



Medford Leas *Life*

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THREE DAYS OF FITNESS

by Suzanne Frank

Connie Bacha, 104, and **Adele Scull**, 103, two feisty yet regal members of the Century Fitness Club (for those aged 100 and over), were honored for their steady and enthusiastic adherence to their exercise routines by the staff of Fitness and Aquatics at its Award Dinner on January 19. This buffet-style celebration capped three days of focusing on fitness on both the Medford and Lumberton campuses.



Margery Rubin

Connie Bacha

Connie exercises twice a week with **Rick Trandahl**, and only Rick. "I'm being a pain in the neck. I don't know enough to die," she chuckles sweetly. She came from Tuxedo Park in upstate New York to Medford Leas in 2001. Highly athletic, Connie was captain of her high school basketball team and worked with Olympic swimming teams in her youth. She also became a competitive swimmer and diver. Although Connie has a degree in education, she felt a great pull to work in nursing. While busy raising her family, she also had the patience and love of animals to be able to

train dogs and other creatures. She has two daughters and five grandchildren.

Adele calls herself "a Jersey Girl" and says, "I really like exercise. I like being busy and keeping active mentally and physically. I don't want to sit on my 'francis' (an old society term for one's bottom) as some people do, looking sour." She exercised a lot with her husband, who was very athletic. "I have one daughter who is 83," Adele noted with some amusement, "and she has a daughter who has two children."



Margery Rubin

Adele Scull

A founding member and vice president of the Day Care Council of New York, Adele was also very active in the Brooklyn Kindergarten Society. She has been on many committees over her 30 years at Medford Leas and is an avid gardener, winning many ribbons for her beautiful flower show arrangements. She authored *The Recycling of Trees*, for which she won the Thomas Turner Cooke Award of the Garden Clubs of New Jersey.

Also honored with certificates at the dinner were **Ruth Spendelow** for devoting eight to ten hours a day over a five-day week to Fitness Department

volunteer work; **Lili Wronker** for her extraordinary participation in fitness; and **Nan Hanslowe** for “willingness to be the best that she can be and making a difference in our lives.” A blushing, smiling and well-deserving **Dave Bartram** was honored for “volunteering above and beyond what is expected and making a real difference in the lives of both residents and staff.”

Other fitness events directed by the staff were: “Three Dimensions of Movement”; “Taking the Next Steps,” a discussion on walking; and “Body Motion.” Therapeutic Recreation Director **Gerry Stride** spoke about “How to Improve Your Memory Before You Forget.”

In order to have a healthy brain, Gerry noted, there are four legs (as on a chair) of stimulation that are necessary: Number 1 – *physical activity*; Number 2 – *proper nutrition*; Number 3 – *mental exercise*; and Number 4 – *good socialization skills*. “If the brain is properly stimulated,” she explained, “it produces more neurons.”

This stimulation can be attained in innumerable ways, such as reading, taking a class, being a member of a club, taking a trip, volunteering, or perhaps developing a new hobby. To make her point, Gerry handed out a list of 50 separate suggestions. She said that “any activity in which you cannot think about something else while you do it would be cognitively stimulating.” To summarize, she said we should stay physically active, remain socially involved, adopt a brain-healthy diet, treat depression and avoid stress, sleep well, and laugh often.

Beverly Kannengieszer, director, Active Living, along with **Ken Roland**, chair of the three-day event, and trainers **Kristin Smyth** and Rick, wrapped up the fitness activities by saying, “We’ve given you tips on how to maintain fitness, and we do our best to have you do your best.”



SUSAN KENSILL, CFO, A GOOD FIT

by Beth Bogie

Susan Kensill, MBA, CPA, NHA (Nursing Home Administrator). One might add, reimbursement specialist, manager of computer system conversions, and strategic planner. But the most important label from her past, from the perspective of Medford Leas, is chief financial officer (CFO).



Margery Rubin

Susan, who took up her new role at Medford Leas in November, spent the previous 25 years providing financial, accounting and management leadership for long-term care organizations. During seven of those years she was CFO of two Philadelphia Continuing Care Retirement Communities – Kearsley Retirement Community and Simpson Senior Services – with annual budgets of \$8.4 million and \$20 million, respectively. Medford Leas’ current budget is \$24 million.

For the past six years she was a consultant with Premier Healthcare Resources, King of Prussia, PA, a long-term care management and consulting firm. Client size varied from 128 to 908 beds, and budgets ranged from \$13 million to \$72 million. She created client-specific financial reporting systems; led interdisciplinary teams achieving a reduction of \$500,000 in accounts receivable for one client; and obtained an improvement in Medicare reimbursement of \$450,000 for another.

Wearing her CFO hat at Kearsley, a residential community encompassing independent living, assisted living and skilled nursing, Susan oversaw financial reporting and developed integrated long- and short-term financial projections to help the

board identify strategies for long-term viability. She also assisted the Kearsley president with operational oversight of the healthcare unit and provided management support for the long-term care facility.

As CFO at Simpson Senior Services, a CCRC offering senior housing and healthcare services to an array of subsidiaries, she provided overall financial leadership. She worked closely with its board on strategic planning, including governance, management and financial infrastructure. Over the previous 12 years she had served as vice president of finance of Simpson House, a subsidiary (budget: \$14 million). For the final two of those years she was effectively CFO.

Medford Leas attracted Susan for three reasons. The first was the opportunity to work with **CEO Jeremy Vickers** because of his “great leadership and vision” and his “supportiveness of staff,” she said. “I felt he was somebody I could work with.”

