



Medford Leas *Life*

VOL. XL, No.2

February 2011

FITNESS BUDDIES

by Beth Bogie

When I arrived at Medford Leas in August, I signed up immediately for balance training. There was a large turnout of new and long-time residents eager to avoid falls. Soon I observed a small, erect, self-assured woman named **Blanche Lippincott**, who, I came to find out, was 98 years old. I was astonished. She had none of the shuffle, or halting gait that can accompany old age. Her movements were sure.



Margery Rubin

Beth, Kristin, and Blanche

At 72, I have a problem with my neck and feel I need body-strengthening. I quickly signed up also for an overall fitness program and was assigned **Kristin Smyth**, Fitness and Aquatics. She is one of the several, very good Medford Leas fitness trainers, who introduce exercises custom-tailored to the individual and provide guidance in their execution. I had never been gung-ho about exercise, but I liked what I was experiencing.

In the gym, I discovered Blanche Lippincott seated next to me aboard a cardio vehicle known as the Nu-Step machine. These machines move

arms and legs as one pedals, typically at rates of 80 to 105 steps per minute. I watched Blanche go! I decided I'd try to keep up with her to improve my numbers and fell into step with her high-speed foot work. It took everything I had in me to match Blanche.

The bell rang, ending our 15-minute program on Nu-Step. Kristin checked our times. Blanche had won what was to become our regular competition, but I had raised my speed and my energy expenditure level considerably. Kristin loved that two of her fitness pupils, aged 98 and 72, were actually competing. Blanche has a good sense of humor and entered into my little game with amusement.

Now, four months later, Blanche and I look for each other and have become fitness buddies, making exercising fun. Blanche has persuaded me to join her in Kristin's posture class. I've decided I will stand up straighter if I can stand next to Blanche.

MEDFORD LEAS IS 40!

Gladys Fleming moved into Apartment 1 in Court 1 on March 2, 1971, so Medford Leas will be celebrating its 40th Anniversary with a year's worth of special events.

On March 2, the Anniversary Year will be kicked off with a 40th birthday party held throughout the Community Building. That evening, the Pine Barons, a men's choral group, will perform.

MEDFORD U NEARS 10TH BIRTHDAY

by Kay Cooley

It hasn't had a president removed by disgruntled trustees, or a student takeover of the administration building, or a huge budget shortfall. On the contrary, it has well-attended classes, a 100% graduation rate, and increasing support from the local citizenry. "It" is Medford University, which completes its tenth year of operation in April.

Medford U. has been described as "college lite." Courses are taught by local professors without the distractions of textbooks, homework, or final exams. Students can relax and enjoy learning for learning's sake. Professors can teach without having to cover a curriculum set by an external authority. It's an ideal teaching-learning situation.

Since its beginning, 35 courses/lecture series have been offered to more than 3,400 students, including sometimes up to 20 people (per course) from outside Medford Leas. Courses have covered such topics as "Our Founding Fathers," "Forum on Science and Religion," and "Mozart and the Age of Enlightenment." Professors have come from Penn, Drexel, Rutgers, Richard Stockton College, University of the Arts, Temple, BCC, and others. Currently, a different kind of program, "Spiritual Eldering: From Ageing to Sageing" led by Rabbi Richard Simon of Temple Har Zion in Mt. Holly, is engaging 54 residents in reflection on their end-of-life years.

Looking ahead, it is hoped that developing contacts with more college administrators will lead to new sources of topics and professors. Meanwhile, the ten years of residents' enthusiastic support is deeply appreciated.

FREEHOLDER TO SPEAK

Joseph Donnelly, a member of the Burlington County Board of Chosen Freeholders, has accepted the MLRA Citizens Committee's invitation to speak at the MLRA Monthly Meeting on Monday, February 21.

