



# Medford Leas *Life*

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## **ACTIVE AGING MONTH**

by **Betsy Pennink**

Sitting around, letting old age creep up? Not at Medford Leas, and certainly not during the month of September! Never have so many residents been to so many events and participated in so many activities in such a short period of time. The reason? To join the national campaign of the International Council on Active Aging, promoting the “six dimensions of wellness” for those over 55: emotional, vocational, physical, spiritual, intellectual, and social.

Organized by **Beverly Kannengieszer**, Director of Fitness and Aquatics, as Chair, with creative ideas from **Gerry Stride**, Director of Community Life, and 17 other staff members, the September calendar was filled to overflowing with enticing activities to delight, inform, and challenge. Credit also goes to the many residents involved.

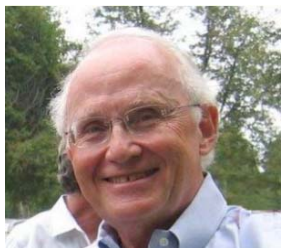


photo by Jim Muir

**Dr. Keith Quinton**, Medical Director, gave the keynote lecture to start off the month. The goal is “successful aging,” he said, attainable through three avenues: avoiding disease, maintaining high cognitive

and physical function, and engaging with life.

In avoiding disease or disability, “life choices are very important” as well as “identifying and treating risk factors.”

As for maintaining high cognitive and physical function, “Do what you are capable of! Stay mentally and physically active!” were the watchwords. There is good news about mental activity: – the brain’s plasticity allows it to form new cells. Thus “the level of current intellectual stimulation is very important.” Exercise plays a vital role in all areas. Dr. Quinton described how the “aging of all cells is programmed and inevitable,” but how vigorous exercise is able to repair them. Another watchword: “Frequency of exercise is more important than the duration.”

Finally, in engaging with life, it has been shown that social support and connectedness have a direct positive effect on health.

Here is a sampling of the month’s offerings:

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*“He who dies with the most toys is nonetheless dead.”*

Physical Dimension



Trail walking with **Eddie Ellis** (Fitness) and **Herb Minkus** (Landscaping): “I never realized how large the campus is and how beautiful the woods are,” said **Mar-jean Ingalls**.

Walking with hiking sticks, after demonstration by **Perry Krakora**: “I liked learning how to use the sticks on a trail,” said **Phyllis Orta**, “as I usually walk on the pavement. I especially enjoyed being part of the group.”

Fitness testing in the Medford Leas Atrium, with staff members recording the scores for each resident on six measurements. **Jean Henderson** had praise: “The staff was so professional and encouraging. You got the feeling that the next step was possible.”

Balance testing led to plans for a balance clinic.

Lori Volpe took residents through a relaxing combination of light exercise with meditation in her yoga workshop.

Spiritual Dimension

Anne Townsend, a nurse, held two programs on spirituality in the community. Jack Carman, Landscape Architect, showed ways in which experiencing nature can increase psychological well-being. This “spiritual wellness” is now recognized as important in communities for older adults.

**Earl Seely** came twice to share his meditation method. On September 11 **Miriam Swartz** led a thoughtful time for reflection on the events of that day eight years ago. Fifteen residents and **Jane Weston** sat in a Quaker-like circle and spoke of their reactions to the horrific event.

Emotional Dimension

As well as the use of exercise and meditation, Sara Martino, Clinical Psychologist, described more paths toward “busting” depression: a positive outlook and a feeling of gratitude. The latter produces a natural high. She also suggested a change in routine (e.g. eating breakfast at dinner), learning a new activity, and making a new friend.

Intellectual Dimension

Two instructional lectures were given by nursing staff. **Liz Conlin**, Director of Quality and Infection Control, spoke on reasons for falling and ways to prevent it. The statistics were startling: in 2008 there were 122 reported falls at Medford Leas. In 2009, as of August, there had been 86. “Be proactive,” Liz said. Know the intrinsic factors, such as balance, vision, and medications, as well as the extrinsic ones: clutter, poor lighting, wet or uneven ground, among others.

**Lisa Henkel**, Director of Nursing, talked on pain management, both acute and chronic. She discussed medications, but also described a non-pharmacological approach, including physical methods, such as heat, cold, massage, acupuncture, physical therapy and, of course, exercise. Psychological/social approaches can be relaxation, music, and comfort food! On the spiritual side, prayer and meditation are often useful. Images from nature can foster a calmness and sense of peace.

Gerry Stride conducted a tutorial on doing Sudoku, and **Sally Klos** led one on cryptograms, both attracting a roomful of residents. Pencils were active, as were erasers.

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

**Elizabeth Platt** arranged for two sessions with financial advisors on Money and Morality: Thoughts and Skills for Senior Citizens.

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Excitement filled the Theatre when residents and staff took on the fifth graders from St. Mary's of the Lakes School in Medford. The game was "Are You Smarter than a Fifth Grader?" -- a spin-off from the TV show. **Ken Roland** brought a DVD that his daughters use. He was master of ceremonies as four teams struggled with answers to the questions on the screen. There was great cheering and clapping throughout.

### Social Dimension and Skills

A good time was had by all on the night of Games Under the Stars (indoors). It was preceded by a Festive Casual Buffet put on by Dining Services in the Garden Dining Room. "The buffet was so attractive," said **Fran Webb**, "and it was fun to see everyone looking so festive." **Wil** and **Barbara Britten** enjoyed playing pool, shuffleboard, and Wii bowling.

