



# Medford Leas *Life*

*VOL. XLII, No.2*

*February 2013*

## POSITIVE PURSUITS

by Betsy Pennink

Positive Pursuits! There's a cheerful ring to the name of the pilot program that **Gerry Stride**, director, Therapeutic Recreation, introduced in Estaugh and Assisted Living last fall. Carried out over a period of eight weeks by three CNAs, **Tiffany Reiner** and **Jessica Perez** in Estaugh, and **Roxanne Kelly** in Assisted Living, the results were positive indeed.



Jessica Perez, Tiffany Reiner, Roxanne Kelly

The idea behind the program, says Gerry, is that "little things can make a difference." The difference she refers to is in residents' perception of the quality of their lives, their view of themselves, and their enthusiastic involvement in things around them.

Are there routines or activities that make the world seem right? Do you have interests you would like to integrate into your daily life? Tiffany, Jessica, and Roxanne set out to explore these questions with six residents in Estaugh and six residents in Assisted Living. Using an assessment

sheet, they compiled answers for each resident, but narrowed it down to the three most important wishes. In most cases they found that it was something small that really mattered.

In Estaugh one resident blossomed after her aide made sure she had lipstick on before she left her room. She received compliments from everyone and felt happy and more ready to join the group.

Another resident, who loves Duke University and jazz, was delighted when his aide made sure that his TV and stereo were on for those programs.

Also in Estaugh, the aide provided a movie twice a day for an anxious resident, which made her relaxed and able to fall asleep. (This is a form of preventive care, says **Marcy Smith**, coordinator, Therapeutic Recreation on Estaugh, because of its calming effect.)

Marcy adds: Positive Pursuits is "person-centered care." The program gives the aides the tools to make a difference in residents' lives. For residents who can't make things happen themselves, the quiet understanding of their specific needs can lower anxiety and stress. It can also start a chain reaction in the larger group, putting smiles on faces and promoting more involvement.

Roxanne, in Assisted Living, found that many of the six residents she spoke to were already organizing their own lives, but her job was to make sure that the plans were executed. Again, there were many other little things: wanting the radio kept on all day, or having the newspaper read aloud each day. Roxanne's main concern was the self-isolation of residents in their rooms and the

need to give them a sense of security when they come out from their rooms.

The aides “were the stars,” said Gerry. They took the time to find out what was important to each resident, to write up results in a log, and to monitor behavior changes due to their special care. They saw each resident as a person and not as a task, which made their jobs easier. All three gave examples of how the project was rewarding. In one particularly successful instance a resident was able to have her medication dose lowered.

Gerry received the Positive Pursuits program from Chandler Hall, a Quaker CCRC in PA. In return she sent them her Cognitive Fitness program. In the near future Gerry hopes to expand Positive Pursuits by enlisting more CNAs, so that many more people who reside in Assisted Living and Estaugh can benefit from the program.

---

## DR. JAMES STILL “BLACK DOCTOR OF THE PINES”

by Beth Bogie



An educational symposium on Dr. James Still and his accomplished family, entitled “Still Evolving: Still Fighting for Freedom,” will be held in the Medford Leas Theater on Saturday, February 23, from 9 am to 1 pm. The Dr. James Still Preservation Project, in which the

Medford Historical Society is a participant, is sponsoring the event.

Dr. Still, who practiced medicine in the 1800s from a home and office at the northeast corner of Church Road and Route 541, is legendary in the Pinelands and beyond for his herbal cures.

Speakers at the symposium will be:

- Valerie Still, his great-great-granddaughter, educator and Hall of Fame professional basketball player;

- Dr. Charles Blockson, famous black author, historian and curator emeritus of the Charles Blockson Afro-American Collections, Temple University. He will receive the first Freedom Fighters Award;
- Dr. Diane Turner, curator and librarian of the Charles Blockson Collection.

Joe Laufer, Burlington County historian, will serve as moderator.

The purpose of the symposium is educational; it is not a fundraiser. Valerie Still, who is passionate about her family, wants to keep Dr. Still’s spirit alive. She sees this as a first step toward building enthusiasm for various projects, including a foundation for children’s education.

Dr. James Still, who died in 1885, was without formal education, but “overcame prejudices raised against him and educated himself in Letters and Medicine to a remarkable degree,” according to *Forgotten Towns of Southern New Jersey*.

The author, Henry Beck, writes, “Probably no figure of backwoods country is greater revered or more graphically recalled.... A man of great heart and compassion with neither official title nor medical certificates, Dr. Still has been spoken of many thousands of times when his amazing cures were recalled.”

