



Medford Leas *Life*

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September 2011

BLUEBERRY FESTIVAL

by Kitty Katzell; photos by Margery Rubin

The invitation called for the Medford Leas Blueberry Festival to start at 3:15 pm on Tuesday, July 12, with Brad Thompson talking about Blueberry Farming. His fascinated audience kept him answering questions beyond his scheduled time, but no one seemed to mind.



Dr. Brad Thompson talked about blueberry farming; Dan Hanrahan played jazz guitar.

From the Theater, the crowd moved to the Holly Room for a party with hors d'oeuvres and blueberry wine, accompanied by Dan Hanrahan playing love songs from the '40s on his jazz guitar.

In the dining rooms, "Dinner with a Blueberry Twist" included, among other things, cold blueberry soup, corn and blueberry salad, beef with blueberry *demi-glace*, and venison sausage stuffed with blueberries.



Hors d'oeuvres in the Holly Room

Residents returned to the Holly Room for blueberry desserts. The day ended with the Barrington Band performing patriotic music in the Theater, and with residents at times joining in song. It was altogether a very happy American Blueberry Festival.



Coles Roberts made ice cream.



Ashley Leitner served Coles Roberts' ice cream with blueberries, blueberry pie, blueberry buckle, and a smile.



The Barrington Band Concert

NEW EDITOR: *MEDFORD LEAS LIFE*



photo by Margery Rubin

Beth Bogie has stepped into the shoes of editor at *Medford Leas Life* with this September issue. She succeeds **Kitty Katzell**, **Ellie Stimler** and **Elsie Behmer**, who have been rotating in the job of managing editor for almost two years. Kitty and Ellie will remain on the MLL staff.

Beth arrived at Medford Leas a year ago, bringing with her 50 years of experience in various editorial capacities at M.I.T., Dow Jones & Co., Fortune Magazine, American Express Corporate Affairs, and Robinson, Lerer and Montgomery, a Manhattan public relations firm.

In retirement, for ten years before coming to Medford Leas, she produced newsletters for a non-profit, the Cetana Educational Foundation, and for her 50th reunion class at DePauw University. At Medford Leas she has written for both *Medford Leas Life* and *Leas Lit*, and recently joined the editorial staff of the newsletter.

Kitty has been a driving force behind *Medford Leas Life* for 21 years, on leave only three times when she became president of MLRA. In the April 2000 issue, **Kay Cooley** described her work: "Since September 1993, Kitty Katzell has shepherded issues of *Medford Leas Life* from the inception of articles through editing and typing copy to executing layout and proofreading. She devotes some 30 hours per issue to the hidden labor that brings this popular publication to birth."

In May 2000, Kitty made her "first attempt at desktop publishing" with a computer. The process is different now, but she has mastered each change.

Kitty has been at Medford Leas since 1989. Her background is in psychological testing. With a Ph.D. from Columbia University, she spent her professional career in psychometrics, measuring achievement and testing for licensure in a variety of health occupations. Active in the American

Psychological Association, she served on its board of directors and as chair of the board responsible for managing the magazine, *Psychology Today*.

Ellie came to Medford Leas in 1995 with an enthusiasm for writing dating back to her childhood, when she won first prize from a Stuttgart, Germany, newspaper at age 12. She came to the United States in 1939 and, at age 20, won a scholarship to Radcliffe College. She went on to write articles on legal developments in labor relations for the Bureau of National Affairs in Washington, DC. After receiving a law degree from George Washington University in 1950, she wrote opinions for labor relations arbitrators from home, while raising two children. Eventually, she passed the New Jersey bar exam and opened her own law office in Moorestown, dealing with family and elder law. She retired at age 74. Ellie's interest in law has led to her chairing the Citizens Committee at Medford Leas and covering public policy and political news carried in *Medford Leas Life*. Ellie went on the staff of the newsletter in 1995, becoming senior editor in September 2002. In 2005 Ellie and Kitty began sharing the editorship.

Elsie joined *Medford Leas Life* in 2007, shortly after she moved here. An MA graduate in journalism, she started her career as a newspaper reporter and a magazine editor at McGraw Hill. After earning an MBA from Wharton, she worked in corporate communications at Merck and in marketing at a Johnson & Johnson subsidiary. Later, she was president of a marketing agency in New York City. She also taught writing at a college. Currently, she is a freelance writer, teaches English as a Second Language through the Burlington County Library and as a private tutor. She is a member of the board of United Way of Burlington County and chair of its community impact council. In 2009, Elsie became *Medford Leas Life's* third senior editor, along with Kitty and Ellie, until July 2011.

The Editorial Staff



Dear Readers,

Welcome to the new year of *Medford Leas Life*. We're happy to introduce a feature, "Life Lines," a column by **Marcy Webster**, a resident of Medford Leas as of a year ago. She writes about our feelings and experiences, told with keen observation, humor and a light touch, even when leading up to the seriousness of this month's subject. Marcy's writing first appeared in the 1980s as a frequent *Philadelphia Inquirer* Sunday magazine feature called "Up Front." In the early '90s, she wrote personal stories on travel for *The New York Times*, and, more recently, for a number of years, produced a column for Camden's *Courier Post*.