Late one afternoon, the Holly Room was packed with residents who wanted to watch **Brad Mauger**, Executive Chef, and **Corey Johnson**, Sous-Chef, making hors d'oeuvres. **Betsy Snope** was delighted with the "variety of the recipes, which were healthy and relatively simple. It was also good that they used food in season in such a delicious way." After the demonstration, the staff produced dishes previously prepared from the recipes. Everyone dug in amid happy socializing.

Introduced by **Liz Knapp**, Diane Wallace gave two lessons in sketching. "Any marks on a page are conducive to creativity," she declared. Before sketching, the residents did exercises to "switch their minds from the left to right side of their brains."

Gerry Stride had set up a parallel program for Assisted Living and Estaugh for September. There was a particular emphasis on lightheartedness: jokes, sing-alongs, pets from local high school students to pass around, and wheelchair square dancing.

Resident-organized events were also a success. The Art Show was pushed up to be included in the month of September, and the Flower Show exhibited the creativity of residents and staff.

There was no doubt that the goal of Active Aging Month had been reached. Overheard comments included: "It was a fabulous month." "Everybody felt the warmth of our supportive staff. It showed the strength of their commitment." "It was fun doing things together."

## FALL FLOWER SHOW

by Kitty Katzell

"All About Art" was the theme of the 2009 Flower Show, and the name was certainly apt. At the entrance to the Activities Room were two easels with paintings of floral scenes, setting the stage for the artistic displays of plant materials. And they were certainly artistic – colorful, varied, pleasing.

In every category, **Lenny Oman** of Dining Services had one or more entries, so it wasn't surprising that he won 12 blue ribbons. One has to wonder how he has time to make all those salads! Next in line were **Joan McKeon**, with five blue ribbons, and **Lois Rickett**, with four.



Photo by Allyn Rickett

Joan also got Best in the Design group for her portrayal of Peter Rabbit. **Perry Krakora's** orchid was Best in Horticulture; and **Sue Dowling's** garlic was Best among the Veggies. Always a treat are the Miniatures. It's amazing how artistic the arrangements can be when they are limited to five inches in any direction! There were no hanging baskets this year, and there were very few vegetables, probably because of all the rain.

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There were, however, several exhibits that were not for judging. **Jim Wolosin**, Director of Maintenance, had one that featured a hornet's nest that had been found on the Medford campus; **Allyn Rickett** prepared one about our American Chestnut Tree project; **Shigeko Kawano** provided a fine explanation about the preparation of Ikebana, the art of flower arranging, showing the difference between "basic" and "free style" arrangements; **Debbie Lux**, of Landscaping, set up an exhibit of fall flowers; Perry Krakora displayed a variety of succulents; and **Yuri Moriu-chi** presented a spectacular Ikebana arrangement.

When the four judges from the Pinelands Garden Club had finished their labors, **Kay Hoagland** hosted them for lunch.

## FITNESS LETS YOU HAVE IT

by Suzanne Frank

A built-to-order dual adjustable pulley, offering over 200 separate exercise options, is by far the most versatile of the eight new workout machines recently acquired by the Fitness and Aquatics team. Also making their debuts are three new bikes and four weightlifting machines.



photo by Margery Rubin

The dual adjustable pulley, as its name hints, can be used by two people at the same time -- doing separate and different exercises -- either while standing, or while sitting on a chair, a ball, or a bench. So a resident can practice a golf or tennis swing, a shoulder press, hip adduction, rowing, a squat, or any other favorite exercise. "It's a mimic for daily life," explains **Beverly Kannengieszer**, Director of Fitness and Aquatics, "so by working hard, residents can keep their muscles in good shape for bending over, making a bed, tying shoes, and helping with sport-specific skills." She sees it as a fresh, up-to-date approach that offers new challenges, motivates, and provides similar exercises in a somewhat different manner.

One standard bike and two recumbent bikes are also on the scene, offering many new options. The bikes all have touch screens, heart rate monitors, virtual trainers, new workout programs and workout landscapes, audio cueing, iPod compatibility, and language options. The four new weightlifting machines are tricep push down, chest press, leg extension, and hamstring curl. Beverly stresses that all the new machines are safe, easy on and off, and smooth and simple to operate. "Everyone will be delighted that all movable parts, which are adjustable by the user, are identified by a very easy-to-see yellow/green color."

Beverly related that she had wanted to upgrade the fitness equipment for four years, to have it be more adaptable to the needs of residents. Once she received approval from Administration, Beverly and her team, which includes **Rick Trandahl**, **Ken Roland**, and **Ed Ellis**, looked at all the choices available before making a final decision. Smiling, Beverly said, "We got exactly what we wanted and at a very good price, too!"

Additionally, Genesis Rehabilitation Services now has similar cardio equipment so as to ease the transition by residents into their subsequent fitness routine. The team intends to make appointments with individual residents to introduce them to the equipment and to keep refining their movements as they progress.

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Good use was made of the replaced Hoist weightlifting system. After searching for its most suitable use, Rick and Ed took it apart and boxed and labeled the pieces, along with making a detailed pictorial account of how to reassemble it. The captain of the Camden County Sheriff's office, George Erin, transported the Hoist to one of their station houses for use by fire, police, and EMT employees. It became a meaningful donation by Medford Leas, whose goal is, whenever possible, to try to enhance its contribution to its surrounding community.

