



Medford Leas *Life*

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THE FIRST YEAR – PART 2

One might wonder how, in his first year, **Jeremy Vickers'** intensive effort to build teamwork and a new leadership team has affected life at Medford Leas.

In just the past 11 months he and the team have:

- Moved our operating performance from a deficit to a surplus position;
- Controlled expenses to keep our monthly service fee increase to its lowest level in recent years;
- Decreased our receivables to their lowest levels and within the top quartile of CCRCs nationally;
- Improved maintenance of walkways, plantings and gardens within the Arboretum;
- Improved clinical benchmarks and survey results in our Assisted Living and Nursing units; converted third floor Haddon to Assisted Living;
- Attained licensure as a health care services provider to allow greater breadth of services to be delivered to our residential apartments;
- Improved communication and transparency of our budget process and financial reporting;
- Replaced our call-to-aid systems in Assisted Living;
- Improved ventilation in the kitchen for staff;
- Introduced the flexible meal program;
- Developed new intranet sites for staff and board functions;
- Continued the redesign and refurbishment of our Bridlington residences;

- Developed new courtyard apartment designs;
- Turned over Woodside Drive on our Lumber-ton campus to township management;
- Implemented new incentive programs and marketing events (such as “First Friday with Friends” and “Farm to Fork”);
- Renovated our rehabilitation therapy areas; and
- Improved departmental operations despite overall reductions in staffing.

Additionally, Jeremy and his team have begun a number of important projects that will pay dividends in the very near future:

- Redeveloping the Estaugh Unit;
- Replacing the electronic medical records and billing system in the Health Center;
- Improving clinical standards and benchmarking to achieve Medicare 5-Star rating;
- Continuing improvements in financial performance;
- Starting replacement of our main roofs and implementing our first solar energy project;
- Opening the new health care services operation;
- Implementing new telephone/internet/cable options on both campuses;
- Implementing new design concepts for our Rushmore residences;
- Rolling out new contract options;
- Introducing food waste recycling and other sustainability projects;

- Making further improvements in the maintenance of the Arboretum;
- Expanding fundraising and outreach;
- Working toward recognition as a "Best Place to Work."

"None of this would be possible without our newly developed leadership team," said Jeremy. "The only accomplishment that I will take credit for is the initiation of this change. Everything else has been accomplished by our team."

Jeremy credits his preceptor from his administrative internship program in New York, who advised him: "Surround yourself with good people and develop a high-functioning team that would keep going for at least one month before they noticed that you weren't there."

"We still have a way to go, but I strongly believe that we are off to a great start," Jeremy concluded. We agree!

Christmas Eve Program

Who? Everyone is welcome.

What? Christmas Carols and Readings

Where? Theater

When? Saturday, December 24

6:45 PM Handel's Messiah excerpts start.

7:30 PM Bible readings and carols start.

It's over by 8:30 PM.

A Christmas Thank You

poem and drawings by Wil Britten

Do all of us here at the place where we live
 Realize the effort that many give:
 To make us comfortable every day,
 To feed us well and watch our health,
 To secure our homes and guard our wealth,
 To improve our minds and keep us in shape,
 To develop our lovely and clean landscape,
 To discuss our worries and dispense our pills,
 To handle our problems and explain our bills,
 To keep our community alive and diverse,
 (Though our economy tends to get worse)?
 Nearly twenty departments here at the Leas
 Address these concerns with apparent ease.
 So, at this special time of the year,
 We thank them with a wish sincere
 That all will enjoy a *Happy New Year!*
 ...and, Santa, when you're out in your sleigh,
 Consider stopping by this way,
 And shouting as you fly over our trees,
Merry Christmas to all here at Medford Leas!!



Christmas Season Concerts

The Chamber Singers of Cherry Hill High School West will give a concert of the season's songs on Saturday, December 10, at 7:30 PM in the Medford Leas Theater.

Rachel Lieberman, Choral Music Director at the school, said the group "is a select co-ed ensemble of 25 students who traditionally perform many [concerts] during the holiday season in Cherry Hill and the surrounding areas."

The Lenape Regional High School District is also producing a "Holiday Choral Festival" and inviting seniors (without a gold pass) to a special performance on Sunday, December 11, at 2 PM in the Performing Arts Center. No school bus transportation is available, so residents will have to drive in their own cars. As is customary, the singing group of each of the four high schools in the District will offer a separate collection of songs.

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## Holiday Craft Fair

by Beth Bogie

This year's Fifth Annual Holiday Fair, to be held on Saturday, December 10, from 9 AM to 4 PM in the Holly and Gathering Rooms, will for the first time devote itself entirely to crafts and include artisans from outside as well as inside Medford Leas.

The modestly priced, one-of-a-kind holiday offerings will include hand-crafted items for the home, jewelry, wooden bowls, plants and table decorations, and photographic note cards.

Fair Coordinator **Art Hartwig**, long-time furniture hobbyist, will offer his specialty – namely, hand-some wooden bowls from felled trees that he finds throughout Burlington County.



Dave Bartram

**Art Hartwig at work**

**Mort Yeomans** will be offering a large variety of finely crafted wooden earrings which include his wildlife collection. These lightweight earrings are made from cherry wood and intricately grained African zebra wood. He will also offer wood sculptures from his crab and lobster collection.

