



# Medford Leas *Life*

VOL. XL, No.3

March 2011



## HAPPY BIRTHDAY, MEDFORD LEAS!

by Kitty Katzell

When **Gladys Fleming** moved into Apartment 1 in Court 1 on March 2, 1971, no one could foretell what the future would bring. None of the original "Pioneers" is still with us, but it was less than four years later when **Margo Hinman** moved to Medford Leas on February 17, 1975. Margo is still going strong and regularly participates in various activities.

By 1975, there had already been some major changes around Medford Leas

The Community Building opened in 1972, the John Estaugh Building in 1973. Work was proceeding on the Elizabeth Haddon Pavilion, which opened later in 1975, and the John Woolman Building would open in 1976.

Over the next 35 years, the Barton Arboretum, Rushmore, Bridlington, and the Lumberton campus would be established, Woolman Commons would come and go, and internal changes would take place. Through it all, there has been the sense of community that is so well illustrated by the two-way street of caring interaction between

residents and staff. And it is that sense of community that will be the focus of events throughout 2011 in observance of this birthday.

The Birthday Party is on Wednesday, March 2, from 2 to 4 pm in the Community Building, with the singing of Happy Birthday in all venues at 3 pm. After a special menu for dinner in all dining areas, at 7:30 pm, there will be a birthday concert by the Pine Barons in the Theater. Everyone is invited, so tell friends and family.

Once again, April is Arboretum month. April 1 will see a celebration in the Theater honoring **Lois Forrest**, who served as Director of Medford Leas for 21 years, at the time when the Barton Arboretum was started and advanced. She currently serves on the Estaugh's Arboretum Committee, and now lives in Bridlington. The annual Lewis W. Barton Lecture will be on April 16. This year, Drew Becher, the new president of the Philadelphia Horticultural Society, will be the speaker.

May will feature *An Evening in the Arboretum*, a benefit celebrating art and nature. The reception will feature wine tasting, hors d'oeuvres, music, and a silent auction of art, plants, collectibles, and more – all this amidst the beauty of the Barton Arboretum and Nature Preserve.

Other events in observance of our birthday will take place throughout the year, including the annual Community Day in September and a special year-end surprise event.

Stay tuned. It's **OUR** birthday, so let's celebrate.

## MLRA NOMINATIONS

The MLRA Nominating Committee has been moving forward in identifying nominees to succeed **Sally Miller**, Courts; **Betty Preston**, Rushmore; **George Rubin**, Courts; **John Sommi**, Lumberton; and **Bud Stratton**, Courts. They will be completing two-year terms on the Council on June 30, 2011.

Residents were invited to submit nominations by January 26. During February and early March, the Nominating Committee (**Frank Snope**, **Whitney Stearns**, Chairman **Bud Stratton**, **Louise Tompkins**, and **Alex Webb**) have culled and sifted the lists, and ascertained that nominees are willing to serve. The names of the five who are nominated will be presented to the MLRA Council at its March 11 meeting. They will be presented to residents at the MLRA Business Meeting on March 21. Within one week after that announcement, others may be nominated by petition from ten or more residents.

The election of the five new Council members will take place at the MLRA Business Meeting on Monday, April 18. Continuing members of Council are **Lefty Alderfer**, Lumberton; **Doris Allebach**, Courts; **Steve Denham**, Rushmore; **Alan Gaylord**, Lumberton; **Jean Nicholson**, Bridlington (now living in the Courts); and **Anne Wood**, Rushmore.

K. Katzell

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## ALL IN THE FAMILY

**Sandra Torres** won the Lois Forrest Scholarship award last year and is using it to help finance a master's degree in social work at Stockton College. She has begun her social work internship at Medford Leas under the guidance of **Trudy DeLacy**. Sandra also works as a CNA in Assisted Living.