His brother, William Still, was an Abolitionist and Conductor of the Underground Railroad. James’ niece, Dr. Caroline Still, was the first female African-American physician practicing in Pennsylvania. The program will show how their stories continue to shape the American experience.

Dr. Still’s home on Church Road was torn down around 1930, replaced by a house that is viewed as a future possible education center. The smaller building on the property was Dr. Still’s office.

The registration fee of \$20 will cover symposium materials, lunch, and a copy of the *Early Recollections and Life of Dr. James Still*, his autobiography. It should be paid at the Medford Leas Reception Desk.

*Life Lines***HAPPY VALENTINE'S DAY**

by Marcy Webster



Somewhere in the mix of red and white Christmas envelopes was one that was cocoa brown. It proved to hold a charming, hand-drawn sketch of two baby birds in a nest and is, in fact, a “save-the-date” card for our granddaughter’s wedding in July. Hannah is the first of our seven eligible

marriage prospects to commit. If all goes well, by the time she says her vows we will have celebrated our 62<sup>nd</sup> anniversary and, with all that experience, it is very tempting to break my own rule and offer advice.

I don’t want to preach: perhaps advice from an outside source would be more acceptable. Here, at the Leas, we have experts in every field from arboreta, butterflies and China to zygotes. (I’m not sure about that but I needed a “z.”) What matrimonial wisdom do our local experts have to share?

**Betsy Pennink**, like Hannah and Nate, a graduate of Vassar College, remembers that the first year is the hardest. But in this case, as in most marriages today, the first year has already happened and that particular problem is history.

These are new times with new solutions. **Sally Klos** attended her grandson’s Minneapolis wedding sitting in her apartment streaming the ceremony by computer. And I was able to confirm the spelling of Hannah’s fiancé’s last name by going on the Williams Sonoma bridal registry website.

When asked for the advice that she might pass on to her grandson, Sally mentioned two things. She talked about the risk of financial decisions that aren’t well thought out and not made jointly, and she warned against beginning a sentence with “You never...” or “You always... .”

In spite of the new customs, the basics stay the same. As he often does, **Wil Britten** puts it into verse,

Think marriage is simply wedded bliss?  
 Sorry your thinking’s far amiss.  
 Someday you may surely wonder why  
 You married this particular gal or guy,  
 But as your years together grow  
 Most times you certainly know  
 That your choice was a perfect one for you  
 And your wife or husband too!

That’s a tender Valentine for **Barbara** and it addresses the issue of what **Jean** and **Bud Stratton** call “chemistry.” With six marriages and no divorces on their resumes, the Strattons are true marriage experts. When Bud’s second wife died, he found that it helped to talk to Jean who was grieving as well. He formed the habit of bringing a Ginger Twist tea bag to Jean’s apartment to share over an afternoon’s conversation. Married nine years, they still have tea and talk each afternoon (although Ginger Twist is no longer available). The Strattons consider talking to be the key to a good marriage.

**Frannie Webb** puts it slightly differently. She says “listen.” And she says, “compromise.” Fran believes it’s important to make peace before you go to bed.

That last piece of advice is classic. My grandmother, thrice married herself, gave it to me but I found it hard to follow. I think it’s difficult to be reasonable at the end of a long day. I find it easier to face the issue after a good night’s sleep. Often, with a cup of coffee and some daylight, we don’t even remember the problem.

It’s ironic, but the best advice of all came from my crusty father, deeply disappointed that I’d left college to marry at nineteen. As we left for our honeymoon, he hugged us and tearfully said, “take care of each other.” I see couples doing that every day at Medford Leas. It’s a beautiful thing.

## SANDY RECOVERY ASSISTANCE

by Ellen Stimler

Medford Leas' Recovery Assistance Program (RAP), to help people dislocated by Hurricane Sandy at the Jersey Shore, finished its first community-wide effort on January 10 in Room 290. Volunteer residents packed boxes with hundreds of winter coats, hats, gloves, and shawls, canned food, paper and cleaning products, toiletries and dental hygiene items.

The sealed boxes were then picked up by members of the Maintenance Department and delivered immediately to the distribution center of Jewish Family Services of Atlantic and Cape May Counties. This organization received permission to set up their distribution center in an unused school in Ventnor. They have been in operation since December 3 and were low on supplies when **Kit Ellenbogen**, president of MLRA, contacted them after reading about their work in a newspaper. By January, most of the well-known agencies, like FEMA and the Red Cross, had already closed their distribution centers.