Second, she liked its Quaker affiliation and Quaker values, which she sees as supportive of her own values as a liberal socially and a conservative fiscally. Quaker values had long been important to her through her parents. She herself attended Quaker-founded Earlham College in Indiana before receiving a bachelor’s in business administration from Temple and MBA from Drexel. Her father is an alumnus of Swarthmore, which is Quaker affiliated, and her mother worked with the American Friends Service Committee.

Third, she said, “I wanted to be in a situation where I could make a contribution to sustainability, and I could really use my skills in an organization that was not in crisis and which has the needed tools.” Working within an organization, as opposed to working as a consultant, she said, “you have more influence and more authority. You can see your ideas implemented.”

Susan first learned about Medford Leas in knowing **Lois Forrest**, former executive director, who helped develop the continuing care accreditation process. “She was a peer reviewer and so was I. I learned a lot from her. She was a good role model.”

Her initial job, Susan says, is to learn how Medford Leas works, how things get done. She’ll be involved in the March 31 fiscal year-end work. She is also working on the fee structure of the home health project with **Mary Ann Flatley**, its new head. Long-term, she’ll be involved in capital planning, beginning with the renovating of Estaugh and including evaluation of outside sources. “I’ll be working with the existing long-range capital plan,” she confirmed.

“There are, in addition, significant computer projects in a major push to automate ancillary charges using the POS card – charges for pharmacy, doctor’s offices, home health and the beauty salon. This will reduce the manual input,” she explained. “I’m not a tech person, but I like to work with people who are.” She added, “Technology is important, but it doesn’t replace the human mind.”

Medford Leas was a surprise to Susan in the complexity of its population. “The challenge here,” she said, “is in life care – maintaining occupancy, managing the needs of people as they age, and maintaining a good work force.” She was impressed one day to find employees and residents competing in a game of water volleyball. “This was new to me. I like residents sharing with employees. It makes it a community.”

“Every place is different,” she noted, “but we all have the same issues. We’re all dealing with accounts receivable, third party payments, and we’re all affected by government programs. We differ in services, how we’re financed and debt.”

Susan feels her graduate training and her experience give her the ability to look at a problem at a systems level. “Accounting involves more tactical detail.” She adds, “I think like an auditor. Nursing home administrators understand needs – how we use energy, food and staffing.”

“The real balancing act,” she emphasized, “is having the resources and money for current needs, while also meeting future requirements.”



*Life Lines***CATS**

by Marcy Webster



Apparently, Medford Leas is a haven for cats. Coddled, beloved cats lounge in sunny windows, and resourceful feral cats curl in drain pipes to give birth. I am intrigued by this feline presence, and I've decided to write about it even

though I've been taught to "write what you know," and I know almost nothing about cats. There are cats in my family that I admire and respect, but I know them in the sense of being acquainted, not of understanding. I am intimidated by, and slightly afraid of, cats. Think of this column as therapy.

When you need information, turn to an expert. **Perry Krakora**, assisted by her longtime friend **Susan Dowling**, and by other willing Bridlington women, is embarked on a crusade to find the feral cats that are producing litter after litter on the beaches of Barnegat Light and in the confines of Medford Leas. In an effort to control population and the inevitable fighting, these women trap the cats and arrange for them to receive medical care and neutering. This approach to the feral cat issue is called T-N-R, or Trap-Neuter-Return. If they are too old to be socialized and adopted, they are returned to their neighborhoods.

Perry has rescued 38 cats at Barnegat Light and 16 at Medford Leas. All of them have been neutered and given their shots. Eighteen of the cats have been adopted and today are living in comfort and security.

Perry explained the difference between stray and feral cats. Strays are in trouble. They are bedraggled and having a hard time making it on their own. But feral cats are doing okay. They can take care of their basic needs and survive day-to-day although their future is full of danger and possible ill health.

This project began accidentally at Perry's Barnegat Light home in 2003. She was charmed

by a glimpse of a kitten peeking at her from under a woodpile. When he was old enough to leave his mother she brought him to join her two indoor cats, Franny and Zooey. He was given the name J.D., to continue the Salinger theme, and settled in to stay.



June 2003, JD as a kitten

Perry Krakora

Today, almost ten years later, Perry gives him diabetes shots every 12 hours and takes him everywhere. The family – Perry, **Herb**, Franny, Zooey, and, of course, J.D. – just spent a wonderful month in Florida, leaving two newer adoptees to be cared for at home by Susan and **Fran Walker**. Susan tends to many of her neighbors' cats over vacations and in emergency situations and does grooming and counseling as well. Fran has been the liaison with the Animal Welfare Association, where many of the Medford Leas cats have been neutered and adopted.

These women are wise and tolerant. They understand the individual personalities that they're dealing with: the older laid-back cats, the more affectionate males, the occasional prima donna. Right now they are on a search to find the cat they call "momma," an unattractive black cat that has litter after litter (cats can reproduce as long as they live) and, so far, hiding in the courts and meadows, has evaded capture.

Researching this column, I've learned a lot about cats. Two things that are obvious are the protective instincts they can arouse and the devotion they can inspire.

40th ANNIVERSARY GALA

by Kitty Katzell

Last March, our cover story told you about many of the events planned to commemorate Medford Leas' 40th anniversary. That article ended with mention of a special year-end surprise event, and said, "Stay tuned. It's **OUR** birthday, so let's celebrate." Recently notice was issued about a gala event to be held on Wednesday, March 7, "with fine dining, music and wines, and everyone dressed to the nines." So ladies check your party dresses, and gentlemen be sure your tux or other best suit is pressed and ready to show off.