2011 GREAT DECISIONS

On Thursdays from February 17 through April 7, at 10:30 am, the Great Decisions discussions will be held in the Theater. Each session will begin with the presentation of a DVD on the topic. The topics, study guides, and DVDs are produced by the World Affairs Council. The complete schedule:

Feb. 17 – *Rebuilding Haiti* – **Beth Wray**

Feb. 24 – *The Caucasus* – **Allyn Rickett**

Mar. 3 – *The Horn of Africa* – **Helen Vukasin**

Mar. 10 – *Responding to Financial Crisis* –
Wil Britten

Mar. 17 – *An Ascendant Germany* – **Bill Heisler**

Mar. 24 – *U.S. National Security* –
George Rubin

Mar. 31 – *Sanctions and Proliferations* –
George Spivack

Apr. 7 – *Global Governance* – **Barbara Trought**

Study guides are available at the Reception Desk for \$15.50. Each session will also be announced by a poster in the Atrium.

ART GALLERY NEWS

by Helen L. Vukasin

The Art Gallery Exhibit at Medford Leas continues through February with *Art in Oils*, featuring the work of Susan Barnes.

At Lumberton, some of our favorite resident artists **John Brzostoski, Alice Skidmore Culbreth, Pat Heller-Dow, and Rita Keiper** (who is moving to Florida) will be shown through February. Rita will be missed in the Art Studio and at Lumberton.

The Resident Artists show continues until spring in the Art Studio Gallery.

The video lectures on *The History of Western Art* will be: February 1 – Monet and Degas; February 15 – Renoir, Pissarro, and Cézanne. Videos are shown at 12 noon in the Linden Room. Residents are welcome to bring lunch.

HELLO 2011

Happily, more than 90 residents didn't need a taxi to go from a movie of *Die Fledermaus* shown in the Theater to the New Year's Eve festivities in the Holly Room – they just poured across the hall and sat down at the balloon-and-lantern decorated tables as Russ Haley welcomed them with his inviting tempo at the piano.

After some physical and mental games, led by **Colette** and **Evert (Bart) Bartholomew**, this creative volunteer couple was honored by the Fun and Recreation Committee for their countless years of inventiveness in helping entertain and engage residents on New Year's Eve. Master of Ceremonies **Bud Stratton** presented them with a proclamation thanking them for their years and years of enthusiastic effort.



Colette and Bart Bartholomew

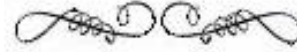
The amusing skits performed by members of the Committee stirred a lot of responsive chuckles and seemed to lift spirits and the level of chatter. **Toby Riley**, with microphone in hand, led Karaoke singing, with the audience following the words on the teleprompter. More community singing was accompanied by **Nannette Hanslowe** on the piano. The evening ended when she played "Auld Lang Syne." Then, at the exact hour of Medford Leas Midnight (11 pm), revelers popped their balloons, and the sound echoed through the room.



Key organizers for this celebration include: **Marion Raindorf** (left), who planned and synchronized events; **Joy Moll**, who orchestrated the decorations and the presentation of all the tasty

food and drink and the cleanup; **Lily Wronker**, for lending the movie and creating the sign; and, of course, all the Committee members who made the whole evening possible.

Suzanne Frank



THE MUMMERS

The three men dressed in wildly colorful costumes were definitely Mummies, although it was not quite New Year's Day and they were not in Philadelphia, but in the Activities Room. Playing on a banjo, accordion, and saxophone, they gave renditions of favorite old songs, such as the "Beer Barrel Polka" and "Carolina in the Morning."



Nancy Stevens knew the words to all the songs. **Virginia Dreby** twirled the ends of her scarf in time to the music and said that music was wonderful, "the best thing we could have here."

The enthusiasm of the Therapeutic Recreation staff was contagious, as they sang, danced, and clapped. They also handed out appropriate refreshments: little cakes, cider, and champagne.



The hour came to a close with a countdown to the New Year, amid cries of "Happy New Year" and the shaking of homemade noise-makers.

Betsy Pennink

SNOW AND SNOW DRIFTS

text and photo by Elsie Behmer

Three times, so far, Medford Leas has deployed plows, heavy equipment, and workers with shovels to clear snow from roads, parking lots, driveways, and sidewalks. Staffs have adjusted the dining room schedules. Exercise classes have been cancelled. Essential personnel have arranged to stay overnight. As of January 27, the total snowfall has been over three feet.



Unlike the January storm, which arrived right on schedule, the December 27 nor'easter – the one that was supposed to spin out to sea – veered suddenly and surprisingly inland, dumping 12 inches of snow. (Coincidentally, the December 2009 blizzard had unloaded 24 inches just one year and a week earlier.) The wind was fierce, gusting up to 40 mph.

