



# Medford Leas *Life*

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## RESIDENT GIVES MEDFORD LEAS GENEROUS GIFT FOR ESTAUGH REDEVELOPMENT

by Beth Bogie



photo by Margery Rubin

On Friday, September 7, Medford Leas residents and staff packed the Theater to learn what the “exciting announcement” was in a memo issued by CEO **Jeremy Vickers**. A celebration was to follow in the Holly Room. When the time arrived, to reveal the surprise **Rolfa Rogers**, a resident of Medford Leas since 1999, was brought to the front of the Theater next to Jeremy. Her daughter, **Ricki**, and granddaughter, Caitlin, were seated in the front row.

After building suspense, Jeremy unveiled his secret. He said Rolfa Rogers and her family have made a generous gift to Medford Leas for the redevelopment of the Estaugh long-term care unit, now in planning stages. The Rogers family was making their gift in memory of **George Rogers**, Rolfa’s husband, and in appreciation for the wonderful care he received at Medford Leas and in Estaugh for three years before he died in February 2011.

Before revealing the gift, Jeremy spoke about how Rolfa and George’s gift came about. For the past year, Jeremy had been working with a committee of staff and residents on the redevelopment of the Estaugh unit. “After a few months of our work,” Jeremy said, “Rolfa Rogers and her

daughter Ricki made an appointment to come and see me. I did not know what it was about.”

When they met, Rolfa explained that her husband George had been in the Estaugh unit for several years. “She was impressed with the care that he was given and thought that he couldn’t be in a better place,” Jeremy said. “Thus, she wanted to help. She knew that, as a member of the community, helping with the redevelopment of Estaugh was so important to so many people. She knew from firsthand experience how much she really loved the staff. [Their relationship] represented the community that Medford Leas is,” she told him.

Jeremy continued, “I told her a little about what we were up to, and she said, ‘I’d like to help. I’d like to be on the committee,’ and I said, well – the Resident Council assigned people to the committee. Rolfa said, ‘For the love of George, this is in my heart and I want to work on it.’ She added, ‘I’d like to help financially.’ I said that would be wonderful, and any gift is appreciated, and we’ll get back to you about the committee.”

Jeremy confided, “I’ll never forget this...she said, ‘Well, maybe I’d like to do the whole thing.’ I thought to myself, you really don’t know what you are talking about. This is a big project, and this is going to cost millions of dollars. I said, I appreciate your interest and this is a really significant project. By the end of our time together, we did agree she would join the committee.”

Jeremy still did not know the size of the gift. After that conversation, he said, “she made another appointment to come and see me. I knew it was going to be serious, because this time she

brought her lawyer. So either it was going to be really good news or very bad news for me. Ricki came with one of her children. We sat there, and Rolfa made her charitable gift to Medford Leas.”

On hearing of the family’s generosity, the audience exploded with surprise and pleasure.

Jeremy presented a beautiful bouquet to Rolfa and a red ribbon was draped around her for “a ribbon-cutting ceremony.” **Rich Cleaver**, vice president of The Estaugh Board and soon to become president (see story, p.9), spoke briefly of the Estaugh Board’s “deepest gratitude.” He added, “This development is important to everybody in this room, to the Board, to folks that are in there now, folks that will be in there, and prospective residents of Medford Leas.”

“In my mind,” Jeremy said, “Rolfa’s gift was given out of a feeling of community.”



Margery Rublin

Standing (l to r), daughter Ricki, Rogers family friend Bo Ho, granddaughter Caitlin; seated, **Karin Sannwald**, Rolfa, **Lieselotte Marcus**

Rolfa and George were residents on the Lumber-ton campus, beginning in 1999. Previously they lived in Cinnaminson, where they operated the family business, Micro-Tek Corporation. Micro-Tek is a small custom manufacturer of fluoropolymer-insulated wire used in the aerospace, electronics, computer and medical device industries.

Rolfa and George married in 1951 before Rolfa graduated as an RN from White Plains Hospital, New York. George had his BSME from New York University and served in the Korean conflict. After his discharge, Rolfa completed her BS at Adelphi

College on Long Island. They moved to Cinnaminson in 1960, where they became members of Westfield Friends Monthly Meeting. Rolfa was a member of the Library and School Committees, and George was active on the Property Committee. They had a son and a daughter and four grandchildren who all attended Westfield Friends School. Their son died in 1983.

In 1963, Rolfa became the Scott Paper Company’s first woman sales representative and traveled all over the U.S. introducing the “Water Bed” (for use in hospitals to prevent bedsores) and paper medical disposables, a novelty at that time.

Two years later George started Micro-Tek, where Rolfa moonlighted while continuing her job at Scott Paper. Soon she devoted all of her time to Micro-Tek and became its international sales manager, working from their “home office,” as George frequently liked to call it. Together they built the business, raised their children, gardened and bred dogs (first Labrador Retrievers and later Rottweilers).

Rolfa loves gardening and photography. Before they moved to New Jersey she occasionally lectured at the Brooklyn Botanical Garden on the topic of Bonsai, Ricki said.

To the residents and employees in the Theater, Rolfa said, “I greatly appreciate your acknowledgment of this gift. I know we are sorry that George could not be here to do this himself, because he greatly appreciated everything Medford Leas did. He wanted to be here, and this is where he is and where he is going to be....”

Jeremy noted that Rolfa had wanted to keep the gift a secret, until he suggested that there be a celebration after the announcement. She then agreed to go public. “This is a woman who loves a party,” Jeremy observed.

**Rolfa passed away  
on September 22**



Jennifer Zdunczyk

*Life Lines*

**NATURE'S MAGIC**

by Marcy Webster



On a sparkling morning last spring I got a call from **Suzanne Frank**. She was sparkling herself, fresh from a bike ride around the glorious setting in which we are privileged to live. Suzanne suggested that I use this space to celebrate the beauty of our surroundings.

