



Medford Leas *Life*

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DOLLARS AND SENSE

by Elsie Behmer

The mission of the MLRA Financial Review Committee (FRC) is threefold: to “know and understand” Medford Leas finances; to present residents’ points-of-view to the Administration; and to keep residents informed.

FRC Chair **Grace Blackburn**, who has had years of experience heading committees, outlined a process that is based on “hard work, patience, and candid discussion among the committee members, who embrace a wide variety of opinions and reflect residents’ diverse views. All have significant experience in finance, accounting, contract negotiating, management, or budgeting. We do our homework and fact-finding, confer with senior staff, and ask for clarification when we don’t understand.”

The committee meets once or twice a month to go over its findings and monthly financial statements. Based on these, as well as the information it has gathered, the FRC, through vibrant, confidential discussion, formulates key questions to pose at its quarterly meetings with CEO **Dennis Koza** and CFO **Bill Starcher**. “We have high respect for them,” Grace said. “We believe they are frank and honest with us, that they listen closely to what we say, and that they seriously consider our suggestions.

“I believe we have gradually developed a collegial relationship that is based on trust and confidentially,” Grace continued. “We listen. We question. We try to persuade. We do not con-

front nor do we harangue. However, there are challenging discussions in both directions.”

Perhaps none more so than during a series of meetings as the \$27 million 2009-2010 fiscal budget was being prepared. The FRC members had received in advance three scenarios and a summary sheet showing what effect specific decisions would have. With this material in hand, the members vigorously debated many issues until they agreed on what the FRC’s primary thrust should be. “We entered our next meeting with the Administration energized and focused,” Grace said. “This resulted in a robust, impassioned discussion. There was careful listening and an underlying respect for all comments. But since the FRC is not a decision-making group, we can only influence an outcome.

“However, for the final budget meeting, we received a 16-page document that included more detail with much greater emphasis on cost-cutting and conservative revenue estimates. The problems that had concerned the FRC had been addressed,” Grace said. “It was an emotional journey for us, but ultimately we were satisfied.”

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To close the financial communication loop, Bill Starcher reports to residents quarterly and includes important year-to-date data. These presentations are followed by questions from residents. Grace herself summarizes the FRC committee's work at the annual meeting.

In addition to Grace, FRC members are: **Milt Zimmerman**, co-chair; **Jack Akerboom**; **Wil Britten**; **Austin Dowling**; **Doris Shamleffer**; **John Sommi**; **Chuck Woodard**; and **Sally Miller**, ex officio.

MEDFORD LEAS FLOWER SHOW

by Fran Webb

At Medford Leas, September is Flower Show month in the Activities Room. The theme this year is "All About Art." Residents and staff who wish to show their flowers, plants, vegetables, and arrangements will register their entries in the kitchen area adjoining the Activities Room on Tuesday, September 15, between 7:30 and 9:45 am. The judges will judge the entries between 9:45 am and 1:30 pm, when the show will open. Residents and the public are invited to view the displays on Tuesday, September 15, from 1:30 to 8 pm and on Wednesday, September 16, from 8 am to noon.



photo by Allyn Rickett

Co-chairs of the Flower Show Committee **Lois Rickett**, **Joan McKeon**, **Fran Webb**, and **Perry Krakora** have prepared detailed information in a leaflet that is available at the Reception Desk or by phone from Joan at ext. 3678.

MEDFORD UNIVERSITY: CLASSICAL MYTH AND LEGEND

by Kay Cooley

One cannot fully appreciate western literature and art without at least some acquaintance with classical myth and legend. Medford University's fall course focuses on heroes and themes from ancient Greece and Rome and the uses made of this material by later English authors.



Fred Mench, Professor of Classics Emeritus of Richard Stockton College of New Jersey, will teach the classes, which will meet on six Monday afternoons 3:30 – 5 in the Theater, beginning September 14. Tuition is \$25. Enrollment is required.

Additionally, a series of modern full-length films incorporating classical themes will be shown Thursday evenings at 7:20 in the Theater beginning September 10. There will be no charge for the films, which are open to all.

ACTIVE AGING MONTH

Active Aging Month -- September 2009 will kick off with the September 2 address on wellness by Dr. Keith Quinton. Medford Leas is participating in this national campaign that encourages individual involvement in the six dimensions of wellness: emotional, vocational, physical, spiritual, intellectual, and social.

SKYPE COMES TO MEDFORD LEAS

by Betsy Pennink

The staff of Therapeutic Recreation is excited about the latest technological addition to Estaugh and Woolman. The team knew they wanted a computer in Estaugh for residents' email. Then they thought about adding Skype, the free program that enables users to simultaneously see and talk to others via computer.

Rachel Conte, Therapeutic Recreation Lead Assistant, says a new computer came to Estaugh in April. Staff set up email and immediately downloaded the Skype program. They bought a webcam (a little camera that sits on top of the computer) and made sure the microphone and loud speakers were working. Then they wrote a letter to a family member of each Estaugh resident, inviting him/her to download the Skype program. The staff was ready with instructions if contacted by phone or by email. The letter also asked the family member to spread the word among family and friends.