The event starts with complimentary bubbly and hors d'oeuvres, being offered in two venues: in the Activities Room from 2:30 to 4 PM, and in the Holly Room from 4 to 5:30 PM.

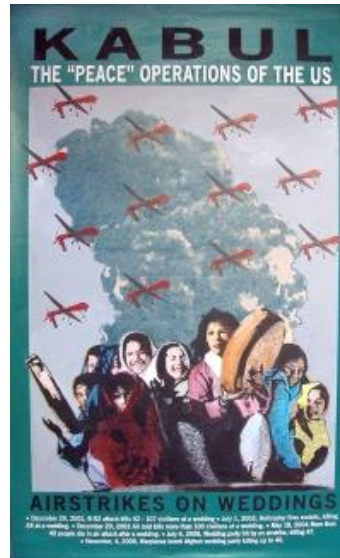
Then there will be a special dinner in all dining areas: from 4:30 to 6:30 PM in the Coffee Shop; 5 to 6 PM in both the Garden Dining Room and the Courtyard Dining Room; and 5:30 to 7 PM in the Colonial Dining Room. Because all residents are invited to the dinner, reservations are recommended in the Garden and Colonial Dining Rooms. They can be made by calling 654-3100. Residents on meal plans will use their regular ID cards; special event meal prices will apply for guests and for residents without a meal plan.

The Gala will conclude in the Theater, where Big Band Music for dancing and listening will be provided by *The Next Generation Swing Band* from 6:30 to 8 PM. So girls, wear your dancing slippers and boys, your patent leather shoes, so you'll be all set to show your stuff.



WINDOWS AND MIRRORS ON WAR

by Helen L. Vukasin



"Airstrikes on Weddings"
by Art Hazelwood and
Juan Fuentes.

On the weekend of March 10 and 11, Medford Leas will present a traveling art exhibit entitled, "Windows and Mirrors: Reflections on the War in Afghanistan," featuring 25 large-scale murals by American and international artists. The exhibit was created by the American Friends Service Committee (AFSC) in collaboration with The Philadelphia Mural Arts program and the Chicago Public Art Group.

The exhibit is a memorial to Afghan civilian casualties and focuses on the human cost of war. The "windows" give us a picture of a war-torn country; the "mirrors" reflect our identity as a nation at war.

In conjunction with the exhibit, the new AFSC Secretary General Shan Cretan will speak about the exhibit at 10 AM on Saturday, March 10. Her talk will be followed by a buffet lunch.

The exhibition will hang in the Holly Room and can be visited on Saturday from 9 AM to 5 PM (closed during the program from 10 to 11 AM) and on Sunday from 11 AM to 4 PM.

There is no charge, but reservations must be obtained for the Saturday program by calling Donna Coonley, Marketing, at 654-3527.

The exhibit will also be presented at the Medford Friends Meeting House, 14 Union Street, on Thursday, March 15; Saturday and Sunday, March 17 and 18; and on Monday, March 19. For additional information call (609) 953-8914.

**MONDAY, MARCH 5, 10 AM
HOLLY ROOM**

**Jeanne Gural, Executive Director,
Woodford Cedar Run Wildlife Refuge
will present a talk about the refuge.**

“Who We Are and What We Do”

THE HAWK TAKES FLIGHT

by Betsy Pennink

There are many red-tailed hawks in New Jersey, but it's unusual for one to “check himself into rehab!” That's what we learned from Jeanne Gural, executive director of Woodford Cedar Run Wildlife Refuge in Medford, as she carried a large cage covered with a colorful cloth into Medford Leas on January 25. In the cage was just such a hawk, which she was about to release into the wild. A group of residents joined **Debbie Lux**, Landscaping, who had arranged for the release of this extraordinary hawk to take place here. Everyone followed Jeanne to the terrace outside the Lounge, where she continued the story.

Six weeks before, at Cedar Run, Becca Gutwirth, director of education, was carrying out a plate of frozen mice to feed the resident birds, when suddenly something swooped down over her shoulder and landed on the ground in front of her. It was a red-tailed hawk. Startled, she tipped the plate and a mouse fell to the ground. The hawk grabbed it, ate it, and flew away -- but not very far, because soon he was back on the front porch of the hospital. He was obviously in trouble, and the staff was able to capture him the following day.

It was then they discovered that he was neither ill nor injured, but malnourished. A band on his leg told them that he had come from northern New Jersey. Perhaps he was on his first migration south. At any rate, it was apparent that he had never learned how to hunt. (Possible causes: his

parents left him behind, or he was the weaker of a pair of chicks.)

No challenge is too great for the experts at the hospital at Cedar Run. They found that the hawk was dehydrated, so he received a subcutaneous injection of fluids. Then they fed him and he became stronger, but he still had to learn how to hunt. He was moved to the “pre-release flight testing aviary,” a huge cage where he could exercise his muscles and learn the necessary skills for survival. Live mice were introduced regularly into a “hunt box,” which was enlarged as the hawk became more adept at catching them. Finally, when he could hunt consistently and had developed both strength and stamina, he was declared ready to survive on his own.



Margery Rubin

At Medford Leas, Jeanne put on her elbow-length leather gloves, uncovered the cage and opened the door. She reached in to take the bird out. That didn't work, so she tipped the cage downward over the rail. With a loud flutter of wings the hawk flew off toward the spruce trees near the shuffleboard area. He was still seen there some time later, listening to the crows and inspecting his new surroundings, a success story from every point of view. Who knows? Perhaps this hawk will find the Medford Leas area to his liking.