So the snow would not stay cleared. It formed some deep drifts as downwind Court residents discovered when they tried to open their front doors only to find them blocked by snow.

I, too, learned a lesson. I underestimated the amount of snow at the end of my Bridlington driveway and tried to blast my car through it. That didn't work. The car got stuck, and I couldn't rock it out. Neither could I open the door. I was trapped, but with my cell phone. Help arrived almost at the same time I hung up from my call to the Front Desk. It took two guys to push my car back up the driveway, and a front loader to clear the drift. Like all of us who never want to pick up a snow shovel again, I'm grateful that I'm living here, if you get my drift!

SHARING THEIR ART

by Marcy Webster

In an effective blend of skill and commitment, three craftsmen from the Lumberton Campus have found a way to make a significant contribution to the Resident Assistance Fund (formerly called the Reserve Fund).

Art Hartwig, Tom Krainik, and Mort Yeomans were drawn together by their love of working with wood. In addition, they found that they each had a habit of volunteering and a strong sense of community. In an effort to share the pleasure of their art with others, and to raise money for a worthy cause, Art, Tom, and Mort began a craft show at Lumberton which, two years ago, became the Holiday Bazaar.

The event, strongly supported by Director of Development **Sandy Green**, is now held on the Medford Campus in December. It features the work of our artisans, treasures from the past, and a silent auction of upscale items. According to Sandy, the recent Holiday Bazaar raised almost \$10,000, a sizable increase over previous years.

I sat in the sunny conference room of the Lumberton Community Center to listen to the men talk about their project. Tom told me about the household items he makes. Some of his best sellers are the trivets he fashions from wine bottle corks. Mort designs delicate jewelry. Art finds and liberates the beautiful bowls waiting within large pieces of wood. These men are rightly proud of their workmanship, but they are even more proud of the contribution they have made.

Note: At mlra.org/videoarchive.htm, there are two short videos about the first Craft Show, which was held on the Lumberton Campus in 2007.

IN MEMORIAM

Emily Taylor
Dorothy Harding
Robert Lasky

December 25
January 14
January 16

KINDLE CATCHES ON

text and photos by Elsie Behmer

Residents and staff have started to embrace Kindle (Amazon's brand of electronic book-reading tablet or e-reader) not because it is a trendy new gizmo – which it surely is – but because it allows them to read where, when, and what they want.



Sue Thorp has rheumatoid arthritis, which can make it difficult to hold paper books and newspapers for long periods, so she has added a Kindle to her library. “My kids bought one for my birthday in November,” she said. “Even in its case, it’s very lightweight, and I

can prop it up on a pillow or on my Westie, Moby. I can also pop it in my purse and read anywhere I have to wait or on long car trips.” Kindle has not replaced paper books for Sue, though. “I still go to the library. I still get books as gifts. But I also got Kindle gift cards for Christmas: one for any e-book I choose; one for a specific e-book that a friend knew I wanted.”

Sometimes Sue’s Kindle reads to her. “I use the ‘read-along’ feature from time to time. It’s somewhat like books-on-tape. I’m not a ‘computer person,’ but the Kindle is easy to use, so the technical aspects are not an issue.”



“This is a new adventure for me,” said **Steve Frank** about the large model Kindle that his children got him for Hanukah. “Because I have macular degeneration, I use a low-vision reader at home, and the

Kindle has become my portable reading machine. When we go away overnight, I take it with me so I have a book I am able to read. I tested a Kindle first to learn if the large font sizes would be big

enough for me to see. They are, and I’m not using the largest size! It really fills a need for me.”

Kindle takes portability to the next level by making e-books available on smart phones. That’s the feature that appealed to **Dave Bartram**. “I always have my iPhone with me and did not want to carry a separate device, so it was an easy choice. I use it everywhere at any time I’m not doing something else. Since **Jane** and I moved here, we’re aware that we need to keep downsizing ... not getting more stuff. Books on my iPhone don’t take up any space. I have 12 on it now, sitting there waiting for me. They don’t slow down my phone’s other functions at all.”