**Doug Springer**, another woodworking hobbyist, will be offering wooden tissue holders, expanding bookends, and stationery caddies.

Decorative holiday centerpieces that often include findings from the woodlands surrounding the Medford Leas campus will be the work of **Debbie Lux**, horticulturist at Medford Leas.

There will be calligraphy creations by **Harry Forrest** and custom photo and art note cards by other residents.

Crafts from the wider community will include creative gifts made out of gourds, "Red Dog Pottery," "Cakes in a Jar," clutch bags and other accessories "By Alisssa," and canine presents from "The Dog Biscuit Lady."

For the first time, guests will be able to pay for their purchases with credit cards. Profits from the Craft Fair will go to the Medford Leas Reserve Fund, which helps residents who have outlived their resources.

*Life Lives*

## Food For Thought

by Marcy Webster



December, more than any other month, is heavy with emotion. Guilt and nostalgia, sentiment and regret can catch us off guard. Candles in a window, music in the distance can trigger tears. You would think a writer like me would jump at the chance to wallow in the moment.

I thought about it. I considered writing of the holidays hovering at the end of the month and about that universal end-of-year summing-up/taking-stock/starting-fresh endeavor that we all attempt in the final days of the year.

But, you know what? It's too tricky. Our experiences are so diverse and so personal and so tender that I think they're best left unexplored. Let the people who love the holidays enjoy them, and the others, who find them distressing, go to bed early with a new novel and a hot toddy.

I'm going to write about holiday food. "Now wait a minute," you say, "that topic is just as loaded as the others. Not everybody had the same experiences with food. Not everybody had comfort and nurture to the same degree." True. But we have it now. We have dedicated cooks and planners, cheerful servers, thoughtful menus, nice surroundings.

If we're lucky enough to have nearby loved ones, we can eat with them. And, if not, there are others in our situation. Sharing meals and memories is a wonderful way to deepen a friendship.

So, in preparing for this column, I began calling around and asking folks to share some stories about their favorite holiday food. I got the same answer from almost everyone I called. "Oh, you know. Traditional." When they elaborated, it became clear that Christmas traditional meant turkey and sweet potatoes. There were a few

deviations. **Dick Webster** and **Jane Holben** come from the rib roast faction, and **Beverly Kannengieszer's** family serves pork and sauerkraut on New Year's Day to bring good luck in the year ahead. My contribution was the nearly lethal brew of chopped cabbage, heated all day with sugar, vinegar and bacon fat, that my down-home relatives always served with poultry. (Modern taste and modern health concerns have gotten rid of that.)

As far as Hanukkah is concerned, **Steve Frank's** experience is that there is no special food connected to the celebrations, but that chicken soup and latkes would be appropriate and in keeping with tradition.

**Judy Braddy's** family has a wonderful time each year when three generations gather to bake German rolled cookies called sand tarts. Judy's Dad (aged 94) has a chef's hat, and the other cooks wear aprons and take pictures.

I know why "traditional" was the common response for everyone I asked. It's what makes Judy's family gathering special. It's the same reason our kids were horrified if we changed a holiday menu. "No creamed onions? Squash instead of turnips?" The first few years of homemade cranberry sauce instead of those cookie-cutter slices out of the can almost led to rebellion.

Because those milestone meals need to be **JUST THE SAME. EVERY YEAR. THAT'S WHAT TRADITION IS!**

But what I wanted to hear from the people I polled were answers with flare. I wanted to find someone who has sushi for supper on Hanukkah or puts saltwater taffy in the figgy pudding. **Jane Weston** came closest to the exotic with the "shrimp on the barby" that she shares with her Australian in-laws.

For once, Medford Leas let me down. Apparently, we are a staid community, bound by custom, content to find the food that we remember and expect. Food that celebrates the past. That honors our ancestors and our history. Really, not a bad thing at all.



## Celebrating the Arts

by Kitty Katzell

Whatever your medium, at Medford Leas there was a way to celebrate it during October: music, literature, fine arts and theater. So much talent, so much enthusiasm, so much fun.

The concert on October 8 showed off the talents of harpists **Helen Carrell** and her student, Debora Trowbridge; **Marion Norcross** on oboe; **Paul Ray** on cello; **Rachel Conte** using her lovely contralto voice, all accompanied by **Nannette Hanslowe** at the piano.



Paul, Rachel, Nan, Debora, Marion, Helen

The Holly Room was packed for "Tea and Talk" on the 12<sup>th</sup>, when **George Rubin** hosted a program in which **Marcy Webster**, **Pat Heller-Dow**, **Beth Bogie**, and **Pete McCord** each told what inspired them to write their works that had appeared recently in *Leas Lit*. Talk about approaches to writing followed, designed to encourage future authors.



(clockwise from top) Beth, Herb, Marcy, Pat, Pete

The opening of the Resident Art Exhibit on the morning of October 17 drew a crowd of more than one hundred visitors. The skills of the 25 resident artists were on display, both on the walls of the gallery and on a table full of their assorted delicacies from which the viewers were able to enjoy an early lunch.