RESIDENT APPRECIATION COOKIE RECEPTION!

Hosted by Medford Leas employees
for residents from both campuses

Friday, March 16, 2:30-4:00 PM
Holly Room and Activities Room

Come and be appreciated!

ART GALLERY NEWS

by Helen L. Vukasin

For the closing month of the 40th Anniversary Celebration, the exhibit in the Medford Leas Art Gallery will be "Art from Moorestown Friends." The Moorestown Friends School is loaning a selection of student art work from their permanent collection for this show. The works have been donated by past and current students. Because many of the artists are no longer local, there will not be a reception. The exhibit will be on display during March and April.

The unique ceramic tiles of Diane Emerson will be on exhibit in the Art Gallery on the Lumberton campus through April. During a well-attended reception the artist discussed her philosophy in approaching her creations as well as the techniques she uses to achieve their beauty and simplicity. If you missed the opening, you can obtain a key at the Medford campus Reception Desk for access to the show at your convenience.

Spring is not far off. Artists in the Art Studio are working to produce a whole new show in April.

On the first and third Tuesdays of the month the Art Studio hosts a DVD series, *The World's Greatest Paintings*, in the Linden Room at 12 noon: on March 3, "Inside the Artists – Vermeer, Velasquez, Rembrandt"; on March 20, "Spirit and Thought: Hals, Rembrandt, La Tour." Bring your lunch to the Linden Room. All are welcome. There is no charge.

MIDDLE SCHOOLERS ON CAMPUS

by Betsy Pennink

Mark your calendars! On St. Patrick's Day weekend, March 16-18, 30 middle schoolers (with seven chaperones) will be here at Medford Leas. The Middle School Friends group of the Philadelphia Yearly Meeting has chosen Medford Leas as the venue for one of its weekend retreats. These young Friends will come to us largely from Pennsylvania, New Jersey, and Delaware.

Jane Weston, director, Marketing and Community Relations, has offered the group the unoccupied half of Wood's Cottage, where there is room on the floor for sleeping bags and where some of their programs can take place. She and **Gerry Stride**, director, Therapeutic Recreation, have mapped out a very full weekend of activities.

The fun for Medford Leas begins when the young people come over to the Community Building for activities on March 17. Lunch that Saturday, titled "Sandwich and a Story," is to be in the Holly Room. Each of 15 to 20 resident volunteers will be teamed with two students, everyone bringing a sandwich. (Drinks and dessert provided.) A sign-up sheet for resident volunteers will be at the Reception Desk.

That afternoon, our young guests will be given a choice of trail walks with residents, calligraphy lessons by **Harry Forrest**, time to visit with resident conscientious objectors, as well as games in the Linden Room with residents.

There will be St. Patrick's Day Bingo with Assisted Living and Estaugh residents in the Holly Room. Then, to the great excitement of the young people, they will have dinner at their own tables in the Colonial and Garden Dining Rooms. (Already heard: "Oh, which of my party dresses should I wear?")

Following this, there will be a Middle School Talent Show in the Theater – everyone welcome -- and a Middle School Dance to end the evening. So get ready to enjoy seeing these young people in our midst and to learn more about their world.

THE FIRST CONTROLLED BURN

text by Beth Bogie, photos by David Bartram

Tuesday, January 31, became the scene of the first controlled burn of the largest of three Medford Leas meadows, this one situated east of the silo between Rushmore and Bridlington. The day was sunny and mild with a light breeze, the ideal environment for such an event, a fireman said. The burn was controlled by the New Jersey Forest Fire Service and the Medford Township Fire Department. Firemen lit the grasses with their gas-filled canisters, and then monitored the flames' progress, until the flames petered out.

The reason for the controlled burn is the presence of many invasive plants that have made themselves at home in the meadows, crowding out the native plants and grasses. In addition to disposing of the invasive plants, the fire promotes seed germination of native grasses and other plants, helps to improve the wildlife habitat, and benefits the whole ecosystem as the space is restored to a natural meadow. (See January *Medford Leas Life*.)

For the first time, Medford Leas used its new emergency alert system to notify all residents by phone or email that the burn would be taking place the next day and all precautions would be taken.



PLEASE NOTE!

*If you use anti-static dryer sheets, use only those that are **fragrance-free**.* We are informed that a number of potentially harmful chemicals are used to produce the fragrances.

If you use plastic bags to carry your recyclables to their disposal container, please dump the recyclables into their proper container and put the plastic bag(s) into the trash container provided.

Let's make our recycling effort even better!

Thank you!

The Resource Conservation Committee

In the Nature Preserve

NATURE WALKS AND WILDFLOWERS

Beginning on March 3, **Jane Bourquin** will lead easy walks on the 1st and 3rd Saturdays at 9:30 am. Jane's walks focus on wildflowers. She knows where they are and when they come into bloom. Jane also knows mushrooms, bushes and trees. **Maggie Heineman** will lead trail walks on the 2nd and 4th Mondays beginning on March 12. Monday walks will include the nine tours described in the notebook "Medford Leas Nature Trails," which was prepared by **Ruth Blattenberger** in 2008. Depending on length and terrain, Monday tours may be easy, moderate, or strenuous. They will start at 9:30 in March; the start time will become earlier as the mornings become warmer. Weekly announcements about both the Saturday and Monday walks will be placed on or near the Nature Bulletin Board and at Lumberton.

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### CAUTION IN THE WOODS AND MEADOWS

**Marie Gleason** almost died from babesiosis in 2005. In 2011, I had a case of babesiosis that required hospitalization. Recovery was slow in both cases.