## GOLF TOURNAMENT

by Wil Britten

The weather couldn't have been more beautiful for the third Annual Medford Leas Golf Tournament on October 6 at the Deerwood Country Club in Westampton.



Jean Ricketts, Eileen McManimen, Eve Robinson, Barbara Zimmerman  
photo by Reese Conte

Eighty golfers played the course during the day and were joined by residents and guests to total 166 for the evening dinner. This annual event has become a highlight of the fall season at the Leas. Once again, all profits, estimated this year to be close to \$30,000, exceeding the amount raised last year, will go into the Reserve Fund, which assists residents who have outlived their assets.

While no one managed to make a hole-in-one, four players did win prizes for hitting the ball the closest to the pin on the designated par-three holes. Each hole had one or more sponsors, and many residents and local businesses made additional contributions. A list of sponsors and donors will be available later.

Many staff members worked hard to make the event run smoothly. Special thanks must go to **Sandy Green**, Director of Development; **Bill Murphy**, Director of Operations; **Lori Jakelsky**, Executive Assistant to the CEO; **Mary Calabrese**, Purchasing Coordinator; **Jen Zdunczyk**, Director of Dining Services; **Lisa Minuto**, Manager of Front Desk; **Jackie Pacheco** and **Emily Herndon**, Receptionists; **Luke Short**, Accounting; and **Reese Conte**, who took pictures of the event.

During the excellent dinner served by Deerwood, **Dennis Koza**, CEO, thanked the members of the organizing committee, which included, in addition to those already named, **Wil Britten**, **Jim McConville**, **Bill Conte**, and **Milt Zimmerman**. The evening's highlight was the drawing for an impressive number of prizes donated by residents, local merchants, and service providers. **Emily Herndon**, receptionist, won \$555 in the fifty-fifty drawing. All in all, it was another example of "active aging" at Medford Leas, with residents, staff, service providers, and members of the community socializing and enjoying activities together.

## WHERE IS IT? WHAT IS IT?

The pictures that have appeared in recent months under the above caption elicited very few responses, so the column is being discontinued. The picture in the last issue showed a birdhouse, of which there are several on the Medford campus. That one was located in the meadow near the silo.

## THE THRIFT SHOP

by Maggie Woodard



Jan Durbin

Photo by Margery Rubin  
 “We need business – both customers and donations,” says **Jan Durbin**, Thrift Shop Chairman. Besides providing residents and staff with incredible bargains, the Shop makes large contributions yearly to the Employee Education

Fund or the Appreciation Fund. Last year it gave \$25,000 to the Appreciation Fund.

The Thrift Shop opened in 1975 in one room with a small staff of resident volunteers. It now occupies four areas on the ground floor of Haddon and has 45-50 residents on its staff, each carrying specific responsibilities. The room at the far end of the hall, overseen by **Bill Carson**, sells kitchen and household wares, and luggage. **Lynn Immendorf** is in charge of furniture, most of which is sold at bid. Furniture needing minor repairs is sent to the Residents’ Workshop.

The main sales room, near the Haddon Greenhouse, is divided into three sections. One section sells women’s clothing and accessories, under Jan Durbin’s oversight. The middle section, under **Dick Dill**, has men’s clothing, accessories, small electric appliances, and lamps. The third section, under **Colette Bartholomew**, sells linens, books, videotapes, CDs, bric-a-brac, and greeting cards.

The Shop is open Monday mornings from 9 to 11 to receive donations of items to be sold. Items can also be donated when the Shop is closed by depositing them in the box just outside the door, opposite the greenhouse. The Shop is open to customers on Tuesday mornings from 10 until noon. It opens again from 7 to 8:30 pm on the second and fourth Wednesdays of the month. During the evening hours, the first half hour is open only to residents using wheelchairs and walkers.

Things that the Shop has not sold after a reasonable period of time – sometimes several large bags full – are taken to a shelter in Camden by Priscilla Adams and her mother, **Blanche Lippincott**. Priscilla also takes things to Goodwill Industries and Burlington County Interfaith Hospitality Network. Jan takes valuable articles to Freeman’s Gallery in Philadelphia, the oldest auction house in the United States, which does free appraisals and accepts some items for auction. Jan also takes things to the Philadelphia Consignment Stores – clothing that is very expensive or in a style that doesn’t sell to the Shop’s customers.

A Mount Laurel resident, a Swiss emigrant who is a friend of **Ellie Stimler** and a frequent Thrift Shop shopper, paid \$15 for a beautiful designer dress and jacket to wear to a wedding in Switzerland and found that it looked as elegant as her sister’s \$500 dress.

Visit the Thrift Shop to find fabulous bargains!

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## RESIDENT IN THE NEWS

**Helen Vukasin’s** past and present service on the MLRA Council and as representative at meetings of AAHSA (American Association of Homes and Services for the Aging), ORANJ (Organization of Residents Associations of New Jersey), and NaCCRA (National Continuing Care Residents Associations) was described in detail in an article in *The ORANJ TREE*, the quarterly publication of ORANJ. The article pointed out that Helen has initiated several programs “sparked by presentations at the national meetings of AAHSA.” It also listed her many pre-retirement positions in the United States and abroad.



## TALENT SHOW

by Ellen Stimler

At a standing-room-only performance in the Holly Room on September 25, residents and staff showed off their talents in songs, verses, music, and stories, as a fitting ending to Active Aging Month.

