



Medford Leas *Life*

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A PIZZA GARDEN?

by Betsy Pennink

Children racing each other in Medford Leas' Farm gardening area? Yes, but with a purpose. The children belonged to the Eco Youth Garden Club, an affiliate of the Pinelands Garden Club, and they were scampering to the compost heap with weeds they had just pulled up from their newly acquired plot in the Farm.

The project is a serious commitment by six mothers and their 12 children (aged 2 to 12) to grow vegetables and fruit in a 500-square-foot plot assigned to them by Medford Leas. This was made possible by a \$500 grant, part of a block grant from the U.S. Department of Agriculture, which had filtered down to them through the Garden Club of New Jersey and, finally, the Pinelands Garden Club.

Under the resourceful leadership of Aishling Tews, mother of David, a five-year-old, and with the invaluable help of **Debbie Lux**, Landscaping, the children are learning about vegetable gardening "from the ground up." Aishling describes some of what Debbie has done: "She has shown the children how to start seeds in the greenhouse, plant small seedlings, and deal with bugs." Together they have planted strawberries and mustard, procured by Debbie at bargain prices, and have started parsley from seed. (Other community gardeners have contributed seeds and advice too.)

Meanwhile, Aishling, with her winning manner, had persuaded both Wawa and La Bella Pizza on Route 541 to donate cardboard for the area around the plants to keep the weeds down. (There were four truckloads!)



Aishling Tews

The day the bamboo came from Kirby's Mill, as arranged by Debbie, the children were ecstatic. Even a two-year-old tried to wrestle a long piece into position as they worked on building a teepee-shaped trellis for climbing plants, such as beans, cucumbers and tomatoes. It was a hilarious scene as everyone experimented with twigs and twine to make the teepee stable.

One of the goals of the summer's work is to create a "pizza garden" with all the fresh ingredients that go on a pizza: tomatoes, onions, peppers, eggplant, oregano, parsley. And if there is a bountiful harvest, the group hopes to give fresh produce to local food banks.

The mothers and children come to Medford Leas about twice a week. After all, the plants need watering, which the children do conscientiously, with attention to each plant. Over the summer it will be fun for Medford Leas residents to see the children caring for their garden and, like them, to watch how everything grows.

LENAPE HIGH SCHOOL HELPERS

by Ellen Stimler

This year part of the senior class at the Lenape Regional High School selected Medford Leas for its annual day of community service. Participation is required for graduation. The school initiated the contact with Medford Leas and worked with **Tammy Gerhart**, director, Resident Services, to plan the details.

On April 26, 16 seniors helped residents of the Lumberton campus clean their walking trails. On May 4, 32 young men and women gathered in the Medford Leas Lounge at 9 am to be matched with residents who had signed up for help from the students. Residents were told that the students were prepared to do gardening, household chores, or anything else that needed to be done.

I was asked to take two girls who were close friends and wanted to stay together. On our walk



Ellen Stimler

to my backyard, I told them that I needed their help in weeding and then planting flower seedlings, which I had just received the day before. They had never done anything like it, but they donned garden gloves, got down on their knees (on a kneeling bench) and set to work, planting marigolds and zinnias. They caught on quickly and did a great job.

After their hour of service, they said they would love to come back and help me any time. They will both go on to Burlington County College, one to become a nurse, the other a physical therapist. I then took them back to the Activities Room, where they were joined by the rest of the class for punch and cookies.

Toby Riley also had two young women who helped him install linoleum on his porch. **Wil Britten** said his helper got rid of weeds in his court.

For the last hour of their visit, the students broke into groups. One stayed in the Activities Room, singing, dancing and talking with residents there. Student members of ROTC went to the exercise studio and listened to war experiences told by **Rick Trandahl**, Fitness & Aquatics, and Wil Britten. **Julie Smith**, director, Nursing, took some interested students through the nursing areas.

Joy Moll was so pleased with her students, who weeded her whole court, that she wrote a letter to the school's principal, suggesting that her letter be made a part of the students' file for use in their college applications.

MEADOW TRANSFORMED!

text by Beth Bogie, photos by Ralph Berglund

“Meadows are open spaces in a landscape composed of more than 50 percent grasses,” said **Bob Wells**, associate director of Morris Arboretum Arboriculture Outreach, in a talk here on April 20, “Restoring Our Meadows.” Bob has been a Morris Arboretum consultant to Medford Leas for the past five years. After the talk, he took residents up to the large section of the Medford Leas meadow that had undergone a controlled burn on January 31.

That day a few singed red cedars were the only sign of the burn. But the ground was stubbly with few if any grasses. Wildflowers were returning – mustard grass, goldenrod, lupine and blue dame’s rocket.

Amazingly, by early May, just three weeks later, the meadow was transformed! It is was a sight to behold. Lush green grasses a foot high rippled like waves under a brisk breeze. Dazzlingly beautiful blue dame’s rocket swayed with the grasses. In a phone call, **Nancy Barclay**, Arboretum Committee chair, exclaimed, “The burn worked!” She hoped people would go up the walk toward the silo to witness this rapid transformation.



“Grasslands and meadows are short-lived,” Bob had explained in his talk. “If left alone, they will turn into trees, the dominant feature of eastern North America.” He said that this results from the normal process of natural succession, in which herbaceous and woody growth take over as a first



step toward eventually becoming woodland. “Native meadows are a product of disturbance. They don’t occur naturally. Fire is one method of disturbing a meadow, in order to hold back invasive plants. It’s necessary for their management.”