What is babesiosis? Why is it important to know about it? How can you protect yourself? Babesiosis is a malaria-like disease in which the parasite, *Babesia microti*, invades and destroys red blood cells. Once rare, babesiosis has become increasingly common down the eastern seaboard to South Jersey.

Marie was the third person in Westchester County, New York to have the disease. Her doctor was unfamiliar with babesiosis and diagnosis came late. By the time she was diagnosed, most of her red blood cells had been destroyed. She was in intensive care and received 14 units of blood.

Babesiosis has been moving south. South Jersey specialists in hematology and infectious diseases

have treated many cases in the last two years. My case was severe, not because of late diagnosis, but because I have no spleen due to a moped accident 30 years ago.

In an article last June in *The New York Times*, Dr. Gary Wormser, chief of infectious diseases at Westchester Medical Center, explained, "Many people who are infected with the parasite have no symptoms at all, while others experience mild to moderate flu-like symptoms that may last for a few days or as long as six months. But some people get so sick that they wind up hospitalized, put into an intensive care unit, or even dying."

The parasite is transmitted by a deer tick, the same tick that carries the bacteria that cause Lyme disease. However, in the case of babesiosis, there is no rash, no sign of a bite. My symptoms of a malaria-like disease were shaking chills and fever spikes up to 103 degrees. Microscopic examination of a blood smear showed parasites.

**Prevention – Permethrin.** The military has been using permethrin for over 20 years. It is not applied to one's skin but to clothing, shoes, tents, bed nets.

Permethrin is not a repellent – it is a neurotoxin and kills ticks, mosquitoes, and other insects right away. I first learned of permethrin last spring from **Jane Bourquin**, who uses it on the clothing she wears in the woods. It took one minute on Google to learn that permethrin is dangerously toxic to cats. I did not follow Jane's advice to use permethrin because following my leashed cat on rabbit hunts through the meadow was a joy to both of us, and I could not allow my cat to rub against permethrin-treated clothing. I continued to rely on protective clothing and body inspections. Now, by wearing clothing which has been treated with permethrin, I will continue my work in the Nature Preserve, but my kitty cannot go with me. He has to stay in – no more rabbit hunts.

Do not let the danger out there keep you from enjoying our wonderful natural areas. However, if you spend time in the woods, please contact me and I will tell you more about permethrin, which is sold by REI.

**Maggie Heineman**

## MEANDERING AT MEDFORD LEAS

by Ralph Berglund

*Editor's note: **Ralph Berglund** has an internet blog [bergiesplace.wordpress.com](http://bergiesplace.wordpress.com) which is a photo journal of his activities – such as his recent move to Medford Leas, his Christmas Caribbean Cruise, and his exploration of our campus. All of Ralph's entries relating to the Arboretum are, and will continue to be, linked from [medfordleasarboretum.blogspot.com](http://medfordleasarboretum.blogspot.com). An excerpt from Ralph's blog is below.*

"There are about five miles of woodland trails on our 165-plus-acre campus and I thought I'd better get started. Saturday was a beautiful day so I tried a one-mile section. I flushed three white-tailed deer and encountered squishy reminders that there is an adjacent flood plain.



"Sharp's Run borders the south edge of the campus on its way to the southwest branch of Rancocas Creek. During last week's rain the Run had risen enough to flood the entrance from Route 70, closing it for a while. The bridge pictured above was undoubtedly under water.

"For part of the trail I found myself on a steep-sided embankment well above the flood plain. Well, says the railroader, this is not a natural formation; there must have been a railroad through here. Sure enough, the 5.95-mile Mount Holly, Lumberton, and Medford Railroad served these communities and interchanged at Medford with the Camden and Atlantic (City) Railroad, c. 1870.



[There were only a] "few spots of color remaining in the woods as I entered the unsaturated gray-brown bare-branch season. But returning on a campus-paved road, there was an attractive colorful planting of winter pansies in front of drying grass plumes. The unusual black-stemmed plant is a night-blooming *Globus electricus*."

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LUMBERTON BIRD CENSUS

The Birds Are Here!

by Miriam Swartz

It was a bright sunny, cold, 22-degree morning on January 19, when **Joe Jordan, Louise Tompkins** and I met at the Community Center on the Lumberton campus to make our annual bird count. Joe had already counted Goldfinches and House Sparrows at his home feeder. At the Community Center and on our neighbors' rooftops we sighted Northern Mockingbirds, European Starlings and Mourning Doves.

Using Louise's telescope, we looked out over Monarch Lake, an old quarry now filled with water. This lake that borders our property had a flock of 26 male Common Mergansers. Those ducks in their spring plumage have dark green heads, bright red bills and all white bodies. We also saw Mallards and a flock of gulls there.

As we hiked down the Rancocas Trail, to the South Branch of the Rancocas Creek, we could hear Blue Jays and Carolina Wrens and Tufted Titmice calling. More than 1,000 Canada Geese flew over our heads.

On the creek there were American Crows, more Canada Geese and Mallards, and one beautiful Pin Tail Duck. The Pin Tail Duck is primarily gray, with a white s-curve going up the side of its brown neck and head.

Returning on the Rancocas Trail, we turned left and followed the Back Water Trail. There we saw our greatest variety of species as they sunned themselves on the edge of the water. Here was a Hermit Thrush, Belted Kingfisher, Northern Flicker, Carolina Chickadees, Red-Bellied, Downy and Hairy Woodpeckers, a Brown-Headed Cowbird, and White-Throated Sparrows. On the ground we saw a large flock of American Robins scratching for food among the leaves.