The Leas Players' performance of *Environmental Justice, A View From Two Cultures*, on October 29, exhibited residents' dramatic skills -- first in a play set in Madagascar and then in a series of skits, authored by members of the group and set at Medford Leas. The former involved a trial in which three villages were charged with razing trees in order to plant maize. It brought out the conflicting values between the need for forest preservation and the need for food production.

Skits in the second half of the program dealt with conservation topics related to life at Medford Leas: light bulbs, Styrofoam, saving water, recycling.



Kit and Inge in "Overpopulation"

The discussion after the skits, led by **Alan Gaylord**, questioned the efficacy of this type of presentation in effecting changes in residents' behavior in relation to environmental issues. The performers were **Kit Ellenbogen**, **Cecile Hanley**, **Rona Keilin**, **Eleanor Merrick**, **MaryLou Morrow**, **Inge Raven**, **Toby Riley**, **George Spivack**, **Bud Stratton**, **Gerry Stride**, **Sue Thorp**, and **Helen Vukasin**. Other residents and staff involved in the production were Nannette Hanslowe at the piano, **Donna Coonley**, **Dave Bartram**, **Ray Kuhn**, and **Bob Morrow**. It was an ensemble production by the newly formed Leas Players.

## Holiday Shopping Takes Off

by Beth Bogie; photos by Perry Krakora

Christmas and Hanukkah shopping began at Medford Leas on November 1 when the Thrift Shop opened its doors for holiday sales. A steady flow of customers appeared every Tuesday between 10 AM and noon and will continue until Christmas. Residents can find everything from artificial trees and wreaths to clothing, china, CDs, DVDs, cameras and books. Even furniture.



The Knitting and Sewing group held its annual holiday sale, "Show and Sell," on November 16 in the Atrium. All items were created by residents – sweaters and hats for infants, toddlers and young children, as well as neck warmers for all ages; place mats and table runners, bags for walkers, and pillows. Items are also available for purchase on Wednesdays in December and all year long, and can be found in the Fiber Arts Studio. What is not sold is given to charitable organizations, the group's primary cause.



Celebrations came to the Gift Shop with an early display of gift items in its windows, leading up to its holiday event on November 22. There are handsome handbags, scarves, and jewelry. This year the Gift Shop is featuring the work of two crafters: tiny wooden bird pins and the Medford Leas tree, in pewter, as a pin, earrings and necklace, as well as a man's tie tack



Delicious banana and blueberry zucchini breads, pies, cakes and cookies were snapped up at Dining Services' pre-Thanksgiving sale on November 22. Hearty artisan breads from outside vendors were also available. The sale will be repeated just before Christmas.



Proceeds from sales of the Thrift Shop, Knitting and Sewing Group and Gift Shop go to the Appreciation Fund in support of employees.



## SPECTICAST: THE VIEWING AHEAD

by Alan Gaylord, Sponsor, SpectiCast Committee

*Editor's Note: September 30 brought us this year's first SpectiCast concert, featuring the Berlin Philharmonic, conducted by Riccardo Chailly. Verdi's "La Traviata" followed on November 19. The third program, on December 9, will take us to North Korea with the New York Philharmonic, a story in itself of high diplomacy. Alan Gaylord, a music expert, whose late wife Beverly was a pianist and organist of top rank, has agreed to share his thoughts each month on the rich offerings arranged by the SpectiCast Committee, headed by Dave Bartram.*

What a fine beginning with Chailly and the Berlin Philharmonic! It's hard to imagine how their program could have been better played and performed, and if we "listened with our eyes" we would have accumulated a bountiful set of well chosen images defining the structure and the character of the selections. Let's think about that character, beginning with "SpectiCast."

The camera(s) as our eyes: Many people think a "live" performance is the very best way to experience a concert, but it really isn't that clear-cut. Only in this High Definition presentation can we see an endless series of close-ups that, taken as a whole, are unique. And all the seats are perfect! True, the filmed version (it's not really "filmed"; it's "digitally encoded") with its variety of close-ups (there are many kinds) does not permit us to sit in place and watch a concert, moving our eyes back and forth, as we choose. There is a new element of art here that the flow of sound and images illustrates: *motion* – fluid, rhythmic motion. "Sit still and let us do the work!" the cameras are saying. "Count your blessings, and feast on the goodies."

What lies ahead is an unusually rich, diverse program. Opera next, and then, *let's fly off to forbidden North Korea!* Then back to Leipzig for some ballet!! Almost makes one dizzy. Variety is a brilliant part of this season's SpectiCast series, with a fine mix of conductors, orchestras, and artists. They range from the Berlin Philharmonic in a gala evening of superstars: Lang Lang and Simon Rattle, the best with the Best, to an unknown group,

The Orchestra of the National Theatre, Brno, coming from the Czech Republic and returning us, with Bizet's "Carmen," to our earlier stop at the Roman Quarry of St. Margarethen.

Along the way, we do a stop in Philadelphia, but not the Philadelphia Orchestra; rather, The Chamber Orchestra of Philadelphia, featuring Steven Mackey, composer in residence at Tanglewood in the summer of 2006, electric guitar soloist, and professor of music at Princeton.

It seems likely that boredom won't be a problem as we travel along....

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EMPLOYEES GET FITTER

by Suzanne Frank

Chuckling with a bit of satisfaction, **Ken Roland**, chair, Employee Wellness Committee, reported, "More employees are working out now than a year ago -- when there was no established or structured program."

