



# Medford Leas *Life*

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## 2010 HOLIDAY SHOW – JOURNEYS

photos by Margery Rubin, text by Maggie Heineman

Infancy, childhood, adolescence, maturity. However different our journeys, aging is universal.



Jim Wolosin



Lois Forrest



Sandy Heath



Marion Steitz

Photographs of residents and staff, taken at various times of their lives, lined the hallway. In the Theater the opening number was a marvelous slideshow quiz featuring childhood pictures. Guess Who? Then, with sophisticated computer graphics, a recent photograph swooped onto the screen answering the question.



The bawling baby (**Keith Quinton**) that Health Center personnel tried to Rock-a-bye with a Dixie Melody turned into a bratty toddler that wouldn't share, leading Nursing staff to conclude, "I Don't Want to Play in Your Yard."

Administration's "Twelve Rules of Second Grade My Teacher Told to Me" began with the imperative to "Always Raise Your Hand."



Throughout the song's 12-verse repetitions the second graders were busy breaking rules – chewing gum, throwing spitballs, etc. When the child urgently waving his hand was finally noticed, he dramatically exited, obeying rule #12 – Walk, don't run.



"Hello Muddah, hello Faddah, here we are at Camp Dark Waddah" was sung by the 12-year-olds of the Maintenance Staff. "All the counselors hate the waiters, and the creek has alligators." Nonetheless CEO **Jeremy Vickers** returned to camp for a second year as a 13-year-old.

**A Star is Born** – Jeremy knew something would be expected of him when his staff suggested he watch a video of a Holiday Show, but he never did. In mid-November when **Gerry Stride** asked him what his "tolerance level" is, he replied, "pretty high." "Perfect," said Gerry. The script for his part appeared on his desk a couple of weeks later. During the week of the show he had one rehearsal with **Mark Wick** and Gerry.





Teenage years include cars and romance. Mark Wick drove, **Ed Ellis** beamed, and “Seven Little Girls” from Therapeutic Recreation danced and sang, telling Mark,

“All together now, one, two, three  
Keep your mind on your driving  
Keep your hands on the wheel  
Keep your snoopy eyes on the road ahead  
We’re having fun, sitting in the backseat  
Kissing and a hugging with Ed.”



Two bits, four bits, six bits a dollar  
All for Med. U, stand up and holler!

After cheerleaders from Assisted Living led the Audience in cheering for Old Medford U, Bill Murphy gave his off-key advice on “Love and Marriage” which go together like a horse and carriage. Laughter began as soon as Bill was spotted in the wings, continued through his solo, and got louder as **Delores Redner** read the “Good Wife’s Guide” to the Receptionists, who pampered Bill in accordance with advice that allegedly appeared in a magazine in 1955.



The rules had the audience howling. The last one, “a woman’s place is in the house,” led to the classic rejoinder. Stalking off stage, the receptionists shouted out, “And in the Senate!!”

The next two skits featured lame jokes. A few of these groaners are at the bottom of page 13.

Gerry Stride and **Geri Mingori**, Recreation Therapy, did a good job with new lyrics for the hard-to-sing duet from *Call Me Madam*. “I Hear Half of What I Used to Hear” had a response concluding “You’re not sick, you’re just 92.”

Environmental Services told a joke with a memorable punch line. After a litany of disabling problems of old age, the red-hatted group concluded, “Well, it’s not too bad; thank God we can all still drive!”



Gerry Stride became the chair of the Holiday Show Committee in 1992. Mark Wick has been playing in the shows for over 30 years. Gerry responded in some detail to a request for information about “the history of the show and the process of script development.” Her answers to questions and the new lyrics to songs are included in the web report of the 2010 Holiday show.

## TAKASHI MORIUCHI (1919-2010) A Founder of Medford Leas

by Sumiko Kobayashi

The true value of a man's life is measured not by the monetary wealth he has accumulated, but by his contributions to the communities in which he has lived and the esteem in which he is held by his friends and neighbors. By those criteria **Takashi Moriuchi** died a very rich man, as attested to by the many people who spoke at his memorial service at Medford Leas on November 28, 2010.



At Long Beach Island – 2005

“Tak” was the last surviving founder of Medford Leas. He died on November 13, 2010, at the age of 91. Farmer, banker, businessman, philanthropist, he had many roles in the communities of which he was a part.

The only child of immigrants from Japan, living on the edge of a Japanese farm near Livingston, CA, Tak graduated from the University of California Berkeley with a degree in business management in 1941. When World War II began, he and his parents were sent to a relocation center.

When evacuees were encouraged to leave camp and seek jobs on the outside, Tak looked for opportunities to continue farming. He liked the welcoming attitude of the Quakers in the Philadelphia area and settled in New Jersey. For two years, he worked for Quaker farmer **Lewis W. Barton**. With an \$8,000 loan he bought about 100 acres where he grew tomatoes for the Campbell Soup cannery, strawberries for local supermarkets, peaches and apples.

Shortly after settling in the Moorestown area, Tak met **Yuriko Uyehara** at a social event in Philadelphia. They were married in October 1946 and soon joined Moorestown Friends Meeting. They became dedicated supporters of the Meeting and its school, which their four children attended.

During the George H. W. Bush administration, he was appointed Director of the Farmers Home Administration for the State of New Jersey in the U.S. Department of Agriculture. In that position he was able to improve working conditions for low income agricultural workers in NJ.