Kit started the ball rolling after the MLRA Council received three PIWs asking what Medford Leas was doing to help all the people affected by the

storm. She set up a committee of volunteers including **Suzanne Frank, Walter Dow, Hannah Wilson, Tom and Alice Augenti, Fran Webb, Mary Lady Brennan, Jean Nicholson, Fran Webb, Ro Wilson, Toby Riley and Marian Raindorf. Lisa Minuto** distributed a flyer which announced the collection effort and listed the exact items needed for donation. The response was overwhelming. "We donated thousands of dollars worth of items," Kit said, as she was looking over the roomful of boxes on January 10.

RAP involved staff as well as residents. House-keeping donated paper products, towels, and cleaning supplies. The Thrift Shop gave many coats. **Donna Rossi**, of the Employees Association, and **Ken Roland**, Fitness and Aquatics, got the employees involved. Some nurses who heard about RAP found ways of participating. The support of Operations Director **Bill Murphy** throughout the project was crucial. Maintenance supplied tables, chairs, boxes and bags as well as **Kevin Crain's** early morning pick-ups in the Courts on January 3.

RAP would not have been possible without the support and assistance of members of the Administration. **CEO Jeremy Vickers** contacted nursing homes in the wake of the storm and offered to take in residents as needed. **Jane Weston**, director, Marketing and Community Relations, was able to make empty apartments available to people displaced from their homes.

The RAP undertaking is now set up to spring into action the next time it is needed. Medford Leas can be proud of its generous and effective response to this environmental disaster.



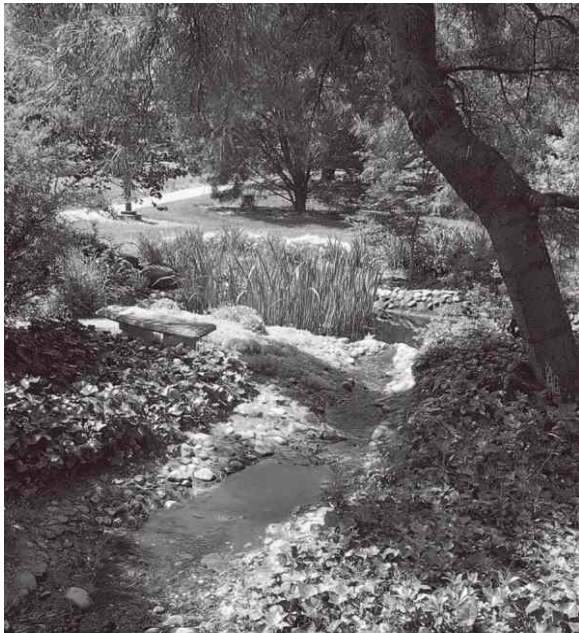
Margery Rubin

**Kit Ellenbogen, a few of the boxes, and three of the RAP volunteers: (l. to r.) Hannah Wilson, Kit Ellenbogen, Fran Webb and Mary Lady Brennan**

## PATHWAYS TO UNVEIL NEW SEASON

by Beth Bogie

With a successful fall season at their backs, **Jane Weston**, director, Marketing and Community Relations, and **Marianne Steely**, manager, Marketing and Residency Planning, have created a spring season of "Pathways to Learning at Medford Leas," programs to entertain and whet the intellectual appetite. The Spring 2013 Pathways Program Guide will become available in February.



Spring 2013 Program Guide  
EXHIBITS, WORKSHOPS  
LECTURES AND MORE...

**PATHWAYS**  
TO LEARNING AT MEDFORD LEAS

More than twenty different programs in eleven subject areas will be held through March, April and May for the general public as well as Medford Leas residents. Offerings will deal with the environment, gardening, international affairs, technology, art, music, and health, in addition to a gastronomic experience. Seven events involve a fee; many are offered at no charge.

Pathways integrates existing MLRA-sponsored programs, such as SpectiCast, Leas Forum and Medford University, with eleven special, new programs developed by Marketing/Community Relations staff and the Pathways Advisory Committee, in an effort to promote Medford Leas and its many educational opportunities to the general public.

Residents serving on the Committee are **Dave Bartram, Kay Cooley, Frank Snope, MaryLou Morrow, Vince Menzel** and **Barbara Trought**.

The fall season enjoyed a very large turnout. Approximately 300 visitors from the wider community attended classes, lectures and performances. Some came to more than one event. Many had never before had contact with Medford Leas. Pathways is a way for non-residents to experience Medford Leas, while sharing in its resources.

The spring program promises to attract just as many attendees. In the area of international affairs, award-winning storyteller Noa Baum, an Israeli, will shine a light on the complex history that surrounds Jerusalem for Israelis and Palestinians alike. Another program will feature speakers from the Carter Center, who will join with the Friendship Force of Southern New Jersey to celebrate World Friendship Day. Friendship Force is an international exchange program begun by Jimmy and Rosalynn Carter.

