



Medford Leas *Life*

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DOWN ON THE FARM

text and photos by Beth Bogie

“My garden will never make me famous.
I’m a horticultural ignoramus,
I can’t tell a string bean from a soybean,
Or even a girl bean from a boy bean.”

Ogden Nash: *He Digs, He Dug, He Has Dug*

Many of us Medford Leas residents are all thumbs when it comes to growing things. But others of us have green thumbs – at least varying shades of green. Gardeners of all skill levels for many years have turned over the soil each spring on a patch of Medford Leas land called The Farm, available for residents to grow vegetables and flowers.

The one-and-a-half acres of The Farm are divided into plots ranging from 25 by 75 feet, to 25 by 25 feet, down to unfenced ground good for planting flowers. The site lies behind the Nature Center and tennis courts. Plots are still available for interested residents.



Rona Keilin



Sandy Heath

Rona Keilin, resident and farmer since 2003, is in charge of helping residents choose their plots, answering questions, and dealing with issues about water and rodents, with the assistance of her rodent-hunting terrier Meggie. This year, Rona has planted potatoes, onions, peas, lettuce, spinach, carrots, and strawberries, to be followed by more planting after May.

Another highly experienced green thumb is **Perry Krakora**, who is experimenting this year with a Native American “Three Sisters” garden, combining corn, beans, and squash. The beans climb up the corn, and the squash holds moisture while also keeping out the weeds.

Sandy Heath, who doesn’t consider himself among the big-league gardeners, nevertheless was found enthusiastically planting peas, string beans, and zucchini one raw March day.

Betsy Snope says she is in the Ogden Nash category and is working as “helper” to more experienced **Susan Dowling** in planting sugar snap peas. They admired the green shoots of their garlic, already up by late March. **Suzanne Frank**, a Victory gardener as a child, hopes for rhubarb and, in the summer, her favorite zinnias.

Arthritis sufferer **Steve Denham** is planning an “upside down garden,” in which tomatoes, onions and peppers are planted in bags that hang from shepherds hooks. Tomatoes and onions are made to grow through a hole in the bottom of each bag, while peppers grow in the soil above. **Dunbar**, Steve’s wife, was once chair of The Farm and then co-chair with Rona.

Charlie Shearer, a gardener for 50 years, has planted arugala, romaine, and radishes after setting out his rows of peas. **Warren Sawyer**, who grew up on a farm, has had a garden plot here for 11 years. He is planting beets, cucumbers, squash, green beans, and tomatoes.



Charlie Shearer

Inspiring all, the Master Gardeners of Burlington County have a large plot at Medford Leas, one of ten they maintain throughout the county. Last year, they produced 1,165 pounds of vegetables for an array of food banks, 85 percent of which came from their Medford Leas plot.

The hoped-for produce not consumed by the Medford Leas farmer residents will be available at the entrance of the Community Building for staff and all residents to enjoy.

COMPOST

There is a compost pile adjacent to the Farm plots. Medford Leas maintains it year round and occasionally turns it with a tractor. According to Arboretum Coordinator **Herb Minkus**, "The recipe for good compost is equal parts green material – vegetables, discarded plants or flowers, weeds, or grass clippings – and brown matter – leaves or dried grass – mixed with moisture and air. Animal fats, meat, or bones should not be added. Residents may add the appropriate material.

"Individuals can make small batches of compost by putting the ingredients into a black plastic bag, leaving it in the sun, and turning it now and then. They will have the cow manure without the cow!"

VOLUNTEER EXTRAORDINAIRE

by Betsy Pennink

Helen Hamilton enjoys helping people and feels very good when she does. She wonders if that isn't almost a selfish reason for volunteering!

Helen likes people, and when she volunteers in the Gift Shop and the Thrift Shop, she meets a lot of great people from all over both campuses. "Lucky me!" she says.

She especially likes to help those in real need, which she can do in the Sewing and Knitting group. Sometimes a resident with poor eyesight needs a button sewed on or someone with arthritis needs pants shortened. "It makes me realize how good my health is now at 87." She feels the same way when she helps in Estaugh.



The Sewing and Knitting group is special. Everyone in it has become a good friend, and there is a "warm, loving feeling every Wednesday morning" when they meet. Helen says she is not a "touchy/feely person," but she wouldn't stay away and "miss out on all that love."

Helen is convinced her mental and physical health are better because of her volunteering, but adds that is not her main motivation. "I think that's a bonus I receive, again lucky me!"

IN MEMORIAM

Dorothy Hammarstrom	March 30
Edith Isaacson	April 1
Warren Kamensky	April 8

GIFT SHOP

text and photos by Elsie Behmer

Cards, combs, calendars. Purses, pens, pins. Batteries, Band-Aids®, bracelets. The Gift Shop sells all these and so much more, thanks to the hard work and dedication of Manager **Jane Bartram** and the 32 volunteers who do the buying, selling, and clerical chores.

