one of its trails, and Howard took on the responsibility of tending to it. Howard died in June 2004. He had been an important figure in international forestry research and a source of information and ideas about trees at Medford Leas. When asked by the Arboretum Committee if a portion of a trail could be dedicated to Howard, **Gordon Clift** of the Woodlands Group immediately suggested the track, which now bears the name Kriebel Way.

B.P.

"When you come to a fork in the road, take it."

Yogi Berra

AN APIARY AT MEDFORD LEAS?

Many residents will remember **Mickey Gray**, who died last December. Mickey's daughter, Corey, is an amateur beekeeper. A registered member of the NJ Beekeepers Association, she has completed a beekeeping course offered by Rutgers and is currently participating in an internship in Gladstone, NJ.



At the March meeting of the Arboretum Committee, **Jane Weston**, Director of Marketing and Community Relations, presented a proposal from Corey. It explained that an ideal location for honeybees is one with a south-facing entrance in full sun. Their hives need the protection of trees to guard them from wind. They must also have accessible water, but must avoid dampness and flooding. Corey had approached Medford Leas to ask about the possibility of placing a hive in the meadow behind the silo. Another possibility would be a hive on the Lumberton campus. The hive or hives would be made of stacked wooden boxes 16" x 20". Corey would tend the hives herself, and they would be inspected twice a year by the State Department of Agriculture to check for disease.

The Arboretum Committee referred Corey's proposal to **John Caughey**, chairman of the MLRA Nature Coordinating Committee, and **Miriam Swartz**, chair of the Bird Club and resident of Lumberton. If the project is approved, Corey hopes that the bees will accumulate enough food to sustain the hive through the winter.

However, it will be some time before the hive can be expected to produce enough honey to be shared. On the other hand, as a direct result of the bees' presence, there could be immediate increases in flower and vegetable production.

MLRA PLANT SALE

by Dottie Heisler & Perry Krakora

The Annual MLRA Spring Plant Sale will be held on Thursday, May 7, in the Estaugh Mall from 8 am until noon. Residents and staff are encouraged to buy flowers and plants for their gardens and porches and for Mother's Day, the following Sunday.

The sale will offer a selection of hanging baskets, potted plants, bedding plants, and herbs. Income from the sale helps to pay for flowers for the public rooms on the Medford campus. Contributions from the income have also been made to the MLRA Appreciation Fund.



Residents using wheelchairs, scooters, and walkers may choose their plants on Wednesday evening, May 6, from 6:30 to 7:30 pm. All others should wait until the sale opens at 8 am on Thursday.

The Plant Sale needs many volunteers. Residents willing to help with sales, arranging, or delivering purchases should call Dottie (3625).

WHO'S NEW

photos by Margery Rubin

Marion Kahn Raindorf, Apt. 186, learned of Medford Leas because she was curious about the sign near the jug handle turn on Route 70. She used to do grocery shopping at the ShopRite for her daughter's family in Medford and kept wondering about this Medford Leas place.



One day, she drove inside and was struck by the beauty of the landscaping but puzzled by the total quiet and absence of people. She assumed it was some kind of retirement community. It wasn't until years later, when she felt ready to move to such a

place and had visited other retirement communities that she came into the office and decided to select Medford Leas.

Marion was eight years old and didn't speak any English when her Jewish family decided to leave Nazi Germany in 1938. They went to New York City, where they could expect help from the descendants of family members who had immigrated since the 1850s. Marion started in the first grade but, a quick learner, jumped some grades later, and graduated from George Washington High School in 1947. Two years later she received an Associate Degree in retailing from the NY Institute of Applied Arts and Sciences.

On a trip to Israel in 1950, Marion met her future husband, Kenneth, a native Israeli who had just been discharged from Army service. Their letter-writing romance led to marriage in 1951. The couple lived in NYC initially but later bought a house in Fair Lawn, NJ. Ken started an engraving business with Marion as his partner. They raised a son and a daughter.

After a divorce in 1986, Marion started a new career as credit manager. She worked for Panasonic in Secaucus until 1995 and then took on a

part-time consulting job as credit manager for *The Jewish Standard*, a weekly newspaper and publisher. She took a brief leave of absence during her move but will continue the job two or three days a week from her home computer.

Ellen Stimler

Now that **Robert (Bob) Lasky** has moved into Apt. 68, there are three Campbell Soup Company retirees living next to each other in Court 6, and one of them said it's now "Campbell Court." Bob knew **Bud Denton** in Apt. 62 but does not remember **Steve Frank** in Apt. 63, who had Bud for his boss.

Bob grew up in Chicago, went to local schools, and received a degree in mechanical engineering (BSME) from the Illinois Institute of Technology. With the exception of two years, he spent his entire professional career in the Container Division of Campbell Soup, starting at their plant in Chicago, then transferring to Napoleon, OH, and finally working in Camden. Bob's job involved the design and construction of cans, bowls, and plastic trays.