## BRAIN FITNESS

by Kay Cooley

*Information in this article comes from the January and December 2010 issues of "Mind, Mood & Memory," a newsletter distributed by Massachusetts General Hospital's Department of Psychiatry. Resources not included there but listed in **Gerry Stride's** Fitness Day handout, "Free Brain Game Web Sites," are added with her permission.*

Sites with exercises, games, and puzzles:

brainbashers.com  
 agameaday.com  
 grab.com/games/overviews  
 braintraining101.com  
 puzzlesurfer.com  
 braingle.com  
 sharpbrains.com  
 games.aarp.org  
 eons.com/games

Complete programs for brain training:

cognifit.com  
 mybraintrainer.com  
 positsscience.com  
 (used in different format by Medford Leas)  
 lumosity.com

(used and recommended by this writer)

Practices recommended for brain enhancement:

- play
- think more critically
- remain mentally active
- get vigorous exercise every day (ideally 30 minutes five days a week)
- eat a nutritious low-fat diet
- socialize in groups with varying formats and purposes
- engage in dancing, art, or language classes
- try something you've always wanted to do

"Just making a few small changes in different aspects of your life over time can add up to real benefits for your brain," notes David Mischoulon, MD, PhD, Director of Natural Remedy Studies at Massachusetts General Hospital.

## MOVING IN

by Marcy Webster



Marcy on the Move

Being new is nothing new for me. As a student, I enrolled in, and withdrew from, 11 secondary schools and three colleges. As a bride, I stayed in apartments and rooming houses in seaport cities up and down the East Coast and, as a corporate wife, I moved into houses in a series of industrial cities. Even when we settled down, bought a home, and stayed there for a very

long time, there was always an aura of newness about us. Given the historic quality of life in Moorestown, one has to inhabit a house for more than forty-three years for it to become “the Webster house.”

I learned early to cope with being new. As a child, I stopped hiding in corners of unfamiliar gymnasiums. But even when I pushed myself into the center of the floor, no one ever chose the new girl for a team.

In college, I used maps, asked questions and worked hard to fit in. It was easier when I became part of a pair. My husband found friends through the Navy and, later, at work. It was easier still when I had children to break the ice in neighborhoods or on athletic fields. I learned that being new could be a positive thing, an entrée of sorts. Perhaps I began to gain self-confidence with each new situation. I was comfortable.

After my traumatic fall down the stairs, my husband and children began to mention a move to Medford Leas. I resisted. I didn't want to start over in untested surroundings – to encounter unknown people and conform to strange routines. I thought we would have to make major changes in a perfectly pleasant lifestyle.

My husband seemed serious. He meant it! Well, never mind, I thought. We'd never sell the house. Then it sold – in two months!

As word got out, our friends and neighbors had a lot to say. One warned me that we wouldn't be allowed to use candles in our apartment. Another said that we'd be assigned seats and seatmates in the dining room and told when to eat. The language they used began to sound like a student handbook. As we prepared for the move, I stiffened my spine and developed a defensive attitude. In the depths of my mind I was thinking, “I can always hide in the corner of the gym.” Well, I didn't have to hide there or anywhere else. I didn't have to do anything.

You did it all.

You were so gracious that I never felt the awkward, intimidating newness that bothered me in other times of adjustment. You asked “are you new?” in a welcoming, accepting way. The handshakes were warm, the invitations immediate, and the interest sincere.

I don't suggest that the earlier communities I'd hoped to join, the schools and suburbs that seemed so appealing and so elusive, were intentionally trying to bar their doors. They were simply content as they were and not eager to take a chance on a stranger. By contrast, Medford Leas appears to have an open-door policy and an open-mind policy, as well.

It didn't take long to settle here. I found myself saying, when asked, that “I loved it” and thinking that, in this congenial atmosphere, I might even be selected for a team.

Of course, there were small difficulties but we never encountered real problems.

I may have hesitated in the doorway of the Colonial Room once or twice. I've forgotten a few friendly faces and more than a few names and we've each been lost a lot. But in spite of my misgivings, it's been easy from the start. It's home. I don't feel new.