We hope you'll look forward to Marcy's column and all of the Medford Leas news we'll report in the coming year.

The Editor

Life Lines

THE END OF SUMMER

by Marcy Webster



Margery Rubin

September is a spectacular time to travel. After Labor Day, the crowds go home, the weather settles, and that eternal back-to-school spark ignites, perking us up, pushing us out.

At the end of a hot, dull summer ten years ago, my husband and I were ready to go. We had a brochure from Gentle Journeys, our favorite provider of garden tours, and we signed on for eight days in the north of England.

When we first began this kind of travel, I was reluctant, hesitant about how, as a non-gardener, I'd fit in and pass the time. Not to worry. I found that I loved having access to hidden estates and cottages tucked into corners of byway villages. I poked into private places, peeking into windows and pretending that I lived in each perfect setting, having bought it with the money from my latest Booker prize.

And, for every somber gardener exchanging Latin names with my husband, there was someone like me who liked pubs more than peonies and bou-tiques better than buddleia.

We met our group in Manchester and went north to Leeds, to Harrogate and then, on September 10th, to the Lakes. The gardens, which had been urban, became rural and more remote. With each visit, we drove down fresh green lanes with branches meeting above the roof of the coach, hiding us and cutting us off.

The next day, the 11th, was our last. We were going to explore two gardens in the Valley of the Lune River. The first garden has faded in my mind but I can remember the second. There were pools and a woodsy chapel and, tucked in the corner of a barn, a white-washed bathroom under the thatch. On the way to the coach, we walked through a meditation garden and, perhaps we were moved, or maybe just tired, but we were silent as we boarded.

At the end of the estate road, the driver pulled over and the leader raised her microphone. "Because we have people here from the States, I must tell you that the driver heard on his radio that there's been a hijacking incident in New York." I thought of my pilot friend, Jack, who'd been hijacked to Cuba years ago, searched, and sent home. And who slept in his own bed that night. I thought of my family at home; working, going to school, far from New York, safe. I dozed.

When we pulled up at our inn, I was still in the spell of the Lune River valley and, until I walked into the lobby and saw the images flashing on the giant

television screen, I had no idea that access to such deep, idyllic peace had vanished from our lives. In London, watching CNN and calling home, we waited for transatlantic flights to resume. When we were able to leave, eight days later, the new security routines were stringent, the staff and passengers quiet and tense. I was frightened and desperate to get home.

Last year, I searched for the Gentle Journeys website on line. They're out of business. Of course they are. There are no gentle journeys anymore.

COMMUNITY DAY

Mark your calendars: Saturday, September 24, 10 am to 2 pm. Free fun, food and activities for all ages! Events include pumpkin painting, balloon artist, quilt show, book sale, flea market and barbecue lunch. Great event for family and friends. Watch for invitation in early September.

2011 FLOWER SHOW

It's a tradition. The Medford Leas Flower Show is always on a Tuesday and Wednesday in September. This year the dates are the 13th and 14th. Each year's show has a different theme. This year it's **Cityscape**, which means that all entries in the **Design Division** must be related to that theme. A leaflet, available at the front desk and prepared by the Committee (**Joan McKeon, Lois Rickett, Fran Webb**), provides details.

Residents and staff who wish to show their flowers, arrangements, plants, and vegetables will register their entries between 7:30 and 9:45 am on Tuesday in the kitchen adjoining the Activities Room. Judging will take place between 9:45 am and 1:30 pm. Then the show will be open to the public and residents until 8 pm Tuesday, and again from 8 am to noon on Wednesday.

JANET RUMBLE WINS SCHOLARSHIP

by Kay Cooley



photo by Margery Rubin

Janet Rumble, MSN, ANP, was selected this summer by the Scholarship Committee to receive the Lois Forrest Scholarship. She was chosen from among seven employee applicants.

Janet has worked at Medford Leas since 1979. Until 1998 she served as staff nurse and since then as a nurse practitioner. From 1990 to 2008, she was director of the Health Center, when it was wisely decided to free her from administrative responsibilities so she could spend her time doing what she does best – namely, nursing.

The list of her accomplishments is long. She wrote policies and procedures for the Outpatient Health Center and reorganized outpatient services to improve operating efficiency. She served as adjunct clinical instructor at the Helene Fuld School of Nursing and now at Burlington County College. She established and heads the Wound Care Team at Medford Leas and is certified as a wound care specialist. She is also certified as a geriatric nurse as well as a specialist in the recognition of child abuse.

Janet's educational goal is to increase her leadership role in professional nursing, for which she is seeking a doctorate in nursing practice with a concentration in vulnerable populations, including geriatrics.

In her spare time, Janet enjoys visiting family in Canada, watching football games, cooking and spending time with her sons.

The Lois Forrest Scholarship is named for the pioneering woman who served as Executive Director of Medford Leas for 21 years.



NATURAL HISTORY CONFERENCE

Medford Leas, on the weekend of September 30, will host a three-day 100th anniversary celebration of the publication in 1911 of *The Plants of Southern New Jersey* by Witmer Stone, "a giant among naturalists." Plans for the celebration have been developed by several environmental organizations.