Backing up Ken's efforts, Director of Human Resources **Marie Cox** agreed. "Research does support that an employee wellness (EW) program reduces costs and enhances productivity and mental health. It also says that Medford Leas is a good place to work, that we care about our employees and that we strive to be competitive with other organizations from a work environment standpoint."

She added, "Our health carrier, Horizon Blue Cross/Blue Shield of New Jersey, has come to evaluate our EW program, and although we don't know for certain how they rated us, our claims experience *has* continued to come down, and this does have a significant impact on our premium rate.

"While we really are in the beginning stages of EW, we can see a return for both the residents and Medford Leas. It's a recruiting tool for us," Marie said, "and also as an added benefit, the use of our Fitness Center is extended to employee family members who are 18 years of age or older. We find that

that's the key during new employee orientation – when they see and hear what is offered to them.

“Residents, who come to know employees well, also appreciate that we have such a wide range of health opportunities for staff.”

Marie noted that Ken has to keep improving offerings for employees, and it is an ongoing challenge for him. “It’s difficult to get employees to commit to any program,” Ken admitted, “so I offer all types of time schedules and more one-on-one personal training. We try to accommodate them during their work lulls, offer lunchtime workouts and encourage regular walking routines.”

Ken recognizes the pluses that evolve from the program: participants getting to know other sides of the personalities of their fellow workers in a given department; the bonding of relationships between departments; and introducing employees who otherwise wouldn’t know each other before their involvement in EW. He says, “It’s a building block helping people to engage each other face-to-face and to make personal connections.”

While focusing on the seven components of wellness (emotional, social, spiritual, intellectual, vocational, physical and environmental) in group and individual fitness classes, Ken urges his charges to keep with the program, because “it takes 21 days to make a habit.”

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## MEDFORD LEAS AT DC MEETING

by Beth Bogie

Members of Medford Leas management—CEO **Jeremy Vickers**, Marketing Director **Jane Weston**, Active Living Director **Beverly Kannengieszer** and Interim Chief Financial Officer **William “Chip” Essick**—took part recently in the 50<sup>th</sup> anniversary celebration of LeadingAge, a national association of 5,500 not-for-profit organizations serving seniors.

The meeting, held in Washington, DC, on October 16-19, drew not only United States providers, but organizations worldwide to what was called the

IAHSA Global Aging Conference. (IAHSA stands for International Association of Homes and Services for the Aging.)

The stated mission of LeadingAge, the U.S. organization, is “to advance policies, promote practices, and conduct research that supports, enables and empowers people to live fully as they age.” The IAHSA is made up of providers, business, researchers, individuals and government officials serving the elderly in approximately 30 countries.

It’s interesting to note that the original ancestor of LeadingAge – AAHA, or American Association of Homes for the Aging – was established in 1961 and helped implement Medicare, Medicaid and the Older Americans Act. In the 1980s and 1990s the organization (now AAHSA, for American Association of Homes and Services for the Aging) had come of age as a powerful public policy organization.

Under the banner of “Celebrate Age” at the conference, there were 600 exhibitors, 500 speakers sharing experience in more than 200 education sessions on topics ranging from “sustainable urban environments” to “the changing face of dementia.”

In reflecting on the conference, Jane said there was “strong interest in my areas, in particular greening, home health services, and social accountability to the wider community.”

Two major themes, she recalled, were “the age tsunami” and “the exponential growth of change.” The age tsunami, she said, refers “to the massive number of boomers becoming seniors combined with people living longer lives, both requiring an array of plans to meet a variety of needs and interests.”

The exponential growth of change, she explained, “results from the impact of technology which is driving the pace of change, while also helping in meeting needs.”

The array of sessions required careful strategy to come away with the most useful and applicable information for the Medford Leas environment. Jane said that some of the most fruitful moments emerged in the behind-the-scenes camaraderie and exchange of experiences and ideas with fellow attendees.



## NOVEMBER ELECTION RESULTS

by Ellen Stimler

Democratic voters at the Medford Leas polling place, who are in a majority, found themselves out of step with the rest of Burlington County the morning after the election. Every Democrat they had voted for had been defeated in Burlington County. Further, on the public question about sports betting, this had been approved two to one statewide, whereas Medford Leas voters had voted “no” almost six to one.

Republicans Scott Rudder and Chris Brown were elected to the New Jersey Assembly, defeating Anita Lovely and Pamela Finnerty. George Kotch was reelected Surrogate over opposition from Sander Friedman. Leah Arter and Joseph Howarth will join the Freeholders, eliminating Mary Anne Reinhart, the lone remaining Democrat, and her Democratic running mate, Machell Still-Pettis.

As to the Medford Township Council, there were no Democratic nominees. Republican candidates elected were Chris Buoni and Frank Czekay for three-year terms, and James Pace for an unexpired two-year term.

Independent George Youngkin, who met with Medford Leas residents in the Linden Room on November 7, received 96 votes from Medford Leas residents the next day, but not enough to get elected to Medford Township Council.

On November 8, the Medford Leas polling place had 435 registered voters, and 256, or about 58 percent, participated in the election.