About the time Tak turned over his farms to his children, he became deeply involved in building a Quaker-sponsored retirement community in Medford with Lewis Barton and **Tom DeCou**. Tak contributed his financial expertise and bank connections. He went as far as the West Coast to investigate successful retirement communities. The three men launched Medford Leas in 1971.

Takashi is survived by Yuriko, his wife of 64 years, son Fred, daughters Miyo, Kiyo and Chiyo, 11 grandchildren, and one great-grandson.

A second memorial service for the larger community will be held on January 29, at Moorestown Friends Meeting.

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### ON THE WEB

**Tak Moriuchi** is featured on the home page of MLRA.org. There is a collection of family photographs, along with the biographies of Tak and his wife **Yuri**.

Holiday Show photographs by **Margery Rubin** have been archived on the site since 2005. Effort is underway to make the 2010 web report of the show more elaborate. Videos? The slideshow quiz?

Since 2008 **Mike Carrell** has photographed Display Case exhibits for the website. The most recent to be added are **Lili Wronker's** Hanukkah display and one featuring the Hmong Appliqué pieces belonging to **Doris Allebach**.

## NEW BOARD MEMBER

by Kay Cooley

**Laurie Hodian** joined the Estaugh Board in November. She is the fourth new member this year.



Like her new colleagues, Laurie brings impressive achievements and experience to the Board. Currently she serves as Director of Administration of the NJ Department of Children and Families in Trenton. Prior to that, she worked in the Department of Law and Public Safety, Office of the Attorney General and Division of Law, starting as a Deputy Attorney General and progressing to Section Chief: Employment Counseling

She has conducted training in employment and management issues for NJ cabinet members and their staffs and has appeared as a speaker at continuing legal education seminars. In addition, she has served as a law instructor at the Camden County Institute of Technology and taught business law and political science as an adjunct professor at Burlington County College.

Laurie didn't start her professional career as a lawyer. After earning a Bachelor of Social Welfare degree with honors from the Temple University School of Social Administration, she served as a caseworker in public child welfare agencies in Chester, PA, and Philadelphia, providing services to neglected or abused children. Her work

with lawyers led to an interest in law, and she entered the Temple University School of Law,

She received her JD with honors and is a member of the New Jersey Bar, admitted to practice before the United States District Court for the District of New Jersey, the Third Circuit Court of Appeals, and the United States Supreme Court.

Laurie grew up in Broomall, PA, and attended public school there. She and her husband live in Moorestown with their two children. She has served on committees in Moorestown Meeting and on the Board of Moorestown Friends School. Laurie's interests are her family and travel. She and her husband recently returned from a trip to Africa.

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## MARTIN LUTHER KING ADDRESS

Terrell W. Person, pastor of Jacob's Chapel in Mt. Laurel, will address residents in observance of Martin Luther King, Jr., Day on Monday, January 17, at 11 am in the Theater. His topic will be "Martin Luther King's Promised Land: Are We There Yet?"

Pastor Person was ordained while assisting the Rev. A. Benson at the Pisgah AME Church in Haddonfield. For the past 17 years, he has served as the pastor of the historic Jacob's Chapel African Methodist Episcopal Church. The chapel is noted for Colemantown Meeting, a stop on the Underground Railroad, and a cemetery with graves of black Civil War soldiers and of Dr. James Still, known as "the Black Doctor of the Pines." Pastor Person is a great-great grandson of Dr. Still. His ministry "is about strengthening, equipping, empowering, and enriching families, especially children."

The event was arranged by **Neil Hartman**, chair of the MLRA Diversity Committee.

E.S.

## ART GALLERY NEWS

by Helen L. Vukasin

The first exhibit of 2011 in the Medford Leas Art Gallery will be a show of the work by Susan Barnes. Susan does Art in Oils and was recently selected for the Medford Township Arts Commission show at Medford Leas in September-October. She has won prizes for her work at the Smithville Mansion Gallery and the Hawthorne Gallery in Medford.

Susan is multi-talented in the arts from gold and silver jewelry to pastels and oils. She is now experimenting with printmaking. Seascapes and landscapes that focus on atmosphere and mood are her most recurring themes. She wants to enable the viewer to step inside the work, to feel the sun and smell the sea.



Regal Asparagus – Oil Painting by Susan Barnes

The show will open with a reception on Sunday, January 9, from 3 to 4:30 pm. The artist will say a few words about her work at 3:30 pm.

The Resident Artists show continues until spring in the Art Studio Gallery. At Lumberton, the work of **John Brzostoski**, **Alice Skidmore Culbreth**, **Pat Heller-Dow**, and **Rita Keiper** will be shown through January.

The video lectures on *The History of Western Art* in January will be: January 4, Realism – From Daumier to Courbet; January 18, Manet and Monet – The Birth of Impressionism. Videos are shown at 12 noon, with optional brown-bag lunch, in the Linden Room.

## SEN. ADDIEGO AT MEDFORD LEAS

Dawn Marie Addiego, newly appointed to the New Jersey Senate, has agreed to speak to residents and answer questions at the January 17 MLRA monthly meeting. Her visit was arranged by **Barbara Trought**, former chair and current member of the MLRA Citizens Committee.



Senator Addiego represents New Jersey Legislative District 8, which includes Medford and Lumberton Townships. Each district has one senator and two Assembly members.