When Suzanne called, it was April of an early spring and all around us blossomed fresh color with its background of vibrant green. The air was fragrant. Suzanne was right; it was breathtaking.

Responding to the idea, I began to take special note of what I saw. I've been here almost two years, and maybe I'd begun to take all this bursting beauty for granted. So I paid attention to the courtyards instead of just hurrying through. We strolled home from dinner under the arching white flowering trees that line Estaugh Way. We lingered beside the Atrium displays and walked in the woods.

On one of these walks I noticed small yellow bulbs appearing on the branches of the pines. A few weeks later they'd become brownish knobs. I went away for a week, and when I got back, they were the curve of green that promises a cone. Not since I observed the progress of my children from baby to toddler to dynamo have I been so fascinated by the magic of nature.

Most of us here at Medford Leas appreciate our unique environment. Some of us, like **Ro Wilson**, make active contributions. Ro, an ardent naturalist, is happy to be in a place that reflects her commitment. She says, "Medford Leas is so much about nature. You're surrounded."

She has created a sanctuary in her home in Rushmore. Strolling in her garden, and sitting on her porch, I felt the sense of peace and safety that she shares with her beloved birds and with

the other wild creatures that feel so comfortably at home here.

Ro began bird-watching years ago when she lived in Haddonfield. Her husband Larry caught her enthusiasm and soon, like all true birders, they began to go to Cape May. Before long they moved there, bought an acre and a half and established a wildflower meadow. Always mindful of the environment, and in spite of family dismay, Ro gave the property to the Nature Conservancy after Larry's death.

Drawn here by the woods and birds, Ro has made a substantial difference in her two years of residency. She has donated native trees, enriched the butterfly habitat and spearheaded the meadow burn. As Ro spoke to me, surrounded by the host plants of her garden and the flurry of activity at her many feeders, she said she is doing "the work of my heart."



**EAGLE SCOUT PROJECT AT POND**

text and photo by Beth Bogie



Fran Reynolds on Observation Deck and behind plantings in a garden off Courtyard 11. That changed this summer when an observation deck for the pond was under construction, the project of Eagle Scout Philip Carrington from Bobby's Run in Lumberton.

Philip is one of a number of Eagle Scouts who meet once a week at the Community Center on the Lumberton campus of Medford Leas. **Art Hartwig**, known for his woodworking capabilities, has been helping the boys with projects for the

last four or five years. Art provides necessary oversight and makes sure a project is something Medford Leas will be proud of. This was the first such project on the Medford campus; two others were carried out at the Lumberton campus, both of which involved working on the trails.

**Debbie Lux**, Landscaping, actually had suggested to Operations Director **Bill Murphy** that the pond was too nice for people not to see it. When Philip was looking for a project, the idea was suggested of building something that would provide greater access to the pond, especially for residents with wheelchairs and walkers. The existing uneven gravel path to the pond was a challenge for anyone with even a little difficulty walking.

Medford Leas bought the required wood, while Philip's father, David Carrington, a skilled do-it-yourselfer, provided the tools. And on some occasions, there were six to eight of Philip's fellow scouts helping. The "Boardwalk," as some residents call it, is eight feet wide, and is L-shaped, with 16 feet into the turn and eight feet from there to the pond. It has handrails three feet high and lower safety rails along the entire perimeter. The treated wood will weather to a gray color. The entire project was completed in one month.

**Richard Yoder** recently was successful in getting Medford Leas to place a bench at the pond end of the Boardwalk – a perfect spot for reading a book or simply daydreaming.

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## REAPING THE HARVEST

by Betsy Pennink

It was the end of the summer, harvest time, and two sets of gardeners at Medford Leas celebrated the results of their hard work. The youngest were members of the Eco-Youth Club of the Pinelands Garden Club, and the oldest were members of the Medford Leas Men's Club.

In spite of simmering summer heat, followed by drenching rain, during which weeds proliferated, the children of the first group were able to harvest



potatoes, parsley, eggplant and cucumbers. A special gathering for the tomato-picking took place on August 30.

Their garden, on a Farm plot at Medford Leas, was a great success, according to Aishling Tew, the leader. "The kids learned a lot about gardening," she says. "Now many of them want to have produce gardens at home." Ever optimistic, Aishling looks forward to better weather and a bigger harvest next year.

The raised garden at Medford Leas, which had been planted by members of the Men's Club, led by **Rick Trandahl**, Fitness and Aquatics, suffered somewhat from the same difficult weather conditions, but still produced its share of strawberries, eggplant, and, most successful of all, several varieties of tomatoes.



Back row: Debbie, Rick, Angie Kamerdze, Arthur Steitz; front row: Vince Piecyk, Bill Scull, Bud Stratton;

On September 5, three members, **Arthur Steitz**, **Vince Piecyk**, and **Bill Scull**, posed with Rick, **Debbie Lux**, horticulturist, and her helper from the Pinelands Garden Club, Angie Kamerdze. They showed examples of their harvest, while

**Bud Stratton**, volunteer, stood beside the tall, amazingly maroon-colored sunflowers whose seeds Debbie had sown. The garden, so close to the Fitness Center, was enjoyed by the whole community over the summer.

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## STRANSKA MEETS ALBRIGHT

text by Suzanne Frank, photo by Jane Weston

It could have been a perfect scene for the painter Whistler -- **Hana Stranska** and Madeleine Albright looking soulfully into each other's eyes, reflecting a shared tumultuous past.