Bob made recommendations for continued management of the meadow, which had

been full of invasive plants before the burn. “There should be only one mowing in late winter when the ground is frozen; have a controlled burn every two to three years; remove invasives; no fertilizer, no irrigation and no rototilling. Rototilling breaks up healthy, evolving plant relationships. Soon, work will begin on the meadow with the planting of grasses and wildflowers. Once established, these will be sustainable,” he said.

It had been a beautiful day to observe the early restoring of our meadow. Now, just a few more weeks later, the meadow continues its dramatic transformation.



ANNUAL FLOWER SHOW

Tuesday, September 11
Activities Room

Not too early to think about your entries!
Details available in early August.

Co-Chairs:
Cecile Hanley & Ro Wilson

BEHIND THE DOORS, Part Two

by Marcy Webster



Last month, I promised you a love story. There are many here at Medford Leas; some that are exotic or dramatic, others that give off a well-used glow of contentment. You don't have to go behind the doors to find devoted partners tending to each other or a courting couple flirting at a table for two.

When **Penny Eynon** opened the door and led me into her charming apartment, her first words were, "I've had a wonderful life!" And, as we sat surrounded by treasures from her two happy marriages, I could not only feel the warmth and love, but I could see the framed collage of houses where Penny lived with Lew, and the exact place on the carpet where Jim knelt to propose.

She was born Barbara Hill in Bangor, Maine. Penny and her three best friends, also Barbaras, assumed nicknames based on coins. Our heroine, the smallest Barbara, became Penny.

When she was a senior in high school, she was chosen to represent the state of Maine at a national Girl Scout event in Utah. There, each girl was assigned her own horse. On camping trips, the scouts slept in a circle around the fire with the horses standing in a protective ring around them. Penny slept next to the guest of honor, Lou Hoover, the wife of the ex-president of the United States, and she ate fresh-caught mountain trout brought to the campsite by Herbert himself. That was the first of many occasions when Penny felt that she was "in the right place at the right time."

That feeling was reinforced when, at the last minute, Penny decided to go to Simmons College. There she met Lewis Fykse, a student at M.I.T. The two were married for 57 years.

They lived the mobile corporate life, had a son and daughter, and became avid boaters. To pursue that hobby they moved to Toms River and then, to be near their widowed son, to Medford Leas.

After Lew's death, Jim Eynon, whose wife had died, began driving Penny to church. Before long, they fell "greatly in love." Penny says they were "like teenagers" but that otherwise they "never thought of age." Certainly their final trip would have been challenging for people half their age. A cruise landed them in Delaware and they left from there to drive the twelve hours to Bangor to embark immediately on another cruise. Jim got sick and, although Penny chartered a plane to fly him home to Medford, he didn't recover.

Jim's stained glass art reflects the light in the apartment. Penny, sitting in the sunshine on the large sofa they shared, talks about her life. "I've always been in the right place at the right time. I've had a wonderful life," she says again.

There's your romance. I closed the door and walked home.



HEALTHCARE VOLUNTEERS

by Suzanne Frank

A gregarious group of 93 volunteers who help with Estaugh, Haddon and Woolman residents were thanked by the healthcare staff at a recent gloriously arrayed buffet brunch in the Holly Room. "There is a great sense of community here," said **CEO Jeremy Vickers**, "and volunteerism is its heart and soul." **Gerry Stride**, director, Therapeutic Recreation, with her usual whimsical accuracy, pointed out that the dash in the middle of the dates on a tombstone really represents what great caring things one has done with one's life while on this earth – like volunteering.



CLUB MED AT MED LEAS

by Betsy Pennink

Interested in photography or jazz? Like to sing songs from Broadway shows? Perhaps card games are your thing? Do you love animals? These were the questions put to Assisted Living and Estaugh residents by **Gerry Stride**, director, Therapeutic Recreation, and her staff at the beginning of the year. From the answers, Club Med was created.

Gerry was inspired by the format of the real Club Med, where there is an activity for everyone. She thought, "What can we do that would be fun, varied, and interesting? It should also be something that brings people together and fosters socialization." Her idea: monthly meetings of different groups, each reflecting the interest of the residents and the staff member who led it.



Marcy Smith, Vince Pieczyk

Marcy Smith founded the Photography Club. About ten residents and volunteers signed up from all over Medford Leas. Marcy provided digital cameras and printed up the photos taken. One session involved taking pictures of one another expressing different emotions; another week Marcy cor-

ralled staff members to pose for the photographers. A particularly enjoyable excursion was the trip in April to shoot photos of the Medford Meeting House. The best photographs were hung around the Activities Room on May 23, when the club had a Gallery Reception, complete with cheese, crackers and wine.

Linda Schultz led the Animal Lovers group. Residents gathered in a semicircle to enjoy visits from a series of pets. On one occasion Rocky, **Perry Krakora's** black cat, came with Perry's husband **Herb**. At the end of a long leash, Rocky visited everyone. Herb fielded a barrage of questions about Rocky, including whether he had a girl-

friend. (Answer: no, but he has a sister.) Another day, **Anita Solomon** brought Rufus, her English Setter, who was much admired. A video about animals concluded each meeting.

Terry Tufnell's devoted Card Games players filled three tables, playing Memory Match, Old Maid, Go Fish, and Rummy. Players at the Old Maid table were heard to laugh hysterically as they passed the Old Maid card from hand to hand. Residents enjoyed the games so much they continued playing outside of club meetings.