Senator Addiego has had a distinguished career in politics and government for 17 years. She served on the Evesham Township Council and on its Planning Board for seven years; she was a member of the Burlington County Board of Chosen Freeholders for eight years; and she was elected to the New Jersey Assembly in 2008. In the Senate, she will be serving out the term of Phil Haines, who was confirmed as a Burlington County Superior Court judge. She will have to run for reelection in November 2011.

Senator Addiego has an accounting degree from Villanova and a law degree from Widener University. She lives in Evesham with her husband and a daughter.

Ellen Stimler

### IN MEMORIAM

Thelma Rowley	December 9
Mary Domenico	December 11
Constance Anderson	December 17

## STAFF APPRECIATION CEREMONY

by Sue Heath

*"What you do today is outstanding and much appreciated."* **Nick Bucci**, Dining Services.

Christmas came early for Medford Leas staff. On the afternoon of December 17, the day after the Holiday Show, MLRA presented 402 checks to staff members to express the gratitude of residents for all the services and kindnesses performed by our loyal maintenance people, landscapers, food preparers and servers, all the caregivers in Medical, Estaugh, Haddon and Woolman, and many other workers.

*"It is a wonderful thing the residents do for us – some places are not even giving bonuses this year."* **Agnes Santore**, Resident Services.

Guided by **Allyn Rickett**, who worries about it all year, the Staff Appreciation Fund receives contributions from all residents as well as from the Thrift Shop, the Gift Shop, the Residents Workshop, Knitting and Sewing, and from special programs during the year like the Plant Sale. Some contributions come from families, even families of former residents. Since tipping is not permitted at Medford Leas, the Staff Appreciation Fund is the only tangible way residents have to show their gratitude to employees. All regular employees except department heads receive appreciation checks based on their compensation, in two categories: those making up to \$625 per year get \$25; and those whose pay is over that number get 2% of gross salary, up to a limit of \$1000. Regular deductions are withheld.

*"It's really nice what the residents do for us – we don't get tips, and we can use this for Christmas. I use mine to pay my car insurance, with enough left to buy gifts."* **Kathy Magrann**, Dining Services.

\$172,000 was disbursed at a ceremony arranged by **Marie Cox**, Human Resources Director, and her assistant, **Susan DeJacom**.

The program began with some pictures from the Holiday Show and a video of one of the hit num-

bers, "I Hear Half of What I Used to Hear," sung by **Geri Mingori**, Recreation Therapy, and **Gerry Stride**, Director of Community Life.



**Gerry can't hear**



**Geri explains**

Holiday Show photos by Margery Rubin



Allyn Rickett spoke briefly about how we don't feel like "Staff" and "Residents," but like one large family, and he acknowledged that, *"working with old people is not easy, but it isn't easy being old either."* **Ed Ellis**, president of the Employee Council, told how the money is raised for the Appreciation Fund and

thanked the residents for making the holidays easier for the staff.

Finally, employees lined up at a table behind the first letter of their last names, to receive their checks from Allyn, **Sandy Heath**, **Doris Salati**, and **David Swartz**, members of the MLRA Budget and Finance Committee.

## CORRECTION

The article in the November issue of *Medford Leas Life* on **Jeremy Vickers** gave the name of his daughter incorrectly. Her name is Sydney. We apologize for the error.

## THE HOLIDAY BAZAAR

text and photos by Elsie Behmer

On December 11, the Holly Room doors were scheduled to open at 10 am for the Second Annual Medford Leas Holiday Bazaar, but shoppers were ready at 9. Staff took the hint and opened early. Employees, residents, and non-residents alike swarmed in. They were eager to buy, and buy they did. **Sandy Green**, Director of Development, estimated that 300 people attended.



**Jeannette Muir**, who was staffing the quilts table, said that she sold “a ton, starting when people began streaming through. They bought some of everything, the largest quilts, but the best sellers were place mats and table runners.”

At the Workshop table, **Alex Webb** and **Bud Stratton** said, “We’re satisfied.” In fact, they were understating their success, conceding that they did indeed “sell out of some items, especially desk caddies and bookends.”



The Knitters Group was well represented with two tables. **Irma Lawrence** was selling teddy bears clad in specially made sweaters. “I also have scarves that I knitted,” she said. “People seem to like them. They’re selling well.”

Though her table was tucked back in a corner, shoppers sought out beekeeper **Corey Melissas**, who was selling jars of honey from the hives she tends. People were especially enthusiastic about the **Leas-ure Fields 2010**, gathered from the hive at the **Lumberton Campus**.



Leas-ure Fields will be sold in the Gift Shop for \$5 a jar.

The story was the same at every table. Items were selling well, and the crafters were happy to have their work appreciated in such a tangible way. Medford Leas in-house professional artists contributed their work, and the most valuable pieces were put up for silent auction, as were some valuable pieces of jewelry.

The Holiday Bazaar is the result of a fundraising idea by the crafters themselves. Three years ago, a craft sale was held for residents and employees only. Last year, the Bazaar included some items that residents contributed (rather than made) and was held on a Saturday, and the public was invited. This year publicity was comprehensive and included ads in local papers, notices on community events pages, a banner over Main Street, Medford, and roadside signs scattered throughout town.

**Sandy Green** coordinated the event with a core group (calling themselves the Bizarre Bazaar): **Jane Bartram**, **Phyllis Orta**, **Eve Robinson**, and **Janice Saibel**.