Currently, two residents use Skype regularly. One has a daughter in California; the other has a daughter in Arizona, a son in California, and a brother in the South. Rachel describes the pleasure the residents get from interacting with loved ones who live far away. Sometimes a user holds up an object, such as a sweater or a cat, so it can be seen at the other end.



Gladys O'Brien wears headphones as she talks with her daughter who appears on the screen.

The enthusiasm for Skype has spread to Woolman, where there is now a new laptop equipped

with the program. Family members of Assisted Living residents have received a letter inviting them to participate.

Skype is well accepted at Medford Leas. **Dave Wagner**, PC Technician, estimates that about 25 residents use it. There are computers in roughly 180 (more than half) of the residential living apartments.

STRATEGIC PLAN UPDATE

by Kay Cooley

While summer may mean vacation time for residents and staff, there has been no letup in work on the Strategic Plan.

As they gather to deliberate the future of Medford Leas, the major challenge of the managers and the Estaugh Oversight Committee is to seek the right balance between the needs of our current residents and the expectations of future ones. In that regard, they have been busy digesting the strategic team reports and related resident input gathered in the spring. So far they have identified certain studies that need to be addressed both internally and by outside experts. Some experts have already been identified and requests for proposals sent. Also, members of the Board have started to meet to examine our board governance process.

The goal of the Oversight Committee is to have a single document that eventually will embody both our vision for the future and the practical steps needed to realize that vision. They look forward to resuming collaboration with stakeholders in the fall to finalize this document for Board approval. **Harry Scheyer**, the Oversight Committee chair, said that this major strategic planning process that the community is experiencing is laying the foundation for a healthy collaborative organization and change-ready culture, which is so important for senior communities not only to survive but to thrive in the future, which is coming sooner than we think.

REBECCA CASTELLANOS, MSN, APN

by Suzanne Frank



photo by Margery Rubin

A friendly, fiercely intelligent woman with very high energy has joined the Health Center as our new Nurse Practitioner. Her name is **Rebecca (Becky) Castellanos**, and she is tall, blond, and vivacious.

Becky is responsible for overseeing the medical care in Estaugh where she can be found every day. She and her colleagues are each on call one night per week and every fourth weekend.

Born in Connecticut, Becky moved to McKean County, PA, when she was 12 years old. After the birth of her first child, Becky enrolled in the nursing program at Burlington County College and worked in the Emergency Room at what was then Garden State Hospital (now Virtua Marlton Division). She then earned her BS in Nursing and an MSN from Widener University. Her master's degree qualified her to become a nurse practitioner. Becky said that she was required to take additional credits in a specialized family practice program that prepared her to deal with all types of medical issues from pediatrics to geriatrics as a Family Nurse Practitioner.

Wanting to add to these credentials, Becky enrolled at Drexel University in 2007 to obtain a DrNP (Doctorate of Nursing Practice). The DrNP is a hybrid doctorate, focused on research and education. She adds that it is a rigorous all-year-round program and one needs a supportive family (which she certainly has) to complete the degree requirements. She expects to finish her dissertation within the next two years.

Becky lives in Moorestown with her husband Diego, a criminologist. She has two sons, a daugh-

ter-in-law, and three stepchildren, all busy studying.

A more detailed history of her nursing experience includes work with critically ill cardiac patients in the ER at Garden State, on staff in the cardiac catheterization lab at Deborah Hospital, and cardiac research at Our Lady of Lourdes Hospital. She loved her stint at another CCRC, Rydal Park in Abington, PA, where she was a clinical nurse practitioner. She had nine years of focused cardiology experience after leaving Rydal Park.

DIRECTOR OF HUMAN RESOURCES

by Ellen Stimler

Marie Cox, who joined the Medford Leas staff last spring as Director of Human Resources, said she sensed immediately that the culture here was very different from that in any of her previous workplaces. The Medford Leas culture of Quaker values and caring for each other will be her guiding principle in running her Department.



photo by Margery Rubin

Marie has a degree in marketing from York College of Pennsylvania and is currently completing an MA degree on-line in organizational leadership at Norwich University in Vermont. She must participate in 20 hours of classes/study a week via her computer and will finish with a week-long residency at the college in 2010.

Marie has over 20 years of professional human resources experience. For 11 years she worked for Virtua Health in various human resources positions, including Human Resource Manager for their two long-term care facilities, the Mt. Holly Center and the Berlin Rehabilitation Cen-

ter. Her second major position was as Director of Employee Relations and Staffing for a national financial services company headquartered in Marlton, NJ. When Marie saw Medford Leas' advertisement for the Human Resources Director position, she was excited about the prospect of working for an organization that has such a positive reputation in the community.

Marie lives in Medford with her husband of 33 years. She has two adult children and two grandchildren.

PROFILE IN FITNESS

by Suzanne Frank

(This is the third 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.)

Despite having had a stroke a few years back, **Virginia Dreby** surely is one of the happiest women living among us. "I'm one of the most fortunate people in the world," she declared recently. "I had the most wonderful parents and a wonderful marriage. And my children, all five of them, are very attentive and caring and have blessed me with grands and great-grands."

Besides being so close to her family, Virginia's upbeat and positive attitude blooms in large part through her determination and dedication to her daily fitness routine. "I'd be miserable if I didn't do it," she said. "I like to go to the pool and I feel good doing it because it makes me feel so very free." And because of her stick-to-itiveness, she has received awards from the Fitness and Aquatics Department for her steadfast commitment to both her water and land exercise accomplishments.