Geri Mingori discovered that what the members of her Jazz group really enjoyed was the whole period of both jazz and big bands, mostly in the 1940s. Every week Geri played part of the PBS film "The History of Jazz," which included all the performers of the time. Some residents had actually seen the live performances. Others enjoyed seeing them on the screen. The music brought back memories to everyone. One session lasted two hours instead of one because the group was having such a good time.

Gerry Stride's group, called "Broadway Bound," attracted a large number of residents, who sang lustily from song sheets. **Nannette Hanslowe** was at the piano while Gerry led the singing. Every week for five weeks she concentrated on different composers – Irving Berlin, Cole Porter and others. Finally the group made a list of their favorite songs. This list was presented to the Estaugh residents, who chose their favorites. On May 17, the "Broadway Bound" singers performed these songs for the Estaugh residents as part of the celebration of Nursing Home Week.

Residents look forward to their Club Med meetings so much, they will continue after the summer. Gerry emphasizes, "Residents from both campuses are welcome as participants or volunteers. Anyone who shares the interests of all-inclusive Club Med is welcome." She also would be interested in other ideas that would be fun for a small interest group. If someone would like to start one, talk to Gerry.

EVENING IN THE ARBORETUM

by Kitty Katzell

The evening was cloudy and cool, so people needed to wear wraps. Everyone was dressed to the nines. There was even a mink stole among them. Before the party started, 30 people toured the courtyard gardens, led by **Bob Wells**, of the Morris Arboretum, Director of Operations **Bill Murphy**, and Active Living Director **Beverly Kanengieszer**.



Margery Rubbin

The partygoers were greeted in the covered walkway by residents and staff, who helped them with nametags and programs that listed the rules and bidding procedures for the silent auction of 58 listed items. And what a list! A quilt, paintings, plants, gift baskets, gift memberships, gift certificates, a spa day, travel and vacation opportunities, tickets to local events, even a catered barbecue by J&B caterers at the winner's home (J&B turned out to be **CEO Jeremy Vickers** and Bill Murphy). In the Atrium, the guests were met by **Nancy Barclay** and Jeremy Vickers before they made their way around to where the items were on display. Beside each item was a page on which to enter bids. At the top of each page were specified the value of the item, the minimum bid, and the minimum raise for later bids.

Having been advertised as including a wine tasting, Mitch Levin of Canal's Wines Unlimited in Medford arranged for five different companies to supply 43 different wines and sommeliers to serve them. Some were set up in the Colonial Dining Room, others in the Lounge. In the center of the

Colonial Room, there was a carving station serving beef tenderloin and adjacent food stations offering seafood and sushi. In the Lounge, a chef created pasta masterpieces, and adjacent was a fruit, cheese, and dessert board along with tasty sweet treats. **Danielle Peterson**, who works in Estaugh, played lovely popular music from the '30s, '40s, and '50s on the grand piano in the Lounge, while Medford Leas wait staff circulated in both venues offering delicious hors d'oeuvres.

According to **Jane Weston**, director, Marketing and Community Relations, there were over 150 people in attendance, among them more residents and more family members of residents and staff than the year before.

Many residents and staff were involved in planning and providing the special features of the Evening, but special mention must be made of some of them. The committee that organized the Silent Auction solicited the donations that were offered for sale. They were **Jane Bartram**, **Linda Gorwood**, **Janice Saibel**, and **Ro Wilson**. Executive Chef **Brad Mauger** and the staff of Dining Services impressed the guests, who were "wowed" by the assortment and caliber of the food.



ACCREDITATION SURVEY

by Suzanne Frank

The mood was one of low-key anticipation, with an undercurrent of incredible preparedness as two surveyors from CARF-CCAC* began their two-and-a-half day evaluation on April 23 of every facet of staff/resident interaction at Medford Leas. They began by meeting the leadership team and touring both campuses. They interviewed the CEO, the CFO, each leadership team member and each department head, had a luncheon meeting with selected members of the MLRA Council, met with residents from all parts of

*Commission on Accreditation of Rehabilitation Facilities – Continuing Care Accreditation Commission

both campuses, had a breakfast meeting with two board members, and also met with staff representatives from each department who were asked about their personal feelings and work experience. The surveyors also reviewed departmental policies and procedures, the ML disaster plans, disclosure statements, financial records and information, risk management, corporate compliance, and strategic plans, to list a few!

To prepare for this in-depth study by CARF, **Beverly Kannengieszer**, director, Active Living, who admitted to actually volunteering to head this mind-boggling and somewhat Herculean task, used a 151-page workbook. She had to cajole, plead, and humor staff members and at the same time had to be diplomatic and persistent to get them to address the 900 standards that would prepare them for the review. "It was above and beyond our workload and very time-consuming," Beverly admitted. "But it was a good tool that made you look at everything behind the scenes. And, as a result, the staff was well prepared, because they did all their work." Beverly worked closely on the format of this project with **Lori Jakelsky**, executive assistant, referring to her as "just a little gem."

According to some feedback, the surveyors had a very positive reaction. They were deeply appreciative of Beverly's clever handling of all the workbook questions and answers which she had put on a thumb drive! "They really loved that because they were used to having to deal with piles and piles of binders which they had to handle and read," Beverly said happily. They also seem to have loved the residents' input and the workings of the kitchen, as well as the fact that the leadership was using iPads. In fact, it was rumored that one of the surveyors said she would like to live here, and the other that she would like to work at Medford Leas.

Although this survey is a pass/fail endeavor, the results do serve as a comparison with other CCRCs. Medford Leas' results will be known in six to eight weeks.