Witmer Stone was the first of the professional natural scientists at the turn of the 20th century. He spent his career at the Academy of Natural Sciences in Philadelphia, rising to emeritus director and vice president. Among his other highly valued works are *Bird Studies at Old Cape May* and *The Mammals of New Jersey*.

The gathering will also recognize Catoxen Cabin, built in 1889 by Stone's friends and fellow naturalists as base camp for their nature studies. It is still in use at Camp Dark Waters across the creek from Medford Leas.



Events of the weekend will include talks about Stone as well as the naturalists who preceded him, and about how today's plants, birds, insects and habitats are linked to those of Stone's work.

On Saturday, a visit to Catoxen Cabin will conclude with a rustic dinner and music around a campfire. And on Sunday, there will be field trips "in the footsteps of Stone," including a tour of Medford Leas' plants and habitats led by botanist Ted Gordon.

Medford Leas residents are invited to attend the talks and the Sunday botanical tour of Medford Leas free of charge. Meals, however, will require a small fee.

A detailed weekend schedule and registration forms may be found at the Medford Leas reception desk. Additional information is available online at www.witmerstoneweekend.com, or by calling Janet Jackson-Gould at 609-654-6485.

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## CHANGES IN MLRA LEADERSHIP

by Kay Cooley; photos by Barbara Degler



On July 1, **Lefty Alderfer** took over as the new Medford Leas Residents Association president, and **Kit Ellenbogen** as vice president. They succeeded outgoing president **Sally Miller** and vice president **George Rubin**, who had each served for two years.

On the Lumberton campus, **Linda Gorwood** follows **Dave Bartram** as Council president.

Lefty, who lives on the Lumberton campus, had served on the MLRA Council the year before and became the second Lumberton resident to hold the office of MLRA president.



Kit, while a resident of Medford Leas since 2004, could not be a full resident participant while continuing to work out of Newark for Advocates for Children of New Jersey. With retirement this year and full-time Medford Leas participation for the first time, she was elected to the MLRA Council and named its vice president.



At Lumberton, Linda had served the previous year on the Council. Also from that Council, **Jean Jordan** became vice president, succeeding **Walter Haworth**, and **Jean Ricketts** became secretary, succeeding **Jody Cardona**.

## HARVEST TIME ON THE FARM

text and photos by Beth Bogie

When my next door neighbor, **Susan Dowling**, came to my front door proudly bearing a zucchini, a cluster of garlic and a sprig of basil, fresh from her plot on The Farm, I knew it was harvest time, even though only late June. Susan and her farming partner, **Betsy Snope**, were like kids at Christmas over their crops of garlic, zucchini, cucumber and snap peas.



Susan and Betsy with first garlic

The Farm, a community garden of an acre and a half, is available for the horticultural creativity of residents, the Master Gardeners of Burlington County, and **Debbie Lux**, horticulturist in Landscaping. Produce not needed by the resident gardeners is placed on a table at the entrance of the Community Building for all residents to enjoy. The Master Gardeners' output goes to food pantries throughout the county. And Debbie Lux has used her plot to demonstrate to high school horticulture students from Burlington County Institute of Technology how to grow a cutting garden.

In March, residents had weathered the cold to plant their peas, lettuce and onions. Now, in summer's record heat and dryness, portable sprinklers were working hard.

Along with withering heat were the appetites of woodchucks (aka groundhogs), voles and deer to challenge our farmers. I was introduced to a young teenage woodchuck in a trap, the third captured with great fanfare. He would be taken beyond the creek and released, I was told. I suspect he will be a recidivist.



The corn is higher than Perry's eyes

By late July, the corn in the "Three Sisters" garden was taller than its adventurous grower **Perry Krakora**. As Indians once did, she planted beans to climb the corn stalks, and squash to keep moisture in and hold down the weeds between the rows of corn. Perry's garden plots also overflow with onions, garlic, parsnips, tomatoes and asparagus.

**Joan McKeon**, another gardener par excellence, has a painter's palette of zinnias, as well as cucumbers galore. **Warren Sawyer's** squash is surviving a woodchuck hit; his cherry tomatoes are ripening; and his Concord grapes are turning a



satisfying purple. Tomatoes are actually growing out the bottom of hanging bags of soil in **Steve Denham's** upside-down garden. **Charlie Shearer** has had great success with strawberries, green beans and cucumbers and is looking forward to winter squash.



Joan admires her zinnias

And there is Fuller Farm, named for the yellow lab service dog, Fuller, of **Kay Roberts**, who doesn't allow her multiple sclerosis to hold her back. By August her garden plot was abloom with cosmos, sunflowers and zinnias.



Kay and Fuller enjoy their flowers

As Charles Dudley Warner, author and publisher of the *Hartford Courant*, wrote:

"To own a bit of ground, to scratch it with a hoe, to plant seeds, and watch the renewal of life — this is the commonest delight of the race, the most satisfactory thing a man can do."