Med U will offer a series of five lectures by popular Medford Leas guest Karl Middleman of Temple University, who will explore "New World boundlessness in music," reflecting America's land and open space and its changes in social issues.

For those who love gardening, Jenny Rose Carey will speak on "Historic Gardens of Philadelphia" for the Annual Arboretum Lecture. She is an Oxford-educated biologist and teacher who is director of the Landscape Arboretum at Temple University Ambler. In April there will be a Daffodil Walk in the Medford Campus Barton Arboretum, and in May, a visit to the Brandywine cottage of renowned horticulturist David Culp. **Debbie Lux**, Medford Leas horticulturist, will also hold a class on container gardening.

A look into our larger natural world will include a talk on the Pine Barrens and its unique ecosystem, which covers one-fifth of New Jersey. "A Penguin World" will tell the story of Antarctica through the pictures of Joanna Lippincott Patterson, a Burlington photographer and storyteller,

Another opportunity to enjoy nature and improve and maintain health will be provided by Fitness Walks on both the Medford and Lumberton campuses, led by Medford Leas Active Living Director **Beverly Kannengieszer** and Fitness staff member **Ken Roland**. The Affordable Care Act will also be discussed by Jack Resnick, M.D., an innovation advisor and one of 73 doctors nationwide named to a special federal panel by Medicare and Medicaid Services.

Technologist Andy Pedisich will give a talk entitled "Embrace Technology – How technology has affected our world and how to get the most out of it." Dave Bartram, resident technology expert, will provide a Leas Forum on "Cybersecurity," as well as workshops on the iPad.

And if you've built up an appetite contemplating these programs, the foods and flavors of the Southwest will be presented in a six-course tasting menu created by Medford Leas Chef **Brad Mauger** and Sous Chef **Corey Johnson**.



Margery Rubbin

Residents of Estaugh and their volunteer wheelchair pushers sang Christmas carols to residents of Courtyard apartments. The volunteers standing (l to r.) are Jean Stratton, Beth Bogie, Bill Carson and Herb Krakora

## 2013 SPIRITUAL ELDERING PROGRAM

by Kay Cooley

"Spiritual Eldering #1" will again be offered to residents free of charge in the first half of 2013. Rabbi Richard Simon from Temple Har Zion in Mt. Holly will be the presenter.

Spiritual Eldering is a program designed by Rabbi Schachter-Shalomi that deals with the spiritual (rather than religious) aspects of aging and helps participants find meaning and purpose in this ultimate but sometimes seemingly diminished stage of their lives. It defines aging as an accumulation not of years but of wisdom born from experience. This wisdom is seen as a heritage the elderly can pass on to others.

Through readings in *From Age-ing to Sage-ing* by Rabbi Schachter-Shalomi, class discussions, life review, reflection and meditation, and journal writing, participants learn to find and value the wisdom of their years.

The course will be offered weekly for twelve weeks beginning in early February. The precise time, day and place of classes has yet to be arranged and will be announced shortly. *From Age-ing to Sage-ing* is a required text costing about \$15. Assistance in obtaining copies will be provided.

## CALLING ALL GARDENERS!

Seed catalogues have already started to arrive! Spring may seem far away, but it's never too early to start thinking about gardening. If you don't already have a plot at The Farm and would like to have one, please contact **Perry Krakora** (3694) or **Susan Dowling** (3672). Plots of all sizes are available, including small ones perfect for growing a few tomato plants or a patch of zinnias. So start looking through those seed catalogues and give Perry or Susan a call!

**Perry Krakora**

**DO NOT FLUSH!**

**Unwanted pills and drugs should not be flushed down the toilet.** Current advice from both the FDA and our Pharmacy is to put the drugs in used coffee grounds, kitty litter or moist unpalatable food waste and put it with the trash. The pills or liquids will be destroyed and be safely disposed of in the sanitary landfill or incinerated. The labels on the bottles should be removed or scribbled out and the bottles placed in the trash – unless there are any #1 or #2 plastic bottles that can go in with regular curbside recycling. Any questions, call **Suzanne Frank**, 3063.

**LUMBERTON CAMPUS CHRONICLE  
AVAILABLE BY EMAIL**

Medford campus residents who enjoy reading *The Lumberton Campus Chronicle* will soon be able to receive it by email. To do so, your computer needs to be able to read pdf files. If you are uncertain about yours, check with a computer-knowledgeable person. The required software can be downloaded free of charge.

Once you receive *The Chronicle* on your computer, you will no longer have to look for a printed copy at the Reception Desk, Library, or Lounge. And you no longer have to be satisfied with black on white, because the electronic copy will be in full color. You can, of course, also find it on the *mlra.org* website, as announced in the January issue of *Medford Leas Life*. Email is an effortless alternative that enables you to store *The Chronicle* in your own computer and even forward it to others.