DR. FIRSTENBERG, PSYCHOLOGIST

by Suzanne Frank



Some might laugh at the comparison, but **Loren Firstenberg**, PsyD, thinks that more than a few elderly have the same problems as teenagers. "They have to deal with what other people tell them, and perhaps they don't want to be where they are."

Recently added to the medical staff as a health practitioner and psychologist, Dr. Firstenberg (she likes to be called Dr. Loren) plans to provide psychological evaluations, deal with diagnostic concerns, and assist those in the Health Center who are looking for additional support with patients' treatment. She will also support residents who may experience such problems as physical pain, depression or loss of independence and mobility.

Dr. Loren did her undergraduate work at the University of Pennsylvania and received her MA in psychology and PsyD (Doctor of Psychology) from Rutgers University. She then completed three years of supervised work with Community Treatment Solutions, in Gloucester County, treating court-referred and DYFS (Division of Youth and Family Service) teenagers who had been abused. After taking some time off for raising her three children, Dr. Loren says she has recently served the elder population for more than seven years as a consultant. She's been married for 13 years to her husband, Michael, who works in Internet security.

Asked her impression of Medford Leas so far, she responded, "I've been very, very warmly welcomed here and find the environment very nurturing. I've also already been involved with some of the staff and have found them to be working very hard at communicating among each other."

Dr. Loren is available on Mondays and can be reached directly at **3008**. She will give you a call back later. However, if you would like to make an appointment with her, call the Health Center at **3427** and you will be put on Dr. Loren's schedule.

STAFF IN THE NEWS



On May 5, **Janet Rumble**, nurse practitioner in the Health Center, received her Doctorate in Nursing Practice, *magna cum laude*, from the University of St. Francis, Joliet, IL. She was chosen to give the invocation at the graduation.

To earn her degree, she took online courses from the university for three years while working at Medford Leas. For her thesis, she presented a research project at a nursing conference in South Carolina. Her new doctorate permits her to teach as an associate professor at Rutgers University in New Brunswick, but her students come to Medford Leas twice a week and observe her in the Health Center. She is also an adjunct professor at Burlington County College, where she teaches an evening course in the fundamentals of nursing.

Janet has worked at Medford Leas since 1979, first as staff nurse, then as nurse practitioner, and from 1990 to 2008, as director of the Health Center. In 2011 she was awarded the Lois Forrest Merit Scholarship.

Kay Cooley

NEW SOUND SYSTEM

On May 10, installation of a new stereo surround sound system was completed in the Medford Leas Theater. The stereo sound for movies and SpectiCast music will now be heard the way it was meant to be heard, rather than through the existing monophonic system, which will continue to be used for amplifying speech from microphones.

J.D. Bartram

SPECTICAST: BIZET'S CARMEN

by Beth Bogie

One of the most popular works in the history of opera, Georges Bizet's *Carmen*, will be presented on Saturday, June 9, at 1:45 p.m., the tenth and final SpectiCast concert in the present series. The production was filmed and recorded live in 2006 from the Staatsoper Berlin, with Daniel Barenboim conducting the Staatskapelle Berlin. This non-traditional version of *Carmen* is performed in modern dress.

The role of Carmen will be sung by Russian mezzo-soprano Marina Domashenko, who was hailed as a "superb Carmen, a beautiful, dark mezzo as well as a compelling stage presence." Mexican tenor Rolando Villazon plays Don Jose, a naïve soldier who is seduced by the fiery Carmen. *Frankfurter Allgemeine Zeitung* wrote of Rolando: "A perfect Jose, sung as he hasn't been sung in a long time... This young Mexican tenor alone makes it worth seeing."

Daniel Barenboim, a legendary Argentinian conductor and pianist of Russian Jewish parentage, is general music director of La Scala in Milan, the Berlin State Opera, and the Staatskapelle Berlin. He previously served as music director of the Chicago Symphony Orchestra and the Orchestre de Paris. He is also known for his work with the West-Eastern Divan Orchestra, a Seville-based orchestra of young Arab and Israeli musicians, and is a supporter of Palestinian rights.

The Opéra Comique in Paris commissioned the French composer Georges Bizet to write *Carmen* in 1872 and it was first performed in 1875. Bizet died during its first run, before the celebrity it acquired in later years. "The music of *Carmen* has been widely acclaimed for its brilliance of melody, harmony, atmosphere and orchestration, and for the skill with which Bizet represented musically the emotions and suffering of his characters."

(Sources: Wikipedia, *New York Times*, *Mostly Opera*)

DOGS STRUT THEIR STUFF

by Beth Bogie



Diva dogs and handsome dogs (as in “you handsome dog, you”) gathered backstage in the kitchen of the Activities Room awaiting their cues to parade onto the runway before the assembled crowd. More than 100

spectators filled every seat in the Activities Room and lined the walls, waiting with great anticipation for the opening of the Medford Leas Tenth Annual Dog Show on April 25. The event was organized by **Linda Schultz** of Therapeutic Recreation.

Twenty-five dogs, the largest group ever, wagged and wiggled. Their handlers nervously straightened the canines’ costumes. Eleven of the contestants were shown by employees, nine by residents, and five therapy dogs by students from the veterinary program at Burlington County Institute of Technology.