Three times a week she's in the pool, which feels like liquid velvet to her, wearing three-pound weights first on her ankles and then on her arms as she walks, kicks, and stretches

while hanging on a noodle. The water really frees her to walk, which is not otherwise possible. Three other days she participates in exercises which she claims have eased the burden of her stroke, which left her unable to remember names. "**Ed Ellis**, in charge of my fitness class, gets me to move every part of my body including my eyes, neck and arms – all of this while I'm sitting or standing," she explains. "It's all about keeping your body in condition so that you are comfortable. Although some consider it painful, I find it easy, fortunately."



"I've canvassed all the residents in the Haddon dining room and all thought that the fitness program was great and liked it, even if some didn't participate much," she said. "The Fitness folks say the sweetest things to us while we exercise" she confided, referring to **Beverly Kannengieszer, Rick Trandahl, Ken Roland**, and Ed.

Although Virginia has spinal stenosis, she luckily does not suffer due to a high pain threshold. (That might explain how this incredible woman delivered her first two babies herself, without medical assistance.) While in the pool, she gains an amazing mobility she lacks on land and she laughingly recounts that Beverly calls her Mrs. Dreby on Mondays, Virginia on Wednesdays, and Ginny on Fridays. That seems incredibly fitting, as she does appear to be three vitally alive people all rolled into one.

RESIDENTS IN THEIR 60s

(This is one is a series of articles about residents who are in their sixties.)



photo by Margery Rubin

When **Susan Dowling's** mother, **Betty Wakeley**, wanted to see Medford Leas in 1988, Susan was happy to drive down from Chatham, NJ, with her. This turned out to be an important visit. Susan fell in love with the beauty of Medford Leas right away and encouraged her

mother to come here. Betty subsequently moved in and Susan came frequently to see her after that, becoming even more enthusiastic about the surroundings and the people.

It was inevitable that Susan and her husband **Austin** would be residents here, too. They never considered any other CCRC. After selling their house in North Beach on Long Beach Island, NJ, where they had lived for 14 years, they moved here in January 2006. Susan was 61 and Austin was 73. Austin's knee and hip replacements were a factor in their decision, but Susan couldn't wait to be here. She doesn't think of the residents as older than she is. She enjoys everybody. "They're so interesting," she says.

Susan loves volunteering. She works in Estaugh with Therapeutic Recreation. For example, she helps with residents on trips to the shore or Longwood Gardens, wheelchair square dancing, and the scarecrow walk. She works with Marketing, especially as a tour guide during every Open House. She and her longtime friend **Perry Krakora** buy cookies and candies for the Gift Shop. Susan substitutes occasionally in Woolman, bringing fresh water and ice to the rooms. She is now in her second year on the MLRA Council. When last seen, she was on her way to confer with her mother on recipes for the zucchini crop from their garden.

B.P.

NEW BOOKS IN THE LIBRARY

Non-Fiction

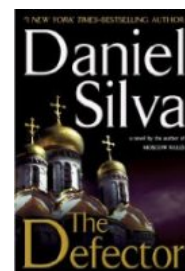
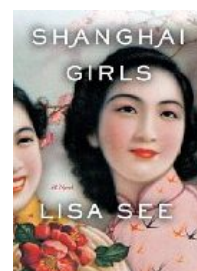
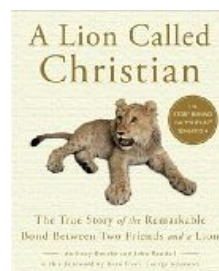
Bourke, Anthony *A Lion Called Christian*
 Brinkley, Douglas *The Wilderness Warrior*
 (about Theodore Roosevelt)
 Buckley, Christopher *Losing Mum & Pup*
 Fox, Michael J. *Always Looking Up*
 Kerasote, Ted *Merle's Door*
 Levy, Shawn *Paul Newman*
 McCalman, Iain *Darwin's Armada*
 Mort, Terry *The Hemingway Patrols*
 Royte, Elizabeth *Bottlemania*
 Seal, Mark *Wildflower*
 Wolfe, Richard *Renegade*

Fiction

Ali, Monica *In the Kitchen*
 Brookner, Anita *Strangers*
 Kinsella, Sophie *Twenties Girl*
 McMurtry, Larry *Rhino Ranch*
 Rice, Luanne *Deep Blue Sea for Beginners*
 See, Lisa *Shanghai Girls*
 Vincenzi, Penny *The Best of Times*
 Walbert, Kate *A Short History of Women*

Mystery

Baldacci, David *First Family*
 Barr, Nevada *Borderline*
 Clark, Mary Higgins *Just Take My Heart*
 Connelly, Michael *The Scarecrow*
 Coulter, Catherine *Knockout*
 Davidson, Diane Mott *Fatally Flaky*
 Deaver, Jeffery *Roadside Crosses*
 Evanovich, Janet *Finger Lickin' Fifteen*
 Lescroart, John *A Plague of Secrets*
 Maron, Margaret *Sand Sharks*
 Roberts, Nora *Black Hills*
 Sandford, John *Wicked Prey*
 Silva, Daniel *The Defector*



CHECK IT OUT!