Send your request by email (that way we're sure to get your address right) to **Herb Heineman** *hsheineman@gmail.com*. We will add your name to the list of Lumberton campus residents who are already enjoying this service. Feel free to call 518-8906 if you have any questions.

H.H.

**2013 GREAT DECISIONS**

by Kitty Katzell

It happens every spring. The MLRA presents Great Decisions, a series of programs dealing with several internationally critical current issues. The series is sponsored by the Foreign Policy Association.

Sessions will be held in the Theater from 10:30 to noon on Thursday mornings. The presiding moderator at each session will speak on aspects of the topic and then present a 30-minute DVD and guide the discussion.

There is no charge for admission and non-residents are welcome. Anyone who wants to prepare for the sessions may purchase a book with background information, published by the Foreign Policy Association, for \$18 at the Medford Leas Reception Desk.

The dates, topics, and moderators for this year's sessions are as follows:

- Feb. 14 Humanitarian Intervention  
**George Rubin**
- Feb. 21 China in Africa **Allyn Rickett**
- Feb. 28 Myanmar and Southeast Asia  
**Beth Bogie and Helen Vukasin**
- Mar. 7 Iran **Chuck Woodard**
- Mar. 14 Threat Assessment **Dick Sprague**
- Mar. 21 Egypt **Barbara Trought**
- Mar. 28 NATO **Sandy Heath**
- Apr. 4 The Future of the Euro **Tom Roberts**

**IN MEMORIAM**

- |                              |                    |
|------------------------------|--------------------|
| <b>Anna Hibshman</b>         | <b>December 18</b> |
| <b>Malcolm (Mac) Roberts</b> | <b>December 23</b> |
| <b>Miriam Ward</b>           | <b>December 23</b> |
| <b>Madeleine Yundt</b>       | <b>December 27</b> |
| <b>Richard Brown</b>         | <b>December 28</b> |
| <b>Phyllis Carducci</b>      | <b>December 30</b> |
| <b>Gwendolyn Crawley</b>     | <b>January 2</b>   |
| <b>Theresa Costanza</b>      | <b>January 10</b>  |
| <b>Sam Burgess</b>           | <b>January 19</b>  |
| <b>Frances Lax</b>           | <b>January 19</b>  |
| <b>Catherine Greenley</b>    | <b>January 20</b>  |

## ART GALLERY NEWS

by Helen L. Vukasin

“Six Degrees of Influence,” the current exhibit in the Medford Leas Art Gallery, really proved its point at the opening reception on January 8. The artists showing their work spoke eloquently about their particular approach and process. They explored various media from collage to watercolor, oil, acrylic and pastel, to computer-originated work. Each artist shared with the audience their motivations and techniques in understandable language. It was a master class for artists as well as art viewers. The exhibit will be up through the month of February.

In the Lumberton Campus Gallery, the work of the Philly Five, a group of artists who regularly meet to work together, will be hung on February 8. The artists in the group are Reta Sweeney, Tony Cirineo, Patrick Monaghan, Doris Paltzman and Susan Barnes. An opening reception will be held in the Gallery on February 12, from 4 to 5:30.

The Art Studio Gallery exhibit of residents’ paintings and photographs (example below) will continue through the winter. Resident artists are busy in the Studio preparing for a new show in April. Photographers with an interest in showing their work are urged to contact **Hannah Wilson**, chair of the Photography Committee.



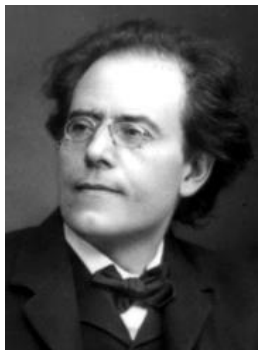
Beth Bogie

**In Bagan, the first capital of Burma, 1044 AD, there are 2,200 temples within 26 square miles**

Rita Keiper, a former Lumberton campus resident, now living permanently in Florida, recently won third prize out of 100 entries in the prestigious show of the Florida Suncoast Watercolor Society. The show was on Anna Maria Island in Sarasota. Congratulations, Rita.

## SPECTICAST: MAHLER SYMPH. NO. 2

by Beth Bogie



Claudio Abbado will conduct Gustav Mahler’s Symphony No. 2, “Resurrection,” in a SpectiCast presentation to be given on Sunday, February 24, at 2 pm. The concert was filmed and recorded live on August 21, 2003, at the Lucerne Festival Concert Hall. Abbado’s interpretation of this symphony in this concert has become legendary.