Hana Stranska is quiet these days, having been nearly muted by a stroke. However, the once fiery Czech who lives among us was recently hon-

ored with an arranged tête-à-tête with Madeleine Albright, the former secretary of state, who was appearing at the Katz Jewish Community Center in Cherry Hill, on August 26 to promote her new book, *Prague Winter*.

How did this come about, you may ask? **Jane Weston**, director, Marketing and Community Relations, was made aware by residents that Hana was mentioned quite a few times in Albright's book. They thought it would be an extraordinary experience if Jane would try to secure a special audience for Hana. Lots of contacts needed to be made.

Once Jane succeeded in arranging this once-in-a-lifetime face-to-face meeting, again with the help of residents, staff in Estaugh began to read to Hana from the book to prepare her and try to get

her to recollect her earlier experiences and previous accomplishments. According to Jane, the staff on Estaugh was not only excited and amazed to discover more about Hana's background, but also was educated in the process. "Here is this person in their care. It broadened their view and was an eye opener. It surely had a positive impact."

Some background: According to Albright, Hana had been a devoted assistant to Albright's father, Joseph Korbel, in his dealings with the Germans after World War II. She told Hana, "I remember how my father used to tell us about the lovely young woman who worked with him at the foreign ministry in Prague. My father said that there were those he didn't trust when he returned to Prague, but he always trusted you."

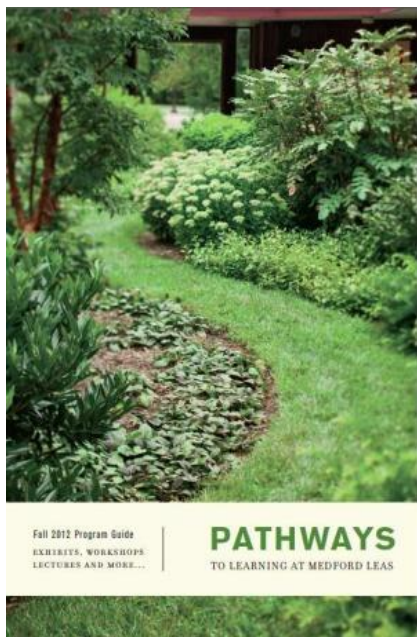
**Emilia Hart**, the certified home health aide who, with Jane, accompanied Hana, related that the highlight for her had been Hana's response to the question of whether she remembered Joseph Korbel. "How could I forget that!" she responded in what seemed like a blink of an eye. Emilia said she had been very honored to be part of this happening. "I felt verklempt!" It was very emotional for her also because her partner's relatives from Poland had been taken to their deaths in concentration camps. She knew of those troubled times.

Hana had been a vibrant contributor to *Medford Leas Life* for many years, and was known for her outside-the-box thinking. She had been a feisty and vocal advocate for freedom and justice, strong values she brought to Medford Leas from her younger years of confrontation. Commenting on how present-in-the-moment she thought Hana had been, Jane related, "I showed Hana the pictures from the encounter and she beamed. All the moons lined up for this happening."

Although Albright was a little girl during Hana's tenure at the foreign ministry, and had no personal memory of her, she paid Hana very deserving recognition by greeting her with "It's a great honor to meet you." It is not every day that a secretary of state shows such respect for one of ours.

## PATHWAYS TO LEARNING

by Beth Bogie



When Road Scholar (formerly Elderhostel) decided to end its annual program offerings at Medford Leas a year ago, it was a great disappointment to **Jane Weston**, director, Marketing and Community Relations, who had been responsible for bringing Elderhostel to Medford Leas and the surrounding

community. “We miss Elderhostel,” Jane said. “It attracted many people, and residents were positive about the relationship.”

So it is no surprise that she and **Marianne Steely**, marketing/residency planning manager, decided in June to create their own “Elderhostel-style” program, called “Pathways to Learning at Medford Leas,” a stimulating series of learning-based events, to be held throughout the fall season for the general public as well as Medford Leas residents. It includes programs on music, politics, history and horticulture, some that residents know, like Leas Forum and the Specticast 10-concert series, as well as many new programs – lectures, workshops and exhibits. They will be held in the Medford Campus Theater and Art Gallery, and at the Lumberton campus Community Center. Some have a fee; others are free.

“It’s a way of introducing Medford Leas to a wider community,” said Jane. “Many times it brings people here for the first time.”

The Pathways Program Guide, which appeared in resident mailboxes in early September, will be marketed to the general public through WHYY and WRTI public radio sponsorships, as well as print and targeted mailings. It is envisioned that

programs will attract local business people, arborum enthusiasts, and lifelong learners, among others.

The series was launched on September 24 by Karl Middleman, a popular Medford Leas guest from the Temple University faculty, speaking on “The American Musical, From Show Boat to Company.” A few days later Specticast presented the live filmed concert of Italian conductor Riccardo Muti conducting the Berlin Philharmonic from the Teatro San Carlos in Naples.

A rich offering of programs of this caliber will continue through October and November. Kenneth Winne from the Annenberg Public Policy Center of the University of Pennsylvania will give the Leas Forum lecture on “Polling Practices.” Dr. Lara Brown from the Department of Political Science at Villanova will provide lively insights into the upcoming 2012 elections.

Also in October, Pat Sutton, author, wildlife garden consultant and former naturalist and program director at Cape May Bird Observatory, will share the secrets of “How to Create a Butterfly and Hummingbird Garden.” And **Harry Forrest**, professional calligrapher and past president of the Philadelphia Calligraphers’ Society, will offer a series of calligraphy classes.

In November, “Gardens for All Four Seasons” will be held on the Medford campus, while a program about holiday entertaining will be held in the Community Center on the Lumberton campus. Wreath-making workshops will take place on both campuses.