“For its size, it’s an amazingly good library that is completely cataloged,” said **Joanne Green-spun**, who co-chairs the Library Committee with **Bob Hambleton**.

A long-time resident, who toured every CCRC from Maine to Florida before moving to the Medford Campus, believes “the Atrium Library is the best I saw in any retirement community on the East Coast!”

This is not mere boasting. Residents check out about 500 books a month or 6,000 a year or at least 30,000 during the five years Joanne and Bob have been in charge. Over that time, more than 1,000 books have been added to the collection, evenly divided between those donated by residents and new books purchased. These are just the statistics for the Atrium Library. Other committees run the Medford Campus Large-Print and Audiotape Libraries and the Lumberton Campus Library.

The 5,200-volume collection is balanced between new books and classics and includes paperbacks and a 200-volume Quaker collection. Circulation is about 25-30% each for fiction, mysteries, and paperbacks, with about 15% for biographies and other non-fiction. The 750 classical CDs were bequeathed by **Elsie Lisovitch** in 2006. There is a reference shelf, newsletters and, in both the Library and the Lounge, newspapers and magazines.

Residents don’t embrace every genre, however. “No one reads sci-fi. No one reads vampire. No one reads horror,” said Bob. “We had a Stephen King for a while,” added Joanne, “until we realized it was gathering dust on the shelf. No one had ever checked it out.”

“In addition to adding books, a viable library must continuously weed,” Bob said. “The committee bases its decisions on a book’s physical condition, whether it is still current, whether it is still circulating.”

“We get a number of new-book catalogs,” said Joanne. “We scour them for titles we believe the residents will read. Of course, we welcome residents’ recommendations. We often order from Baker and Taylor, a book jobber that offers libraries a 42% discount and ships the books with spine labels and catalog cards.”

Joanne was Director of the Vineland Library for 28 years and was recruited to the Library Committee in 2003 by **Teddy Raup**. “I told Teddy I’d give it a try for six months.” Paradoxically, Joanne says she is not a “big reader, but I love books. I can’t wait for the new shipments to arrive. I want to open and unpack every box myself. There’s something about that new book smell!”

Bob, on the other hand, has always been an avid reader. He was treasurer of the Moors-town Library Board for 14 years.

The dedicated volunteers who check books in and re-shelve them, take care of the paperback collection, and mend books are: **Myra Binstock** (paperback minder); **Frances Baumgartner**; **Liz Knapp**; **Mary Lou Ohm**; **Mary Roland**; **George Rubin**; and **Harriet Stearns** (book mender).

E.A.B.

TWO GREAT MYSTERIES

by Elsie Behmer

The Private Patient by P. D. James, 416 pp.

Exit Music by Ian Rankin, 421 pp.

Both in Medford Campus Atrium Library.

Have two of the world’s most charismatic fictional detectives really retired?

P. D. James’ Police Commander Adam Dalgliesh has not yet turned in his warrant card. Ian Rankin’s Detective Inspector John Rebus has, but fans cannot believe Rankin would ever give up his favorite character.

Set in Dorset, England, *The Private Patient* is a classic closed-room mystery revolving around the murder of a 47-year-old investigative reporter while she is a plastic surgery patient at an exclusive private clinic. Even though the plot is forced, James brings her extraordinary intellect to the story, which is filled with literary references and philosophical discussions and is written in James' nuanced, elegant, and leisurely style.

This book is the 14th in a series. Loyal readers have watched Dalgliesh evolve from a brooding young detective, a recent widower and acclaimed poet, into the powerful leader of an elite CID New Scotland Yard team. He seems, at last, about to find happiness and a second marriage.

Readers first met the rebellious Rebus in 1987 when he had just joined Edinburgh CID from the police academy. *Exit Music* begins 10 days before his mandatory retirement date at age 60. Rankin weaves a convoluted plot involving Russian businessmen, Scottish bankers, local politicians, and the notorious crime boss who is Rebus's long-time nemesis. The cliffhanger ending does make it hard to believe John Rebus is gone for good.

Both authors transcend the "who-done-it" genre. Both write insightful novels, create casts of psychologically complex characters, and have always tackled important social and political issues. More satisfyingly, neither author has devolved into the formulaic soap opera style of many series authors.

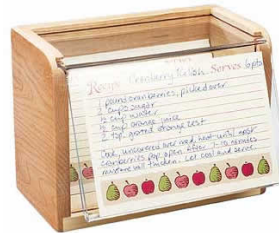
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"Be careful about reading health books. You may die of a misprint."

—Mark Twain

RECIPES WANTED

Residents have been reminiscing about previous hard economic times, so Dining Services has come up with the idea of providing occasional menus harkening back to Depression days.



Residents are asked to summon up their memories of the Depression and World War II rationing. Think of stories about those years – problems obtaining foods, the cost of foods, foods associated

with hard times, hard times associated with food, and especially your remembered special recipes. Send responses to **Joy Moll**, Apt. 101.

THE QUIET SPACE

On the ground floor of Haddon, what was once Apt. 435 is now The Quiet Space. It's a room for residents and their families to use when they feel the need for some quiet and privacy. It's not for meetings or parties; as the name implies, it's a quiet space. It has comfortable furnishings and a small library, if one chooses to read while sitting quietly. An easy chair faces out into the grassy area beyond the patio so one can commune with nature, if so inclined. The room will be reserved for the Meditation Group on Tuesday afternoons. At other times, it will be available to anyone who needs a quiet space.