The program was developed by **Gerry Stride**, Director of Community Life, and **Beverly Kan-nengiezser**, Director of Fitness and Aquatics, and other members of the Active Aging Month Committee.



Bud Stratton, Nan Hanslowe and Marion Burk  
Photo by Toby Riley

**Bud Stratton**, as master of ceremonies, introduced the performers, starting off with **Jean Nicholson**, who played a short piano suite by J. S. Bach. Because **Warren Sawyer** was too hoarse to sing a duet with **Ariel Hollinshead Hyun**, Ariel stepped up alone and sang "Camp-town Races," by Stephen Foster, with a soaring soprano voice, accompanied on the piano by **Nan Hanslowe**. She added a second song, "O Lord Most Holy" by César Franck, as a tribute to the late **Jim Eynon**.

**Brian Corry**, from Dining Services, brought along two friends to form a small combo. Brian's warm baritone carried the song, while his friends accompanied with the acoustic guitar, percussion, and a lot of foot-tapping. The songs were

"How Many Times" and "Road Trip." Two other staff of Dining Service, **Grace Peterson** and **Jen Smith**, recited and acted out poems from the works of Joaquin Miller.

Bud Stratton with his mouth organ, and Nan Hanslowe and **Marion Burk**, strumming on their autoharps, formed another trio, singing and playing "Comin' Round the Mountain," having the audience join in.

**Nan Hall** was a great story teller when she read the entertaining ballad of *Abdul Abulbul Amir*, by William Percy French. She said it was actually a song, which her father used to sing during her childhood, and she dedicated her reading to him. **Sally Klos** read from *Cat Tales*, some of her original poems about life with her cats.

**Ed Ellis**, from Fitness and Aquatics, and Gerry Stride performed an amusing dramatic sketch titled "There's a Hole in the Bucket." Gerry kept trying to get Ed to bring water, pretending not to understand that "there was a hole in the bucket."

**Russ Haley** is known mainly for his expertise in family history, but he showed off his great talent for jazz piano, playing two sets to much applause.

A French folk song, "Chevaliers de la Table Ronde," and "Sportin' Life" were the songs chosen by **Toby Riley**, who accompanied himself with his guitar.

An impromptu act was offered by **Ken Roland**, from Fitness and Aquatics, who brought Lulu, his beautiful Labrador retriever, and had her jump through a large red hoop and rear up on her hind legs.

The evening ended with a sing-along led by Gerry. Residents had fun with the song sheets distributed, which included old favorites like "Row, Row, Row Your Boat" and a quirky new one, "On Top of Spaghetti," sung to the tune of "On Top of Old Smokey."

## SUKKOT AT MEDFORD LEAS

by K. Katzell and E. Stimler

Sukkot (*soo-cott*) is a Jewish harvest festival that begins the evening of the 15<sup>th</sup> and ends the evening of the 21<sup>st</sup> of the Hebrew month of Tishre. This year those dates were October 2 and 9. The word Sukkot translates as "booths" and the observance derives from a verse in Leviticus which says, "You shall live in booths seven days."



Photo by Margery Rubin

For the first time, this year Sukkot was celebrated at Medford Leas. On the evening of October 2, the first night of Sukkot, Rabbi Richard Simon of Temple Har Zion in Mt. Holly conducted an augmented Friday evening service in the Holly Room in observance of the festival. The service was attended by members of his congregation and residents of Medford Leas. Following the service in the Holly Room, those in attendance moved to the sukkah, a temporary structure (booth) that serves as a reminder that God's presence is always with us, like a divine shelter. It took only the addition of two side panels to create the sukkah on the terrace outside the Lounge, and there the rabbi interpreted several features of a sukkah. Two posters for the sides of the sukkah had been made by **Lili Wronker**, explaining some of the symbolism of Sukkot, and the walls and ceiling were decorated with flowers. From the sukkah, the group

moved into the Lounge to enjoy Jewish apple cake, fruit salad, éclairs, and assorted beverages.

Celebration of the festival continued on Sunday, October 4, when all residents and the Temple congregation were invited to enjoy refreshments and further socialization in and around the sukkah. In accordance with tradition, the sukkah would remain in place on the terrace through October 9, and residents were invited to visit it and enjoy its comfort and inspiration while it is there.

The events associated with Sukkot were initiated by Lili Wronker, who is a member of Temple Har Zion. She was assisted by Rabbi Simon and his wife, Chana, **Sandy Green**, Director of Development, **Jen Zdunczyk**, Director of Dining Services, and the Maintenance staff. The catered food services were underwritten by **Ernest Kaufman**, in memory of his wife, **Mina**.

## GIFT SHOP PROMOTION

by Joan Bellman

It is a Medford Leas tradition each fall for the MLRA Gift Shop to expand into the Atrium with a display of favorite and updated gifts for everyone's holiday lists. The sale will be held on Wednesday, November 18, from 9 am to noon, at surprisingly good prices.

The Gift Shop buyers returned from the Philadelphia Gift Show this year with some fascinating ideas for holiday gifts. There are ladies' purses, purse caddies, tapestry shopping carts and totes, colorful neck scarves, many varieties of new jewelry, and interesting small dolls and toys for grandchildren and great-grandchildren.

Holiday decorations include wreaths for the door, hanging ornaments for the tree and the home, as well as Santas and snowmen designed as stocking stuffers. As usual, there will be a large variety of Christmas cards.