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IN THE NEWS

by Kitty Katzell

The International Council on Active Aging (ICAA) “is committed to environmental wellness as a priority strategy.” To that end, they have just pub-

lished *The Green Guide: 2011*, a 24-page magazine that includes an article by **Jane Weston**, director, Marketing and Community Relations, on “Making the Most of Your Green Space.” Colin Milner, CEO of ICAA, had been impressed with Medford Leas when he participated in a Healing Gardens Seminar here several years ago and reached out to Jane for this Guide.

A further connection between Medford Leas and ICAA lies in the fact that **Beverly Kannengieszer**, director, Active Living, and **Gerry Stride**, director, Therapeutic Recreation, have attended ICAA seminars over the years.

Sections within the article are headed:

- Nature by design, not accident
- Benefits to residents
- Benefits to the community at large
- Making the most of your own natural resources
- The bottom line

The article cites studies that have shown that access to nature yields better mental health, while less access is linked to depression and anxiety disorders; greener environments enhance recovery from surgery and improve immune system functioning; and environments with less green space are associated with childhood obesity and cardiovascular diseases.



Accompanying the article are two half-page photographs. One is of **Betsy** and **Frank Snope** on one of the many walks in the Arboretum; the other is the familiar one of **Susan Dowling** and **Perry Krakora** working at the plant sale.

Since the ICAA is an international organization, Medford Leas’ fame is spreading worldwide. Their website is www.icaa.cc

HOME CARE COMING!

by Suzanne Frank



Margery Rubin

Early in the new year, a Home Health Care program will be initiated by **Mary Ann Flatley, MSN, RN**, who will serve as director, Residential Health and Wellness Services. Mary Ann was hired in response to residents' wishes to have

some of their health needs attended to in their own homes. This program, under the supervision of Medical Director **Jennifer Khelil**, would offer residents a new option for remaining in their current homes longer before transitioning to assisted living or long-term care.

Charged with creating a team within the Outpatient Department, Mary Ann is working closely with Director of Resident Services **Tammy Gerhart**, and the Outpatient Apartment Care staff. Presently, the five certified nurse assistants who work in Outpatient Services will all become certified home health aides in order to work with residents in their homes. They will take a 10-hour course offered by Mercer County Community College.

The companions who currently work with residents will also be offered the opportunity to become certified home health aides. The home health aide course for the companions is a 76-hour course, which will be offered through a local provider of certified home health aide training.

Home health aides can assist residents with bathing, dressing, medication reminders, meal preparation, assistance with eating, assistance with ambulation, trips to medical appointments and other activities of daily living. The service can be provided for as little as one visit, or can be set up to accommodate a resident's extended-care needs. A home health aide can provide care to

residents who use oxygen or have Foley catheters, or need help with toileting -- for an agreed-upon number of hours.

"Safety is most important," Mary Ann cautioned, "because residents are more at risk of falling after a hospital stay, and thus more at risk of having to return to the hospital."

Then there is respite care. According to Mary Ann, "partners might like to take time off for themselves" while the home health aide is busy with the patient.

"The program won't be officially launched until we get the present staff certified, which will be in the first part of 2012." According to Mary Ann, the administration at present is looking at different options for funding this new service. Right now, Mary Ann is getting all the documentation together to fill the requirements for certifying staff. She has visited interested residents in Lumberton as well as those on the Medford campus where she has found a very positive reaction to the program. She also accompanies staff when they visit residents in the Courts to see exactly what is being done.

Mary Ann has very relevant experience. Most recently, she worked at the Burlington County Health Department for six years on their emergency preparedness plan. "I ran the Medical Reserve Corps, a group of volunteers whose primary mission is to train and practice for helping out in times of disaster with medical needs, sheltering, and mass medication distribution clinics," she said. "They also help with community initiatives, such as flu clinics and blood pressure screenings."

Before that, she worked for Moorestown Visiting Nurse and Hospice for 25 years, first as a visiting nurse, and then as director for Community Health Services, where she started up projects and opened up offices in Ocean County and Philadelphia. She lives in Lumberton with her husband, who is captain of security at Rider College in Lawrenceville, NJ.

INVALUABLE COLLEGE VOLUNTEER

by Betsy Pennink

Volunteer Evan Plys, a 23-year-old psychology major from Emory University in Atlanta, arrived on the scene this past summer, just in time to join **Gerry Stride**, director, Therapeutic Recreation, in setting up a course in brain fitness. He was drawn to Medford Leas because, when he was growing up in Haddonfield, NJ, he had visited his grandparents, the late **Winifred** and **Joseph Magistrelli**, here. Gerry discovered that his main interest was in memory problems of older people. The timing was perfect.

Gerry, as always involved in brain health, told Evan about a conference of the International Council of Active Aging she had attended, where she heard a professor from the University of Washington describe his ongoing "practical, nuts and bolts" project on increasing memory. A few months later Gerry had taken his training course and was now eager to implement his ideas at Medford Leas.

Enter Evan! He was involved from the inception of Gerry's project to the end. After giving interested residents a short test of cognitive ability, Gerry and Evan selected 18 for the program. The average age was 90.5 and the oldest was 97. All of them had expressed concern about their memory and were highly motivated. The course lasted eight weeks, with classes three times a week, and included homework.