The final sales numbers have not been tallied, but the money will benefit the Resident Assistance Fund (Reserve Fund), which helps residents who have outlived their financial resources.

## DOMESTIC VIOLENCE VOLUNTEERS

by Ellen Stimler

For the past three years, **Herb Heineman, Toby Riley,** and **Sue Thorp** have volunteered to serve four or more 12-hour shifts per month as members of a Domestic Violence Response Team. During scheduled shifts, they are on call to a police station or hospital in their area, ready to meet with a victim of domestic violence who has been brought in. They listen to what happened and discuss legal and practical options available under the circumstances.

New Jersey has one of the best Domestic Abuse statutes in the country, which covers men and women, as well as elder abuse. The State has a contract with Providence House, Domestic Violence Services of Catholic Charities, to administer the program in Burlington County. Providence House has organized its volunteers in such a way that all police departments in the county are served by teams of domestic violence volunteers. Herb, who lives in Lumberton, covers Lumberton, Mt. Holly, Eastampton, and Westampton. Toby and Sue, who live on the Medford campus, respond to calls from police in Medford, Medford Lakes, and Evesham.

Providence House has a "safe house," resource center, and service providers for victims of physical, mental, or emotional abuse, who can bring their children. Volunteers have to participate in 40 hours of training. Team members meet once a month with the domestic violence officers of their assigned police departments, and every three months, they meet for in-depth discussions of aspects of their work, such as pet abuse or how to prepare victims for a court appearance.

The conversation between the victim and the team member is confidential, except when child abuse or threats of serious harm are involved; then the police must be notified.

Toby and Sue sometimes respond to a police call together. They feel that the domestic violence response program is a good use of their volunteer

time, and they are glad they can offer care and support. These interactions are very rewarding for them.

Herb, Toby, and Sue believe that there is need for more volunteers. Medford Leas residents who want to participate in the program should call Providence House at 1-856-824-0599,

## AN UNSUNG THERAPIST

by Suzanne Frank

Would any reasonable person think it is possible to add an inch or two to one's height at the age of 80? Houdini-like, **Ayesha Ahmed**, of Genesis Rehab Therapy and a member of the National Osteoporosis Foundation, is accomplishing this amazing transformation by having helped improve the posture of 30 residents with osteoporosis over the past year-and-a-half.



**Warren Kamensky and Ayesha take time out to pose for the camera.**

She begins her personal crusade and passion against this crippling disease by offering residents Osteoporosis Awareness Educational Sessions. In this new program, she talks about the disease in non-medical terms and tells her audience the general facts they should know. She talks about the concepts of bone loss, the risks, the ways to minimize bone loss, and some medical management. She also provides information and



resources to assist the audience. Ayesha believes "An educated patient is a powerful patient."

This unique program begins with a thorough evaluation, including the most recent DEXA bone density scan, which measures the loss of postural height. Then an 8-10 week posture program of exercises is initiated. This often helps to decrease pressure on the spine caused by the rounding of the back. Individual sessions reveal to the patient just how posture can affect strength. "I've seen people's posture changed in eight weeks by exercising religiously."

Part of the exercise therapy includes Ayesha's use of patterned neuromuscular electric stimulation, but she cautions that anyone with a pacemaker cannot partake of this segment of the treatment. She claims that by strengthening back muscles, a patient can regain up to three inches of height.

At the beginning of this monitored routine, a resident may experience some discomfort because muscles are being stretched. If there is lingering pain, Ayesha finds that the exercise is not being done correctly. "The patients have to do the exercise in front of me," she said, "and when completed, it will surely become part of their daily life." Once the initial program is over, Ayesha brings the patient back into Rehab about six months later for follow-up, to make necessary changes and perhaps upgrade the program. "Muscles need to be challenged because exercise is a continuum." She warns, however, that "if a person is unwilling to commit to completing the eight weeks of exercise, he or she should not sign up."

Ayesha can set up exercise programs for vacationers and provide modifications for those who prefer to sit or stand instead of lying down. Summing up, Ayesha states, "It is more fun to work towards patients' goals and meet them halfway than insisting on my own goals for them."

Those interested in this program should walk, not run, to the Health Center and ask whether it is appropriate for them, or just sign up for the seminar when it is offered.

## NEW BOOKS IN THE LIBRARY

### Fiction

Chopra, Deepak *Muhammad*  
 Donaghue, Emma *Room*  
 Glass, Julia *The Widower's Tale*  
 Karon, Jan *In the Company of Others*  
 le Carré, John *Our Kind of Traitor*  
 McCall Smith, Alexander *Corduroy Mansions*  
 McCarthy, Tom "C"  
 Macomber, Debbie *Call Me Mrs. Miracle*  
 Rushdie, Salman *Luka & the Fire of Life*  
 Wallace, Nicole *Eighteen Acres*

### Mystery

Child, Lee *Worth Dying For*  
 Connelly, Michael *The Reversal*  
 Deaver, Jeffrey *Edge*  
 DiSilverio, Laura *Swift Justice*  
 Koontz, Dean *What the Night Knows*  
 McCall Smith, Alexander  
     *Charming Quirks of Others*  
 Parker, Robert *Painted Ladies*