## KEEPER OF OUR GOOD HEALTH

by Suzanne Frank



photo by Margery Rubin

It seems most of us were never taught how to wash our hands properly, but **Elizabeth (Liz) Conlin**, MSHA, RN, Director of Quality and Infection Control, is ready to show everyone the way because keeping infectious disease at bay is one of her

jobs here. To put it plainly, Liz has a multilayered and highly complicated set of responsibilities as she supervises and records the status of the health care here, not only for the Administration but also for the State of New Jersey.

To give an idea of the multitasking skills Liz needs on a given day, here is one day in the life of Liz Conlin:

**9-9:30 am** On the phone with someone from State about a reportable event that occurred here about six months ago – a conversation that entails protecting the rights of residents.

**9:30-10 am** Leading a handwashing education program in Estaugh.

**10 am-12 noon** Creating an educational PowerPoint presentation on the prevention of falling, to be shown to residents.

**12:30-2 pm** Going through immunization records in Estaugh, Assisted Living, and John Woolman, which she then transfers into the main computer for interstaff communication. If private patients come into Woolman, she makes sure they have the proper history of shots.

**2-2:15 pm** Called by a nurse in Woolman about someone who had shingles, who asked about the precautions that should be taken to protect residents and staff. Liz consulted with medical staff and reviewed the information with the nurses.

**2:15-4:15 pm** Formulating a policy for infection control on MRSA, a virulent staph, and then reviewing incident reports which might include falls, skin tears, and other injuries.

Liz says she is really in her element when she is in her education mode, as she was recently, doing an in-service for about 80 staff members on the subjects of swine flu, seasonal flu, and handwashing. And a grateful medical staff is happy that Liz is a whiz at her job because, as they say, “honestly, you’re doing these processes and tasks which are things we don’t care to do ourselves.” It’s a great feeling to be needed and Medford Leas really needs Liz.

## EMPLOYEE OF QUARTER 2

**Rachel Conte**, described by her peers as having “endless energy and enthusiasm,” was voted Employee of the Second Quarter in 2009.



photo by Margery Rubin

Rachel manages to keep up with multiple commitments in her farm home, her full-time job as Activities Coordinator in Estaugh, and pursuit of a law degree at Widener University.

Rachel is married to Joe Conte, co-owner of the well-known Conte Farm and Market in Tabernacle, and they have a three-year-old daughter. At Estaugh, Rachel has implemented new programs, including Estaugh University and Skype. She works on the Holiday Show and on the monthly activity calendar, and served on one of the strategic planning teams. For recreation, she enjoys surfing, fishing, snowmobiling, and eating out.

All of us wish her success with her goal of becoming a lawyer, and maybe a judge.

## MUSHROOMS EVERYWHERE!

by Ellen Stimler

"It's a fascinating subject, and you get really involved." This may be an understatement for **Jane Bourquin**, the mushroom expert at Medford Leas, who has identified over 30 different kinds during her walks through the Arboretum this summer and has frozen and cooked countless meals in her small kitchen.



Jane Bourquin  
photo by Margery Rubin

Jane recalled that her love affair with mushrooms started when she discovered an orange-colored coral mushroom, which really looked like a piece of coral. She has been a member of the Mycological Association of New Jersey for 15 years. She joins the group for its forays, where they hunt for mushrooms and then meet indoors to identify them. The organization held one of its forays at Medford Leas and studied its finds in the Nature Center.

To help her with mushroom identification, Jane uses a kind of mushroom dictionary, *Mushrooms of North America*, and she finds recipes in *Joe's Book of Mushroom Cookery*. The problem with mushrooms, Jane warns, is that it takes long experience to be able to tell the edible from the poisonous ones, and within many mushroom "families" there are both edible and poisonous kinds. There are two basic types of mushrooms, gilled ones and polypores, both multiplying by spores. For an experiment, Jane bought a log, drilled a hole in it, and filled it with spores of Shi-take mushrooms, native to Japan and valued for their excellent flavor. Jane already has harvested several of them.

The many rainy days in June and July contributed to a bumper crop of mushrooms in the Medford Leas Arboretum this summer. Jane has taken pictures of many varieties and plans to post them on the Atrium bulletin board next to the mailboxes.

The poisonous Amanita grows right in Jane's backyard. A mushroom called Chicken-of-the-Woods can be found along the stream behind the berm. Two polyporous mushrooms are Slippery Jack, found under pine needles, with a slippery skin, and Hen-of-the-Woods, which has petals like a rose. Around the silo, the lawn is full of Lepiota mushrooms. In the woods outside Court 1, growing on a tree stump, there were honey mushrooms belonging to the Armillaria family.

In the Russola family, the mushrooms are very brittle and come in red, yellow, orange, and white. Some were growing very large in a vase shape, under a pine tree in Jane's parking lot. Then there's the gilled Lactarius – a milky juice oozes out when it's sliced.

The common white mushrooms grown commercially are in the *Agricus* family and can also be found here in the grass and in the woods. Another edible mushroom is the Black Trumpet, which does look like a trumpet. Jane likes to dry them and cook them in spaghetti sauce.

On their walks, residents have probably seen the white balls called puffballs, which vary in size from golf balls, or even smaller, to 15 inches across. They grow on the ground and are often covered by leaves or pine needles. "Elegant Stinkhorn" is the name for the unusually-shaped mushrooms that grow on the mulch around trees, starting in an egg shape and then extending like a thin sausage, with a cap at the end.