IN MEMORIAM

Elizabeth (Betty) Heyl	June 2
Robert O'Brien	July 21
Mary Beth McVaugh	August 1
Toby Sullivan	August 4
Mina Kaufman	August 6
Elaine Osborn	August 18

THINGS NAUTICAL

by Maggie Woodard

Residents contributed many items related to ships and the lives of sailors for the nautical-theme display case. The result was a fabulous exhibit, with interesting stories behind some of the pieces.

Here are some of the stories behind the 65 fascinating pieces. The whole display is shown and described in detail with both text and color photos at mlra.org. The webpage about this display has a link to a lovely video of the Coast Guard's *Barque Eagle* (below) and its crew.



photo by Mike Carrel

A painting of the US Coast Guard's *Barque Eagle* and a model of Barnegat Light serve as background for several models including the *Mayflower* and the *Nina*, *Pinta*, and *Santa Maria*.

Steve Denham first saw the Taffrail Log hanging on his grandparents' dining room wall in Brooklyn, NY; his grandfather let him play with it when he was a toddler. The taffrail on a ship is the railing that runs across the stern (back) of a vessel. The *taffrail*, *patent*, or *screw*, with internal measuring devices, was invented around 1800 to measure the speed of watercraft. It was towed behind the ship, periodically retrieved, and readings taken. Steve estimates that his log was manufactured in England about 1865.

An Inuit carving of a native Alaskan fisherman was given to **Ellie** and the late **Saul Stimler** by their daughter and her husband in gratitude for the Stimlers help in purchasing their first home in Anchorage. There is a large picture of Ellie and Saul in their sailboat the last time they went

sailing, October 14, 2001, after about 35 years as sailors.

The red rowboat with painted decorations was given to **Warren Sawyer** four or five years ago after he and **Neil Hartman** went to Vietnam and Cambodia to work with the Heifer Project. The Heifer Project is a nongovernmental, nonprofit agency, established by the Brethren Church, to help people start farms with heifers.

While many of the models were purchased or inherited, **Joe Jordan** built the Chesapeake Bay Rowboat model.



This illustration shows how a sailmaker's palm is worn. The antique in the display case was probably used by sailors of yore, pushing large needles through heavy canvas sails, decades before **Mary McKillop**

and her late husband Allen used it for repair work on their boats' sails.

EMPLOYEE OF THE QUARTER



photo by Margery Rubin

Probably everyone in Medford Leas, both residents and staff alike, knows this Employee of the First Quarter, April through June 2009. It's **Ed Ellis** of the Fitness and Aquatics staff. Like others in his department, Ed is involved in the operation of Fitness Day, the Rowing Challenge, and the Health Care Volunteer Luncheon. He also has major responsibility for the Aquatics programs for residents, including Water Volleyball. Ed's latest innovation is a fitness class for employees, who report it's a really rigorous program, and they get a vigorous workout. In his "spare" time, Ed is working toward an MBA. Congratulations, Eddie! Hang in there!

IN THE SUMMER OF 2009

May 29 – Jamming with the Blue Grass Band

Six residents participated in the last jam session of the Blue Grass band, played on May 29 in the Holly Room. The band enjoyed such a successful run from February through May that they agreed to come back for a month in the fall.

The large room was packed with residents and visitors. For this last night Medford Leas provided punch and cookies. As usual, the microphone was moved from one player to another, to give each a chance to choose a favorite song, which was accompanied by the different instruments of the other musicians, and by much foot-tapping.

Wil Britten, sitting among the listeners, asked for the mike and sang *The Ft. Worth Jail House*. He said he spent a lot of time in the Army with country boys from the South, and that they used to sing it and similar Blue Grass tunes. **Bud Stratton** had brought his harmonica and chose to play *She'll be Comin' Round the Mountain* and *Working on the Railroad*. **Nan Hanslowe** strummed on her autoharp while singing *Take Me Out to the Ballgame*, with almost everyone singing along and **Nancy Darling** accompanying with her recorder. **Marion Burk**, also with an autoharp, picked *St. Louis Blues* and *Erie Canal*. **Claire Engle** added her voice to all the songs.

After each song, there was hearty applause. **Liz Knapp**, who facilitated the sessions with her husband **Jim**, was amazed by the ever-increasing turnout of the players and the audience during the band's first season at Medford Leas.

Ellen Stimler

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May 31 – We Went Out to the Ball Game

On May 31, a perfect spring Sunday, 24 of us, together with our fearless driver, **Bob Schneider**, ventured forth to Camden to watch our local professional baseball team, the Camden River Sharks, play the Lancaster Barnstormers at

Campbell Field, located a stone's throw from the Benjamin Franklin Bridge, with a view of the Delaware River. We arrived at about noon and quickly found our suite on the third floor where lunch was awaiting us. It was a buffet fit for the day: hot dogs, hamburgers, chicken, potato salad, popcorn, chocolate chip cookies and soft drinks, with beer on request. Our suite was equipped with two large leather couches, chairs, and a big picture window overlooking the field. In addition, we had access to our private balcony, with three rows of seats, right above home plate. Such comfort and luxury for only \$47 each! The game started at 1:05 pm after the opening ceremony, which included everyone singing "God Bless America."