## LIFE IN THE 90s

by Ellen Stimler



photo by Margery Rubin

**Ray Hoagland** attributes his longevity into the 90's to a very physically active lifestyle since childhood, a loving and supportive wife, and the stimulating environment at Medford Leas.

Ray is a member of the MLRA Fitness, Recreation, and Fun Committee and the Movie Committee. He spends considerable time in the Game Room, playing pool and organizing golf and bowling tournaments on the Wii. Weather permitting; he plays golf with some of his former students from Rancocas Valley High School. His wife **Kay** says that Ray has a hard time sitting still "and it's a wonder he could stand still long enough to say 'I do'." Ray does enjoy working at his computer, but never too long at a time. Of course, exercise is an important part of his life; in addition to golf, he works out in the Fitness Center several days a week.

Kay and Ray like the theater and music; they go to the Walnut Street Theater, the Philadelphia Opera, occasionally to Symphony in C, and the attend Specticast concerts of the Philadelphia Orchestra.

All through high school and college years, Ray was on the football, baseball, and track teams. He read books "only when I had to."

During WWII, Ray piloted B-17s on bombing missions. After the war, he spent his working career as Athletic Director at Rancocas Valley High School. "I was so involved," he recalled, "I didn't get to sit down more than five minutes at a time." He had a mentor-like relationship with his students. Over 40 of them came from all over the country to his 90<sup>th</sup> birthday celebration.

After his retirement in 1984, the couple did a lot of traveling. For seven years Ray worked as a courier for a law firm, hand-delivering important papers all over the state, doing a lot of walking in the process.

Reflecting on his current life, Ray concludes that he has "a comfortable psychological feeling."

## INVITATION TO BOWLING

by Suzanne Frank

Remember those smoky bowling alleys? Carrying those heavy balls out to the car? Well, a clean and easily available bowling alley is here, through the technology of the game Wii. It's easy and it's fun. It will be offered in the Activities Room from 12:30 to 2:30 pm every Wednesday, beginning March 16.

Here's how it works. Instead of a ball, you hold a wand in your hand. There is a simulated alley portrayed on a large screen and you swing the wand just like a bowling ball – but it is very much easier to hold and is as light as a small flashlight. There is nothing to do but gently swing your arm and press a button, which releases the ball toward the alley on the screen.



**Howard (Pete) Peterson** and **Ray Hoagland** are co-chairing this Fitness, Recreation, and Fun Committee event. They began last year by offering practice sessions, then held their first competition with about 16 participants. **Doris Smith**, who won the competition, said, "I thought I'd like to bowl, as I hadn't done it in years." Pete remarked, "My aim was to meet people and also participate in some sort of competition." And Ray's motivation "was the idea of exercise without really lifting a heavy ball. It's fun, it creates *esprit de corps*, and I enjoyed getting to know people I didn't know before."

It takes about 20 minutes to play a game. So, on March 16, drop in and get into the next available game. Pete and Ray are eager to welcome you into the group.

## FITNESS DAY XVI

text and photo by Suzanne Frank

“**The best exercise is the one you’ll do**” was the theme of last month’s Fitness Day devoted to offering a supermarket of choices where residents could pick and choose the right products for their personal benefit. The above statement by **Gerry Stride**, Director of Community Life, epitomizes the practical body-training sessions presented by the energetic and hands-on staff of Fitness and Aquatics. Residents were exposed to learning opportunities, such as using a Swiss Ball for strength, techniques for tightening abdominals, better physical and mental health through meditation, old and new strategies for brain improvement, and a spa offering soothing and penetrating back and hand massages. Handouts on all the fitness programs were everywhere.