### Non-Fiction

Blair, Tony *A Journey*  
 Breyer, Stephen *Making Our Democracy Work*  
 Bryson, Bill *At Home*  
 Bush, George W. *Decision Points*  
 Eisenhower, David & Julie *Going Home to Glory*  
 Ellis, Joseph  
     *First Family (John & Abigail Adams)*  
 Frazier, Ian *Travels in Siberia*  
 Hawking, Stephen *Grand Design*  
 Kerda, Michael *Hero (Lawrence of Arabia)*  
 Mandela, Nelson *Conversations with Myself*  
 Proulx, Annie *Bird Cloud*  
 Rice, Condoleezza  
     *Extraordinary, Ordinary People*  
 Sacks, Oliver *The Mind's Eye*  
 Schiff, Stacy *Cleopatra*  
 Thernstrom, Melanie *The Pain Chronicles*  
 Twain, Mark *Autobiography, vol. 1*  
 Winchester, Simon *Atlantic*  
 Woodward, Bob *Obama Wars*

## WHO'S YOUR PEN PAL?

by Betsy Pennink

Receiving a letter is exciting for a third-grader, especially when it comes from an unknown pen pal. These pen pals are Medford Leas residents. Each corresponds over a school year with a student, learning the news of the child's life, but also watching the improvement in the child's writing, particularly in writing letters.

Three of the several residents who have been pen pals since the beginning of the program in 2004 describe the reasons they enjoy the interaction with each year's new third-grade class.

**Ellie Stimler:** "It gives me insight into the school and family lives of young people several generations after my time in school." She is "amazed by the subjects these kids are studying today." Her pen pal, an eight-year-old boy, writes: "In school I am learning about Matter (anything that is a solid, liquid, or gas)." He adds: "I have a soccer game tomorrow. I will be having a play date to. I can't wait to get a letter from you!!!"

**Fran Stoll:** "It's always satisfying to watch a child's skills develop during the year – the spelling and penmanship, especially the spelling! Maybe cursive writing is off the curriculum this year." Her pen pal, a nine-year-old girl, printed her letter in four different colors on a word processor. She describes her three brothers and adds: "I am very involved in comptishon cheerleading."

**Walt Belfield**, himself a teacher for 35 years, is a great fan of Ashley Powell-Fudurich, the teacher who began the program with **Gerry Stride**, Director of Community Life. Ashley is now at Chairville Elementary School in Medford and continuing the relationship with Medford Leas. Walt believes it is particularly important to "learn how to express yourself," and he thinks Ms. Powell-Fudurich is "increasing the students' ability to communicate." Walt finds that picking up on a pen pal's pet is a good opening. His new pen pal, an eight-year-old boy, writes: "(I have) one dog named Lucy her name was named after Lucy the elephant. And she is 0 years old." Walt's reply: "You said your dog, Lucy, is zero years old – so she is just a

puppy then? I have a small dog too. His name is Prince. . . I hope you can meet him sometime as he loves to be with people."

Twenty-two enthusiastic residents are pen pals this year. The number depends on the size of the class. Many close relationships are formed. Fran Stoll still remembers the condolence letters that the entire class wrote to her when **Bill** died just two weeks before he was to meet his pen pal at the annual spring picnic. Gerry describes how "one little girl and her family visited **Lily Wronker** over the summer at Lily's invitation."

"The residents really seem to enjoy the letters and the visits," says Gerry.



photo by Ashley Powell-Fudurich  
June, 2006 – Dottie Heisler and Bea Smollens chat with pen pals at the annual end-of-year picnic.

## IN-HOUSE PHARMACY

by Suzanne Frank

While residents are busy during the day taking balance classes, pushing wheelchairs, or hitting the treadmill, the Pharmacy is busy processing prescriptions at the rate of about 5,000 a month, according to **Frank Simmons**, Pharm D, CGP, CCP, its Director. That is in addition to supplying pharmaceuticals to all those in Independent Living, Assisted Living, Estaugh, Woolman, and

employees – for whom bills are created using guidelines from an assortment of insurance plans.

Not everyone is aware that the Pharmacy is wholly owned by Medford Leas. Frank has been its manager for over 23 years and currently supervises a staff of two pharmacists, **Joanne Salowe** and **Theresa Widmann**; and three technicians, **Angela Hildebrandt**, **Christine Wells**, and **Julia McCormick**. As an independent contractor working there two days a week, Frank sees to it that all prescriptions are approved and bills subsequently sent to Accounting to be paid. He also monitors drug costs for the resident population and ensures that the best price is secured without compromising safety. The Pharmacy is a member of a buying group composed of hospital and long-term-care facilities and uses a national wholesaler, Amerisource, of Thorofare, NJ, to keep costs as low as possible.

The Pharmacy offers voicemail on ext. 3099 – which Frank says, is checked every 15 minutes – so that residents are able to call in their refills or ask questions. This service avoids what he claims is a given: that a greater number of interruptions cause a greater safety risk. (Frank takes great pride in the Pharmacy's very low error rate.) "While we can't field phone calls every minute, we do have our window open all day long, except for lunch, for the convenience of both residents and employees."

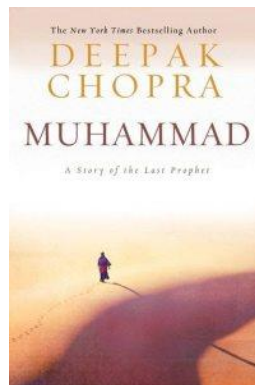
In collaboration with the Health Center, each resident's pharmaceutical profile is created. Frank describes this as "a team approach whose bottom line is resident safety." When new data are entered, the computer checks for such things as interactions, age, allergies, and previous diseases. For residents with newer contracts, "we go over their drug profile and try to help them with reducing costs. It is important for them to know that just because a medication is more expensive, it isn't necessarily better."