Together Gerry and Evan devised a 40-page program of puzzles, matching games, word games and other paper-and-pencil activities. They used a variety of activity books and found that the residents enjoyed the hand-outs, having something concrete to work on rather than on a computer.

There were exercises in listening and remembering, when attention and perception were paramount. According to Evan, "the more people were engaged, the greater their success. We used multiple techniques to help participants with different ways of remembering. And," he said, "there was always a joke or a riddle, because laughter is important; it takes the edge off frustration."

In fact, Evan saw that having fun made learning easier. "Socializing is an important part of successful aging," he said, and he found that some residents even changed over the course of the program, becoming much more comfortable conversing with the others.

Resident **Warren Sawyer** said that he "had a good time doing" the course. "It was challenging and very worthwhile." Warren loved the "fact-of-the-day" exercise, when a fact was given at the end of a class and had to be remembered the following day. His favorite fact: "Pigs can't look up." Warren had no end of praise for Gerry's work and for Evan, whom he described as sincere and thoughtful.

The results were just what Gerry and Evan hoped for. At the end of the classes, they administered the little test again. Evan compiled the statistics and discovered that all participants in the class "improved on their scores, the average being a 6.4 percent increase. The scores of people who attended 75 percent of the time increased by 7.5 percent."

It is now clear to Evan that he has found the right field of study: neuropsychology. He has ended his three-year commitment to baseball at Emory to concentrate on his studies. After he gets his BA in May, he plans to join a clinical PhD program, leading to work in geriatrics. His summer at Medford Leas has been a happy experience. "Medford Leas is special," he said, "not just in the quality of care, but also the staff really cares and tries to bring joy into the lives of the residents." According to Gerry, Evan brought joy to Medford Leas. "The residents loved him and he was truly interested in them," she said.



TEDDY BEAR PICNIC

by Betsy Pennink



Take one child with a favorite teddy bear and you have an endearing image. Take 30 children, each with a teddy bear (or a floppy dog), mixing among residents in the Activities Room,

and you have a delightful party. This was the scene on November 9, when children from the day care center, Just Children, arrived for a Teddy Bear Tea.

The idea came from Judy Bush of Just Children, known to old-timers at Medford Leas as the place where our staff's children went after our child care center was closed and its rooms were turned into the Fitness Center. (Just Children is on Rte. 541, very near Medford Leas.)

Bears were distinctly the theme of the party. After some action-bear songs led by **Gerry Stride**, director, Therapeutic Recreation, the children took their bears and sat at tables with the residents. The chatter of very young voices filled the room as they made their teddies wave and dance. Each child then received a glue stick, two flat cardboard teddy bears (a girl and a boy), and colorful clothing to paste on them. At the front of the room **Linda Schultz**, Therapeutic Recreation, and her team pinned each finished teddy to the wall at child height.

Gerry announced the arrival of the Teddy Bear Picnic: individual cartons of apple juice with their straws stuck in the top and some bear crackers. (Some of the residents enjoyed sipping from the little containers as much as the children.) The conversation between residents and children was mostly centered on bears. Smiles were everywhere.

At the end, the children marched in a line, wending their way through the tables, singing "Make New Friends" and even shaking hands, before they finally said goodbye.

ART GALLERY NEWS

by Helen L. Vukasin

December is a special month in the Art Gallery. There is a long tradition of showing the work of members of the Philadelphia Calligraphers' Society. Long, in this case, means decades. **Harry Forrest** reports that it has been at least two decades since the first show of the calligraphers' work at Medford Leas. The Society, founded in 1976, is celebrating its 35th anniversary this year.

For the current show there will be at least four of the top experts showing their work, which will be available for sale. Harry has promised some surprises in this new exhibit. The artists will join us for the opening reception on December 6, from 3:00 to 4:30 PM. The artists will speak about their work at 3:30.

In the Art Studio Gallery, the exhibit that opened in October will be on view until a new spring show in April.

On the Lumberton campus, many visitors were entertained by the well-known artist Ben Cohen at the opening of his current exhibit. Ben's incredible pastels grace the walls in the Gallery and in the Great Room and stairwell of the Community Center. Ben treated the guests to a history of his colorful past and some interesting pointers about his artwork. For example, he surprised the artists present by admitting that he does not spray his finished work, because spraying changes the color, sometimes significantly. The Ben Cohen show can be seen through January.

"The World's Greatest Paintings," a DVD series shown at noon on the first and third Tuesdays of the month in the Linden Room, will appear as follows in December: December 6, "Leonardo, Raphael, Correggio," and December 20, "Michelangelo and Grunewald." Bring your lunch to the Linden Room between 11:30 AM and 12 noon.

IN MEMORIAM

Rebecca Hesse November 17

In the Nature Preserve

SWEETGUM STAND

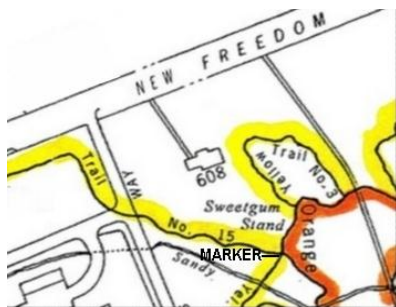
Text and photos by Maggie Heineman

Sweetgum (Liquidambar styraciflua) is second in production only to oaks among hardwoods. The wood is used as flooring, furniture, veneers, home interiors, and other lumber applications. The wood is also used as paper pulp and to make baskets. Pioneers once peeled the bark and scraped the resin-like solid to produce chewing gum. Sweetgum is a favorite landscape tree because of its beautiful glossy leaves and brilliant fall color, and because it makes a good shade tree. Sweetgum is easily recognized by its star-shaped leaves and its woody, spiny, ball-like fruit.