The Shop has something for just about everyone. Shoppers looking for gifts can choose from a large selection of handbags, scarves, toys, baby bibs, note cards, and live plants. Customers can pick up essentials like light bulbs and toilet paper between shopping trips. And anyone with a sweet tooth can get a quick fix from among the wide array of cookies and candies. Volunteers enjoy the camaraderie of working with each other, the pleasure of getting to know new residents, and the good feeling that comes from helping out.

In July 2010, Jane took over from **Joan Bellman** and is building on the merchandising and business-management systems (such as the electronic cash register in 2007) that Joan had put in place. Jane, with a lot of help from **Kathy Reilly**, has computerized record keeping on the Gift Shop's laptop using Quick Books. For years, that work had been done by hand by Joan and **Jean Cronin**. **Gene Raup** continues to do the weekly banking.

"The Gift Shop has been able to contribute annually to the Appreciation Fund and to the Activity Fund," said Jane. "However, the amount of those contributions depends on the amount of money left after inventory purchases and operating costs. Our mission is to sell items at a minimum markup, so we depend on volume. The more the Shop sells, the more we can donate."

As long as there has been a Medford Leas, there has been a gift shop. It had a humble beginning in September 1971 on a single laundry room shelf in Building One. When the Community Building opened in 1972, the Shop moved to its current location.



Jane zips through record-keeping chores using Quick Books.



Sellers **Raymond Franklin** and **Tom Krainik** help Lumberton Leas customer **Berta Numata**.

Carol Ferraro frequently changes the merchandise in the two display cases to catch the eyes of potential customers.



Pharmacy buyers **Ellen Wiener**, **Liz Knapp**, and **Elly Elmendorf** alternate months to assure that the inventory is up-to-date. They keep the records by hand on index cards that are stored in the file box Ellen is holding.

TRIBUTE TO LOIS FORREST

by Kay Cooley

April is Arboretum month at Medford Leas. What better way to start it than with a tree planting as part of a tribute to **Lois Forrest**, Executive Director from 1979 to 2000, the period during which the Barton Arboretum was established. On April 1, residents, staff, and former Estaugh Board members gathered in the Theater to honor Lois and recall her accomplishments and their relationships to her. A willow oak now stands on the lawn behind the croquet court and near the tree honoring Tak Moriuchi.



photo by Margery Rubin

Sandy Green, Director of Development, hosted the program that began with a slide show of Arboretum views showing gardens, meadows, and woodlands photographed by **Dave Bartram**, **Jane Bourquin**, **Steve Denham**, and **Miriam Swartz**, and produced by Dave Bartram and **Maggie Heineman**. The show can be viewed at mlra.org.

Nancy Barclay, chairman of the Arboretum Oversight Committee, and a former Estaugh trustee, served on the search committee that hired Lois. She described how Lois was persuaded to become executive director and how, in 1981, Lois and **Lew Barton**, Nancy's father, started the Arboretum.

Coles Roberts, another former trustee and now a resident, noted that Lois kept Medford Leas on the cutting edge of CCRCs, involving herself in

state and national organizations that serve the industry. He also remarked on her composure and competence during unexpected challenges.

Marianne Steely, Marketing Manager, spoke of Lois's unwavering commitment to Quaker values - integrity, fiscal prudence, and leadership -- in the care of older adults. As an "out of the box" thinker, Lois increased Medford Leas' distinctions: varying residential designs, contractual options, fee structure, unique programs and services.



A TASTY TRADITION

The Resident Appreciation Cookie Reception is a tasty annual tradition hosted by Medford Leas employees for residents from both campuses. Until a few years ago, "cookie day" was held after the Holiday Show, but was moved to St. Patrick's Day to give the bakers a break during the hectic holiday season.

This year some 60 employees from all three shifts whipped up 34 large trays of cookies, ranging from real shortbreads to the popular chocolate chip. There were sugar-free varieties as well. Employees were alerted well ahead of time via email blast, pay envelope newsletter, and notices by the time clock, and had plenty of time to fire up their ovens.



Doris Curley, **Vicki Marutani**, Health Service's **Debbie Lovenduski**, and **Elly Elmendorf** have a delicious time.

40th ANNIVERSARY QUILT



Jeannette Muir with her quilt

The essence of Medford Leas is creatively interpreted by **Jeannette Tousley Muir** in a colorful quilt hanging near the entrance to the Community Building. The 40th Anniversary Committee asked Jeannette to make the quilt, which she estimates took about 150 hours to do. The colors, fabrics, and design are symbolic of Medford Leas and its environment. More information is available at the Reception Desk.