Frank asks all those in residential units to "communicate with us when new pharmaceuticals or over-the-counter drugs are added to their profile. It is a good idea to let us or the Health Center know so as to avoid a health compromise."

## BOOK REVIEW

### *Muhammad*

by Deepak Chopra (267 pages)



"Higher consciousness is ... held out as the ultimate goal of life on earth. Without guides who reached higher consciousness, the world would be bereft of its greatest visionaries – fatally bereft, in fact." So writes Deepak Chopra in the introduction to his novel of Muhammad's life and times.

Muhammad was one of the "great visionaries" through whom God chose to reveal Himself. The world in which Muhammad lived was rife with tribal turmoil and superstition. God intervened in his life through the Angel Gabriel to reveal the existence of the one God and eliminate hundreds of ancient Arabian gods. Muhammad, an ordinary husband and father, thereafter had the divine and difficult task of persuading his people to renounce their ancestral idols and to worship Allah. In this endeavor, he had continuous and detailed revelations from his Divine Source.

Chopra's novel charts the course of this prodigious effort. Beginning with Muhammad's birth and childhood, it tells his story through the eyes of salient figures in his life. This device creates a vivid and convincing narrative of Muhammad's evolution from a common merchant into a monumental leader and the beginning of Islam. It also creates for the reader a sense of being a contemporary witness to the events that molded Muhammad and the faith of those who followed him.

The novel is a fascinating interpretation of the life of the Prophet, his deeds, and his times.

Kay Cooley



## EMPLOYEE WELLNESS INITIATIVE

by Maggie Heineman

This month the Employee Wellness Committee is holding a “Biggest Loser” contest modeled after the popular TV reality show. Employees who participate are being assigned to teams, each with a different trainer. There will be both team and individual competitions. **Ed Ellis, Kristen Smyth, Ken Roland, and Rick Trandahl** of the Fitness Department are ready to serve as the trainers.

Last spring, an exercise class called “Body Pump” was scheduled at 3:25 pm, a time convenient for nursing staff. **Peggy Giles** and **Kim Herndon**, nurses on Assisted Living, have attended the class faithfully since its inception in May. Neither had previously exercised consistently. Peggy had once joined a gym, hated it, and dropped out. She likes Body Pump because of its location, schedule, and peer support. She says she’s definitely stronger – strong enough to do pushups – and her balance has improved.



**Peggy Giles and her reflection in a mirror**

Impetus for an Employee Wellness Committee came from the Human Resources Department. In late 2009, HR announced that in January 2010 employees, spouses, and partners, who receive medical benefits from Medford Leas, would receive a \$50 bonus if they participated in the Horizon BCBSNJ “Journey to Health” program. It included a physical exam, lab work, and the completion of Horizon’s Health Assessment Tool.

At the same time HR invited employees to join a Wellness Committee that would plan, develop, and implement programs for employees, building

on several wellness efforts that were already in place in 2009:

- Use of the Fitness and Aquatic Center by employees and family members 18 and over, including coaching from fitness staff serving as personal trainers
- “Studio Sampler” – an exercise class that meets Monday through Thursday from 4:30 to 5:15 pm
- Weight Watchers - on site, quarterly 12-week sessions
- Assistance with smoking cessation

The committee, which began last March, matured during the course of the year. In December a Wellness Guide was distributed to employees, listing committee members and seven dimensions of wellness. The guide explains, “Wellness is much more than merely physical health, exercise, or nutrition. It is the full integration of states of physical, mental, and spiritual well-being.”

Wellness Committee members:

- Physical – **Ed Ellis, Beverly Kannengieszer, Kristen Smyth**, Fitness and Aquatics
- Emotional – **Donna Coonley**, Marketing
- Spiritual – **Anna Hernandez-Ocasio**, Therapy
- Vocational – **Julie Smith**, Nursing
- Environmental – **Herb Minkus**, Landscaping
- Social – **Lisa Minuto**, Operations
- Intellectual – **Lisa Heinkel**, Nursing
- Administrative Liaison – **Mark Wick**, Human Resources

Emotional and social wellness were included in the committee’s work during its first year. In July Donna Coonley coordinated “Spa Day,” which provided employees with a choice of free 15-minute back, foot, or hand massages. In October Lisa Minuto and Wellness Committee Chair Ed Ellis coordinated the Atlantic City Memory Walk, one of several social events sponsored by the committee.

The committee has begun planning initiatives that relate to other dimensions of wellness. Stay tuned.

## WRITING WORKSHOP

by Helen L. Vukasin

“This workshop is about creative nonfiction,” said the guest instructor, Darcy Cummings, from Rutgers University at Camden. That may sound like a contradiction. However, during the three-hour workshop for Medford Leas’ Creative Writing Group in the Poplar Room on October 27, it became clear she meant that nonfiction can also be bright, interesting, and attractive, not just dull reporting.

The instructor worked from samples of students’ writing, submitted before the class, to raise important issues in writing, whatever the genre – biography, short story, poetry, or memoirs. She gave the authors her written comments on their papers.