The program will feature Eteri Gvazava, soprano, Anna Larsson, mezzo-soprano, and the Orfeon Donostiarra Choir. Both Eteri and Anna have sung previously under the baton of Abbado. The choir, which was formed in 1897 in San Sebastian, Spain, has performed with many of the world’s great orchestras.

Critic Andrew Quint, of *Fanfare*, writes: “Mahler’s symphonies have been central to Abbado’s repertoire throughout his long career.” He recalls, “It is with the second that he made his debut with the London Symphony Orchestra and the Philharmonic Orchestra of Vienna in Salzburg at the age of 32.”

Quint reports that the Lucerne Festival Orchestra was an orchestra that Abbado helped to revive at the time of his 2003 performance. The orchestra was founded by Arturo Toscanini in 1938. Since 2003, Abbado has led the orchestra for the Lucerne Festival’s annual opening concerts. “The orchestra has at its core 40 members of the Mahler Chamber Orchestra and is filled out with players, invited by Abbado, who frequently are known soloists or from top orchestras.”

Jeffrey Knuffman ([blu-ray.com](http://blu-ray.com)) says, “This humongous five movement piece is a study in brilliantly conceived architecture, almost impossibly large and impossible to comprehend at the first listening.” He adds, “Anna Larsson sings the Symphony’s achingly beautiful fourth movement.”

Sources: Medici.tv; Naxos, Wikipedia.



## 2013 BIRD CENSUS AT MEDFORD LEAS CAMPUSES

by Miriam Swartz

Wednesday, January 9, was a relatively warm morning. As we left our Lumberton campus home for the Medford campus, it was 33 degrees with a promise of sun breaking through the clouds and the temperature reaching 50 degrees. The day was wonderful for this 25th Annual Bird Count. **Ro Wilson, Marie Gleason, Ethel Cebra, Jean Jordan, Louise Tompkins** and **Miriam Swartz** met at the Nature Center at 9 am. Just as we arrived, two Carolina Wrens were climbing the fence at the tennis courts followed immediately by the flight overhead of a Red-tailed Hawk.

The Farm was a good place to see Goldfinches enjoying the goldenrod seed heads. Juncos were on the ground under some bushes; Robins and Starlings were high up in the trees; and House Finches were investigating the old Purple Martin house.

From The Farm, we drove over to walk the trail behind Bridlington. We did not see Cedar Waxwings there this year, but enjoyed watching a Red-breasted Nuthatch pecking low on a tree trunk for a grub. A Great Blue Heron flew overhead, and we watched both a Turkey Vulture and Black Vultures soaring on the light breeze. **Gil Goering, Ellen Wiener** and **Richard and Janet Sprague** observed and counted birds coming to their feeders, contributing to our total bird count on the Medford campus of 26 species and 275 birds that morning.

The weather was quite different on Monday, January 14, for the 13th Annual Bird Census on the Lumberton Campus. As Jean and **Joe Jordan**, Louise Tompkins and Ethel Cebra gathered at the Community Center, the fog was rolling in and the sky was cloudy all morning with temperatures climbing to near 60 degrees. Their first stop was the lookout over Monarch Lake. They were delighted to be able to see two Pied-billed Grebes and a Great Blue Heron. Jean Jordan then walked the perimeter path and saw a Winter Wren behind **Ed and Anne Naulty's** home. Joe Jordan, Ethel Cebra, and Louise Tompkins traversed

the Rancocas Trail down to Rancocas Creek and came back the Backwater Trail. They spotted a Downy Woodpecker, a Golden-crowned Kinglet, Blue Jay and Brown Creeper along the way. From the tree tops a Carolina Wren, Tufted Titmouse, and Carolina Chickadees could be heard.

We are grateful to our neighbors, **Tali and Mort Yeomans, Mary and Wes Kerr**, and **Dave and Miriam Swartz** who watched their feeders, and to **Pete McCord**, who walked the perimeter path and through the woods, all adding to our total of 28 species and 710 birds seen. (Many Canada Geese flying overhead and on Monarch Lake added to the Lumberton numbers.)

If you remember, last year we were wondering where all the birds were. This year was more productive on the Medford campus, as numbers increased from 17 to 26 species and the total number of birds from 240 to 275.

### KATZELL GROVE PLANT LIST

To help people enjoy their walks through the Katzell Grove, the common names of the trees and how many of each kind are listed below. All are native species.