With the help of **Mort and Tali Yeomans, Kay Roberts, Tom and June Krainik, and Chuck and Barbara Lassen** watching their feeders, we added more Northern Cardinals, House Finches, Dark-eyed Juncos and Common Grackles to our list. **Pete McCord** traveled around the campus and added a Sharp-Shinned Hawk and American Coots to our list. Pete regularly sees at least one American Eagle every day.

We saw a total of 31 species, and 1,997 individual birds. The sightings of flocks of 132 American Robins, 67 European Starlings and 1600-plus Canada Geese brought our count way up over past years. If others are finding low bird counts, we aren't. The birds are definitely here.

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**MARY BALL, LONG-TIME VOLUNTEER**

text and photo by Betsy Pennink

*(This article is part of a series about volunteers at Medford Leas from the wider community.)*

Dedication and motivation are driving forces for **Mary Ball**, a volunteer from Cherry Hill who has been helping out in the Medford Leas indoor swimming pool every Wednesday morning since 1996. **Beverly Kannengieszer**, director, Active



Living, had recently arrived at Medford Leas and was working to develop the Fitness and Aquatics program.

Beverly sent messages to different private swimming clubs in the area, asking for volunteers. When Mary's club, the Wahoos, posted the notice, Mary read it and immediately called Beverly to offer help. Although she was "a Philadelphia girl," Mary had always liked the water. She began swimming seriously when she was at a YWCA camp at the age of 12.

Now Mary works with residents at Medford Leas one-on-one in the pool. She tries "easing them into exercises," and, with great sensitivity and empathy, endeavors "to give each one confidence, especially if they are fearful of pain." She keeps a hand out to show that she's there.

Although Mary doesn't want to sound "preachy," she has a philosophical approach to volunteering that defines who she is. "Volunteering has nothing to do with time," she says. "Everyone should do more than occupy their own space in this world. Give 125 percent because there are people who can only give less than their 100 percent."

Mary maintains that there is a certain kind of personality that is suited to volunteering, especially in a semi-medical setting. "You can't be critical," she says. "Follow the rules and don't second guess."

Usually employed full- or part-time, Mary has always sought volunteer activities that fit her schedule. Among them were Federated Women's Club, Animal Welfare, and a Friendly Visitor program. For a long time she was a tutor for Literacy Volunteers of America. Still going strong, she shows no sign of stopping.

Mary and her husband Ray have lived in Cherry Hill for 56 years. He has found his own sphere of good works, and their three children are following suit.



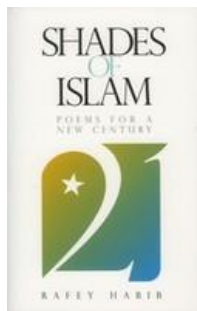
## MARTIN LUTHER KING ADDRESS

by Kay Cooley



An Indian-born Muslim and British-educated professor of literature at Rutgers University, Dr. Rafey Habib hardly seemed a likely choice for giving the annual Martin Luther King address at Medford Leas on January 22nd. That he proposed reading his own poetry as the substance of that address seemed to remove him even farther from Dr. King. And yet it was precisely that poetry and the links to Dr. King made by Dr. Habib that constituted an appropriate and cogent tribute to the civil rights leader.

Like Dr. King, Professor Habib devotes himself to helping those who suffer injustice – in this case, Muslim-Americans, who, since the destruction of the “Twin Towers,” frequently have been stereotyped and treated indiscriminately as jihadists and terrorists.



*Shades of Islam* is Dr. Habib's first published collection of poems. He uses his poetry to counter such falsehoods by conveying nonviolent viewpoints held by Islamists. For example, his poem “The Suicide Bomber” lists the attitudes and actions of these terrorists, but each is rejoined by “You do not speak for me.” He uses his poetic voice to forcefully reject the mentality and operations of terrorists, and thinks, as did Dr. King, that “injustice anywhere is a threat to justice everywhere.” Dr. Habib's two sons each read poems that also conveyed the spirit of nonviolence.

Like Dr. King, Professor Habib believes that we are all linked together, and that by basing our lives on spiritual and moral values, we can rise above merely individualistic interests. He views the current middle class revolutions in Arab countries as a necessary prelude to pluralistic, democratic forms of government. He summarized his philosophy in his closing sentence, “The best we can do is improve ourselves and let God take care of the others.”

## SPECTICAST TO PRESENT DUDAMEL

by Beth Bogie

On Friday, March 23, Venezuelan conducting prodigy and violinist, Gustavo Dudamel, 31, will conduct the Berliner Philharmoniker from Waldbühne, Berlin, in a performance of “Los Ritmos de la Noche” (Rhythms of the Night), with Puerto Rican soprano Ana Marie Martinez.

The program will include works with a distinctly Latin flavor by Spanish, Mexican and Latin American composers: Chavez, De Falla, Revueltas, Villa-Lobos, Ginastera and Marquez.

The concert was recorded live in June 2008, when Dudamel was 27.

Dudamel is currently the principal conductor of the Gothenburg Symphony, Gothenburg, Sweden, music director of the Los Angeles Philharmonic in Los Angeles, CA, and artistic director of the Orquesta Sinfónica Simón Bolívar, the national youth orchestra of Venezuela in Caracas.

He began studying music at an early age, and took up the violin when he was ten. He became active in the music world in his teens and began to win conducting competitions in his early 20s. By then he was attracting the attention of leading conductors internationally. Conductor Sir Simon Rattle said Dudamel was “the most astonishingly gifted conductor I have ever come across.”