Soon, Masters of Ceremony **Terry Tuffnell** and **Marcy Smith**, Therapeutic Recreation, stepped to the podium to begin the program. A hush of eager expectancy fell over the audience, which came from all parts of Medford Leas. The judges, **Fran Webb**, **Sally Klos**, and **Helen Hamilton**, readied themselves for the delicate task of deciding who was the best tail wagger or the best kisser. And the winners were:

Best Costume

1st place, Sandy, Yellow Lab, and Lily, Corgi/Beagle mix, as “Peas and Carrots” (L. Schultz); 2nd, Bean, Yorkie-Poo, in “Yellow Bikini” (**Kristin Smyth**, Fitness & Aquatics); 3rd, Rickey, Havanese, in “Necktie” (**Michele Jones**, Woolman resident care manager).

Best Tail Wagger

1st place, Lily (L. Schultz) 2nd, Venus, Staffordshire/Pointer (**Rick Trandahl**, Fitness & Aquatics); 3rd, Sandy, mixed breed (**Dottie Mulholland**).

Best Tricks

1st place, Fuller, Labrador Retriever service dog, retrieved his leash (owner, **Kay Roberts** and handler, **Vince Menzel**); 2nd, Casey, Lab/Pit Bull, retrieved newspaper (**Barbara Degler**); 3rd, Dexter, mixed breed, wearing Phillie shirt, retrieved a baseball (**Beverly Kannengieszer**, director, Active Living).

Best Looking Mutt

1st place, Chloe, Bichon Friese (**Janet Rumble**, nurse practitioner); 2nd, Rickey, Havanese (Michele Jones); 3rd, Kudo, Shibu In, (Brandon, BCIT).

Best Kisser

1st place, Mandi, Yorkie (**Lisa Minuto**, Operations); 2nd, Harley, Australian Shepherd (Morgan, BCIT); 3rd, tie between Mason, English Bulldog, (**Sharon Conway**, CNA, Woolman) and Bean, Yorkie-Poo (Kristin Smyth).

Other Categories

Softest Ears, Fuller, Labrador Retriever (Kay Roberts and Vince Menzel); Best Behaved, Chloe, Bichon Friese (Janet Rumble).

The Best in Show ribbons were received with modest pride by Fuller.

A special category featured two mechanical dogs: Robo, a Golden Lab, or “Chinese What’sit,” as handler **Bill Reifsteck** identifies the voice-activated breed, and Tycho, a miniature battery-powered Dachshund, who negotiated the runway with owner **Virginia Mattice**. Robo sat on the judges’ table, and in response to their commands, wagged his tail, raised his paws and cocked his head with his tongue hanging out. Tycho, also on voice command, walked, barked, and wagged his head and tail. Both are known as “designer dogs” from China.

All in all, this was no dog-eat-dog competition. Man’s best friends seemed simply to enjoy putting on the dog.

(2012 dog show photos, in color, are at mlra.org.)

LEAS READS:***THE IMMORTAL LIFE OF HENRIETTA LACKS***

by Sue Heath

Every year the MLRA Diversity Committee chooses a book for all of Medford Leas to read and then discuss. This year the subject was an African-American woman, Henrietta Lacks, whose cancer cells were able to be kept alive when removed from her body, something which had not been possible in the past. Those cells have been used by scientists and researchers all over the world. The author, Rebecca Skloot, researched the life of the woman who was the inadvertent donor.

There were four discussion groups, each with a leader and prepared questions which would lead to exchange of views. We learned that medical ethics have changed since Ms. Lacks' tissue was removed and distributed. At the present time removal of tissue without the patient's consent would not be permitted. Later, Henrietta Lacks' family tried to collect money for the use of her cells. To quote the book jacket, "Henrietta's cells have been bought and sold by the billions, yet she remains virtually unknown, and her family can't afford health insurance."

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***PLANTING A SEED OF DEMOCRACY IN AMERICA***, by **C. MILLER BIDDLE**

reviewed by Sue Heath

Long-time Estaugh Board member **C. Miller Biddle** has recently published a book about William and Sarah Biddle, among the earliest settlers of West New Jersey. Dr. Biddle learned about his ancestors as the result of 30 years of research. An endocrinologist and not a historian, he nevertheless found that, in order to understand his family history, he had to learn about the organization and governance of West New Jersey in the late 17<sup>th</sup> century. Taking his research to local libraries and the Pennsylvania Historical Society,

he has produced a valuable history lesson as well as the story of an interesting family.

Quakers living in England in the mid-17<sup>th</sup> century were unable to practice their religion in public and were imprisoned for doing so. As part of the Quaker community in London, William and Sarah Biddle were most likely involved in the planning for a settlement in West Jersey Province. After watching others go before them, and hearing news about their experiences in the New World, the Biddles finally left England in the summer of 1681 and landed in West Jersey near the present site of Burlington.

Dr. Biddle has given a copy of his book to the Medford Leas Library, where it is available to residents.

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NEW ATM AVAILABLE

For those who have not yet discovered it, there is a new Automated Teller Machine located on the ground floor in the highly trafficked area between the pharmacy and the Health Center and toward Genesis Rehab. It is under 24-hour camera and security surveillance seven days a week.

Equally important to the security of residents is a tip supplied by New York City police when my wallet was stolen out of my purse on the way to work one day in the 1990s. The thief had immediately looked for my Social Security card, headed for the nearest ATM, and discovered that I had used four digits of my Social Security number as my password. The first thing they look for. Presto! He had access to my checking account, which, fortunately, had very little in it. The thief then neatly folded up the ATM receipt, put it in my wallet, left the wallet at the bank, which found it and gave it to the police precinct, where I went to pick it up. "**Never,**" said the policeman, "use any part of your Social Security number as a password!" The thief didn't want anything else. But if I had had a good deal in my checking account, I'd have made his day.