- 1 Accolade Elm
- 1 Shingle Oak
- 3 Yellow Buckeye
- 3 American Beech
- 3 Ironwood (American Hop Hornbeam)
- 3 Swamp White Oak
- 3 Basswood
- 3 Common Pawpaw
- 3 Black Birch (Sweet Birch)
- 3 Flowering Dogwood
- 5 Common Persimmon
- 5 Sweet Bay Magnolia
- 5 Eastern Red Cedar
- 7 Common Sassafras

**WHO'S NEW**

**Joyce and Brian Schultz** moved into 132 Woodside Drive on a rainy, muddy day in late November. Not only that, Joyce was diagnosed with whooping cough less than a week later. What a move-in! However, Joyce has recuperated well and the new rugs survived the movers' boots.

The Schultzes graduated from high school together in Illinois. Brian went on to West Point, graduating in 1961. Joyce went to Valparaiso U. in Indiana, but later moved to Maryland with her family, and graduated from the University of Maryland. Brian and Joyce married in December 1961. He spent 10 years in the 1960s serving in the Army Corps of Engineers in Korea (on a peace-keeping mission) and in Viet Nam. In the last few years of that time he taught nuclear physics at West Point.



Barbara Degler

They moved next to Foxboro, MA, where Brian worked for Stone & Webster Engineering Corps on nuclear plants in the U.S. The Army sent him to MIT, where he earned double master's degrees in nuclear and civil engineering.

While he completed work on the design and construction of the River Bend Nuclear Plant in Louisiana, he commuted to their new home in Cherry Hill and then to the home they purchased in Moorestown.



Barbara Degler

Joyce made a home for them in Mooretown for 33 years. She was an active volunteer in school as their daughter grew up. Their daughter now lives in the Chicago area. Joyce was also active in their church and in the Moorestown Garden Club. She loves to knit wee caps for newborn babies. As a founding member of the Interfaith Care Givers (now called The Tender), she served on the board for 15 years. Volunteerism is a big part of her life.

Taking early retirement from his work has not slowed Brian down. He is active in his church, and he works with the West Point Admissions Office, which enables him to meet with high school students and guide them through the complex process of applying to West Point. He is enthusiastic about the youth of today.

Following a two-month annual visit to Jupiter, FL, the Schultzes will return to their new residence and a new life-style.

**Barbara Lewis**

\* \* \* \* \*



Margery Rubbin

**Barbara Deverell Powell** has moved into 682 Bridlington and loves her airy, sunlit apartment. She came from Cherry Hill but is also a beach person, with a family home in North Beach on Long Beach Island, where she spends many weekends.

Barbara and her late husband, John, met in seventh grade at Cheltenham High School, Wyncote, PA, and dated on and off through high school. On graduating and after Pearl Harbor, he went to pilot school in the Air Force and eventually served as a navigator on many types of planes, but did not serve overseas. When he was discharged in 1946, Barbara and John were married. He completed studies in chemical engineering at Lehigh University and soon joined Gulf Oil in Philadelphia.

Barbara had majored in biology and chemistry and received her BA from Beaver College, now Arcadia. She then taught biology and chemistry at Moravian Prep in Bethlehem, PA. By now, the Powells had two babies.

When the Korean War came in 1950, John enlisted. During his 33 years of military service, Barbara and their four children lived in 20 houses. Medford Leas is her 21st home. The children attended 10 different schools; the house at the Jersey Shore became their one unchanging home. The children worked at the beach during the summers.

After Korea, John earned a master's degree in aeronautical engineering in the late 1960s and soon went for a little over a year to Saudi Arabia to build port facilities at Jeddah, an urban center on the Red Sea. This was followed by engineering consulting projects in California. Meanwhile, Barbara had entered a program in medical technology sponsored by American University in Washington, DC. She worked in that field at Virtua Hospital in Berlin, NJ, for the next 18 years, retiring in 1995. John died in 2003.

While her husband was in Saudi Arabia, Barbara began to travel extensively, visiting seven continents, with a friend or on her own. In the beginning, the older children were in college; the two younger ones were in high school and were looked after during her early week-long trips by a friend in Cherry Hill. Travel is her great love, along with their home at the beach. Her former neighbor at the Shore is **Julia Lyman**, who lives in the Courts at Medford Leas, but still has her home at the Jersey Shore.

Sue Heath

\* \* \* \* \*



Margery Rubbin

**Ruth Reid Bischoff** had met several residents of Medford Leas as a fellow member of Friendship Force, an international exchange program, as well as through her research of area assisted living facilities for her husband. So when she was ready, she

knew Medford Leas was the right place for her, and she moved into Apt. 12 in December with Lucy, her poodle. Her husband, William, died in 2000.