After all that exercising, the Fitness Day Luncheon was a welcome opportunity to sit down and also to get acquainted with new names and faces. **Beverly Kannengieszer**, Director of Fitness and Aquatics, called for “a round of applause for all of you who are over 90 and still exercising. We have a lot of you here today.” **Adele Scull**, inducted into the Fitness Century Club in 2009 and **Connie Bacha** in 2008, were honored for their continued efforts in keeping physically active by attending class and the Fitness Center. **Katherine Aliminosa** (who Beverly recalled was her first water-walker 15 years ago) was honored for her years of caring attitude. Also honored were: **Jim Irvine** for getting stronger; **Kitty Katzell** for her invaluable and continued editing help and for exercising three times a week; **Conant Atwood** for his spirit and enthusiasm in all fitness facets at Lumberton and his encouragement to new members of his community; **John DePreter** for continued desire, determination, and dedication to his exercise program in the Fitness Center; **Elmer Rowley** for 12 years of exercising two to three times weekly in the Fitness Center; and **Madeline Lucci** for faithfully participating in the 3 pm strength training class twice a week. Everyone applauded the Fitness and Aquatics team for a job very well done.

In the afternoon, Gerry Stride gave a presentation on the brain, its plasticity (“for better or worse, it never idles”), and how to specifically improve mental fitness. She emphasized that the brain can grow through activity such as: learning new names; doing flexible thinking used in word searches, riddles, changing the order of letters in words, and trivia games; and participating in a book club. She also explained that remaining socially active was key to a healthy mental life, and music could be used to counteract normal stress. As an aside, Gerry warned that, medically, “processed foods can actually have a negative impact on your mind.” She urged her audience to try to learn at least one new fact each day, which would nudge the brain into new activity.

Commenting on the day’s offerings, **Conant and Judy Atwood**, new Lumberton residents, “became more aware of the right way – rather than the wrong way – of doing such things as exercising, lifting, and walking, as well as learning the correct way to breathe. It made us even happier to be part of the Medford Leas community.”

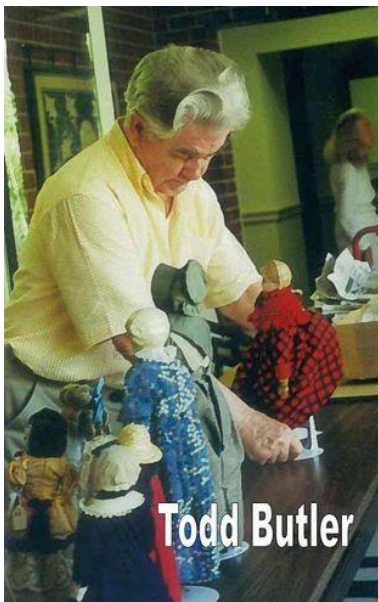


Referring to the massage segment, **Helen Hamilton** said, “I thought I was going to go to sleep, it was so delicious.” **Beth Bogie**, a relatively new resident, exclaimed, “It was wonderful, all the heat, and the back and hand massages – they were so relaxing! And I also learned about the companions that work here.” **Sue Isaacs**, another newcomer, was happy as she “enjoyed the individual attention and the relaxing atmosphere.”

As Beverly wisely said, “it’s not only how *long* you live but *how* you live those years.”

## DISPLAY CASE GENIUS TODD BUTLER

by Betsy Pennink



For 16 years **Todd Butler** has used his remarkable talents as artist and interior architect to create exciting and interesting exhibits in the Atrium Display Case. "It's an Alice-in-Wonderland kind of life," says Todd, describing his total immersion in any particular scene he is working on. For him, a display is "like a story that is a whole,"

and he wants to lead the viewer's attention into the case and to "move the eye around" by the use of colors, elevation, and contrasts.

Todd is amazed at the number of collections residents have. Each one he has worked on has presented its own challenges, which he has enjoyed. After creating a plan for a display in his studio, he has found that he still had to make changes as he placed the items in the case.

Much to the sorrow of many grateful residents, Todd is retiring after producing well over 100 different displays.

The new permanent exhibit in the Display Case is another example of Todd's work. It is the scrimshaw collection, which has been in the Lounge since the late **Marion Rich** donated it to Medford Leas in 2008 (see page 8, *Medford Leas Life*, May 2008). According to Todd, the scrimshaw needed three times the space it had, as well as better organization, "bringing similar things together, giving strength and unity." Todd's sense of design will always be on view in the Display Case.