(sfrc.ufl.edu/4h/sweetgum/sweetgum.htm)



The marker at the intersection of the Orange Trail with Yellow Trails 15 and 2 explains that until 1970 there was a farm field there. After Medford Leas bought the property, nature took its course. Sweetgum, like Virginia Pine, is a pioneer species which moves into abandoned fields because it thrives in sunlight. Eventually pioneer species give way to trees such as oak, maple, beech and hickory, which grow up in their shade to form a climax forest.



The house which is 608 on the map (**Brian and Isabel Daly** lived there, and later **Rona Keilen**) is #12 New Freedom Road. Maybe sweetgums planted behind that house provided seeds for the trees in the Sweetgum Stand.

Without human intervention The Meadow would become a sweetgum stand. In October there were about two dozen 10-20 foot tall sweetgums in the meadow beyond the houses at the end of

Bridlington Way North. Along with the tall sweetgums growing among the cedars, there were hundreds of small sweetgums on both sides of the Red Trail that passes through that area.

In November **Dave Barclay** and **Gordon Brummer** began removing sweetgums in the meadow near their homes. Dave uses a chainsaw on the large trees. Gordon uses loppers for the smaller ones. Their work is proceeding rapidly and may be complete by December 1.



Two sweetgums tower over both the house at #12 New Freedom Road and the evergreens planted alongside them. Younger trees in the Sweetgum Stand can be seen behind them.



One of four sweetgums along Wilkins Station Road. Some of the trees that invaded the meadow were nearly as tall as those along the road, but much smaller in diameter than the older trees.

NEW BOOKS IN THE LIBRARY

Fiction

Barnes, Julian *The Sense of an Ending*
 deRosnay, Tatiana *A Secret Kept*
 Eugenides, Jeffrey *The Marriage Plot*
 Frazier, Charles *Nightwoods*
 Grisham, John *The Litigators*
 McLain, Paula *The Paris Wife*
 Sparks, Nicholas *Best of Me*
 Steel, Danielle *Hotel Vendôme*

Mystery

Baldacci, David *Zero Day*
 Beaton, M. C. *As the Pig Turns*
 Brown, Rita May *Murder Unleashed, No. 2*
 Child, Lee *The Affair*
 Connelly, Michael *The Drop*
 Evanovich, Janet *Explosive Eighteen*
 Grafton, Sue *V is for Vengeance*
 Maron, Margaret *Three-Day Town*
 Muller, Marcia *City of Whispers*
 Parker, Robert *Killing the Blues*
 Sandford, John *Shock Wave*
 Winspear, Jacqueline *A Lesson in Secrets*

Non-Fiction

Brookhiser, Richard *James Madison*
 Didion, Joan *Blue Nights*
 Friedman, T. & Mandelbaum, M.
That Used to Be Us
 Isaacson, Walter *Steve Jobs*
 Janzen, Rhoda *Mennonite in a Little Black Dress*
 Kanter, Jodi *The Obamas*
Jacqueline Kennedy: Historic Conversations on
Life with JFK (both CDs and transcripts)
 Lehrer, Jim *Tension City: Inside the Presidential*
Debates
 Massie, Robert *Catherine the Great*
 Matthews, Chris *Jack Kennedy*
 Mukherjee, Siddhartha *Emperor of All Maladies*
(Cancer)
 Rhodes, Richard *Hedy's Folly*
 Rice, Condoleezza *No Higher Honor*
 Sandell, Laurie *Truth & Consequences*
(Madoff family)
 Verghese, Abraham *Cutting for Stone*
 Zinn, Howard *A People's History of the*
United States

WELCOME TO THE COURTS

Lois Lindeman was feeling rather lonely on the Lumberton campus after the death of her husband, Bill, in 2009. She moved into Apt. 141 in October, finding friendly neighbors in her Court and many opportunities for social interaction.

After retiring from their jobs – Lois as elementary school teacher and Bill in insurance sales – the Lindemans moved to East Poultney, VT, the area where Bill had spent happy summers with his family. During their 15 years in Vermont, Bill and Lois visited a number of times with **Lin House**, Bill's sister, and **Ed** at Medford Leas. They decided to move to the Lumberton campus in 2002.

Lois has studied what she calls “decorative painting,” or folk art, and has several examples of the art form in her apartment, including a chest of drawers. She wants to do more of this painting after she feels completely settled.

Looking out her large windows, Lois pointed to the areas where she hopes to plant flowers in the spring. She has three sons living in Brooklyn, Jersey City, and Kissimmee, FL.

Ellen Stimler

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## WHO'S NEW

photos by Margery Rubin

**Gordon** and **Sara (Sally) Clark Brummer** are happy to have moved into Bridlington 697 after waiting for the sale of their 200-year-old house in Brookside, NJ. Both are natives of New Jersey. Sally was born in Atlantic City and grew up in Margate; Gordon, although born in New York City, grew up in Teaneck. Each has one sibling who married each other. As Gordon says, “It makes for a smaller group of relatives at special occasions.”