The workshop was participatory. Members of the class had been encouraged to read each other’s papers and to offer their comments. The teacher ended each individual discussion with her recommendations. However, after a strong comment or two, she always ended with “This is what I think, but it is your story.”

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## WELCOME TO THE COURTS

After 2½ years in Bridlington, Geraldine (**Gerry**) **Schifferdecker** was finding it difficult to maintain the large space so she moved into Apt. 656 in the Courts. She is happy with the housekeeping help she is getting and the sociability of eating dinner with friends.

Gerry enjoys bridge. After her move, she met **Helen Peterson**, who invited her to join her Haddonfield bridge group. She now plays Fridays at Medford Leas and other days in Haddonfield and Merchantville. She also works in the Gift Shop.

During their marriage, the couple spent half a year in their summer place in Maine and returned to Merchantville when it started to snow. Gerry’s husband George died in 2007. He was the one who discovered Medford Leas when he was in-

stalling Pitney-Bowes equipment here, and he was very impressed. Gerry has two sons, one living in Medford, and four grandchildren.

\* \* \* \* \*

**Pat Heller** and her first husband **George**, and **Walter Dow** and his first wife **Betsy** were living on the Lumberton campus when they both lost their spouses of 57 years late in 2007. They met at a neighbor’s brunch in January 2008 and discovered they were both driving to the Medford campus for the duplicate bridge night. They drove together in Walter’s car and got to know each other. They were married in December 2009 and moved to their new home in Apt. 231 in the Courts in September, 2010.

Pat is well-known in the Medford Leas arts community, having had many of her paintings on display and working regularly in the Art Studio. She graduated from a business college and worked as a paralegal and in real estate. Walter grew up in Maine and has a degree in chemical engineering from the University of Maine. He spent his career at Rohm and Haas. In his retirement he volunteered at St. Vincent de Paul Society on Jones Road in Medford and he still goes there six days a week.

Pat and Walter each have a son and a daughter by their first marriages, with two of their children living close by.

Ellen Stimler

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## HOLIDAY SHOW GROANERS

From Resident and Social Services – “Waiter, this coffee tastes like dirt!” “Yes, ma’am, that’s because it was only ground this morning.” – “Waiter, I’d like to know if you serve crabs here?” “Lady, we serve anybody.” From Fitness and Rehab, “Yesterday was a good day on the course for **Al Pfeifer**, he hit a ball in one.” – “**Wil Britten** was caught in a sand trap the other day and kept flailing at the ball. His partner overheard one ant say to the other, “quick get on the ball before he kills us!!!!” – “Why does **Ben Paradee** always carry an extra

pair of trousers in his Golf Bag?" In case he gets  
*a hole in one!!!*

## IN THE NEWS

Estaugh Board Trustee **Harry Scheyer** CFP, CPA/PFS, and his wealth management firm Pinnacle Financial Advisors were chosen as a "2010 FIVE STAR Wealth Manager" and written up in a special section of the November issue of *Philadelphia Magazine*. Only the top 2% of the Philadelphia region's wealth management firms received this designation.

In addition to the FIVE STAR award, Pinnacle Advisors has been recognized by *Medical Economics* magazine and *Worth* magazine.

## WHO'S NEW – MEDFORD CAMPUS

text by Ellen Stimler; photos by Margery Rubin



**Mildred (Milly) Cullen's** son and family live close by, just off New Freedom Road, and every time she visited them, Milly passed Medford Leas. Finally, on Christmas Eve 2009, after the death of her husband, she decided to come into the office. **Jane Weston** was there and

showed her around. A year later she moved into Apt. 411. She loves the Arboretum environment and the views of meadows and trees from her apartment.

Milly grew up on Long Island. She went to a secretarial school after graduating from high school and worked as an executive secretary for several large corporations. In 1957, she married Larry Cullen. They lived in Chicago for 2½ years, then moved to Garden City when Larry started a new career as a customs house broker in New York City. Milly stopped working while taking care of their three growing children. Larry started his own customs brokerage business, and when their youngest was 12 years old, Milly joined his business.

Larry loved the ocean and water sports, and they bought a house in Southold, NY, near the ocean,

and joined the local yacht club. Boating did not agree with Milly; she played tennis and bridge and was the president of the Garden Club.

Milly's major interests now are her family, gardening, cooking, and reading. One of her two daughters lives in California, the other in the Catskills in NY. Milly is not related to **Mary Cullen**.

\* \* \* \* \*



Medford Leas is such a beautiful place," said **Marie Johnson Smith**, an outdoors enthusiast who moved to Apt. 92 from Manahawkin, NJ. "Everything here is excellent," Marie added. "I can't think of more adjectives."

Marie grew up in Mt. Holly and graduated from Rancocas Valley High School. She worked at various jobs, some in Philadelphia, but eventually came back to New Jersey and went to work at the Ft. Dix Post Exchange, where she met her future husband Harry Smith, an electrician on the Post. They were married in 1956 and moved to Pemberton.

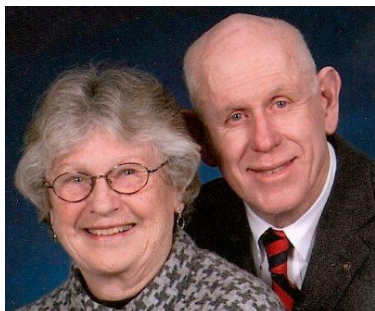
After their marriage, Harry continued working at Ft. Dix. Marie took a key-punching course, a civil service exam, and then got a job at McGuire Air Force Base. The couple never had children but enjoyed a great relationship with the families of Marie's three brothers and several cousins.