The desire for less clutter at home led receptionist **Jackie Pacheco’s** husband to buy her a Kindle in December 2009. “It’s a good little thing,” Jackie says. “I read a lot and storing many, many books was becoming a problem. They were everywhere.

When we traveled, I was always lugging several heavy books. The Kindle took care of that, too. And I don’t have to wait to buy new books by my favorite authors. When I learn about one, I just order it, and it’s on my Kindle instantly.”



Residents who ride the Medford Leas bus have already seen Kindle in action. Bus driver and avid reader **Bob Schneider** has had one for about two years. “I used to be at the library all the time,” he said. “Now books come to me. Sometimes I have a two-and-a-half hour wait between the time I drop residents off and pick them up again. The Kindle has turned down time into reading pleasure time for me.”

Other brands of the digital e-reader tablet include the Nook (Barnes & Noble), Kobo (Borders), and the iPad (Apple).

HOLIDAY SHOW ON THE WEB

by Maggie Heineman

Those who liked the Holiday Show will love the Holiday Show presentation on mlra.org. It's exceptional, with a photo essay, three new photo albums, lyrics and jokes, narrative by Director of Community Life **Gerry Stride**, and special bonus features.

The photo essay describes every act and has lots of photos, large and in color. Since 2005, **Margery Rubin** has provided albums of Holiday Show photographs. Links to all six are provided from the photo essay.

This year there are two extra albums, one from the "Guess Who" slideshow and the other from the Community Center wall display.



Gerry Stride's narrative tells the history of the show, how the Holiday Show Committee works, and about Joe Patano, the keyboard player, who can make one think there's a trumpet in the room.

The bonus features are links to video or audio performances of every song in the show, including Al Jolson singing "Rock-a-bye Your Baby" and Elvis Presley in his first national television appearance with "Shake, Rattle, and Roll."

E-WASTE

On January 1, all televisions and computers were banned from New Jersey landfills and incinerators. This e-waste cannot be put in the trash. Residents who want to dispose of their old TVs and computers can put in a work order asking Maintenance to haul the sets away.

LIFE IN THE 90s

by Ellen Stimler

(This is one in an occasional series of articles about residents who are in their 90s.)



photo by Margery Rubin

"I have a very happy life that suits me," said **Margaret Lawson**. She had her 98th birthday on December 26, 2010, and still lives in the same Court apartment she moved into from Brooklyn, NY, 21 years ago.

Margaret has good genes; her twin brother lived to 90 and her mother to 100, retaining all her faculties and walking about unassisted. Margaret is also aiming for 100, but she regrets that she had to start using a walker six months ago. She has no aches or pains or arthritis.

In the morning, Margaret goes for breakfast in the Coffee Shop, then to the Health Center to get her daily pills. She makes her own lunch and eats dinner in the Garden Room with a different group of friends each day of the week. She's a regular member of the Lunch Bunch and enjoys the monthly trips to different restaurants.

Margaret used to play bridge Wednesdays and Fridays, but now she is on the substitute list. She is an avid reader, likes mysteries, and goes to the Medford Leas Library to find the books she wants, in addition to several magazines she subscribes to. She gave up driving her 2001 Volvo about a year ago and plans to sell it.

On Margaret's refrigerator door, there are over 60 magnets, mementos of her frequent travels. She was born in Scotland and visited cousins there every year. Many members of her mother's family moved to New Zealand, and she traveled there seven times. There's hardly a country she hasn't seen. Now she is satisfied with all these memories and likes to stay home.

MEDFORD LEAS' 22ND BIRD CENSUS

by Miriam Swartz

On a very cold, sunny morning, January 3, five of us – **Barbara Heizman, Louise Tompkins, Jean Jordan, Ro Wilson,** and I – met at the Nature Center to conduct the Annual Bird Census. Starting at the Farm, we found Northern Cardinals, American Robins, White-throated Sparrows, Black-eyed Juncos, dozens of House Finches, and a few American Goldfinches. As we walked toward the Courts, a Mockingbird followed us, Ringed-billed Gulls flew overhead, a Northern Flicker flew by, and several Blue Jays announced the intruders' arrival at the bird feeder outside the apartment of **Teddy and Gene Raup.** Here we observed a Downy Woodpecker, Mourning Doves, and a Red-bellied Woodpecker.