Dudamel has performed as guest conductor of many leading orchestras, including the New York Philharmonic, the Vienna Philharmonic and the Israel Philharmonic. (Sources: Wikipedia and the *Berlin Philharmoniker* magazine).

### IN MEMORIAM

Joan Tietz      January 26  
Jane Hunter    January 26

## GETTING PLACES WITHOUT A CAR

by Ellen Stimler

When I had to give up my car because of reduced vision, I felt locked in and caged at first. How was I going to get to all the stores, to meet friends for lunch, to get to medical appointments, to movies or plays?

After talking to other residents, I was told to study the Medford bus schedule and my contract with Medford Leas concerning medical appointments.

After doing my homework and more than two years without a car, I have found I can get to almost all places with either the Medford Leas bus or the free car transportation to health care specialists. While my driving friends have offered to take me places, I try not to call on them except in a real emergency.

The Medford Leas bus schedule is printed on the back of the monthly calendar, and trips are also posted on the bulletin board to the left of the Atrium mailboxes. For food shopping the bus goes to ShopRite, Acme, Murphy's, Whole Foods and Wegmans on a regular schedule. Other trips are made to Walmart on Rte. 70, the stores along Stokes Road into Medford, the Burlington, Moorestown, and Echelon Malls, and several other places, with stops in between.

The driver is always willing to drop off a resident at a bank or store on the way and pick up the resident on the return trip. Once, after three residents were dropped off at Walmart, the driver took me to Trader Joe's and Produce Junction during the hour the others were at Walmart. On another occasion, I was also able to go to the TD Bank, Spotts Hardware and Binkley's 5 and 10 on the way to Murphy's Market in Medford.

Once a month, the bus takes residents to the Woodcrest stop of the high-speed PATCO line to allow for a half day in Philadelphia, and then makes a pick-up in the afternoon. All these trips are free to Court residents, but Bridlington and Rushmore residents are charged \$1.80 per trip.

**Bob Schneider** and **Audrey Todd** are the bus drivers. Both help residents with their heavy shopping bags, loading them into the bus and putting them into residents' shopping carts when they drop them off close to their apartments at the end of the trip. Bob said he spends waiting time doing puzzles and reading on his Kindle.

**Cathy Malsbury** is the coordinator of transportation to medical appointments (within a radius of 50 miles), which is free to residents who have a healthcare contract. Based on the information she receives from the Health Center and from some residents who make their own appointments, Cathy makes up her daily schedule and notifies residents of their pick-up time. She has two cars available and two drivers: **Barry Sherzer**, a full-time employee, and **Bob Berman**, who is assigned as needed. Cathy helps out when both are busy. Residents can ask for rides to dentists, podiatrists, acupuncturists, or audiologists, but they have to pay for those rides at the rate of 55 cents per mile and \$21.00 per hour.

The Medford Leas bus also takes residents to Philadelphia for orchestra and chamber music concerts, opera, ballet, and theater. These trips are arranged by residents; participants pay for the tickets and the bus transportation. Once a month, on a Friday, a residents' committee offers a visit to places of interest, art exhibits or special events. These trips are paid for according to the notice distributed by the committee.

As to visiting my friends in Moorestown and Cherry Hill, I invite them to come to Medford Leas for Specticast concerts, Vid-U talks, the Saturday morning Leas Forum or a similar event they would enjoy, and then we have lunch or dinner together.

To get to the airport, train station, or Greyhound terminal, residents have to make arrangements with Rapid Rover, a taxi, or a hired driver. Bob Berman will drive to these places depending on his schedule, or make a recommendation. Without a car, some advance planning is essential, but that doesn't cost a thing.

## SCRIMSHAW MOVIE ON THE WEB

by Maggie Heineman



**Mike Carrell** has prepared a five-minute movie of close-ups of the Atrium scrimshaw display with a music background. It has been uploaded to YouTube and is linked from mlra.org, currently from the home page, and permanently from the photo archive. Mike's movie will be shown at the meeting of MLRA on March 19.

The photo archive at mlra.org links to the 26 photo essays and slideshows which were added to mlra.org in 2011. The most polished, and most important, are the three-part photo essay on the history of Medford Leas, and the Arboretum slideshow that was prepared for the event honoring **Lois Forrest**.

Other 2011 additions include both a slideshow and a photo essay on The Farm, several slideshows and a photo essay on Hurricane Irene,



photo essays on the Blueberry Festival and the "Bees at Leas," and slideshows of the 2011 Holiday Show, Community Day, Craft Show, Golf

Event, Farm to Fork, Teddy Bear Tea, Scarecrows, Hootie Owl, Roofing and Solar Panels, April Arboretum Walks in the Courts and on Trails of both Campuses, Atlantic City Memory Walk, and the Medford Leas Mini Walk.

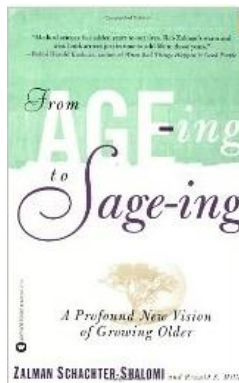
*Medford Leas Life* archives and the slides from **Jeremy Vickers'** Community Conversations are stored in a password-protected area of the website. The password is available from the receptionist.

## SPIRITUAL ELDERING

by Kay Cooley

Readers of *This Week at Medford Leas* have been seeing "Spiritual Eldering 1" and "Spiritual Eldering 2" appearing under "Tuesday" for several weeks.