The Riversharks lagged behind the Barnstormers 3 to 1 until the eighth inning, when they rallied and earned seven runs, winning the game 8 to 3. The most exciting moment of the game, however, came in the sixth inning when a foul ball was hit right up to our balcony and our fearless Bob Schneider caught it with one hand! Who could want more?

Kit Ellenbogen

* * * * *

June 3 – Dining with Wine and Beer

June 3, the first day when residents could take wine and beer to the Colonial Room, was also the first time **Dennis Koza**, CEO, joined a group of residents for the Medford Leas dining experience. He had been invited by **Gene** and **Teddy Raup**, after announcing that he wanted to dine with residents about twice a month.

At the Raups' table, Dennis was joined by **Sally Miller**, MLRA President, and **Kitty Katzell**, who had brought a bottle of wine. However, all four of the others drank water.

In the far right corner of the room, there was a party of all Court 9 residents. **Mary Frances Denworth** had brought a special bottle of wine produced by her son from grapes grown and pressed on his farm in Jobstown.

IN THE SUMMER OF 2009 (cont'd)

In the far left corner of the room, there were five couples at a large table, celebrating the evening with red and white wine. Previously, some of them had eaten at home so they could enjoy a glass of wine with their dinner.

Wil and **Barbara Britten** shared a pint-size bottle of Chardonnay, available in some stores, so they didn't have to take home any leftovers. Wil said the new policy should be expanded to allow cocktails in the Gathering Room. This would encourage sociability between residents in the Courts and the partial-service units, he argued.

Of course, there were also a few "dry" tables, where residents happily identified themselves as teetotalers. The general estimate was that, due to the new policy, there were more occupied tables than usual.

Ellen Stimler

* * * * *

June 18 – Games Under the Stars

The evening of food and fun, on June 18, organized by Director of Community Life **Gerry Stride**, was a huge success. There was much laughter and sometimes squeals of delight. Over 120 residents came to the buffet dinner in the Garden Room and most stayed for the games. It was originally scheduled for the patio near the gazebo but rain forced a change of location. Gerry organized the event to promote two important aspects of brain fitness: socialization and learning new things. The Fitness, Therapeutic Recreation, and Dining Services Departments along with the resident Fun and Recreation Committee and the Employee Council combined forces to provide this special evening.

The games were held in the Holly Room, the Poplar Room, and the Linden Room. Paper stars were hung from the Holly Room ceiling to

In the Holly Room, 15 different games were played: Royalty, led by **Grace Shaffel**; Bananagrams (**Sally Klos**); Blokus, (Gerry Stride); Catch Phrase (**Davina Deusinger**); Apples to Apples (**Colleen D'Arcy**); Buzz Word (**Linda Schultz**); Greed (**Agnes Santore**); poker (**Nanette Hanslowe**); Carrom (**Charlie Morrow**); Taboo (**Terry Tuffnell**); Michigan Rummy (**Gerry Dickerson**); Cranium (**Rachel Conte**); Crokinole (**Warren Sawyer**); and, Mexican Train (**Tom Augenti**).

Mah Jongg was played in the Poplar Room, led by **Jane Bourquin**. There was Wii Bowling (**H. C. Peterson** and **Ray Hoagland**) in the Linden Room. There were also: ping-pong (**Bill Reifsteck** and **Judy Leidy**); pool games (**Donna Rosa**); and indoor shuffleboard (**Bud Stratton**, **Joy Moll**, and **Mary Lou Mullen**).

Games Night is held every Tuesday at 7 pm in the Coffee Shop. Mah Jongg is played every Monday and Tuesday in the Poplar Room.

Maggie Woodard

* * * * *

In June – Deer at the Lounge

Early one morning in June, **Bob Minter** and **Gordon Beckhart** were quietly reading in the Lounge when they were startled by what sounded like an explosion. They jumped up to see what was going on and saw a deer, without antlers, running away from the Lounge toward the woods. One large pane of a double window near the puzzle table was cracked into pieces, where the deer must have butted its head against it. Gordon went outside but did not find any traces of blood. A few years ago, a buck with big antlers broke a window right next to the front entrance and ran through several courts before disappearing behind the tennis courts.

SUMMER 2009 (cont'd)

June 27 – Lumberton Leas Birthday Party

The downpour on Friday night had people worried, but Saturday, June 27, turned out to be a perfect day for the 10th birthday party at Lumberton Leas. It was sunny, not too warm, with a nice breeze. And people came – from 10 am till 2 pm. Staff in golf carts transported them from their cars, parked all along Woodside Drive, to the Community Center, where all the events took place, inside and outside.

Folding chairs had been set up on the lawn outside the Community Center for the opening ceremony, which featured remarks from state, county, local, and Medford Leas dignitaries. A special commemorative sign was unveiled.

A documentary DVD, *The First Ten Years*, produced by **Jack Akerboom** with text composed and narrated by **Dorothy Rathje**, was shown in the Community Center at scheduled intervals throughout the celebration. Copies of the DVD were offered for sale for \$5, the proceeds to be donated to the Medford Leas Reserve Fund, which aids residents who outlive their resources.