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## A WICKED SERVER

by Suzanne Frank



Because she is such a winning server for the Leas Leapers, the residents' water volleyball team, **Hannah Wilson** is a pivotal threat to the employee team during the once-a-month water volleyball competition. Almost into her 90<sup>th</sup> year, she is so feared that **Eddie Ellis**

and his cohorts in Fitness and Aquatics try their utmost, and always with the best of humor, to tire her out during her morning water aerobics class. It is a great source of continuing amusement to everyone participating in these exercises in the pool. Most recently, after she had been away, Eddie said, "You know, Hannah, while you were gone, the employees won!"

"In the beginning, we didn't play all that well," Hannah said, referring to the time when **Beverly Kanengieszer**, Director of Active Living, began the resident-employee face-off. "And now, without those who come from Lumberton, our team wouldn't be doing so well either." Hannah chose water volleyball because she "was looking for fun. I quit tennis after knee replacement, and I like the water. I just think about the sport, and it takes everything else off my mind. And, of course, it is good exercise.

"We are so lucky to have programs that push us a bit. Many folks don't know how much more one can do in the water, and how much benefit it is." To prove that point, Hannah helps staff with residents who can't do water exercise on their own.

Hannah has an artistic life as well. She is responsible for framing and hanging residents' photographs when each new show is displayed on the first floor Art Gallery.

A longtime lover of ceramics, Hannah takes a pottery class at Perkins Art Center in Moorestown and has a pottery wheel in the clay shop here. For years, she has been a weaver and claims to have "a pile of looms, one the size of a double bed." Full of vigor and enthusiasm, Hannah has a superb knack for graceful living.

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JAPANESE VISITOR

by Sumi Kobayashi

On March 2, while the whole community was celebrating the 40th anniversary, I was interviewed by Ryusuke Kawai, a Japanese journalist from Tokyo. **Steve Yanai** helped with translation. Later **Vicki Marutani** joined us for dinner. Mr. Kawai is researching the history of Yamato, a Japanese agricultural colony near Palm Beach, FL, from 1905 to 1941. My father farmed there and, after my parents married in Japan and returned to Florida, I was born in West Palm Beach. I have written extensively about Yamato.

A LOOK INTO OUR DINING

by Suzanne Frank

There are on-demand movies. There is on-demand cash at the ATM. At Medford Leas there are on-demand cups of coffee every single day. When the handles on coffee machines are depressed, hot water is mixed with a liquid coffee concentrate from an air-tight container – all controlled by a computer board. Some history: Dining Services, led by Director **Jen Zdunczyk**, decided that brewing 55-gallon urns of coffee and perhaps using only 20 cups not only was wasteful, but dealing with the coffee grounds had become a problem for the staff.

The modernization of coffee dispensing is a visible indication of the teamwork that creates the menus and all the behind-the-scene preparation and planning that make our dining experiences beautifully presented and satisfying to the taste. The menus are on a seasonal five-week cycle and incorporate residents' favorites with a balance of new items. Jen said, "We keep building on previous menus. The whole crew ('we all enjoy food') sits down to discuss what's working and what is not, and plan a day-by-day and week-by-week schedule to create a good mix. Sometimes we hit the nail on the head, and sometimes not. We rely on feedback to adjust our menus."

According to Jen, the residents' Food and Dining Services Committee is a wonderful resource and

has been very collaborative. "Over the last several years it has been a serious advocate for our department and also receives comments from residents. If we are in the process of proposing a new program, we play off the committee to sharpen our focus."

While desserts are typically brought in, 95% of the soups, salads, and entrees are made here," Jen said. "Since it takes weeks of planning to create every day's offerings, we are disappointed when we end up with two creamed soups in the Coffee Shop. (This happens occasionally because soup from the previous day is available as a second choice.) Or residents complain that everything is 'all orange.' Seasonal fruits and vegetables are bought from local farms."

Some residents have wondered about the fate of leftover food. Jen said, "It frequently becomes 'a special' in the Coffee Shop. Because sales of leftovers are featured as an employee benefit, there is a lineup of staff at 2:05 pm when doors reopen. Some leftovers are sold in bulk at a discount; others are donated to the Extended Hand Ministry in Mt. Holly."