What is Spiritual Eldering and who or what is involved?



The titles refer to extended workshops offered to interested residents by Rabbi Richard Simon, spiritual leader of Temple Har Zion in Mt. Holly. Based on the program, "From Age-ing to Sage-ing," created by Rabbi Zalman Schachter-Shalomi, the workshops deal with spiritual (rather than religious) aspects of aging. They teach par-

participants how to find meaning and purpose in this ultimate but sometimes diminished stage of life.

In the workshops, participants learn how to harvest the wisdom of their years through life review, reflection on their experience, meditation and journaling. To assist them, specific resources are drawn upon to reframe attitudes toward aging and to find value in personal experience for passing on to future generations. These specific resources are research on aging, techniques from contemporary mind/brain psychology and contemplative spiritual practices.

Persons in the workshops learn to face the unresolved experiences of their past and their fears of the future. This enables them to live more vitally in the present. They take time to examine how they can make a difference in the lives of their families, communities and society. Through this process, they can learn to transform the natural regrets, depression and sense of loss that can accompany growing older into renewed purpose and inner peace. They become sages.



## WELCOME TO THE COURTS

**James (Jim) and Gladys Cox**, who moved into Apt. 68 from the Lumberton campus, have deep roots in Medford Leas, going back to its very beginning. Jim's mother, **Edith Cox**, was the 30<sup>th</sup> resident of Medford Leas and lived here for 17 years in what was then Unit 92. Gladys' cousin, **Helen Kennedy**, lived on the Medford campus, and her brother, **Jack Akerboom**, lives at Lumberton.

Jim and Gladys have two sons and two daughters, but none lives within close visiting distance. A granddaughter, a lawyer in Baltimore, is the nearest family member. There are four other grandchildren.

Jim had a career as an engineer at New Jersey Bell. His favorite recreation was golf, and he played at many famous courses. Right now he wants to start an exercise program to get back into shape for hitting the balls. He shared an important WWII memory, saying that President Truman's decision to drop the atom bomb on Nagasaki probably saved his life. He was a quartermaster in the Navy, concerned with navigation, when his ship was on the way to the Philippines and Japan. After the bomb, they went on to Japan following the surrender, but not as combatants.

Gladys displayed several large framed pictures of her counted cross-stitch handiwork, with flower arrangement designs and scenes of children in winter. She enjoyed doing secretarial work before her family responsibilities. She loves gardening and may do some planting around her apartment.

Ellen Stimler

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A day wasted on others is not wasted on oneself.

Charles Dickens

WHO'S NEW

photo by Barbara Degler



Davis Forsythe Henderson, 100 Woodside Drive, has moved to the Lumberton campus from Hillsboro, TX. It was a homecoming for him. He was born in Philadelphia of parents who grew up in this area and were married in the Mt. Laurel Meeting House. His mother, **Eleanor**, who lived to be 100, was a long-time resident of Medford Leas until her death in August.

Davis attended Westtown School, West Chester, PA, and graduated from Hamilton College in Clinton, NY, where he majored in business administration. In 1966 he joined the Peace Corps as a volunteer in Ecuador. Seven years later he was named country director in Malaysia. He was responsible for interfacing with the Malaysian government officials, interacting with the Washington, DC office staff, and placement of 240 volunteers.

After serving for six years in Malaysia, Davis joined the staff of the American Red Cross, working in Washington, DC, Stuttgart, Germany, Chicago, Tampa and Houston. Wishing to escape the intense, unceasing hustle of city life in Houston, he invested in a 33-acre ranch in Hillsboro and stocked it with horses and livestock. He retired five years ago.

Davis still travels frequently and particularly enjoys hiking, among other outdoor activities. He soon will be joining friends he met while serving in the Peace Corps to explore the Patagonia Ecoregion on the coast of Chile. Upon his return, he plans to serve as a volunteer in the Burlington County office of the American Red Cross in Mt. Holly.

Doris Brown

MARCH CRYPTOGRAM

by Herb Heineman

B VZQTTT LKPQTRP ETTPJBHH KV
KS OBSDAN TE OAPANKTNBPKSD
KSPT B IAOKAWBH VPROC QBHH.

Underline the name of the author:

- **WKSZA HTIJBNOK**
- **MTA YBPANST**
- **FSRPA NTZFSA**

Below is the solution to the February cryptogram.

I HAVE WONDERED AT TIMES WHAT
 THE TEN COMMANDMENTS WOULD
 HAVE LOOKED LIKE IF MOSES HAD RUN
 THEM THROUGH THE US CONGRESS.

- **BARACK OBAMA**
- **RONALD REAGAN**
- **FRANKLIN ROOSEVELT**

The correct solution was received from the following readers:

Catherine Barry, Ruth Blattenberger, Jane Bourquin, Judy Braddy, Marion Burk, Jody Cardona, John Caughey, Alice Culbreth, Doris Curley, Liz Dill, Linda Gorwood, Craig Gower, Neil Hartman, Barbara Heizman, Pat Heller-Dow, Patti Hopton, Sue Isaacs, "Jean-leas" (email ID), Sarah Klos, Mary Hope Mason, Joan McKeon, Betty Preston, Ruth Quackenbush, Doris Salati, Florence Sawyer, Peg Scott, Ellen Stimler, Miriam Swartz. Of these, 20 correctly identified the author.

Please send your solution via campus mail to Herb Heineman, 121 WSD, Lumberton, or email it to hsheineman@comcast.net by March 10.

MEDFORD LEAS LIFE

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