With all this mushrooming, it's a miracle that Jane also has time to play Mah Jongg and other games.

## LEADERSHIP CONFERENCE

Medford Leas was well represented at “Leadership in Times of Transition,” the 2009 Annual Meeting of Friends Services for the Aging (FSA) held in Pennswood Village, Newtown, PA.

Nancy Aronson, PhD, gave the keynote address, “Navigating the Rapids of Change.” Wearing a life vest and holding a paddle, she opened with an assessment of current turbulent economic challenges, saying: “As we juggle multiple priorities and face the complexity and responsibility of being leaders in the 21<sup>st</sup> Century, it can seem as if we’re living in ‘permanent whitewater.’”

She went on to describe “anchors in permanent whitewater” that included, among others, understanding the change process, utilizing resistance as a resource for change, drawing on assets, minimizing the impact of difficult people, and surrounding oneself with positive people.

Dr. Aronson, a member of the Axelrod Group, Collaborative Change Consultants, earned her doctorate in applied learning theory from Temple University.

Begun in 1991, FSA seeks to enhance the quality of its members’ services through collaboration in staff training and development, marketing, cooperative purchasing, self-insurance, planning, and other joint efforts. FSA members are united by their Quaker governance and their continuing efforts to serve older adults.

Those attending from Medford Leas included: Residents **Marylou Morrow**, **Bob Morrow**, **Grace Blackburn**; Board Member and resident **Doug Springer**; CEO **Dennis Koza**, CFO **Bill Starcher**, Development Director **Sandy Green**, Director of Human Resources **Marie Cox**, and Director of Marketing & Community Relations **Jane Weston**. Jane has been a member of the FSA Board for several years and will be Secretary of the Board for the coming year.

E.A.B.

## DISPLAY CASE

by Maggie Woodard

The beautiful oriental objects presently in the Display Case are part of a large collection belonging to **Tom Murakami**.

As a young boy, Tom liked collecting objects and making things with his hands. Some of the items displayed are his own work. The top shelf on the left side of the cabinet contains a group of ribbon fish suspended by using fine fishing line and a fine tapered weed. (These weeds can be found growing close to the roads and in the back yard of many of the homes in Bridlington. After drying, they are like springs returning to their natural straight position.) Tom made the fish. The two coasters on this shelf are made of natural fiber and small shells called money cowries.

The middle shelf holds a jade dragon and a jade puzzle ball, both made in China. The jade ball has six smaller balls within the outer ball. The balls were carved from the inside out. On the bottom shelf are a ceramic man on a tiger and a pencil sea urchin which Tom caught and preserved while he was working at the missile range on Kwajalein in the Marshall Islands. He washed and cleaned the sea urchins, hung them up to dry, and then lacquered them.



photo by Mike Carrell

In the middle of the cabinet, on the top shelf, there is a large cloisonné egg and two ceramic fish. The second shelf contains four temari thread balls, one unfinished to illustrate some of the tedious work required to make these balls.

(continued on page 12)

Tom made these when he was in Kwajalein, using some Japanese books as guides along with the two on display. There are also two small origami boxes (folded paper) and a paper butterfly. On the bottom shelf is a Triton trumpet sea shell from South Asia. Large complete trumpet shells are hard to find, as the tips are broken off by local natives to make trumpets.

On the top shelf on the right side of the cabinet are ribbon birds, made by Tom, suspended in the same manner as the ribbon fish. The middle shelf has a glass box containing one-inch-high bamboo dancing grasshoppers, another jade puzzle ball, and two small figurines called mud men. A ceramic figure of a fisherman and another sea urchin are on the bottom shelf.



photo by Mike Carrell

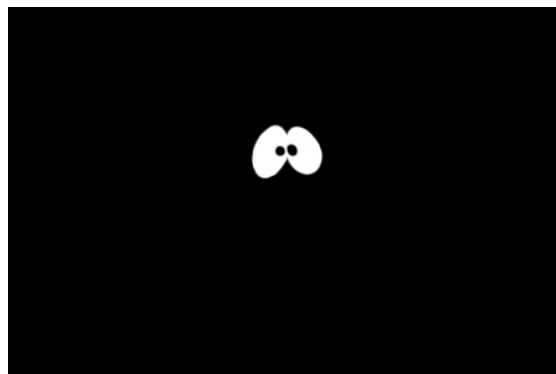
Be sure to take time to enjoy this extraordinary collection in person or on the mlra website, <http://mlra.org>

## LIGHTS OUT!

by Kitty Katzell

Sometime around 4 pm on September 30, the lights flickered and the detectors beeped. Most lights came back on, but some courts had no electricity. **Todd Jones** of Security ended up phoning **Bill Murphy**, Director of Operations, who came back to Medford Leas to oversee the action and was still here at midnight.

The transformer for Court 8, which is almost 40 years old, was arcing, which caused the system to shut down. Emergency equipment descended on the scene. There was no actual fire, but the Fire Department arrived with sirens screaming. They had to stay until the lighting company came to re-establish the power system.



Meantime, Court 1 was temporarily evacuated. Lights were out in Courts 5, 6, 7, and 8, and in Court 61 in Rushmore. At dinner that night, the dining rooms were buzzing with the subject, but no one had enough information to enlighten others. As people left the dining room and passed the reception desk, they were told the power should be back on before 8 pm, when the TV program on National Parks was scheduled.