*My Summer in a Garden* (1870)

## FALL MED U: THE MATTER OF MIND

by Kay Cooley

"The Matter of Your Mind and What to Know About It" is Professor Bill Whitlow's title for the course he will give this fall for Medford University. He explains that "the six lectures will focus on new developments in our understanding of the brain in relation to our thoughts, our emotions, our memory, and our understanding of ourselves and others."

Dr. Whitlow is professor of psychology at Rutgers University, Camden, where he teaches courses in experimental psychology and the psychobiology of learning and memory, among others.

Classes will be given in the Theater on six Mondays, from 3:30 to 5:00 pm, beginning September 12. Tuition is \$25. Prior enrollment is required. Course descriptions and enrollment forms were sent out in mid-August. More information is available at ext. 3212.

## IN MEMORIAM

|                      |           |
|----------------------|-----------|
| James (Dave) Sleeper | May 25    |
| Harold Haskins       | June 01   |
| Andree Gibson        | June 10   |
| Janet Hamilton       | June 25   |
| Kenneth Anderson     | July 08   |
| Francis Pray         | July 20   |
| Alfred Harding       | August 14 |
| Joe McKenna          | August 23 |

## LISA HEINKEL – A QUICK STUDY

by Suzanne Frank

Meetings. Meetings. Meetings. There doesn't appear to be anyone at Medford Leas who is such a vital member of so many diverse daily, weekly, and monthly meetings as **Lisa Heinkel**, the new Director of Health Services. Besides her recent promotion, she is also a certified Assisted Living Administrator, responsible for total care in Assisted Living. (CEO **Jeremy Vickers** is the Administrator for Woolman and Estaugh.) All in all, Lisa seems to be a wonder of inexhaustible energy while she juggles demanding interdisciplinary responsibilities.



Suzanne Frank

Lisa explained some of her day-to-day activities. "I probably work more closely with our Medical Director, **Dr. Jennifer Khelil**, and our Director of Nursing, **Julie Smith**, than any others in Health Services. On another level, I oversee Social Services, Resident Services, Medical Records, Rehab Services, and Nursing, which report directly to me on a regular basis. I oversee private admissions to Woolman by reviewing referrals and preparing for the health care needs of incoming patients. And lastly, I also spend time interviewing and hiring, and have responsibility for budgetary oversight of each of my departments."

A heavy responsibility for Lisa 365 days a year is risk management. To keep the campus as safe as possible, she participates in environmental rounds weekly, keeps up with electronic incident reporting, and receives guidance from Friends Services for the Aging (FSA). FSA also makes site visits to support Medford Leas in its corporate compliance and risk management.

Lisa points out, "As assisted living administrator, I'm responsible for ensuring that we are operating according to state regulations. By chance," she says, "we've just completed a state skilled nursing survey and for the first time in four years, we had no deficiencies in quality of care."

She is a member of the Interdisciplinary Residents Review Committee, which involves various members of Health Services staff and concerns itself with meeting the needs of residents at each level of care; the Senior Leadership team, which includes all division directors; and the Nursing Focus Group, which enhances communication, thereby resolving issues in nursing. She and Julie Smith, the nursing director, are developing mentoring and leadership programs.

Lisa's other involvements include the Estaugh Redevelopment Unit, which is being formed to create a memory support unit; the Safety Committee; and the Employee Wellness Committee, encouraging employees to compete in losing weight and improving their fitness.

Although Lisa has been at Medford Leas for 16 years, most recently as Director of Nursing, she began her career here as a high school student in the dining room. With a laugh, she said, "I then worked in every department except Environmental." She left for a period to complete a BS in nursing at the University of Delaware, and she served eight years in critical care at Mountainside Hospital in Montclair, NJ, and Mercer Medical Center in Trenton (now Capitol Health System).

It seems inconceivable that Lisa still has time to be a student. She is about two-thirds through her master's in health care administration via an on-line degree program from the University of St. Francis in Joliet, IL.

Not a bit fazed by these innumerable responsibilities, she admitted, "I'm very busy, but I couldn't be happier. This job is challenging and very rewarding in the end because we are all working for positive change. But the best part about my new position has been the relationships I have been able to develop with residents, families and the staff here at Medford Leas."



## RECYCLING INTERN DIGS IN

by Suzanne Frank

Twenty-two-year-old Darrell Sabocsik has been lifting recycling lids, checking organic waste in the kitchen area, and generally nosing around to see how well Medford Leas' population is showing its green attitude. Under an eight-week program, Darrell has been an "angel" sent to the campus by Friends Services for the Aging. FSA recruited him at Penn State for an intern position in its one-year trial-run program. Given a choice of sites, as well as field of concentration, he chose to focus on recycling and advancing a green environment here. He has a BS in hotel, restaurant and institutional management from Penn State and is particularly drawn to a future in nursing and retirement communities.