Ruth grew up in Camden, "when it was a very nice place." She graduated from Woodrow Wilson High School and earned a BSc in sociology from Rutgers-Camden. She worked as a paralegal assistant in a Camden law office until she married William Bischoff, an attorney with an office in Camden. This was the second marriage for William, who had two adult children by his di-

vorced wife. Ruth has two stepchildren, three grandchildren, and three great-grandchildren.

William was appointed a Superior Court judge in the Chancery Division and a year later was promoted to the Appellate Division. The couple lived in Westmont. Ruth took on major volunteer jobs on the Child Placement Review Board, the Juvenile Conference Committee and the Camden Planning and Advocacy Commission (CPAC). CPAC evaluated grants to youth organizations. Ruth was also a Girl Scout leader for 35 years.

After her husband became ill with Alzheimer's, Ruth joined the Delaware Valley Chapter of the Alzheimer's Association. She currently volunteers as a facilitator of a support group for spouses and partners of Alzheimer victims, which meets at the Trinity Presbyterian Church in Cherry Hill.

Ruth is continuing her association with Friendship Force. She says she can help by entertaining guests for dinner in her apartment, giving the host family a night off.

Ellen Stimler

## WHOSE GNU?

*Editor's Note: Recently I received the inquiry below about a creature in the workshop standing 8 inches high and 12 inches long.*



Beth: In the bizarre world of the residents' workshop, we never know who or what will walk in the door. When this guy appeared three or four months ago, we

forgot to record the owner's name, so we are saddled with a fully repaired and healthy water buffalo, or gnu, and no one to contact.

Would *Medford Leas Life* be able to run this touching photo and story of an animal in search of its mama?

Jim Knapp

**FEBRUARY CRYPTOGRAM**

by Herb Heineman

TK BC BWKC CLWNE T  
 QWXL GYBL FY W GYKGPDETYK  
 FQWF YKL DELPLEE BWK TE  
 W EQWBL, FMY TE W PWM RTNB,  
 WKA FQNLL YN BYNL TE W  
 GYKZNL EE.

Underline the name of the author:

**FQLYAYNL NYE LXL PF  
 HYQK WAWBE  
 WUNWQWB PTKGYPK**

Below is the solution to the January cryptogram.

AN OPTIMIST STAYS UP UNTIL MIDNIGHT TO  
 SEE THE NEW YEAR IN. A PESSIMIST STAYS  
 UP TO MAKE SURE THE OLD YEAR  
 LEAVES.

BILL VAUGHN  
 MARK TWAIN  
 ABRAHAM LINCOLN

The correct solution was received from the following readers:

Catherine Barry, Maryann Beitel, Ruth Blattenberger, Judy Braddy, Joanne Bryan, Marion Burk, Jody Cardona, John Caughey, Mary Chisholm-Zook, Gordon Clift, Alice Culbreth, Liz Dill, Neil Hartman, Barbara Heizman, Sue Isaacs, Jean Jordan, Sarah Klos, Mary Hope Mason, Joan McKeon, Helen Peterson, Betty Preston, Ruth Quackenbush, Doris Salati, Florence Sawyer, Peg Scott, Anita Solomon, Ellen Stimler, Miriam Swartz, Ellen Wiener, Barbara Zimmerman. Seventeen identified the author.

Please send your solution via campus mail to **Herb Heineman**, 121 WSD, Lumberton, or email it to *hsheineman@gmail.com* by February 10.

**MEDFORD LEAS LIFE**

*Ex Officio:* Kit Ellenbogen, MLRA President; Beth Bogie, MLRA Sponsor

*Editorial Staff:* Beth Bogie, editor; Kay Cooley, Suzanne Frank, Sue Heath, Kitty Katzell, Betsy Pennink, Ellen Stimler, Marcy Webster

*Staff Photographer:* Margery Rubin

*Proofreaders:* Herb Heineman, Kitty Katzell, Sarah Klos, Florence Sawyer, Ellen Stimler

*Business Manager:* Gene Raup

*Production:* Maggie Heineman, Kitty Katzell, Dave Bartram

*Distributors:* Lois Lindeman, Gladys Metz, Gloria Pinto, Fran Walker, Fran Werrell, Ro Wilson

*Recorder:* Fran Werrell

Medford Leas Life is published monthly, September through June, by the Medford Leas Residents Association. Copies are distributed to all residents and to those on the waiting list. Subscriptions are available to others at \$7.50 a year for ten issues by writing to Medford Leas Life, 144 Medford Leas, Medford, NJ 08055. Medford Leas can be reached by phone 609-654-3000; FAX 609-654-7894; or email information@medfordleas.org. When using FAX or email, specify the name of the person to receive the message. The Administration website is medfordleas.org. The Residents Association website is mlra.org.

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



Printed by Minuteman Press, Berlin, NJ