Sure enough, the lights in all but one court were on at 7:40 pm. That one court, Court 8, didn't get power until early Thursday morning.

## OOPS!

On page 7 of the October issue of *Medford Leas Life*, there is an error in the picture's caption and also in the text below the picture. The caption should read: **Jen Zdunczyk, Dennis Koza, Corey Johnson, and Courtney Lewis**. In the paragraph below the picture, it is **Corey Johnson** who is our Sous Chef, not **Courtney Lewis**, who is a member of our wait staff.

K.K.

## RESIDENTS IN THEIR 60s

by Betsy Pennink

[This is one in a series of articles about residents who are in their sixties.]



photo by Margery Rubin

If you ask **Perry Krakora** why she and her husband Herb chose to come to Medford Leas, she will tell you that they “were always going to come here.” It all began in Chatham, NJ, where Perry and her close friend **Susan Dowling** grew up. Perry always liked to “hang out” with

her parents’ friends. These included **Betty Wakeley** (Susan’s mother), the late **Sam** and **Weezy Howarth**, and **Rose Cruikshank**, all of whom eventually signed up for Medford Leas. So did Perry’s mother, although she died before she could come. Betty, Sam, Weezy, and Rose succeeded in getting neighboring Rushmore units.

It was natural for Perry and Herb to put themselves on the waiting list. Their original plan was to move to Rushmore when Perry turned 65, but suddenly “everything fell into place.” They found they could sell their house in Boca Raton, FL, and they saw a unit in Bridlington they really liked. (There was room in the basement for all the orchids, the backpacking gear, the wine, the cats!) They moved in in April 2006 when Perry was still only 62. (Herb was 76.)

From the start, Perry has been delighted to be surrounded by “fascinating, very smart, very active, lots-of-fun people.” She is impressed with the “sense of community” fostered by a caring staff.

Perry enjoys volunteer work. She helps in the Fitness Center and the Pool, and with transporting residents in wheelchairs. She goes on tours with the Therapeutic Recreation Department, including trips to Longwood Gardens, the Philadelphia Art Museum, and the Camden Children’s

Garden. She also helps with campus activities, such as wheelchair “square-dancing,” the scarecrow walk, and caroling at Christmas time. She is co-chair, with **Joan McKeon**, of the Haddon Greenhouse. Except summers, when the Krakoras are at their house in Barnegat Light on Long Beach Island, Perry works with Open Houses and Tours. She and Susan are the “cookie and candy people” for the Gift Shop. Perry intends to continue to pursue her many interests (including feral cats), to stay physically active (with hiking, etc.), and to keep involved in the community.

## LENAPE NOVEMBER SHOWS

Three of the high schools in the Lenape Regional High School District are offering stage plays during November. Admission is free to seniors who have a gold pass, but no transportation is offered.

The plays and dates are as follows:

### Lenape High School

*What the Bellhop Saw*

November 12, 13, 14 at 7 pm  
in the Lenape Auditorium.

### Shawnee High School

*“the will”*

An interactive mystery dinner show  
in the School Cafeteria

November 12, 14, 15, at 5:30 pm  
Free show with gold pass, dinner \$10

### Cherokee High School

*Willy Wonka and the Chocolate Factory*

November 27, 28, at 7 pm  
in the Performing Arts Center.



## WHO'S NEW

**Kenneth (Ken) and Barbara (Barb) Ritter**, Apt. 195, joined their many acquaintances and friends who had retired here from Moorestown, where Ken and Barb lived for 49 years. They are still members of the First Presbyterian Church in Moorestown.



photo by Margery Rubin

Ken grew up in Glenside, PA, and graduated from the University of Pennsylvania in 1950 with a BSc in science and metallurgical engineering. His studies, started in 1941, were interrupted during WWII, when he served in the Army Air Corps

as a pilot on B-24 bombers.

Meanwhile, Barb, born in Needham, MA, came to Jenkintown, PA, as a pre-teen, when her father was transferred to a job in the area. After attending Colby Junior College in New Hampshire, she worked in customer relations at a large Philadelphia bank.

Ken and Barb met on a blind date in 1950 and were married in November, 1951. Their first home was in Haddonfield. In 1960 they moved to Moorestown, near Ken's job with KSM, Inc., a manufacturer of special welding equipment. Ken was engineering manager there for many years.



photo by Margery Rubin

Barb worked as secretary in the Guidance Department of the Moorestown High School for 11 years and did volunteer work for the Moorestown Garden Club and the Presbyterian Church. The couple raised two boys and two girls, who

are now married and have given them six grandchildren and three step-grandchildren. Several of their children live reasonably close and helped them with their move.

Barb enjoys gardening and needlework, Ken is keen on keeping up with sports on TV, reading, and walking. Both like to play bridge.

Ellen Stimler

## HOW TO STAY CONNECTED

by Martin Klaver and Kay Cooley

After the intense activity and excitement of *Active Aging Month*, some residents might feel let down as life returns to normal. Here are some easy, low-cost ways to maintain interest and entertainment in the months ahead.