Working with **Bill Murphy**, director of operations, speaking to other people in management, and with a bit of resident input, Darrell has managed to:

- Plan a compost program in Dining Services. Currently all food waste goes into the trash. Soon napkins and plastic will be removed and the remainder will be stored and picked up by Organic Diversion, a company in Marlton that will use it for biofuel. Not only will this cut down on compactor tonnage, but also this service will be cheaper than having the waste hauled away in the trash.
- Initiate kitchen waste oil recycling, now picked up by a company from Coatesville, PA (which happens to be Darrell's hometown). Oil is stored in a dumpster, to be picked up every three to four weeks (for which Medford Leas receives some small payment). It is then turned into biofuel, which Darrell says, "may be used in vehicles such as Philadelphia buses."
- Get management to buy 24 recycling bins to be placed in most offices and areas around the campus to make it easier for staff to toss their bottles and cans in a green manner.
- Encourage the efforts of **Debbie Lux**, Horticulturist, who has volunteered to recycle plastic flower pots or flats. (See box.)

In summing up his experience here, Darrell commented, "This has been a unique chance for me, since I'm used to working in restaurant surroundings. I plan, at this point, to concentrate on working in food service of a retirement community and my work at Medford Leas has been valuable toward achieving that goal. It was great to recognize that residents here are very green-oriented. My grandma still doesn't recycle."

### SAVE YOUR FLOWER CONTAINERS

At last, garden enthusiasts will be able to recycle their used plastic containers, **Debbie Lux** reports. She plans to coordinate the collection of flat trays, hanging baskets, cell packs and landscape pots – anything with a recycling triangle on the bottom. Take them inside the main entrance of the Nature Center, or to your trash closet, where they will be picked up, beginning September 12 through November. She will restart collection in March of next year. Debbie is president of the Pinelands Garden Club, which will receive a small rebate for these items.

### MLRA WEBSITE

by Maggie Heineman

The color version of *Medford Leas Life* is uploaded to [www.mlra.org](http://www.mlra.org) seven to ten days before the black and white version reaches residents' mailboxes. The newsletter archive is in a password-protected private directory. Staff, residents, and those on the waiting list may contact a receptionist to learn the username and password for access to that directory.

Some *Medford Leas Life* articles are reworked into photo essays for the public magazine section of the website. This month the website magazine has two new photo essays. The one about The Farm includes **Perry Krakora's** beautiful color "still lifes" taken at The Farm last month. The other, about the Blueberry Festival, has large color photographs taken by **Margery Rubin**.

## EMPLOYEE NEWS

by Maggie Heineman

**Employee Recognition** – Now, instead of an Employee of the Quarter, there is a Quarterly Recognition Program. For the spring quarter, the staff was asked to identify safety hazards and come up with cost-effective solutions. Winners were selected by the Safety Committee. All who participated in the challenge received free lunch tickets. The winners were **Herb Minkus**, Landscaping, **Donna Rossi**, Environmental Services, and **Marilyn Loftus**, Dining Services. They each received a good parking space for a month and a chance to win the year-end \$500 prize. All the safety recommendations are being implemented. “Going Green” is the topic for the summer challenge. Employees have been asked to submit ideas for how to eliminate waste, to conserve, recycle, and so forth.

**Employee Wellness** – The second Biggest Loser contest drew 30 participants who had contributed \$20 each for the cash prizes that went to the winners. **Don Farfallo**, Nursing, **Vilma Aldover**, Dining Services, and **Michelle Kyzer**, Nursing, won \$300, \$200, and \$100, respectively

The employee Summer Group Fitness classes had interesting names: Butts and Guts; Circuit Training; and Sweat, Tone and Sculpt. In addition, Fitness Staff provided free personal training for employees during the lunch hour on Tuesdays, Wednesdays, and Thursdays.

Residents may join with employees on the Walk to End Alzheimer's on Sunday, October 23, in Atlantic City. Employee Wellness Chair **Ed Ellis**, Fitness and Aquatics, and Social Wellness Coordinator **Lisa Minuto**, Operations, are the organizers.

Information and tips on Occupational and Environmental Wellness were presented on a table and easel at the entrance to the Coffee Shop. Ed Ellis and Environmental Wellness Coordinator Herb Minkus provided a trail map showing the location of benches along the trails.

## ART GALLERY NEWS

by Helen L. Vukasin

The Medford Leas Art Gallery will feature the watercolor and collage works of June Weintraub in September and October. Ms. Weintraub attended the Philadelphia College of Art. Her career took her into the world of advertising, where she became an illustrator. In retirement, she said, “I chose to pursue watercolor because I enjoy trying to achieve the ‘watery’ look that is the essence of the medium. Eventually I combined it with collage.” A reception will be held on Tuesday, September 6, from 3 to 4:30 pm in the Medford Leas Art Gallery. The artist will speak about her work at 3:30 pm.

At the Art Gallery in the Community Center on the Lumberton campus there is a showing of the work of Sharon Paisner for September and October. Ms. Paisner paints in both watercolor and oils. She follows a process of discovery, often working with YUPO paper, a processed product that does not absorb the paint. This sometimes leads the artist rather than following the artist's intentions. An opening reception will be held on Friday, September 30, from 3 to 4:30 pm in the Art Gallery at the Community Center.

Resident artists are spending their summer preparing for the Art Studio Gallery show for the October “Celebration of the Arts at Medford Leas,” one of the 40<sup>th</sup> Anniversary events.