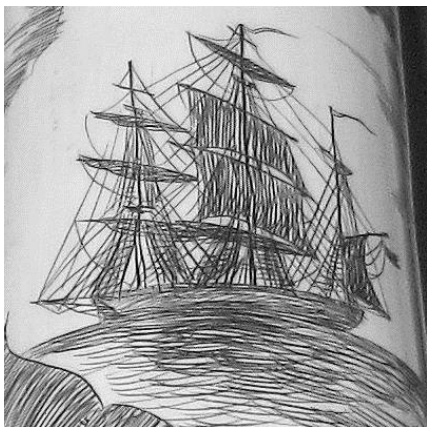


**A Whaling Epic**  
Detail on Next Page

## SCRIMSHAW

photos by Mike Carrell

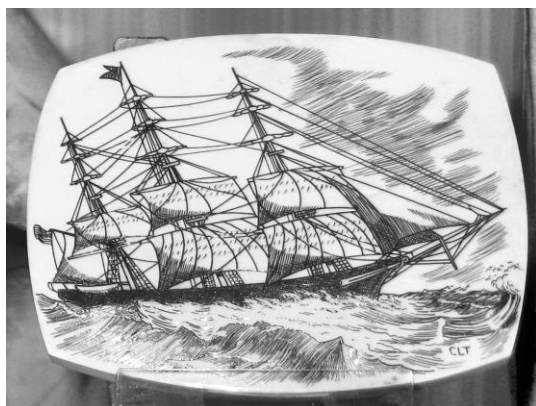
“Scrimshaw” is the handiwork made from the bone of marine mammals. It began on whaling ships in the Pacific in the mid-18<sup>th</sup> century, and survived until the ban on commercial whaling in the late 20<sup>th</sup> century. It takes the form of engraving pictures and lettering on the surface of the bone or tooth, or small sculptures,



Ship Detail



Boat Detail



A Sailor's Memento

## ART GALLERY NEWS

by Helen L. Vukasin

The drawings of Judith Shahn (1929-2010), often published in the *New Yorker*, will be featured in the Medford Leas Gallery during the months of March and April.



Cover by Judith Shahn

The exhibit, *Drawings and Silk Screen Prints*, will open with a reception on Sunday, March 3, from 3 to 4:30 pm. Her brother, **Ezra Shahn**, will say a few words at 3:30 pm.

Ms. Shahn is internationally known for her work in oils, acrylics, pen and ink, and watercolor, as well as silk-screen prints. Her work is in more than a thousand private collections and public galleries. Born in Paris, Ms. Shahn grew up in New York and studied at Mexico City College and NYU's Institute of Fine Arts. Her work is often spare with exacting images and sometimes a touch of surrealism. Her use of detail and her mastery of perspective make the images striking and intriguing.

In the Art Studio Gallery the Resident Artists show will continue until April. A new exhibit will open on April 25.

At Lumberton, residents **John Brzostoski**, **Alice Skidmore Culbreth**, and **Pat Heller Dow** will be shown through March.

Video lectures on *The History of Western Art* will be March 1, “Beyond Impressionism – Seurat to Matisse,” and March 15, “Cubism and Early Modern Painting.” Videos are shown in the Linden Room at 12 noon with brown bag lunch.

## NEW RECEPTIONIST

by Ellen Stimler

**Taryn Ericson**, our newest receptionist, likes coming to work here, enjoys her job, and says the best part of it for her is building relationships with the residents. She actually likes the high-pressure aspects of the job, such as when two phones are ringing at the same time while a deliveryman and a visitor are asking for directions.



photo by Margery Rubin

The basic part of the job “was pretty easy” but she is still learning something new every day, which adds to the interest of the work.

Talking about her background, Taryn says she’s “a jack of all trades.” She has training and experience in child care; she has a hairdressers’ license and has styled hair; and for five years she managed the front desk and related tasks at a Fitness Center.