B. Bogie

ART GALLERY NEWS

by Helen L. Vukasin

At the opening reception for the *Photographs of the Pinelands*, photographer Albert Horner showed a video in the Theater of how he prepares to take his photos. Many of his works are of misty mornings in isolated areas among the pines. He visits the site, establishes the composition and then retires to wait for the exact weather conditions that will produce the effects he is seeking. His methods have proven very successful in achieving dramatic lighting and scenes. The show will continue through June.

During July and August at the Medford campus Art Gallery, Ralph Schiller, a physics researcher, teacher and administrator, will exhibit his images. These are a mixture of enhanced personal photos, modified acquired images, and original, blank-page computer art.



The exhibit in the Art Studio Gallery on the ground floor includes the work shown here, *Spring!*, by **Eileen McConville**, a resident of the Lumberton campus. About fifty paintings by 23 residents make up their show, which opened in April. The exhibit will be up until October,

when a new set of paintings and drawings will be hung.

At the Art Gallery on the Lumberton campus, the incomparable oils of Patrick Monaghan display an extensive diversity of subject matter. From his dramatic *Gibbsboro Cows* and his life-size *Brown Bear* to a variety of still lifes and broad vistas of farms, Patrick captures the eye and the imagination. This show opened on May 18 with a wine and cheese reception in the Lumberton Community Center. It will remain open through July.

The DVD series *The World's Greatest Paintings* will be discontinued for the months of June, July and August.

MLRA ELECTION RESULTS

by Kay Cooley

In May, elections of new resident Council members got under way on both campuses.

At Medford Leas, **Tom Augenti**, **Beth Bogie**, **Kay Cooley**, **Jean Cronin**, **Jean Jordan**, and **Bob Rosvold** were elected to the Council for two-year terms. They join **Julien Eysmans**, **Maggie Heineman**, **Herb Krakora**, and **MaryLou Morrow**.

Kit Ellenbogen, who served as vice president during the past year, was elected president. Kit previously served on the Short Trips and Recreation committees, participated in Leas Players and the French Circle, and coordinated the Chamber Music activity. Kit moved to Medford Leas in 2004 from Bloomfield, NJ.

Tom Augenti was elected vice president. Prior to coming to Medford Leas in 2008, he and his wife **Alice** lived in Hunterdon County. Tom has helped organize the Spiritual Eldering program and introduced the Mexican Train game to enthusiasts who play Wednesday afternoons in the Poplar Room.

On the Lumberton campus, three members were elected to their Council: **Geno Mori**, **Janice Saibel** and **Jim Suplee**. They join **Claire Engel**, **Bill LeConey** and **Vince Menzel**. The new Lumberton Council will meet shortly to elect officers.

LEAS BUS NOW TAKES WALKERS!

Residents with *folding* walkers may now ride on the Medford Leas bus. As of May 15, two seats directly behind the driver were removed to make room for five walkers. Because of this limited capacity, residents with walkers must sign up at the Reception Desk in advance of a trip. They must be able to get on and off the bus without assistance and to navigate their destination with their walker. The bus driver can only store and retrieve walkers. This became possible through the efforts of **Kit Ellenbogen**.

CYBERSECURITY

by J. David Bartram

(Editor's Note: On hearing Dave moderate the "Great Decisions" talk on Cybersecurity, during which he added his own and others' expertise on the subject, I asked him to share his knowledge with the entire community. This is the first in a number of articles on this subject that he plans for the future.)



Margery Rubin

When **Beth Wray**, chair of the "Great Decisions" program at Medford Leas, asked me to moderate the Cybersecurity topic, I thought that if you don't open files from people you don't know, and if you run an anti-virus program, you would be okay, and there wasn't much more to it. As I found out, cy-

bersecurity attacks can have an effect on almost every aspect of our lives, even if we never touch a personal computer.

Cyberspace can be defined as the domain of global digital electronic telecommunications. This is broader than just the Internet. For example, much of the equipment that controls electric utilities is not directly connected to the Internet and neither are many military networks. Nevertheless, they are subject to cyberthreats and are considered part of cyberspace. Since cyberspace permeates all aspects of society, economics and politics, it is widely recognized as "critical infrastructure" by governments and the private sector.

Threats to cybersecurity may occur in several different areas: cyberwarfare, cybercrime, social cyber/hackivism, cyberespionage, theft of intellectual property, and terrorism. These areas may overlap. For example, the "Great Decisions" DVD presentation by the Foreign Policy Association points out, "governments lacking resources or advanced capabilities of their own may instead be turning to the underworld of cybercrime for asymmetrical strategic advantage." Countries such as Iran, Syria, Burma, Russia and China have been accused of turning a blind eye to illegal activities when it suits their national interests.

There are several factors that make cybersecurity very difficult to achieve. Cyberattacks are very easy and inexpensive to accomplish compared to traditional crime or warfare. There is very low risk. First, they can be done from a distance – that is, physical access is not necessary. Second, it is very difficult and often impossible to determine from whom and where the attacks come. Third, malware, or malicious software, is available off-the-shelf, just as legitimate programs like spreadsheets and word processors are. Cybercriminals do not need to be computer scientists. The concept of "asymmetry" is key. For example, North Korea cannot realistically attack the United States militarily, but for some of the reasons mentioned above can and probably already has attacked in cyberspace.

In the opening segment of the "Great Decisions" DVD, the experts agree that the U.S. is at risk from cyberthreats, especially theft of intellectual property, but that this is the responsibility of the private sector. They imply that the only responsibility of the government is to protect the military and certain portions of the critical infrastructure, namely, the electric power system. One expert states that to "protect across the board is too complicated, too expensive and too impossible."