The Pathways Program Guide provides details about these programs and many others, as well as registration forms. If “Pathways” is successful, another offering of programs will be presented in the spring.

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### Pun of the Month

I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

## IN THE ARBORETUM

by Kitty Katzell

Early in 2012, consultants Jack Carman, Bob Wells, and Robert Hoover were appointed by Medford Leas to perform an assessment of our Barton Arboretum. Their work entailed assembling existing data, identifying areas to be evaluated, establishing review guidelines, developing criteria and a rating scale, analyzing sites, compiling data, and preparing their report. They evaluated major areas of both the Medford and the Lumberton campuses, and their full report can be found in the Medford Leas Library and in the private password-protected area of *mlra.org*.

The report was analyzed by the special subcommittee of the Arboretum Oversight Committee, whose members are **Nancy Barclay, Jack Carman, Susan Cunningham, Lois Forrest, Bill Murphy, Jane Weston** and **Jeremy Vickers**. They identified the following areas of focus for the immediate future:

- Establish a list of native plants (and their cultivars) applicable to Medford Leas and its diverse habitat. As new plantings are designed and choices are made, staff and residents will be able to consult the list of native plants, trees, and shrubs.
- Compile an accurate list of current trees and their locations on both campuses, for use in assessing needs and choices for future acquisition.
- Review the current GPS (Global Positioning System) for locating and identifying every tree, its current and future uses, and possible software applications based on an assessment of needs and purpose.
- Install foundation plantings this fall in recently re-contracted Bridlington and Rushmore units, with focus on native plants. Interns from Morris Arboretum will design these plantings.
- Redesign Court 28 with a focus on native plantings, and replace crabapples with native trees and/or shrubs in Court 26.
- Install additional native hardwood trees in the Katzell Grove.
- Maintain control of invasive weeds in the meadows on both campuses.

## CANDIDATES' NIGHT

by Ellen Stimler

On October 18, in the Medford Leas Theater, Shelley Adler, a Democrat and wife of the late Congressman John Adler, will debate Republican Congressman Jon Runyon, who defeated her husband in 2010.

Mrs. Adler's job will be even more difficult than her husband's two years ago, because redistricting has removed Cherry Hill, a Democratic stronghold, from the Third Congressional District.

The debate will start at 7:30 pm and will be moderated by Linda Mather, from the League of Women Voters (LWV) of Burlington County. The event is co-sponsored by the Citizens Committee of the Medford Leas Residents Association, the LWV, and the Jewish Community Relations Council of Cherry Hill, which has many members living in the Third Congressional District.

The meeting will be open to the public. The candidates will make opening statements explaining their positions on important issues and then will answer questions from a special three-member panel of politically knowledgeable people, and from the audience. All audience questions must be put in writing on cards distributed at the door, and they will be read by the moderator. The evening will end after closing statements by the candidates.

### FALL TEA

Tuesday, October 23, from 2 to 3:30 pm  
in the Holly Room and Activities Room.  
Don't miss the delicious finger foods,  
pastries, cookies and cheeses.  
A time to meet friends and new residents.  
See you there!

## ELECTRONIC VOTING INSECURITY

by J. David Bartram

Election fraud of many different types has been very common throughout United States history and continues in various forms to this day. It has been, and is still, practiced by all political parties. This article concerns the *recording and counting* of votes, specifically with Direct-Recording Electronic (DRE) voting machines.

DRE voting systems began to be used in the 1990s. In 2004, 28.9 percent of the voters in the United States used DREs. The DRE has a ballot display on top of an array of buttons or a touchscreen. Voters press the proper area of the screen and the vote is recorded in the memory of the device. At the end of the polling day, the totals are printed out on paper and, with some models, recorded in a removable cartridge, which can be read at a central location.

Another type of voting system in wide use was the Votomatic punched-card system, developed in 1965. Many of the problems with the 2000 presidential election in Florida and other states were blamed on this system. The poorly designed “butterfly” ballot resulted in many voters casting votes for the wrong candidate. The pre-scored cards led to the “hanging” and “dimpled” chads, causing many ballots to be disqualified. Both were partially responsible for the chaos following the election.

Politicians were embarrassed by the 2000 election, and partially as a result, the Help America Vote Act, or HAVA, was passed in 2002. Some of the goals of HAVA were to replace punch card and lever-based voting systems, as well as establish election standards. ***Among these standards, voters must be able to verify their votes before they are cast and counted, and all voting systems must be audit-able and produce a permanent paper record with a manual audit capacity available for a recount.***

As of 2009, \$2.5 billion was spent by the states on voting systems. Much of this money was used to purchase DRE voting machines and,

unfortunately was done before the standards and recommendations were completed. As a result, many of the machines in use do not meet the federal standards.

By 2004, New Jersey was already using DRE machines in several counties and took advantage of HAVA funding to purchase more of them for counties that were using mechanical lever and punch-card systems. In 2004, a petition was filed in the Superior Court of New Jersey by plaintiffs who believed that DREs were inadequate because there was no way for voters to verify that their votes were actually recorded the way they intended. Furthermore, there was no paper record of each vote available to be counted in the event of an audit or post-election recount. This litigation included testimony and demonstrations that the machine could be compromised by manipulating the software on removable chips.

In July 2005, while the court case was still pending, the New Jersey Legislature enacted, and the Governor signed, a statute requiring all voting machines to produce a Voter Verified Paper Audit Trail (VVPAT). VVPATs are paper records, similar to ATM receipts. VVPATs would have furnished proof to voters that their vote would be counted as intended and provided paper ballots for a possible audit or recount. In March 2009, the Governor signed into law a measure that indefinitely suspended VVPAT implementation until funds were provided by the federal government to cover the entire cost, including the state matching funds required under HAVA.