Taryn lives in Marlton with her husband and one-year-old son. It was her husband, an outside contractor for Medford Leas, who alerted her to the job opening when **Emily Herndon** transferred to Accounting.

In her free time, Taryn follows her creative ideas. She describes herself as a “crafter” but also likes the outdoors and uses the Fitness Center to stay in shape.

## SIGHT SAVERS

by Kay Cooley

Residents who walk the Elizabeth Haddon ground floor on the way to the Pharmacy, Podiatrist, or Therapy department are apt to pass a small, closet-sized room and think it is merely a library of tapes and videos hung in plastic bags. They would be mistaken.

The room in question is the Low Vision Center. It does indeed have a collection of media for listening to or viewing. But the real cache of the Center is what lies behind the closed door in the rear. This opens into another, even smaller room where three machines stand ready to enlarge print for easier reading by persons with impaired vision.

A number of residents need a larger-than-normal size of print to read books, newspapers, magazines, notices, statements and the like – the stuff that informs and regulates daily life. While some have their own machines for enlarging print, for those who don’t, the three machines in the Center can change and expand their lives by enabling them to read. All that is needed is the know-how to operate the equipment and the motivation to get the Center key from the receptionist. Learning how the equipment works is easy. **Eleanor Merrick** (3224), coordinator of the Center, will show residents by appointment how to use the machines.

Another service for visually challenged residents is the Large Print Library off the hall outside Woolman. Here hardbacks and softbacks, categorized as fiction, mystery, biography, or nonfiction, await readers with low, and sometimes normal, vision. Since there is no empty shelf space, **Ila Jane Stiles**, the coordinator, must keep books moving. Her rule of thumb for disposing of older books is to give away any that haven’t been borrowed for five years. She replaces them with new volumes purchased from a supplier or not-quite-new ones discarded from other large print libraries, collected, and donated by **Robert Cathcart**, the husband of a former resident.



## NURSING AT NIGHT

by Suzanne Frank

It's 4 am and someone is in distress. It's most likely that one of two nurses will come to bring comfort and help -- two nurses who are so dedicated to their jobs that they would not trade their hours for those when the sun shines. Here is a bit of a look inside their world.



photo by Margery Rubin

“Although the pace is slower on the 11-7 shift, “I work hard,” admitted **Michelle Stevenson**, RN, Night Nurse for Estaugh. Because of the less frenetic atmosphere and demands of day-time work, “our work is more one-on-one so that we can focus on each individual person. I really like the quiet and that I am able to use my time-

management skills and handle situations on my own. Of course, all three ‘floors’ (Woolman, Estaugh, and Assisted Living) work very closely at night so if we need assistance, we always get great help.”

Asked to describe her duties, she responded, “When I come in, I get a report from the previous nursing shift, and they tell me how all the patients are doing. If there are serious conditions, I attend to those first, of course. Then I do a chart check to make sure that doctors’ orders are noted and carried out. When all this is done,” she continued, “I do a room-to-room check, maybe to check vital signs and such. But we really try to let people sleep without disturbing them too much.”

“I like nursing in general because it is very rewarding for me. I worked here as an aide while I was in nursing school, and took this job when I graduated a year and a half ago. This is definitely a schedule you have to get used to. The first month I had ‘borrowed energy.’ The next two months I was questioning myself as to why am I doing this, and then....you just get used to it. Now I can’t see myself doing anything else.”

**Mary Brodie**, LPN, Night Nurse for Assisted Living, has ministered to residents for almost 25



photo by Margery Rubin

years. “When I started working here, what I liked about it was that everyone I met waved at me. So I thought this must be a great place to work. And even my husband was amazed that everyone was so friendly. I tried almost every shift but I just didn’t like them. I have never had a problem with the 11-7 slot, although I do realize that it is a less desirable shift.”