The reasoning behind this point of view is that the market will provide incentives for corporations to protect themselves and their customers. In this world, BP would have followed safety guidelines and maintained equipment in order to avoid a costly and embarrassing oil spill. In reality there is more incentive to hide or ignore problems and follow procedures that increase profits directly.

Former Director of the Central Intelligence Agency and the National Security Agency Michael Hayden talked in the DVD about Stuxnet, the cyberweapon that caused the failure of thousands of centrifuges at the Iranian nuclear facility at Natanz. He said that because there are physically destructive effects, "this is crossing the Rubicon. It's a new world." In other words, there is no turning back; it is a point of no return.

When pressed, the DVD panelists thought it was okay to use cyberweapons against Iran because we don't want them to have nuclear weapons, but if they used cyberweapons against us, *that* would be crossing the Rubicon.

At another point in the DVD, the host, Ralph Begleiter, asked, "Is it possible to define a 'Good Guy and Bad Guy' in the cyber environment?" The panelist answered, "The distinction is between the people you like and people you don't like." This contrasts with a statement by Eric Chien, one of the investigators who have studied Stuxnet. Since it is widely believed that this attack was a covert U.S. government operation, Chien was asked if [his team] were concerned. Chien replied, "For us there are no good guys or bad guys." Then he paused to reconsider. "Well, bad guys are people who are writing malicious code that infects systems that can cause unintended or intended consequences."

I thought it was interesting that in the "Great Decisions" context of U.S. foreign policy, protecting the American people from cyberattacks is "too impossible" and that good and bad only relate to whom "we" like or don't like.

Toward the end of the DVD, Begleiter asked, "Haven't we in some respects brought this problem on ourselves by relying in a wide variety of areas...on computer devices?" The answer, of course, is yes.

When I started working in the field of electronics in the late 1960s, the equipment used discrete circuits made up of vacuum tubes and some transistors. By the 1970s this equipment was using digital integrated circuits. However, each piece of equipment had a specific function. The only way to alter that function was physically to change the circuitry.

By the 1980s, manufacturers were beginning to use general-purpose microprocessors to do the digital processing. These tiny computers could be programmed to do almost anything and eventually replaced a great deal of the circuitry in the equipment. This was very appealing as it made it pos-

sible to achieve more complex functions in smaller cheaper packages. Another advantage was that information sharing between pieces of equipment was vastly simplified.

This process of conversion from discreet analog circuitry to digital equipment, using programmable microprocessors that can communicate with one another, has taken place in every area of manufacturing, from aviation to automobiles and household appliances. This has led to incredible flexibility and complexity, but has also made possible a large number of unintended consequences.

Crimes or activities that in the past required physical presence can now be done remotely with little chance of detection. In the case of Stuxnet and in many cases of intellectual property theft, the victims did not even know that they were being attacked or compromised.

In many cases even isolated systems can be penetrated by "social engineering." In 2008, a USB flash drive (a small portable memory device the size of your thumb, which can connect to almost any computer) infected by a foreign intelligence agency was intentionally left in the parking lot of a military base in the Middle East. Someone picked it up and put it in a laptop that was attached to the United States Central Command, causing the worst breach of U.S. military computers in history.

Policy experts are finding that many procedures that worked in the past are not relevant. For example, the threat of retaliation was considered a good deterrence against nuclear war. This breaks down in the case of cyberwar, because you don't know for sure or can't prove who the original attackers are.

Finally, the United States is finding itself in a strange position. While it has the potential to be very strong in cyber offense, because there are very few existing defenses, it is more vulnerable to cyberattack than most other countries due to its dependence on cyber infrastructure.

GETTING GREENER

by Suzanne Frank

There's some unusual activity going on behind closed doors these days as Dining Services staff is being trained on how to get with the food waste collection and composting program. This newly instituted program is being introduced in Medford Leas by Organic Diversion, a food and organics recycling company from Marlton, NJ, according to **Jen Zdunczyk**, director, Dining Services.

"The idea behind the program is to support our strategic planning greening initiative and to support our organization's mission of stewardship," she said. "On an operational level, food scraps will be collected in the kitchen, kept separate from trash and recyclables, and removed from campus by Organic Diversion and taken to a commercial composting facility. This will reduce the amount of trash going into the trash compactor, which means less waste going into the landfill.

"Although we are moving forward towards offering biodegradable disposables, these come at a price," Jen explained. "We are making every effort to encourage the use of nondisposable, reusable dishware and increased use of our china and silverware when possible. The Board supports this initiative as we try our best to offer residents a choice."

WHOLE GRAINS STORE TOUR

by Ellen Stimler

The Medford ShopRite, where many residents do their grocery shopping, has launched a campaign to encourage shoppers to choose more whole-grain and fiber-rich products for a healthier lifestyle.

The company has hired Meghan Locantora, a registered dietitian, who has a small office next to the pharmacy. On a floor-to-ceiling poster outside her office, Meghan offers a long list of helpful services, including individual and family nutrition

counseling, product information and requests, healthy recipes, and store tours.

On a Tuesday in late April, **Mary Ann Black**, **Margaret Brzostoski**, **Sue Thorp**, and **Ellen Stimler** went on a store tour arranged by Mary Ann. Meghan met us in the little ShopRite café and handed each of us a clipboard with a six-page information package. The first page explained how to read product labels to identify whole grain content. The words "whole grain" or "whole wheat" must appear first. The second page listed many items that might contain whole grains and was followed by a few pages of whole grain recipes. The last page explained the difference between whole grains and fiber and suggested amounts to include in the diet.