Driving to the trail behind Bridlington, where in past years a variety of bird species had been seen, we found White-throated Sparrows and a few Song Sparrows in a tangle of Multiflora rose bushes. Carolina Chickadees called from branches overhead, and a White-breasted Nuthatch pecked for food as it traveled upside down, down the tree. Tufted Titmice flitted between branches overhead.

As we returned to our cars, we saw Black and Turkey Vultures circling overhead, as well as a V-formation of Canada Geese looking for a place to land. Our last sighting was a lone Common Grackle as the count ended back at the Nature Center. Total sightings: 22 species and 153 birds.

WELCOME TO THE COURTS

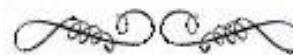
by Ellen Stimler

After the death of her husband in 1998, **Betty Wakeley** heard about Medford Leas from a neighbor in Riverton, NJ. She came for a tour and, when she was shown a Rushmore apartment, she liked it so much that she didn't look anywhere else. She moved in six months later. Betty

is the mother of **Susan Dowling**, who moved into a Bridlington apartment in 2006 with her husband **Austin.**

Now, having lived in Rushmore for over 20 years, Betty decided that "it was the right time" to move into the Courts. She selected Apt. 55, with a very short walk to the main building. She said it will be much easier for her to resume former volunteer work, helping out in the Fitness Center and in Assisted Living.

Betty loves gardening and has been helping Susan take care of her large garden. Betty plays bridge and enjoys knitting and reading.



"Fixing three meals a day was getting really tiresome," declared **Grace Blackburn.** Her husband **Dale** added that he was interested in more socializing. They recently moved into Apt. 194 in the Courts after 11 years in Bridlington.

Both Dale and Grace held high-level professional jobs. Dale, who has a PhD in pharmaceutical chemistry, worked for SmithKline-Beecham as Director of Specialized Technologies. Grace has degrees in mathematics and school administration and was Chair of the Math Department at Moorestown Friends School and later Dean of the Faculty at that school.

Grace is co-chair of the MLRA Financial Review Committee and a trustee of Moorestown Friends School. Dale is a connoisseur of wines and is interested in the whole process of wine-making. He has a rack holding 63 bottles in their living room and enjoys sharing and exchanging bottles with friends and family. He also likes playing bridge and working on his computer.

Dale and Grace have five children from prior marriages and are very involved with their large extended family.

FEBRUARY CRYPTOGRAM

by Ellen Stimler

MR XLI FPIEO QMHAMRXIV

JVSWXC AMRH QEHI QSER

IEVXL WXSSH LEVH EW MVSR,

AEXIV PMOI E WXSRI; WRSA LEH

JEPPIR, WRSA SR WRSA, WRSA

SR WRSA, MR XLI FPIEO

QMHAMRXIV, PSRK EKS.

Below is the solution to the January cryptogram by **Alan T. Gaylord**:

I BELIEVE THAT UNARMED TRUTH AND UNCONDITIONAL LOVE WILL HAVE THE FINAL WORD IN REALITY. THAT IS WHY RIGHT, TEMPORARILY DEFEATED, IS STRONGER THAN EVIL.

--MARTIN LUTHER KING, JR.

The correct solution was received from the readers listed below:

Ken Anderson, Catherine Barry, Jane Bartram, Ruth Blattenberger, Jane Bourquin, Judy Braddy, Jody Cardona, John Caughey, Alice Culbreth, Doris Curley, Liz Dill, Betty Donahue, Joyce Haase, Molly Haines, Neil Hartman, Herb Heineman, Barbara Heizman, Ariel Hollins-head Hyun, Tom Krainik, Mary Hope Mason, Vincent Menzel, Alice Norcross, Helen Peterson, Betty Preston, Ruth Quackenbush, Doris Salati, Florence Sawyer, Peg Scott, Ellen Wiener, Barbara Zimmerman.

Please put your solution in an envelope in Box 162 or email it to estimler@medleas.com by February 10. We are always looking for new cryptograms from our readers.

MEDFORD LEAS LIFE

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