“Because we have less of a crew,” Mary continued, “we have great teamwork.” In addition to the same type of basic work that Michelle completes, Mary goes from floor to floor to see that assignments are being carried out. She also acts as backup for Security and watches the TV monitor while the campus is being physically checked twice a night. When Mary is called away to attend to a resident, Michelle becomes her backup.

Both Mary and Michelle keep their nursing licenses up-to-date by taking classes and required in-service programs. They both admit they can sleep any time. It seems they have acquired the invaluable as well as enviable ability to turn off all those bothersome noises of the day. They just don’t hear them.

Also integral parts of this interdependent night staff are **Patrick Dura**, RN, who is responsible for Woolman and House Supervisor in charge of all skilled nursing and assisted living units; and a group of 13 Certified Nursing Assistants, who are the hard-working backbone of the night-shift operation. Patrick, Mary, and Michelle rely on the experience and dedication of these aides. According to **Lisa Heinkel**, BSN, RN, CALA and Director of Nursing, “they have the lowest turnover of the entire staff.”



## LUMBERTON CAMPUS BIRD CENSUS

by Miriam Swartz

Wednesday morning, January 19, was an over-cast day. The temperature was above freezing, and snow was on the ground. **Jean Jordan**, **Louise Tompkins** and I left the Community Center on the Lumberton campus with Louise's telescope and headed for the overlook to observe the water fowl on Monarch Lake. The lake was completely frozen and no wildlife were seen, not even a Canada Goose! We then headed for the Rancocas Trail.



Louise Tompkins with her telescope  
Island Beach State Park  
from the Bird Club Page at MLRA.org

The trail was snow-covered, so we each took bamboo walking sticks at the trail head and walked carefully down the snow-covered slope. Our first sighting was a little Golden-crowned Kinglet, flitting around on the ground and on the lower branches of the Virginia Pine trees. We heard Blue Jays calling in the treetops. Our next exciting viewing was two Bluebirds feeding on the banks of the Rancocas. We observed many Mallard ducks, Ring-Billed Gulls, and, far off swimming with the tidal currents, Common Mergansers, Ring-Necked Ducks, and a very few Canada Geese. Off in the distance, a Belted Kingfisher's rattly call was heard. Three Coots with their white bills and funny green feet were searching for food on the river bank.

As we started our return up the path, a large flock of Mallards took to the air from a dense set of reeds in a marsh area on the far side of the creek, and there, sitting at the top of a deciduous tree just across the Rancocas, was a mature Bald Eagle.

In the two hours allotted for our census, we observed or heard 27 species of birds in and around the Lumberton Campus. **Mort** and **Tali Yeomans** and **Wes** and **Mary Kerr** increased the count to 30 species as they viewed their feeders from home. The Yeomans added a Carolina Wren and White-Throated Sparrows, and the Kerrs, a White-Breasted Nuthatch. Our only regret is that not more were along to see the many beautiful and interesting birds, as well as tracks made by deer, raccoon, and fox. We also saw tracks that resembled those of a large dog.

Early that morning, I had heard the Great Horned Owl calling, and later in the afternoon, **Dave** and I saw a Northern Harrier flying across the road in front of our car. It was carrying an American Robin for a late afternoon snack. Since these two birds were seen outside our 9-11 am time frame, they could not be counted in our official Annual Census, which came to 366 birds of 30 species.

### IN MEMORIAM

<b>Matthew Rodermund</b>	<b>January 27</b>
<b>Rhea Bardin</b>	<b>February 3</b>
<b>Robert Durbin</b>	<b>February 6</b>
<b>Anne Foxworth</b>	<b>February 7</b>
<b>Frances Carter</b>	<b>February 10</b>
<b>Marion Steitz</b>	<b>February 15</b>
<b>Phil Sagi</b>	<b>February 17</b>
<b>Louise Evaul</b>	<b>February 18</b>
<b>George Rogers</b>	<b>February 18</b>

**MLRA WEBSITE**

The current homepage for MLRA.org celebrates the 40<sup>th</sup> Anniversary of Medford Leas with a link to a new photo essay that includes 45 historic photographs along with text.