According to a report “Counting Votes 2012: A State by State Look at Voting Technology Preparedness,” New Jersey has the worst rating, “Inadequate” in two out of five categories: “Paper Ballots and Records” and “Post-Election Audits.” New Jersey is one of only six states that use paperless voting systems statewide.

Until New Jersey adds VVPAT printers to the existing DRE voting machines, or replaces them with optical scan systems, there is reason to be skeptical that “one man, one vote” – and every vote counts – are always the rule in New Jersey.



## CLEAVER TO LEAD ESTAUGH BOARD

by Kay Cooley



At their annual meeting this month, the Estaugh Board of Trustees is expected to appoint **Rich Cleaver** their president, replacing **Susan Cunningham**, the current president. Susan is retiring after completing her three-year term of office, but will continue to serve on the Ar-

boretum Subcommittee of the Arboretum Oversight Committee.

Rich joined the Board in December 2008. Currently vice president, he previously has served on the Finance and Leadership Development Committees.

A neighbor of Medford Leas most of his life, Rich grew up and continues to make his home in Mt. Laurel. After graduating from Lenape High School, Rich earned his AA in Psychology from Burlington County College. He went to work for what was then Burlington County Trust, a predecessor of PNC Bank. During 20 years at PNC he worked his way up from entry level to vice president, specializing in the credit card business and financial services. Since 1997 he has served at First Data Corporation of Atlanta, GA, where he is vice president of national relationship management.

Rich finds time in his busy life to volunteer. He has served on and clerked a number of committees at Moorestown Friends Meeting and coached various youth sports teams in Mt. Laurel. He also has worked with the Brandywine Gateway Neighbors in Wilmington, DE, an urban community transformation group dedicated to improving the life of a local urban community.

When asked how he viewed Medford Leas, Rich responded, "Medford Leas is a thriving community with a wonderful campus, active and engaged residents, and committed and visionary leadership. Challenges to be faced include drastic

changes in the economy, shifts in population demographics and specific markets, and the mission of continuing to provide residents with the best quality of life."

Rich and his wife, Deanna, have three daughters, Erica, Ashley, and Emily. Rich admits to being a self-taught piano and guitar player and an avid fitness enthusiast, who finds time to exercise five to six hours a week.

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## PATRICIA MELLER JOINS ESTAUGH

by Kay Cooley

Although the end of July is vacation time for millions of Americans, for **Pat Meller** it was the time when she joined the Estaugh Board and added its responsibilities to those of three other boards on which she sits. Her experience seems made for the job.

Since 2008, Pat has worked as vice president of finance and administration at the Philadelphia Foundation, a \$300 million community foundation serving Southeastern Pennsylvania. Prior to that, she served as chief financial officer of the Free Library of Philadelphia Foundation and as vice president, chief financial officer and treasurer of Public/Private Ventures, Inc., a nonprofit, non-partisan, social research and policy organization.

Pat earned her MBA *summa cum laude* at Philadelphia University, her BSc at Pennsylvania State University, and her certification in human resources from the Society for Human Resource Management. She is scheduled to receive her Certified Financial Planner accreditation in 2013.

She sits on the boards of Woodford Cedar Run Wildlife Refuge, Delaware Valley Grantmakers Association and the Public Telecommunications Financial Management Association. She has authored *Not by Faith Alone – A Review of Faith-Based Institutions' Management of Federal Funds*.

(continued on next page)

**Pat Meller** (continued)

She is an avid reader. Last summer for her summer project she was determined to read 26 books by Labor Day, an author for each letter of the alphabet, starting July 4 with a Jane Austen novel.

Pat grew up in the Frankford/Mayfair section of Philadelphia but has lived for 24 years in the Medford/Medford Lakes area. She sometimes misses sitting on a city stoop in the summer and gossiping with neighbors, but when walking her dogs and seeing a great blue heron on one of Medford's lakes, she knows she is in the right place

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**2012 FLOWER SHOW**

text by Kitty Katzell, photo by Margery Rubin

It takes a lot of resident volunteers to put on the annual flower show, which, according to tradition, is always held the second Tuesday and Wednesday in September. Starting last spring, **Cecile Hanley** and **Ro Wilson** began planning, choosing a theme. **Anne Wood** did the cover design for the schedule that was issued in the summer, setting forth the 24 Classes in the two divisions and three subdivisions. Then there was setting up the Activities Room to accommodate the anticipated entries, including spaces for the 24 Classes and the many special educational exhibits, which was done by Ro Wilson, Cecile and **John Hanley**, and **Lois** and **Allyn Rickett**.

Early on Show Day, **Ellen Wiener**, **Philetta Lobo**, **Betsy Pennink**, **Kay Hoagland**, and **Judy Leidy** were on deck to register the plants that were presented for exhibit. **Joan McKeon** and **Louise Stiles** stood by to place the registered plants in their proper places in the Activities Room. The test tubes and bottles for the specimens were handled by **Suzanne Frank** and **Ellie Elmendorf**. Runners were **Pegi Siegel**, **BJ Tetlow**, and **Janet DeVry**. **Susan Dowling** did the placement of individual flowers in bottles and test tubes, as did **Marie Gleason** for container plants. Much later, **Fran Walker** and **Doris Salati** recorded the judges' decisions. Door guards were **Chris Darlington**, **Isabel McVaugh**, **Fran Reynolds**, **Sally Klos**, **Gladys Metz**, and **Janet**

**Sprague**. The luncheon for the judges was hosted by **Nancy Barclay**. Then, of course, there were the residents who entered their 100 exhibits in the show.