Tents had been erected in the parking lot. The largest and most popular was the one offering food and beverages: fried chicken, baked ziti, roast pig, salads, fruit, and cookies. In other places, there were ice cream and popcorn; face painting and origami; make-and-take cut flowers and greens; and a 10th anniversary cake. Other tents displayed information about social activities, crafts, Master Gardeners, Mount Holly Garden Club, *The Lumberton Campus Chronicle*, and the Lumberton Leas trails. Volunteers were available to escort visitors who wanted to walk the trails or visit model homes.

Everywhere one looked one saw happy faces of residents, staff, board members, and visitors, and all agreed that the party was a huge success. A resident from the Medford campus was heard to say, "Let's do it again in five years!"

Kitty Katzell

IN THE NEWS

Brain Gym – *The Today Show*

Brain enhancement in seniors is a hot topic these days. So NBC's *Today* show in the person of Emily Goldberg, an NBC researcher and reporter, came to Medford Leas on May 21 to "shoot" some residents during their Brain Gym class. Our segment of the coverage included a few residents at their computers working their individual Brain Gym exercises followed by interviews with **Barbara** and **Chuck Lassen**. The Lassens explained that their participation in the class had really helped their communication with each other. **Gerry Stride**, Director of Community Life, spoke briefly about Medford Leas residents and enrichment through the program.

Evidently, according to **Jane Weston**, Director of Marketing and Community Relations, Ms. Goldberg found our program while searching the Internet for senior communities sponsoring a Brain Gym. Asked how she thought Medford Leas was chosen to be one of the retirement communities included, Jane said, "I give Gerry credit for developing the program and for Medford Leas receiving the Innovation of the Year Award from NJAHS. This recognition of our community made an impression that evidently persuaded Ms. Goldberg to seek us out.



"The facts are that the Brain Gym is right for our residents," Jane continued, "and also that Medford Leas got media coverage for its award and that NBC wanted to feature an organization that did an excellent job with its Brain Gym program." To sum it up, Jane said, "This national coverage positions us as a leader in what I believe is a very important field."

IN THE NEWS (cont'd)

Healing Gardens – *Journal on Active Aging*

Medford Leas was featured in the May/June issue of *The Journal on Active Aging* in an article entitled, "The great outdoors: a key to promoting physical activity for older adults." The publisher of this journal, Colin Milner, had been a speaker at the Healing Gardens Seminar at Medford Leas in April, during which he had experienced our community and all that the environment offers to residents. Three of the seven pictures in the 8-page article were taken at Medford Leas.



Mary Toda watering her garden, one of the photos used by the *Journal on Active Aging*.

* * * * *

Resident Teaching ESL – *Courier-Post*

Elsie Behmer was featured in the July 2 issue of the *Courier-Post* in her part-time job as an English as a Second Language (ESL) and Citizenship Test tutor. The intermediate-level conversation classes, funded by a Federal grant, are held at the Evesham Branch of the Burlington County Library and have been running for about two years.

"For the students, it's a chance to have conversations that go beyond asking where something is at the supermarket," Elsie was quoted as saying. "For me, it's the opportunity to learn about people from all over the world."

The complete article is available at courier-postonline.com.

Movie Extra #3534 – *The Last Airbender*

Sumi Kobayashi was cast as an extra in M. Night Shyamalan's big-screen production of *The Last Airbender*, which was recently filmed in and around Telford, PA.

Sumi learned of the gig via email from the Philadelphia Chapter of the Japanese American Citizens League and was cast as a Japanese peasant. Her cast number was 3534, and she was paid \$130 a day plus overtime.

She was one of five Japanese Americans from the Philadelphia area who made the cut. Three are related to Medford Leas residents: Christopher Uyehara, son of **Hiroshi** and **Grayce Uyehara**; Dr. Herbert Horikawa, nephew of **Mary Toda**; and Herbert's wife Miiko, niece of the late **George Oye**.

The movie is expected to be released in July 2010. Sumi's full account of her adventure can be found on mlra.org.

* * * * *

A Trip that Made News – A Dutch Newspaper

Betsy Pennink found herself unexpectedly in the news during a trip to the Netherlands to visit husband **Karel's** stepmother on her 101st birthday. The following from a local Dutch newspaper has been translated by Betsy and Karel.

Woman (82) Falls Over Fishing-line

VELP – An 82-year-old woman has possibly suffered a broken hip from a fall over a fishing-line in Velp. According to the police, on a walk in the park near the Biljoen castle on Tuesday afternoon, the American woman stumbled over one of the lines that had been stretched between four trees. She had to be taken by ambulance to the Rijnstate Hospital in Arnhem. The police think that someone tied the lines on purpose and are looking for witnesses.

MEDFORD LEAS BEEHIVES

by Miriam Swartz

Medford Leas Life (May, 2009) reported the possibility of an apiary being installed at Medford Leas by Correy Melissas, daughter of former resident **Mickey Gray**. The hive is now in place, near the community gardens behind the Mt. Holly sewage pumping station on the Lumberton campus. The hive is back from the edge of the shrub garden to be out of reach of the spray from the irrigation system. Its opening faces south.