Our tour started in Aisle 5, where Meghan pointed out the whole grain flours among dozens of mixes and organic spices. In Aisle 10 we learned about the importance of beans for fiber, and examined all kinds of whole wheat pasta, whole grain couscous, and whole grain Triscuits for snacks with hummus or other spreads. In Aisle 8, very few of the cold cereal packages met with Meghan's approval, because of excessive sugar and lack of whole wheat. ShopRite's Bran Flakes passed muster, but the best cereal was oatmeal. The tour ended in the bread section, where it was easy to locate the best choices from the whole grain or whole wheat labels.

To schedule a tour of at least three persons, call Meghan at 953-7700, ext. 7. Call Ellen Stimler at 3162 to get copies of any of the handouts mentioned in this article.

IN MEMORIAM

Gladys Gray	April 24
Pat Buckwald	May 2
Jack Brown	May 9
Christine Elmer	May 21

A HISTORY LESSON

by Kitty Katzell

Two women's portraits hang in the Private Dining Room (PDR), also known as the Red Room. As you face the windows, the picture on the wall on your right is of **Helen Biddle Porter**. "Biddie," as she was called, moved into Medford Leas on March 26, 1971, the fourth resident to come. The 5-page cover story of the November 1975 issue of *Medford Leas Life* recounts her impact on this community, an impact felt to this day. Before and after she moved in, she served on the Estaugh Board. Once a resident, she started the Gift Shop, the Appreciation Fund, the Sewing Group on Wednesdays, Game Night on Tuesdays, Friendly Visitors, the Residents Association, and on and on. Dr. Miller Biddle, a member of the Estaugh Board, is related to Biddie.



The picture on the opposite wall was the subject of an item in the December 1980 – January 1981 issue of *Medford Leas Life* by **Marian King**, in which she responded to residents' speculation about the identity of the lady in the picture. In the item she said: "My sister-in-law has the same picture in her living room so I asked her if she knew anything about it. She wrote back that it is entitled *Southern Belle* and was painted by Erich Correns. The original is now in the Municipal Gallery in Munich and the model was a pre-Victorian beauty, daughter of a wealthy jeweler." So now we know.

Marian King, the mother of **Liz Knapp**, was MLRA Secretary in 1992-93 when **Kitty Katzell** was President. Small world, isn't it?

HARVARD/M.I.T. ONLINE CLASSES

by Kay Cooley

Have you ever wished you could attend Harvard University? Or M.I.T.? Now you can! The two universities are teaming up to offer free online courses worldwide through a joint venture known as edX. In the fall, edX is expected to offer its first five courses.

Both universities will use the new platform not just to build a worldwide community of learners, but to research teaching methods and how students learn. Teaching will be designed specifically for the web and will include self-paced learning, online discussion groups, wiki-based collaborative learning and online laboratories. The platform will be open-sourced, allowing other universities to use the technology to create their own offerings and to contribute their research on learning and teaching.

EdX will be available to anyone in the world with an Internet connection. No credit will be given, and there will be few, if any, admission procedures. However, "for a modest fee," students who demonstrate mastery of a subject may earn a certificate of completion without the name of Harvard or M.I.T.

(More at: www.edxonline.org/)

SUMMER EXIT

Once again *Medford Leas Life* staff will enjoy a two-month vacation before returning in August to put out the September issue. We appreciate your expressions of enjoyment of stories over the past year and look forward to bringing you more useful information and interesting subjects. We can always do better, so don't hesitate to let us know your likes and dislikes, or to offer an idea for a feature you would look forward to. If in the summer you experience a funny story or unusual travel or some news you'd like to share, write it up and place it on the MLL shelf next to the Atrium mailboxes. And, above all, have a wonderful summer!

Beth Bogie, Editor

JUNE CRYPTOGRAM

by Herb Heineman

MWE HCHEO MPVPY QBWWVUSR,
 VBHEH LHEH EWARBYO VBEHH SWS-
 MPVPY QBWWVUSRQ. PSZ,
 MWYXQ, VBUQ UQ ASPGGHKVPFYH
 US PDHEUGP. UV'Q IAQV ASPG-
 GHKVPFYH. PSZ LH'EH RWUSR
 VW ZW QWDHVBUSR PFWAV UV.

Special summer challenge: **Name the author.**

Below is the solution to the May cryptogram.

LET ME TELL YOU SOMETHING THAT
 WE ISRAELIS HAVE AGAINST MOSES.
 HE TOOK US 40 YEARS THROUGH THE
 DESERT IN ORDER TO BRING US TO
 THE ONE SPOT IN THE MIDDLE EAST
 THAT HAS NO OIL!

THEODOR HERZL
 BENJAMIN NETANYAHU
GOLDA MEIR

The correct solution was received from the following readers:

Catherine Barry, Maryann Beitel, Ruth Blattenberger, Judy Braddy, Marion Burk, Jody Cardona, John Caughey, Alice Culbreth, Doris Curley, Liz Dill, Linda Gorwood, Craig Gower/Nancy Eble, Molly (Martha) Haines, Neil Hartman, Barbara Heizman, Pat Heller-Dow, Jean Jordan, Sarah Klos, Joan McKeon, Betty Preston, Ruth Quackenbush, Doris Salati, Peg Scott, Judith Fay-Snow, Ellen Stimler, Miriam Swartz, Ellen Wiener. Eighteen 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 August 10.

MEDFORD LEAS LIFE

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