The theme of this year's show was *The Wizard of Oz*, and visitors entering the Activities Room to view the show on September 11-12 encountered an exhibit prepared by **Debbie Lux** that said "We Are Not In Kansas." Behind the exhibit, a movie screen was showing Judy Garland in *The Wizard of Oz*. A walk through the show made one wonder if we were NOT, in fact, in Kansas, after all. What with the drought and extreme heat of the



past summer, there were hardly any items exhibited in the Fruit and Vegetable classes, and **Perry Krakora's** garlic cloves won Best in Show among what was there. Other Best in Show ribbons went to **Edie Pray** in the Design Division (shown), and **Bobbie Murray** for her fern. The Munchkins category, for floral designs not exceeding

five inches in any direction, is usually crowded but this year had only five entries.

There were more of the special non-competitive exhibits than usual, and all were impressive. Two Ikebana floral arrangements, by **Jane Holben** and **Shigeko Kawano**, exhibited the charm of that irresistible art form. Other exhibits featured bees and honey and its production, the use of raised beds for different plantings, the life cycle of monarch butterflies, and the enjoyment of Medford Leas' trails.

All residents and staff are welcome and even encouraged to participate in the annual flower show. While some people exhibit plants they have grown themselves, many others buy plant material at Produce Junction or gather wild plant material around Medford Leas for use in arrangements. It's not too early to start thinking about 2013, and participating in the flower show is a good way to get involved and get acquainted with other residents.

## THE YEAR OF THE CENTENARIANS

text by Betsy Pennink, photo by Beth Bogie

National Centenarian Day was celebrated in style on September 19 in the Activities Room. In all, nine Medford Leas centenarians were feted. Seven were new members of this select group as their 100<sup>th</sup> birthdays occurred in 2012. "1912 was a very good year," they say to each other.



Seated: Madeleine Yundt, Connie Bacha, Edith Joseph;  
Back row: Marion Burk, Blanche Lippincott, Kate Mundy,  
Gertrude Marshall, Margaret Lawson

Two older residents, **Connie Bacha** (105 in June) and **Madeleine Yundt** (104 in July) were present for the party. Each centenarian was introduced amid applause. The birth months of the "2012 group" were given: **Edith Joseph** (May), **Marion Burk** (June), **Gertrude Marshall** (August), **Blanche Lippincott** (September), **Kate Mundy** (November), **Margaret Lawson** (December). **Jack Rudolph** (August) was away on vacation.

The guests of honor, with family and friends, were seated at small tables with white tablecloths and floral centerpieces created by Estaugh residents. Light refreshments were passed around, and **Tom Lang** played old favorites at the piano.

CEO **Jeremy Vickers** spoke of what a "tremendous day" it was to be celebrating so many centenarians. He congratulated everyone and led in the singing of Happy Birthday to You.

In preparation for the event, the staff of Therapeutic Recreation had put four questions to each centenarian:

- To what do you attribute your longevity?
- What was the happiest period of your life?
- Can you finish this sentence: "I used to think...."
- What advice do you have for the next generation?

**Marcy Smith**, lead assistant, Estaugh Recreation, made a video of their answers and showed it during the party to the delight of the group. Some answers: "I used to think I could buy a house for \$10,000 and I did," "I used to think that women were inferior to men, but now I think they're equal." "I used to think, now I don't!" "I used to think that life was boring, but it isn't."

As to the cause of their longevity: "I eat the right foods and probably drink the right stuff," and "It's Medford Leas."

Advice for the younger generations: "Just be yourself," "Live the way your mother wanted you to," "Have an open mind," "Try to stay well and think well," "Live it up!"

The majority said that all of their life was happy, not just one particular event or time. Maybe our centenarians are giving us a message: optimism and a sunny outlook may be the secret of longevity.



## ART GALLERY NEWS

by Helen L. Vukasin

Save this date! Monday, October 29, is the opening reception of the Art Studio Gallery in the Arts and Social wing of the Community Building on the Medford campus. Every six months resident artists of Medford Leas mount an exhibit of work not seen here before. Some 27 artists participate in each exhibit. The result is a mixture of many techniques and media. In addition to their work in watercolors, more and more residents are experimenting with oils and acrylics.

In the photography section, **Beth Bogie** will display photographs from Burma (Myanmar) taken during three visits there in 1999, 2000, and 2003. If others have photographs they wish to display, please get in touch with **Hannah Wilson**.

For you to enjoy while taking in the artwork, the Art Studio group provides homemade finger sandwiches and cookies, with punch from the Medford Leas kitchen. The reception is scheduled for 10 am to 12 noon. Don't be late, as there is usually a hungry crowd in attendance.



In the main Art Gallery outside the Theater, "Picturesque New Jersey," with paintings by Marcia Steinbock of the Burlington County Art Guild, continues

through October. The "Art in Bloom" floral designs, related to selected Steinbock paintings, were displayed over the weekend of September 28-30, and were a unique addition to the show.

On the Lumberton campus, the exhibit of the award-winning photographs of SaraLee Pindar will continue through October in the Community Center Art Gallery. A surprise exhibitor is planned for November.

Because of the need for surgery for the coordinator, **Marylou Morrow**, DVD showings of *The World's Greatest Paintings* will be discontinued until early next year.

## HAPPY BIRTHDAY, HELEN

*Editor's note: This poem by Helen Vukasin appeared in the December 2002 issue of Medford Leas Life.*

### MY LETTER TO THE WORLD With introduction by Emily Dickinson

"This is my letter to the World  
That never wrote to Me -  
The simple News that Nature told -  
With tender Majesty," said Emily.