In July, the hive had about 1,000 bees, and it is hoped that there will be some 10,000 by November. Correy visits the hive every other day feeding the bees with a 50/50 solution of sugar/water and a pollen supplement. Worker bees can be seen carrying pollen on their legs as they enter the hive. The bees have also been seen on the Butterfly Weed that blooms in the Lumberton meadow.

Because some residents are allergic to bee stings and others are just fearful of bees and other insects, the hive was placed near residents who are not allergic and who have agreed to have the hive near their homes.

.....

"It is requisite for the relaxation of the mind that we make use, from time to time, of playful deeds and jokes."

—Thomas Aquinas

WHAT'S NEW IN THE ART GALLERIES

by Helen L. Vukasin

An exhibit of Quaker Tapestry is in the Medford Leas Art Gallery for September and October. There is a long tradition of needlework among Quaker women called Quaker Tapestry. Technically, the work is not tapestry but crewel embroidery. The techniques are simple, using five basic stitches and colors from 120 natural dyes.

The exhibit at Medford Leas is composed of reproductions of twelve panels from England and three of from North America.

The Quaker Tapestry project in England was initiated in 1981 by an 11-year-old boy and his First Day School teacher. It celebrates Quaker insights and ideals. Thus, the pieces illustrate Quaker life.

Since 1981, 77 panels have been completed in England. Children have contributed drawings; adults have overseen the content and the quality of the work.

In North America a similar project has been undertaken. The three panels that have been completed are included in the exhibit.

In Lumberton the opening of the Exhibit of the work of Relatives of Residents on July 10 was a resounding success. Many residents from the Medford campus came to share the party atmosphere. The exhibit can be seen until the middle of September. On September 15, an exhibit of Carol Freas's work will be installed and will be on view until November.

Resident artists are hard at work producing new paintings for the Fall Show in the Art Studio Gallery. It will open in late September in conjunction with the special September program on Active Aging sponsored by the Fitness Center.



WHERE IS IT? WHAT IS IT?

This picture was taken on the Medford campus. Can you identify it? Can you locate it? Do you know when or why it came to be there? Put your answer in an envelope on the *Medford Leas Life* shelf in the Atrium by September 8.



photo by Margery Rubin

June's challenge was the gazebo located outside the Arts & Social Wing. It was given "in loving memory of Anna T. Burr" by **Claire Engle**, her 3rd cousin twice removed. After moving to the Lumberton campus, Claire met Cousin Anna for the first time in 2002, and they became close friends. At the time of her death in July 2007, Anna had lived at Medford Leas for 24 years.

.....
"To rest in the grass and look up at the clouds is by no means a waste of time."

Author Unknown

RECYCLING LAMENT

I am your recycling can
 Yes, I am. Yes, I am.

Metal **cans** I do ingest
 and **glass bottles** are the best.
 Although **plastic bottles** are really good too,
 they should be stamped either **#1** or **#2**.

Giving me plastic bags of any kind
 drives me out of my canny mind.
 And **DO NOT** any paper or plastic cup
 dump into me to fill me up!

So let me repeat, without exception
 for separate paper and trash collection,
 put paper products and all other stuff
 into the trash, 'cause enough is enough!



Note: This is important! Medford Leas staff must hand-sort trash and non-recyclable plastics out of recycling buckets

NEW RESIDENTS

Biographies of the new residents who moved into the Medford and Lumberton Campuses during the summer will appear in the October issue of *Medford Leas Life*. They are:

- Madeline Lucci, 24
- Gladys Metz, 61
- Gloria Pinto, 138
- William Rackin, 56 WSD
- Jane Ross, 245
- Lynnan Ware 168 WSD
- Richard Yoder, 113

SEPTEMBER CRYPTOGRAM

by Ariel Hollinshead Hyun

WLXA HD HWPP, MAXHWP GEXFXH!

MXFO HWDI CPJPF QPFH, HWLH

UFDB WPLJPC, DF CPLF XH,

EDIFPGH HWS UIAA WPLFH XC

EFDUIGP GHFLXCG DU

ICEFPBPOXHLHPO LFH.

--EPFNS M. GWPAAPS

Here is the solution to the June cryptogram by Ellen Stimler. My apologies for the mistakes in a couple of places.

I SING OF BROOKS, OF BLOSSOMS, BARDS, AND BOWERS, OF APRIL, MAY, OF JUNE AND JULY FLOWERS. I SING OF MAY POLES, HOCK-CARTS, WASSAILS, WAKES, OF BRIDEGROOMS, BRIDES, AND OF THEIR BRIDAL CAKES.

—ROBERT HERRICK

The correct solution was received from 26 readers:

Ken Anderson, Ruth Blattenberger, Marion Burk, Jody Cardona, John Caughey, Doris Curley, Liz Dill, Betty Donahue, Louise Evaul, Alan Gaylord, Herb Heineman, Barbara Heizman, Patty Hopton, Sally Klos, Eileen McManimen, Mary Ann Metzger, Alice Norcross, Helen Peterson, Ruth Quackenbush, Betty Preston, Warren Reeves, Fran Reynolds, Doris Salati, Florence Sawyer, Peg Scott, Ellen Wiener.

Please put your solution in an envelope in Box 162 by September 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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**Deadline for submissions:
10th of the month preceding publication**



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