Gordon and Sally met while Gordon attended Colgate University and Sally was at Wells College, only 85 miles from Colgate. Sally's room-

mate, **Nancy Barclay**, is now her neighbor in Bridlington. Gordon and **David Barclay** traveled together to Wells to see the girls. After Sally and Gordon received BA degrees, Gordon earned an MS from Columbia Business School. He worked briefly for The New York Telephone Company before entering the Army. He and Sally married in 1956 and were stationed in Ft. Meyer, VA, near Washington, DC.



After military service, Gordon went back to work for New York Telephone, then part of the Bell System. Very soon, Sally and Gordon moved to Manhasset on the North Shore of Long Island, where they raised two sons and two daughters. They lived there for 28 years, until moving to Brookside, NJ, when Gordon was transferred. That also put

them nearer Sally's mother, who died recently at the age of 105. The Brummers have eight grandchildren.



Sally had a life of volunteering at the children's schools. Upon settling in at Medford Leas, she hopes to return to painting watercolors. During retirement, Gordon has worked with the National Executive Service Corp., mainly in the Newark area, developing strategic plans for non-profits.

Other friends at Medford Leas, besides the Barclays, include **Fran** and **Alex Webb** and **Dick** and **Valerie Cross**, who share the Atlantic City connection. **Barbara** and **Wil Britten** were from the same golf club.

The Brummers spend part of each winter in Hilton Head, SC. Summer finds them traveling to a cottage on Beaver Lake in northwest New Jersey and an island on Penobscot Bay in Maine, where they are part of a corporation of 10 families who own the 110-acre island.

Sue Heath



**Kathleen Traynor Thomas** moved to Apt. 265 from Medford Lakes in October. She and her husband **Edwin**, who died in 2008, raised seven children, all of whom went to college and had successful professional careers. "Now I have 13 interesting grandchildren,"

Kathleen remarked, mentioning one grandson who climbed Mt. Kilimanjaro and another who taught the building and repairing of bicycles in Africa, where bikes are the chief means of transportation in many places.

Edwin and Kathleen met after WWII and were married in 1948. The couple lived in Haddon Heights, NJ, while Edwin worked on an accounting degree under the GI Bill at Rider University in Trenton. When their growing family needed more space, they bought a house in Medford Lakes. Edwin worked at RCA and GE in Moorestown.

Kathleen, who had been a secretary before her marriage, went back to work in 1973 to help with the children's college expenses. She worked as a teller at the Farmers & Mechanics Bank in Medford. As part of that job, she taught a course in financial management at Shawnee High School. "I guess I was a frustrated teacher at heart," she joked.

After her husband retired in 1989, Kathleen decided to stop working also and left the bank as assistant vice president.

Asked what she likes to do in her leisure time, Kathleen says she enjoys reading, walking, and swimming, but keeping up with her large family takes most of her time. All except two of her children are living close by in Medford Lakes, Mt. Laurel, Moorestown and Cherry Hill.

Ellen Stimler





## DECEMBER CRYPTOGRAM

by Ellen Stimler

XI XH TPHN XC IWT LDGAS ID  
 AXKT PUITG IWT LDGAS'H  
 DEXCXDC; XI XH TPHN XC  
 HDAXIJST ID AXKT PUITG DJG  
 DLC; QJI IWT VGTPI BPC XH  
 WT LWD XC IWT BXSHI DU IWT  
 RGDLS ZTTEH LXIW ETGUTRI  
 HLTICTHH IWT XCSTETCSTCRT DU  
 HDAXIJST.

– GPAEW LPASD TBTGHDC

Below is the solution to the November cryptogram:

SLEEP, AND IF LIFE WAS BITTER TO THEE,  
 PARDON, IF SWEET, GIVE THANKS; THOU  
 HAST NO MORE TO LIVE; AND TO GIVE  
 THANKS IS GOOD, AND TO FORGIVE.

– SWINBURNE

The correct solution was received from the following readers:

**Ruth Blattenberger, Judy Braddy, Pat Buckwald, John Caughey, Alice Culbreth, Doris Curley, Liz Dill, Roberta Foss, Linda Gorwood, Molly Haines, Neil Hartman, Herb Heineman, Barbara Heizman, Pat Heller-Dow, Sue Isaacs, Sally Klos, Tom Krainik, Helen Peterson, Betty Preston, Ruth Quackenbush, Doris Salati, Florence Sawyer, Peg Scott, Ellen Wiener.**

**Important Note.** Starting with the January issue, the cryptogram will be produced by **Herb Heineman**, a Lumberton Campus resident. Please submit your solution to the December cryptogram, as well as future ones, to Herb. Either leave it at

the Reception Desk, addressed to 121 WSD, or email it to [hsheineman@comcast.net](mailto:hsheineman@comcast.net). Cryptograms of your choosing should also be sent to Herb. We thank Herb for taking over this feature and thank Ellie for managing the cryptogram for more than 10 years.

## MEDFORD LEAS LIFE

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**Deadline for submissions:  
 10<sup>th</sup> of the month preceding publication**



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