So I am 80,  
What a pistol!  
I say the word eighty,  
But it does not resonate.  
I don't really believe it.  
I look in the mirror,  
And see a face that doesn't look familiar.  
I wrap myself in activities to hide from the  
passing of time,  
And then I visit my friends in Medford.  
Here's one with a walker,  
Here's one with a motorized vehicle,  
Here's one who can't get up out of the chair,  
Here's one to whom I say, "Hi, it's me,"  
because she can't see,  
Here's one who looks vague and I know she's  
Not quite with it!  
So I go to the gym and perform all the tricks,  
And I take on another committee,  
Determined that I shall long be the one who  
helps others.  
Not the one that needs help.  
So when I am 90,  
I will say the word ninety,  
And it won't resonate. I won't really believe it!

### Epilogue, October 2012

So now I am 90,  
I say the word ninety,  
And it does resonate. I am beginning to believe it!



## “TENDER TOUCH” THERAPY

text by Suzanne Frank, photo by Margery Rubin

“I like hands on...I can't sit down,” describes the energy that **Dexter Hebron** brings to his new job here as rehabilitation manager for Tender Touch Rehabilitation Services, the new therapy service contracted by Medford Leas to replace Genesis. He describes Tender Touch as one of the leading rehabilitation providers presently serving clients in seven states on the eastern seaboard with its corporate headquarters located in Lakewood, NJ. Established in 1993, the company is committed to “unparalleled customer service,” according to Dexter.

Tender Touch started work at Medford Leas back in June, when Dexter and a *temporary* Tender Touch crew began their startup occupational, physical, and speech therapeutic services. However, a *permanent* staff is now in place. “We are here 5-7 days a week as the need arises,” Dexter stresses. He reports that on the first day his team treated 60 residents from the Medford campus!

“If you are sitting in your room on the weekend, then two days are wasted. Our company philosophy is to keep up with rehabilitation so that the faster you recover, the faster you can go home. Our aim is to make the residents feel at home when they come here, to feel that we are part of their family. I tell each of my staff that as they meet with their patients, they need to: 1) welcome them; 2) declare that he/she is their therapist; and 3) ask what would be their preference today?”

Residents' reactions have been almost 'out of the ballpark.' “I think they're wonderful,” said **Gladys Metz**. “Not only are they experts, but they're truly interested and will answer any questions you may have. I find them willing to work on the part that is

miserable and make you come out of therapy feeling so much better.”

With great enthusiasm, **Gloria Pinto** shared, “I think they go above and beyond what is required, and they respect the wishes and needs of their patients.” Another recent patient, **Joyce Haase**, found her treatment to be “very good. When I said I was too tired, they cut down my routine. And they walked me to my apartment and gave me ideas about making it safer, such as suggesting that I remove a throw rug.”

Dexter holds a BS in physical therapy, which he earned at De La Salle University in the Philippines in 1996. He began working in New Jersey as an outpatient physical therapist for Med-Therapy in Atlantic City, but he soon joined Tender Touch in 1998 as a program manager. Most recently, he

managed a team for five years at St. Mary Catholic Home in Cherry Hill, NJ.

Dexter related that when he first took his family through the Medford campus, his wife was very quiet and then broke the silence by exclaiming, “Wow!” After checking out the whole facility, and driving all the roads winding around the property, she asked, “Are we lost?”

“Personally,” he added, “I was so impressed. There's so much beauty here. We are very happy to provide services for residents which can add to improvement in their quality of life.”

“I want to get to know all of our patients,” Dexter concluded. “I want them all to know that anyone is free to discuss any issue, but we can't act until we get a referral.”

*(Editor's Note: We plan to interview individual therapists and aides serving in the various departments of Tender Touch in following issues.)*



Left to right: **Anna Ocasio**, rehab coordinator; **Jillian Garrido**, rehab aide; **Elaine Sung**, physical therapist; **Maria Ramirez**, physical therapist assistant; **Lindsay Kolmins**, rehab aide; **Michele Ruzicka**, occupational therapist; **Michelle Holloway**, occupational therapist; and **Dexter Hebron**, rehabilitation manager. Missing is **Naomi Derhy**, speech and language pathologist.

## SPECTICAST: *COSI FAN TUTTE*

by Beth Bogie



Daniel Barenboim, conductor of the Orchestra and Chorus of the Berlin State Opera, will lead a modern, non-traditional production of Mozart's *Cosi fan tutte* ("This Do They All" or "The School for Lovers") in a presentation on Saturday, October 27, at 1:30 pm. This version of the opera was recorded live on September 1, 2002.

*Cosi fan tutte* is considered "a timeless opera, one that in fact became increasingly popular in the 20<sup>th</sup> century as accusations of its triviality gave way to greater recognition of its depths." Its adaptability is considered proof of its strength.

The opera was first performed in Vienna in 1790 and set in Naples. Its overall message is about love and infidelity. The title in English, "This Do They All," is sometimes translated "Women are like that." The opera reflects Mozart's delight in juggling the comic and serious.

This version of the opera, sometimes referred to as "a hippie musical," is directed by German film director Doris Dörrie, and "transports action to the 1970s when the Flower Power Revolution was in full swing and hippies were trend-setters." It was called "absolutely hilarious, one of the most entertaining operas, action-packed and colorful, and musically superb."

Barenboim, a legendary Argentinian conductor and pianist of Russian-Jewish parentage, has served since 1992 as music director of the Staatskapelle Berlin, the orchestra of the Berlin State Opera, which traces its roots to 1570 and the court of an Elector of Brandenburg.

Barenboim is also music director of La Scala in Milan and was previously music director of the

Chicago Symphony Orchestra and the Orchestre de Paris. In June, his production of *Carmen* in modern dress was presented here by Specticast (*Medford Leas Life*, June 2012).

Sources: Wikipedia, EuroArts Reviews, *Mostly Opera*, Specticast Website.