The DVD film series “The World's Greatest Paintings” will resume on Tuesday, September 20, on the topic “Greatness in Painting.” The series will be shown on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month in the Linden Room at noon. Bring your brown bag lunch. All are welcome. There is no charge.

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*"I have always wished that my computer would be as easy to use as my telephone. My wish has come true. I no longer know how to use my new telephone, either."*

*(attributed to a Dutch computer scientist)*

## NEW SOCIAL WORKER

by Ellen Stimler



photo by Margery Rubin

After interviewing at many retirement communities, **Jan Golembiski**, our newest social worker, decided Medford Leas was the best facility and well worth the 50-mile commute from her home in Little Egg Harbor, Ocean County. She started work here on June 28.

Jan has a BSW from Stockton College and is also certified as a dementia practitioner. She works part-time Wednesday through Friday and shares the social work job with **Cathy Martin**, MSW, who also works part-time. Jan will be assisting residents transitioning from Woolman back to their apartments, into Assisted Living, or into Estaugh; organizing support groups; and counseling residents as needed.

Jan previously worked at Seashore Gardens in Galloway Township for five years. She was also program coordinator for the Richard Simon Center for Alzheimer's, which administers services for Alzheimer's or dementia clients. Jan still works there on her off days, but is planning to end that affiliation.

## SAVING OUR BATS

by Betsy Pennink

What eats up to 3,000 insects, a large proportion of them mosquitoes, in one night? Answer: One little brown bat. Now there's a useful mammal! **Ro Wilson** is concerned, however, because a white fungus has been appearing on the noses of hibernating bats. This syndrome has killed more than a million bats in the Northeast and Canada since 2006.

Ro was pleased to win a bat house in a raffle at a meeting of the Burlington County Natural Science Club four months ago. (It was one of 60 bat houses made as an Eagle Scout project.)



**Herb Minkus** studied the proper site and position for it and raised it high on top of a pole near Ro's unit in Rushmore. Ro hopes there are bats making use of it.

Recently, Ro accompanied **Ruth Blattenberger** to a Summer Bat Count organized by the Conserve Wildlife Foundation of New Jersey. They went to Arney's Mount, NJ, where bats are known to roost in the eaves of an old Quaker meeting house. At about 7:30 pm the volunteers placed themselves around the building and, as dusk fell, counted the bats as they emerged on their nightly search for insects. One night 190 bats were counted. These tallies matter. Local farmers need less pesticide when there is a substantial bat community, and mosquito control is vital for all of us.

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WELCOME TO THE COURTS

After the recent death of his wife, **Dorothea** (known as Dottie), **Bill Heisler** moved from Rushmore to Apt. 242, where he now enjoys more sociability at meals in the dining rooms, a housekeeper every week, and easier access to health care and all the daily activities.

The marriage of Bill and Dottie was the second for both. Bill lost his wife, Elisabeth, a cousin of Dottie, in 2005, and Dottie's first husband **Howard Kriebel** died in a car accident in 2006. Bill, who knew Dottie, soon came to visit her at Medford Leas from his home in Rhode Island. They were married in July, 2006, and Bill moved in with Dottie in Rushmore.

Bill joined the Trails Committee and chaired the Great Decisions program for three years. Because of some health problems, 94-year-old Bill has had to slow down. He spends much of his time reading history books, *The New York Times*, and the current selection of the Lumberton Book Club.

OUTPATIENT OFFICE

by Ellen Stimler

On a Saturday in early May, I tried out my new garden kneeling bench to do some weeding. As I stood up from the bench, I badly scraped my right leg. The skin was broken, and I was bleeding profusely. I realized it needed some medical attention.

Who to call? Where to go on a Saturday morning when the Health Center is closed? I remembered the Outpatient Office, open every day from 7 am to 7 pm. I called them at 3333. They asked if I could walk down to their office opposite the Health Center. I could, and I was there in a few minutes. A nurse did a great job of applying antibiotic salve and a bandage. She said the bandage had to be changed on Monday.

I called the Outpatient Office on Monday morning for an appointment. They told me that I had to make an appointment in the Health Center. I was confused but did as told. At the Health Center, a nurse and Dr. Khelil, Medical Director, with oversight responsibility for Outpatient care, looked at my leg. I asked Dr. Khelil why I couldn't go back to the Outpatient Office. She explained that during hours when the Health Center is open from 8

am to 4:30 pm on weekdays, all residents are usually treated there, with some exceptions. "We are working together closely with Outpatient," she said, "and on some days when we have an overflow of patients, we refer some to Outpatient. During our workweek, the Outpatient Office works with a special group of residents who come in on a regular schedule for their medical needs."

There are three nurses and an aide who work in the Outpatient Office. Residents can come to the office for help with medications, elastic stockings, wound care, and other requirements.

During hours of operation, the Outpatient Office also responds on the phone to emergency calls coming in over the radio or from residents.

The fact is, residents have 24-hour access to health care every day of the year. During the night, when the Outpatient Office is closed, a nurse on duty in Assisted Living may take care of a resident at a nurses' station in Assisted Living.

The Outpatient or Assisted Living nurse can always talk to a Medford Leas primary caregiver, as they are available on call when the Health Center is closed at night and on weekends.