*Watercolor by Todd Butler based on a photograph of The Estaugh, a "boarding home for elderly ladies" which opened in Haddonfield in 1911.*

Focusing on history, the home page also includes a prominent link to the 2005 monograph by **Os Cresson**, *In Their Footsteps - A Brief History of the Lives of the People who Lived on the Property called Lumberton Leas*.

At the request of **Jeremy Vickers**, CEO, the slides from the January 28 budget presentation are available on the private directory at mlra.org. The right sidebar has an index to the various sections of the website. Look for the link to "Private." After clicking on "Private," a pop-up dialogue box appears asking for username and password. The username is mlra (lower case MLRA). Contact the reception desk to learn the password.



**WHO'S NEW**



photo by Margery Rubin

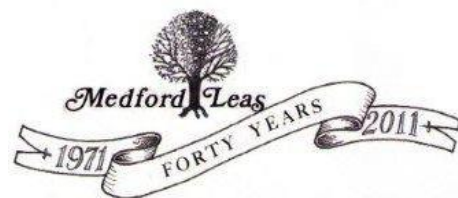
**Judy Fay-Snow** recently moved into 698 Bridlington, and she has enjoyed all the snow this winter. Judy is a New England Yankee through and through, and quick to make this clear. Both parents were New Englanders. She grew up there, and lived in New London, NH, after her second marriage. As her house in Bridlington faces south, with windows all along the south wall, she has been happy with all the sunlight.

Judy was born in Bridgeport, CT, and came to college at the University of Pennsylvania, where she qualified as a Dental Hygienist. She married and settled near Ocean City, NJ, where her four children were born. She later divorced, and her second husband brought three more kids into the family, mostly all grown by now. She went back to school and earned a BA in English.

Before coming to Medford Leas, Judy and Tom lived in an over-55 community in Manchester, NJ, where he died. That house was too big for one person, and she decided to move to Medford Leas. She learned about it from one of her 12 grandchildren, **Emily Bryan**, who worked in the Medford Leas Dining Service while in high school, and still comes back from Penn State to work on holidays.

Judy enjoys sewing, bike riding, bowling, and reading. Her daughter, Suzanne, lives "just around the corner" on one of the streets across the creek from Medford Leas

**Sue Heath**



**MARCH CRYPTOGRM**

by Alan and Beverly Gaylord

E'F VQMCKO! SRQ LZB OQY?

LZB OQY VQMCKO DQQ? RQS

KZBLZO DQ MB TQFBMCKO! RQS

NYMWEA WEGB L PZQH DQ

DBWW QVB'T VLFB DRB

WEUBWQVH FLZAR DQ LV

LKFEZEVH MQH!

**- BFEWO KEAGEVTQV**

Below is the solution to the February cryptogram by Ellen Stimler:

IN THE BLEAK MIDWINTER, FROSTY WIND MADE MOAN, EARTH STOOD HARD AS IRON, WATER LIKE A STONE; SNOW HAD FALLEN, SNOW ON SNOW, SNOW ON SNOW, IN THE BLEAK MIDWINTER, LONG AGO.

The correct solution was received from the readers listed below:

**Ken Anderson, Jane Bartram, Ruth Blattenberger, Jane Bourquin, Marion Burk, John Caughey, Alice Culbreth, Doris Curley, Liz Dill, Betty Donahue, Alan Gaylord, Linda Gorwood, Neil Hartman, Herb Heineman, Barbara Heizman, Pat Heller-Dow, Sue Isaacs, Jean Jordan, Sally Klos, Mary Hope Mason, Andy and Joy Moll, Alice Norcross, Helen Peterson, Betty Preston, Ruth Quackenbush, Doris Salati, Peg Scott, Ellen Wiener.**

Please put your solution in an envelope in Box 162 or email it to [estimler@medleas.com](mailto:estimler@medleas.com) by March 10. We are always looking for new cryptograms from our readers.

**MEDFORD LEAS LIFE**

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