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## RESIDENTS' STORIES ARE ONLINE

by Maggie Heineman

On the website, [mlra.org](http://mlra.org), there is a page with about 800 links to *Medford Leas Life* (MLL) articles about members of the Medford Leas community, including staff and Estaugh board members. That page is accessed through [mlra.org/private/](http://mlra.org/private/), the same page one uses to get to Jeremy's Community Conversation slides and to the Community Email Directory.

At the October 15 meeting of the MLRA, **Maggie Heineman** will gently explain how to navigate from the website homepage, [mlra.org](http://mlra.org), to the password-protected page [mlra.org/private/](http://mlra.org/private/) and then on to the page with the 800 links and from there to the stories in back issues of *MLL*. On Tuesday and Thursday mornings, **Gil Goering** and Don Bernard provide one-on-one help in the computer room.

## IN MEMORIAM

Marion Sandmann	August 21
Eleanor Weld	August 24
Rose Cruikshank	August 24
Donald Killian	August 24
Elaine Heinzelmann	September 6
Milton Zimmerman	September 7
Rolf Rogers	September 22

## THE LOSER WINNER

text by Suzanne Frank, photo by Margery Rubin



Most of us would be happy with an inch or two off our waist. **Rachelle Barrett-Dean**, the 23-year-old we see working cheerfully in the Coffee Shop, has really gone the distance in winning the second round of this year's Employee Wellness Committee's Biggest Loser contest

by shedding over 40 pounds. Incredibly, she went from a size 16 pants to a size 7!

"I've really changed my lifestyle," she admits. "I eat a lot of smaller meals. And now my family eats better as they are trying to help me out. They are happy that I did it. I'm also happier now and not cranky, which makes their lives easier."

Whereas previously Rachelle worked out only about twice a week, she now tries to get in at least a half hour a day of cardio exercise, mostly on the elliptical machine, which works to strengthen both arms and legs. "My co-workers were rooting for me all the time," she reports with a smile.

Rachelle reveals some very positive results. "I was never able to run before, and I don't think I have gotten sick since I began the program. I used to get colds a lot. I feel healthier. I'm not so tired, and I have more energy to do the things I have to do."

Winning the employee Biggest Loser contest required Rachelle to be strong in her commitment and to have a definite stick-to-it attitude, because she had quite a few of her colleagues nipping at her heels trying to catch up. They never did.



## WHO'S NEW

photos by Margery Rubin

**Barry and Nurit (Dubinsky) Sandman** came from Moorestown to Medford Leas, where they are living at 681 Bridlington. Barry was chief of family medicine at Zurbrugg Memorial Hospital, which became Rancocas Valley Hospital, and served two terms as president of the medical staff. Both are still professionally active. Barry is a senior aviation medical examiner. Airline pilots must have a physical every six months in order to be eligible to fly.



Nurit grew up in Givot Brenner, one of the oldest kibbutzes in Israel, and is a nurse. She always managed Barry's office in Riverside, NJ. Her interests include knitting garments and other projects on her two knitting machines.



Nurit and Barry were married while students at Temple University. Before Temple, he had served eight years in the Navy. After graduating from Temple, he attended Philadelphia College of Osteopathic Medicine. The Sandmans have one child living in Texas, and two grandchildren. Nurit's niece and her four children are very much a part of the Sandmans' life.

Barry and Nurit are fond of dogs and had two Rottweilers most of their lives, with an occasional rescue dog. They miss the dogs, but in Moorestown they had three acres for their dogs to run on and could not offer that freedom here.

Both Sandmans are pilots. He likes to mountain climb, mainly in the Adirondacks. He is a member of the National Rifle Association and has won medals in competitive pistol shooting. He also restores antique cars.

Sue Heath

## OCTOBER CRYPTOGRAM

by Herb Heineman

Z OSKD MSQ AUDV MSQ FSA ZV  
MSQT BSCXQD, PVDDO ZV MSQT  
HDBIOD, ITYM ZV MSQT LUQTLU.  
WST MSQ YVE Z YTD CSVC SW  
SVD TDOZNZSV, YVE ZH ZC HUD  
CIZTZH.

Underline the author's name:

**BSHUDT HDTDCY  
PUYOZO NZFTYV  
BYZBSVZJDC**

Below is the solution to the September cryptogram.

IF I COULD GET ANY ANIMAL IT WOULD BE A DOLPHIN. I WANT ONE SO BAD. ME AND MY MOM WENT SWIMMING WITH DOLPHINS AND I WAS LIKE, "HOW DO WE GET ONE OF THOSE?" AND SHE WAS LIKE, "YOU CAN'T GET A DOLPHIN. WHAT ARE YOU GONNA DO, LIKE, PUT IT IN YOUR POOL?"

LISA SIMPSON  
JULIO ORCA  
MILEY CYRUS

The correct solution was submitted by the following residents:

Catherine Barry, Ruth Blattenberger, Judy Braddy, Joanne Bryan, Marion Burk, Jody Cardona, John Caughey, Gordon Clift, Alice Culbreth, Mary Culen, Doris Curley, Neil Hartman, Barbara Heizman, Pat Heller-Dow, Sue Isaacs, Hugh Jenkins, Joan McKeon, Dottie Mulholland, Helen Peterson, Betty Preston, Ruth Quackenbush, Doris Salati, Florence Sawyer, Peg Scott, Anita Solomon, Ellen Stimler, Miriam Swartz, Ellen Wiener. Ten correctly identified the author.

Send your solution via campus mail to Herb Heineman, 121 WSD, Lumberton, or email it to [hsheine-man@gmail.com](mailto:hsheine-man@gmail.com) by October 10.

## MEDFORD LEAS LIFE

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