Top among newer products easy to use and low in cost is *Skype*, a computer-based program that enables users to make free phone calls. All that is needed are the software and a small mike. Both parties must have these to communicate. If, in addition, each party has a webcam (small camera), they are visible to one another. The sound is excellent. Calls may also be made to non-Skype phones. The calls themselves are free, but there is a small monthly charge for the service. Skype is an excellent way to stay connected with family and friends. Computers in Estaugh and Woolman both have Skype technology. For more information, contact **Rachel Conte**, Activities Coordinator on Estaugh, at ext. 3529.

*Netflix* is an endless source of entertainment already enjoyed by a number of residents. For a low monthly fee, movie aficionados may order DVDs chosen from Netflix's huge inventory. On the Netflix website, customers select a list of films they want to see and the number to be sent at a time (e.g., one, three, five, etc.). As soon as the renter returns a film, the next one in the queue is sent.

(continued on page 15)

For book lovers, Amazon now has a book reader, *Kindle*, which lets the user buy or access a book just by pushing a button. Designed for non-computer users, the Kindle instantly delivers the book magically “over-the-air,” anywhere. The Kindle provides text for reading or will read the book aloud. Text of any size can be enlarged, a huge benefit to seniors. Kindle not only has a vast inventory of books, but it also can receive magazines and newspapers like the *New York Times*. Normally, books cost about half their retail price, but millions (literally) are available for free. No Internet service or computer knowledge is needed, and there is no monthly fee. However, Kindles are not cheap; they cost about \$300.



Amazon Kindle

In short, there are many ways to keep involved and connected, and new ones are coming to market all the time. There’s no excuse for inactive aging at Medford Leas.

## WHAT’S NEW IN THE GALLERIES

by Helen L. Vukasin

The unusual and dramatic paintings by students of Camden’s Forward School, under an Urban Promise program, were on view in the Gallery on the Medford campus through October. The highlight of the month was the reception on October 11, where students, teachers, and residents mingled. The program’s leaders addressed those in attendance and the students answered questions about their work and its relation to their studies.

An annual November tradition is the exhibit of photographs by members of the South Jersey Camera Club. The opening reception will be held on Tuesday, November 17, from 6:00 to 7:30 pm in the area outside the Theater, preceding the Club’s regular monthly meeting. Meetings are held in the Theater on the third Tuesday of every month, September through June. Residents are invited to attend the reception and the monthly meetings.

In the Art Studio Gallery, the works of 27 resident artists are on display until spring. Residents who paint or would like to try their hand at painting are encouraged to come to the Art Studio in the Arts and Social Wing at any time, but especially on Mondays and Tuesdays.

The newest local Gallery, in the Medford Art Center (MAC), opened its first juried show on October 2. The Center and its gallery are sponsored by the Medford Cultural Arts Council. Resident **Alice Skidmore Culbreth** had a painting selected for the exhibit.

At Lumberton, the watercolors of Carol Freas will be on view through November. Her work has been in shows in New Jersey, Virginia, North Carolina, and Maryland. Carol’s paintings demonstrate her love of the shore and the woods where she grew up. At the opening of the exhibit, she did an entertaining demonstration of her techniques by painting and discussing a bright watercolor of Barnegat Light.

## IN MEMORIAM

<b>Irmgard Allen</b>	<b>September 26</b>
<b>Florence Ishida</b>	<b>October 15</b>
<b>Robert Anderson</b>	<b>October 21</b>

## NOVEMBER CRYPTOGRAM

by Ellen Stimler

PDWJGO PK PDA DQIWJ DAWNP XU  
 SDEYD SA HERA, PDWJGO PK EPO  
 PAJZANJAOO, EPO FKUO, WJZ BAWNO,  
 PK IA PDA IAWJAOP BHKSAN PDWP  
 XHKSO YWJ CERA PDKQCDPO PDWP  
 ZK KBPAJ HEA PKK ZAAL BKN PAWNO.

--S. SKNZOSKNPD

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

THE CROWN OF ALL FACULTIES IS COMMON SENSE. IT IS NOT ENOUGH TO DO THE RIGHT THING, IT MUST BE DONE AT THE RIGHT TIME AND AT THE RIGHT PLACE. TALENT KNOWS WHAT TO DO, TACT KNOWS HOW TO DO IT.

--WILLIAM MATHEWS

The correct solution was received from 35 readers:

Ken Anderson, Miriam Angle, Jane Bartram, Ruth Blattenberger, Judy Braddy, Marion Burk, John Caughey, Ethel Cebra, Alice Culbreth, Doris Curley, Barbara Degler, Geri Dickerson, Liz Dill, Louise Evaul, Alan Gaylord, Linda Gorwood, Herb Heine- man, Barbara Heizman, Hugh Jenkins, Sally Klos, Joan McKeon, Eileen McManimen, Mary Mason, Mary Ann Metzger, Alice Norcross, Helen Peter- son, Betty Preston, Ruth Quackenbush, Warren Reeves, Fran Reynolds, Doris Salati, Florence Sawyer, Peg Scott, Ellen Wiener, and one without a name.

Please put your solution in an envelope in Box 162 or email it to [estimler@medleas.com](mailto:estimler@medleas.com) no later than No- vember 10. We will use **your** cryptogram if it's the right length and meets editorial approval.

## MEDFORD LEAS LIFE

*Ex Officio:* Sally Miller, MLRA President; George Rubin, MLRA Sponsor

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*Staff Photographer:* Margery Rubin

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

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*Distributors:* Wilma Fitzpatrick, Mary Lou Mullen, Fran Reynolds

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