Margery Rubin

Jan Schieber, Jamie Giordano, Malynda Morales, Cathy Szymanski

NEW BOOKS IN THE LIBRARY

Fiction

Delinsky, Barbara *Escape*
 Patchett, Ann *State of Wonder*
 Robards, Karen *Justice, No. 2*
 Roth, Philip *Sabbath's Theater*
 Siddons, Anne Rivers *Burnt Mountain*
 Steel, Danielle *Happy Birthday*
 Sullivan, J. Courtney *Maine*
 Thor, Brad *Full Black*
 Weiner, Jennifer *Then Came You*

Mystery

Finder, Joseph *Buried Secrets*
 Francis, Dick & Felix *Dick Francis's Gamble*
 George, Elizabeth *This Body of Death*
 Hart, John *Iron House*
 Jance, J. A. *Betrayal of Trust*
 Kepler, Lars *The Hypnotist*
 Nesbo, Jo *Snowman*
 Perry, Anne *Acceptable Loss*
 Scottoline, Linda *Save Me*
 Truman, Margaret *Monument to Murder*

Non-Fiction

Larson, Erik *In the Garden of Beasts*
 McCullough, David *Greater Journey*

100 PLUS or MINUS

by Kitty Katzell

Living in a continuing care retirement community has been found to increase longevity, and that's certainly evident at Medford Leas. Currently, there are 14 residents who are between the ages of 99 and 105, and many of them are still leading active lives.

Marion Burk turned 99 in June. **Gertrude Marshall** and **Jack Rudolph** got there in August. **Blanche Lippincott** will reach 99 in September, and **Kate Mundy** in November. The youngest of these is **Margaret Lawson**, who will be 99 in December.

Another 99-year-old, who is turning 100 next May, is **Edith Joseph**. **Eleanor Henderson** is already 100. **Tony Linnemann** will be 101 in July; **Josephine Morris** turned 102 in June; **Madeline Yundt** became 103 in July and **Adele Scull** got there in August. **Connie Bacha** will be 105 on her next birthday in June, and our most senior citizen is **Evelyn Knowlton**, who will be 106 in October.

As Will Rogers said, "Eventually you reach a point when you stop lying about your age and start bragging about it." These folks have earned bragging rights. Congratulations and best wishes to all for continued good health and happiness

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## WHO'S NEW

by Ellen Stimler; photos by Margery Rubin



In June, **Isabel Ostroff Sobol** moved to Apt. 95 from New York City. A cousin who had studied gerontology had told her that Medford Leas was one of the best retirement communities. Isabel liked it very much on her first visit.

Isabel had a varied career revolving around food, from TV cooking shows, to food preparation for TV commercials, to managing Weight Watchers' International test kitchen.

At first, it took her a while to find her niche. After a brief marriage at age 17, she went to Drexel University for a BS in home economics. She taught the subject in Philadelphia schools for a couple of years, but realized teaching was not her calling.

Her next move was to take on two jobs at the same time. One was home service director for appliance distributors. The other was a half-hour cooking show for a Philadelphia TV station three mornings a week. "Susan Lane's Mixing Bowl"

was a great success but very stressful for Isabel, who had to do everything for the show by herself. She gave up the cooking show and concentrated on the home service work, which involved training women to teach customers the proper use of their new automatic washers. She also conducted cooking schools and made presentations to salesmen about features of other new appliances.

In 1955 she moved to New York City, where she represented the Professional Laundry Association. Their members were losing customers to laundromats and home washers and dryers. Isabel did TV commercials demonstrating the value of pick-up and delivery laundry service.

In 1959 she married Dan Sobol, who sold advertising time for NBC. After the end of their 10-year marriage, Isabel worked for a food public relations firm, developing recipes and preparing food for commercials.

Her last job was as test kitchen manager for Weight Watchers International. When Weight Watchers was taken over by the Heinz Company, Isabel did freelance work for a few more years. She retired in 1985 and began traveling all over the world.

Looking back on all those years, Isabel summed them up: "I can't complain. I've been very fortunate. I've had a very interesting life."

\* \* \* \* \*



**Mary Jo Steiner Douglas**, in Apt. 151, is an artist working in diverse media. Calling her life "episodic," she lived in many places and was always open to meeting new people, joining new groups, trying the next new thing.

Mary Jo started painting as a young child in Westfield, NJ. Her father built a studio for her, which she used while finishing high school and for a time thereafter. She received BA and MA degrees in art education from Stevens College in Missouri and from the University of Wisconsin.

After marrying Russ Douglas, whom she described as a "wealthy man-about-town," she and her husband lived in Hollywood for two-and-a-half years and then divorced.

Mary Jo and her young daughter moved to Rye in Westchester County, NY. She took a job teaching art in the middle and high schools of Mamaroneck, while selling her artwork at the gallery that was a part of the W. & J. Sloane furniture store in New York City. When she retired in 1990, she bought a house near her two sisters in Cutchogue, Long Island. Twelve years later, she moved into a retirement community, Peconic Landing, in Greenport, Long Island.