A few years into their marriage, they decided to get a small boat and gradually traded up to a Pacemaker cabin cruiser docked in Tuckerton. They spent most weekends and vacations fishing and cruising. Sadly, on a cruise with two buddies in 1972, the boat capsized, and Harry and one of his friends died in the accident.

Marie retired in 1985 and moved to a condo in Manahawkin. She had friends in the area and across the bridge on Long Beach Island. Marie loved the easy access to the ocean. She enjoys walking, swimming, and gardening.

## WHO'S NEW – LUMBERTON CAMPUS

text by Doris Brown; photos by Barbara Degler



**Franz and Sheila (Langert) Schneider** lived in Moorestown before moving to 14 Woodside Drive. Franz grew up in Philadelphia and obtained his BS in Mechanical Engineering

at the University of Pennsylvania in 1955. He then spent a year in the Government & Industrial Division of Philco Corp. in Philadelphia. Following Army service, he worked for Westinghouse Electric Corp. in Baltimore, designing tactical radar equipment. In 1963, he assumed ownership of his father's manufacturing business, the Albion Engineering Co. in Moorestown. His son, Mark, is now the third generation owner. Franz is presently a manufacturing consultant and specialist for the Manufacturing Alliance of Philadelphia. He is treasurer and past president of the Palmyra, Riverton & Cinnaminson Rotary Club.

Sheila spent most of her early childhood in North Jersey. She graduated from the Baldwin School in Bryn Mawr and received her BS in chemistry from Mount Holyoke College in 1957. She was a tennis instructor in Beach Haven, NJ, when she met Franz, who was the steward at a nearby yacht club. They were married while Franz was stationed at Fort Belvoir, VA. Sheila was a chemist for the Harris Research Laboratory in Washington, DC. When Franz took over the ownership of the Albion Engineering Co., they moved to Moorestown.

Sheila has been an equestrian all her life and presently boards a horse in Pemberton. She plays tennis year round, but still finds time to listen to music, read, and enjoy their extended family. Franz has always been keenly interested in water sports and boating. During his years at Penn, he was a member of the crew. As a family, they have raced sailboats at several yacht clubs in Maryland and New Jersey.



**Geno and Patricia (Felter) Mori** moved to 55 Woodside Drive from Riverton. Geno has always lived in Burlington County; Trish was born and raised on Staten Island. In 1954, after serving in the Army, Geno was employed in the accounting department of United Engineers and Constructors Inc., until

he became office administrator at the Salem Nuclear Generating Station. Upon completion of that project, he became internal auditor with Public Service Electric and Gas Co., monitoring contractor activities at Salem sites. He retired in 1989.

Trish obtained her BS in elementary education at Notre Dame College of Staten Island and earned a Masters in Special Education at Trenton State College. In 1962, she accepted a position with the Willingboro Board of Education as an elementary school reading teacher, from which she retired in 1997. She is an active member of the Porch Club of Riverton. Trish volunteers at Providence House with abused women and at St. Francis Inn, a soup kitchen in Philadelphia.



Until last year, Geno volunteered services at Catholic Charities of Burlington County and as ombudsman at a nursing facility in Cinnaminson. He also worked with the NJ State Health Insurance Assistance Program (S.H.I.P.) assisting Medicare beneficiaries with questions or problems with health insurance. Now he is concentrating on his golf game. Trish enjoys theater, ballet, and exploring new restaurants.



**JANUARY CRYPTOGRAM**

by Alan T. Gaylord

**E UPZEPSP FDLF NOLVAPH  
 FVNFD LOH NOXKOHFEKOLZ  
 ZKSP JEZZ DLSP FDP BEOLZ  
 JKVH EO VPLZEFG FDLF EY JDG  
 VEQDF, FPAIKVLVEZG HPBPLFPH,  
 EY YFVKOQPV FDLO PSEZ  
 FVENAIDLOF.**

**- ALVFEO ZNFDPV MEOQ, RV.**

Below is the solution to the December cryptogram by Ellen Stimler.

SOMETIMES HAS THE BRIGHTEST DAY A CLOUD; AND AFTER SUMMER EVERMORE SUCCEEDS BARREN WINTER, WITH HIS WRATHFUL, NIPPING COLD: SO CARE AND JOYS ABOUND, AS SEASONS FLEET.

- WILLIAM SHAKESPEARE

The correct solution was received from the readers listed below:

Ken Anderson, Jane Bartram, Ruth Blattenberger, Judy Braddy, Joan Cardona, John Caughey, Alice Culbreth, Doris Curley, Barbara Degler, Liz Dill, Betty Donahue, Alan T. Gaylord, Neil Hartman, Herb Heineman, Barbara Heizman, Sue Isaacs, Hugh Jenkins, Sally Klos, Mary Hope Mason, Virginia Mattice, Alice Norcross, Helen Peterson, Betty Preston, Ruth Quackenbush, Floann Roberts, Doris Salati, Peg Scott, Ellen Wiener.

Please put your solutions in Box 162 or email to estimler@medleas.com by Jan. 10. We would like to get new cryptograms from our readers.

**MEDFORD LEAS LIFE**

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