In 1951 Bob married Helen, a young woman he had known since childhood because their families were neighbors in Chicago. They went to different schools, however, and were separated while Bob served in the

Army during WWII. Helen worked as a secretary while Bob was finishing his degree and supported him during his last year in college. Helen stopped working after their marriage, and the couple raised a son, now living in Minneapolis, and a daughter who lives close by in Mt. Laurel. There are four grandchildren. Helen died in 1998.

Reflecting Bob's former interest in model-making, there is a large, museum-type glass case in his apartment, holding a magnificent scale-model sailing ship that he built.

Ellen Stimler

Where is it? What is it?



Yes, of course this is the iconic Medford Leas silo, but what else can you tell us about it? Put your answer in an envelope on the *Medford Leas Life* shelf in the Atrium by May 11. The June issue will give a brief history. *Hint: check mlra.org*

ARBORETUM VOLUNTEERS

Beginning in May, residents who would like to volunteer in the Arboretum should report to the Nature Center Thursdays at 10 am. From there, **Debbie Lux** will lead volunteers to different parts of the Medford campus to help with weeding, planting, pruning, and other activities. Those who have participated in the past have learned a lot from Debbie about plants and their care. They also say they are sometimes lucky to get seedlings for their own gardens. So come out and get involved. For more information, call **Barbara Heizman** (3172).

STRATEGIC PLANNING TEAMS

Since last December, four teams composed of senior staff, residents, Estaugh Board members, and other staff have been meeting regularly to develop plans and propose action items. Those assigned to each of the teams are:

Organization & Culture

Jane Weston, Team Leader

Sandy Green, Senior Staff

Barbara Lewis, George Rubin, Helen Vukasin, Beth Wray, Residents

Paula Fairley, Doug Springer, Estaugh Board

Rachael Conte, Ken Roland, Marge Sagett, Staff.

Physical Plant

Bill Murphy, Team Leader

Luke Short, Bill Starcher, Jen Zdunczyk, Senior Staff

Jack Akerboom, Dave Bartram, Jack McKeon, John Sommi, Barbara Trought, Alex Webb, Residents

Doug Springer, Estaugh Board

Liz Conlin, Brad Mauger, Christe McGowan, Staff

Healthcare

Dolores Redner, Team Leader

Bill Murphy, Bill Starcher, Practitioners (rotating), Senior Staff

Wil Britten, Berta Numata, Betty Preston,

Frank Snope, Jean Stratton, Residents

Janet Thomas, Estaugh Board

Donna Boone, Lisa Hinkel, Marianne Steely, Staff

Wellness

Sandy Green, Team Leader

Dolores Redner, Senior Staff

Evert Bartholomew, Susan Dowling, Peter McCord, Betsy Snope, Residents

Kitty Katzell, Estaugh Board

Trudy DeLacy, Beverly Kannengieszer, Gerry Stride, Staff

MAY CRYPTOGRAM

by Alan T. Gaylord

WHJMIT' L NVILJ XITTW VL
 XAYS, GTI GHISTLJ GMT JA
 GAYS GTI THIYZ YTHN'L H
 NYAUTI; KMJ AWYZ LA HW
 GAMI. JGTW YTHN LMKLVSTL JA
 YTHN, LA TSTW LHWQ JA XIVTN,
 LA SHUW XATL SAUW JA SHZ;
 WAJGVWX XAYS BHW LJHZ.
 - IAKTIJ NIALJ

Here is the solution to the April cryptogram by Ariel Hollinshead Hyun:

TRUTH AND SINCERITY HAVE A CERTAIN DISTINGUISHING NATIVE LUSTER ABOUT THEM WHICH CANNOT BE PERFECTLY COUNTERFEITED. THEY ARE LIKE FIRE AND FLAME THAT CANNOT BE PAINTED.

--BENJAMIN FRANKLIN

The correct solution was received from 35 readers: **Ken Anderson, Miriam Angle, Ruth Blattenberger, Judy Braddy, Marion Burk, John Caughey, Alice Culbreth, Doris Curley, Liz Dill, Betty Donahue, Louise Evaul, Alan Gaylord, Linda Gorwood, Tom Krainik, Herb Heineman, Barbara Heizman, Hugh Jenkins, Sally Klos, Mary Mason, Eileen McManimen, Mary Ann Metzger, Dottie Mulholland, Alice Norcross, Aline Page, Helen Peterson, Betty Preston, Ruth Quackenbush, Warren Reeves, Fran Reynolds, Doris Salati, Florence Sawyer, Peg Scott, Louise Stiles, Miriam Ward, Ellen Wiener.**

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

MEDFORD LEAS LIFE

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