She loved the place but decided to come to Medford Leas to be closer to her daughter and grandchildren in Westmont.

Now that she is in New Jersey, she has resumed her long-time relationship with the Chalfont Hotel in Cape May, where she knows many of the guests and staff who spend part of the summer there every year. This summer, Mary Jo has a part-time weekend job there. "It's my second family," she said.

Her current "new thing" is the study of the relationship between science and art, about which she has many books. She has set up a website to showcase her cut-out art creations, which she expects to sell online.

Cut-outs have been made by many artists, including Matisse. Mary Jo makes a design on heavy, colored construction paper, places it on a wooden board, and then uses a special knife to cut out areas she wants in a different color. Pieces of that color are then inserted under the cut-out.





**Mary Ellen Chamberlain Van De Water** found her way to Medford Leas from Cape Cod through her daughter, a member of the Moorestown Friends Meeting.

"I've got the perfect place for you," her daughter, Margaret Van Meter, said, when her mother shared her concern about possible isolation and other future problems in her home alone on Cape Cod after the death of her husband.

Mary Ellen heard all about Medford Leas, came to visit twice, and moved into Apt. 234 in early August. She feels it's just the right place for her and loves the proximity to her daughter's family.

Mary Ellen grew up in Walpole, MA and has a BA in music from Mt. Holyoke College. In her senior year, she met Livingston Van De Water (Van), the brother of a classmate. They were married in 1946, after Van returned from wartime duty as a Navy pilot in the Pacific.

The couple lived in different places in Connecticut during Van's career as a sales representative for the Cordis Corporation, makers of pacemakers and other medical devices. Mary Ellen was mother and homemaker for two sons and a daughter. She also gave voice lessons and tutored children with learning disabilities.

In 1980, she and her husband bought an uncle's house on Cape Cod and enlarged it for their family. Van retired in 1985. They made a completely new life on the island, had many new friends and enjoyed new activities. In 2006, on the way to the hospital in an ambulance, Van was killed in a collision with a truck.

Mary Ellen's sons live in Old Chatham and in Orchard Park, NY with their families. She has seven grandchildren, all of whom are musical.



**Carl and Renee Kinsey Slemmer** moved to Apt. 71 from Moorestown in the middle of May. Both had demanding careers, he in labor relations, she as a teacher. They look forward to activities they had no time for while working.

They met at a wedding in 1951 and were married a year later. At that time, Carl had been honorably discharged by the Navy as a lieutenant junior grade for service in the Pacific during WWII, had graduated with a BS from Muhlenburg College in Allentown, PA, and was working for RCA in their personnel department.



Renee had earned a BA in education from Penn State and had been teaching first grade in Media, PA. They made their home in Pennsauken. Renee stopped work to raise their three children, but went back to teaching kindergarten in Mt. Laurel after the family was living in Moorestown.

Carl left RCA after five years and continued personnel work at Allied Chemical in Philadelphia. He went to Temple University law school at night for five years, graduating with a JD degree in 1963. Allied transferred him to facilities in New Jersey and Idaho to take on new assignments negotiating agreements with unions.

Carl's experience in personnel, coupled with his law degree, led to a job offer in 1974 as director of employee relations for Exide Corporation in Philadelphia. They moved back East from Idaho and again settled in Moorestown. After 15 years at Exide, Carl moved on to become director of labor relations for Columbia University. He had an apartment in New York City and spent weekends with the family.

Renee looks forward to taking a computer course for beginners, while Carl would like to do the reading he never had time for. Both enjoy bridge.

## SEPTEMBER CRYPTOGRAM

by Ellen Stimler

IF JYVP (JYV XFMVKEDVEJ) XF FE

AE IJKREXV GRKRUFO, RURDREJ

WFK UKAWJ, IFCAU WFK

WCLAUAJP, RCC GFNVKWLC,

JF SV ADGFJVEJ.

--IAK NAEIJFE TYLKTYACC

Below is the solution to the June cryptogram by Ellen Stimler and Floann Roberts:

IN SPITE OF ILLNESS AND SORROW, ONE CAN REMAIN ALIVE LONG PAST THE USUAL DATE OF DISINTEGRATION, IF ONE IS UNAFRAID OF CHANGE, INSATIABLE FOR INTELLECTUAL CURIOSITY, INTERESTED IN BIG THINGS, AND HAPPY IN SMALL WAYS.

--EDITH WHARTON

The correct solution was received from the following readers:

Helen Anderson, Miriam Angle, Catherine Barry, Ruth Blattenberger, Judy Braddy, Pat Buckwald, Marion Burk, John Caughey, Alice Culbreth, Doris Curley, Liz Dill, Pat Heller-Dow, Alan Gaylord, Molly Haines, Neil Hartman, Barbara Heizman, Ariel Hollinshead Hyun, Sue Isaacs, Sally Klos, Tom Krainik, Lucia LeConey, Mary Hope Mason, Alice Norcross, Helen Peterson, Betty Preston, Ruth Quackenbush, Warren Reeves, Doris Salati, Florence Sawyer, 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 September 10. We welcome new cryptograms from our readers.

## MEDFORD LEAS LIFE

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