Regarding spoilage, Jen said that "local and federal guidelines are followed, and regular inspections are performed by those authorities. There are specific guidelines for fresh, frozen, and prepared foods which require them to be labeled with dates of entry and 'use-by' date."



l-r: Keun Paek, Charlie Griffith, Max Eisele, Lorraine Phillips, Paul Cummings, Joe Cavanaugh, Dan Maloney, Justin Parker, Arthur Jombe, Rachael Allen, Stacey Ahmes, Corey Johnson, Ed Sandman, Vilma Aldover, Brad Mauger, Jen Zdunczyk

ART GALLERY NEWS

by Helen L. Vukasin

During May and June, "Erin McGee Ferrell, Artist and Mother: Attempting to Balance" will be displayed in the Medford Leas Gallery. The artist, who is from Philadelphia, said, "My paintings are created on the streets of Philadelphia and the fields of South Jersey. For me the process is as exciting as the product. My finished paintings often surprise me!" The exhibit will open with a reception on Tuesday, May 3, from 3:00 to 4:00. The artist will talk about her work at 3:30.

The residents' exhibit in the Gallery on the ground floor of the Arts & Social Wing will be on display until the October celebration, "The Arts at Medford Leas," one of the 40th Anniversary events.

On the Lumberton Campus, the first in a series of exhibits by local artists will open on May 1. Tom Kimball of Chesterfield, NJ, will show his acrylics and watercolors. The exhibit is under the guidance of the new committee at Lumberton led by **Eve Robinson** and **Carmelita Aseron**.

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## WALL FLOWERS

Members of the South Jersey Camera Club (SJCC) have given a beautiful gift of their time and talent to Medford Leas. Sixteen of their large color photographs of flowers, land- and seascapes, butterflies, and children at play are on loan in the Woolman hallway. The group put the final touches on the framing in the Art Studio. The exhibit is planned to change quarterly.

According to SJCC President Mike Pillows, "We wanted to give back to Medford Leas. We have been meeting there at no charge for many years. When (Director of Marketing and Community Relations) **Jane Weston** approached us about photographs for the Woolman space, our board worked on the idea. Board member **Ralph Berglund** (who will be moving to Medford Leas) championed the project."

## WHO'S NEW



photo by M. Rubin

**Patricia (Pat) Mertens Buchwald**, in Apt. 24, loves all kinds of music from Blue Grass to classical. She plays the piano and will soon retrieve hers from storage. She used to play the violin and has a daughter who is a concert violinist and who performs all over the world.

Pat is happy to be at Medford Leas, where a bus will take her to concerts in Philadelphia. "I'll also subscribe to the Specticast," she said, "but I have to be part of the real performance."

Pat graduated from East Stroudsburg High School in Pennsylvania and then attended East Stroudsburg Teachers College, where she met her future husband Charles. Pat studied art at Kutztown Teachers College for two years. Pat and Charles were married in 1951. During the Korean War, Charles was drafted and stationed at Ft. Lee, VA, so Pat lived nearby. After the war, they moved to Levittown, PA, and stayed there for 13 years until the house became too small for their four children.

They moved to Willingboro, where Pat was hired as a "permanent substitute" elementary school-teacher, because she lacked a teaching degree. In 1974, Pat received her degree from what was then Trenton State College.

Shortly after moving to Willingboro, Pat started a PTA and became its first president. She also joined the Willingboro Federated Women's Club, which worked on many charitable projects and established the first library.

Charles, who had a teaching career in Cheltenham, PA, died in 2004.

Pat has used her art training in creating pen, pencil, and ink drawings, and making pressed flower under glass creations. She also makes fluffy knitted scarves, hats, and mittens, which she has been selling at Christmas bazaars in schools and churches.

Ellen Stimler

**MAY CRYPTOGRAM**

by Ellen Stimler

**KZW JLF NSJ NSIE TLK KZW****NAFV NSJ UZADD/ PGL CFGN****ZGN AK AJ NAKZ SF SHIAD VSP/****NZWF KZW JLF AJ GLK SFV****KZW NAFV AJ JKADD/, PGL'IW****GFW EGFKZ GF AF KZW EAVVDW****GX ESP.**

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

BY THE RUDE BRIDGE THAT ARCHED THE FLOOD, THEIR FLAG IN APRIL'S BREEZE UNFURLED. HERE ONCE THE EMBATTLED FARMERS STOOD, AND FIRED THE SHOT HEARD ROUND THE WORLD.

--RALPH WALDO EMERSON

The correct solution was received from the following readers:

Catherine Barry, Ruth Blattenberger, John Caughey, Alice Culbreth, Doris Curley, Barbara Degler, Liz Dill, Betty Donahue, Pat Heller-Dow, Linda Gorwood, Neil Hartman, Molly Haines, Herb Heineman, Barbara Heizman, Sue Isaacs, Jean Jordan, Tom Krainik, Mary Hope Mason, Andy Moll, Dottie Mulholland, Alice Norcross, Betty Preston, Ruth Quackenbush, Warren Reeves, Floann Roberts, Doris Salati, Florence Sawyer, Peg Scott, Miriam Swartz, Ellen Wiener, Barbara Zimmerman.

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

**MEDFORD LEAS LIFE**

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