



Medford Leas *Life*

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GROWTH OF MEDFORD LEAS: THE BUILDINGS THAT JACK AND ED BUILT

by Beth Bogie

With the redevelopment of the Estaugh and Haddon buildings about to begin, it seems a good time to look back on Medford Leas' physical changes of the past. The time line below expands on one developed for the 35th anniversary of Medford Leas in 2006.

Buildings by McVaugh Construction Co. are indicated with an (*).

- 1970 Medford Leas construction begins *
- 1971 First Medford Leas apartments opened *
- 1972 Courtyards 1-18 completed *
- 1972 Community Building opened
- 1973 John Estaugh Building opened *
- 1974 Courtyards 19-41 completed *
- 1975 Garden Dining Room, Swimming Pool built*
- 1975 Elizabeth Haddon Pavilion opened *
- 1976 John Woolman Building opened *
- 1980 Lewis W. Barton Arboretum designated
- 1984 Rushmore opened *
- 1985 Woolman Commons opened *
- 1986 New Theater opened *
- 1987 New Library opened
- 1988 Bridlington opened
- 1988 Nature Center, Courts 65 and 66 built *
- 1993 Coffee Shop opened
- 1999 Lumberton Campus opened
- 2007 Arts and Social Wing opened

Ed McVaugh and his sister-in-law, **Isabelle McVaugh**, sat down with me recently to share their recollections of early building at Medford Leas. Ed's younger brother, **Jack**, who was joint owner with Ed of McVaugh Construction Co., of Riverton, NJ, eventually became its president. Jack died in 2009. His obituary noted that "construction of Medford Leas was one of his proudest achievements." (*Medford Leas Life*, March 2009) "It was one of the biggest jobs we ever did," Ed recalled.



Ed and Isabelle McVaugh

Ed and Isabelle, Jack's widow, now live across from each other on the third floor of Haddon, one of the McVaugh buildings which, with the Estaugh building, is being prepared for redevelopment 40 years later. Jack and Isabelle's son, Jay, after college, also became involved in the McVaugh construction of Medford Leas. He joined up during the building of Haddon. Isabelle recalls that her parents, who by then lived in one of the Courtyard Apartments, liked to watch Haddon go up, knowing that their son-in-law and grandson were making it happen.

Ed started McVaugh Construction with his father in 1950, while Jack was in college. The company built the occasional residence but specialized in construction of industrial buildings. Over the years Ed did the office work, putting out bids, doing the estimates and scheduling, while Jack supervised the construction.

In 1970, **Lew Barton, Tak Moriuchi** and **Tom DeCou**, who were the Building Committee on the Estaugh Board, approached Jack about building the first Courtyard Apartments – the first buildings at Medford Leas. While Lew was occupied with the landscape, Tak and Tom visited the construction sites every day. “Jack loved working with them,” Isabelle recalls. “They were so congenial.”

In the early planning, Lew, Tak and Tom had traveled to California to look at retirement communities, and they brought back the idea for the courtyard design.

From 1971 to June 1972, Courtyard 1 became Medford Leas’ headquarters. The Estaugh Office moved in from Cherry Hill; Executive Director Bill Martin worked in Apartment 5. Gladys Fleming, the first resident, moved into Apartment 1 on March 2, 1971, and was the sole resident for two weeks.

Things picked up quickly. “We did not build the Community Building,” Ed said. “The Courtyard Apartments were selling faster than we could build them. We had 60 men working on them. Instead, we recommended Prince Concrete in Camden to build the Community Building.”

While Estaugh and Haddon were going up, Jack and Ed also were building Courtyards 19 through 41, which were finished in 1974. Because apartments were filling fast, more dining space was required, so the McVaughs added the Garden Dining Room and the Swimming Pool directly below it.

Over the years, the McVaughs subcontracted such specialties as painting, plumbing, electrical work and building of roads, while retaining oversight responsibility for the work. Ed could not recall any problems. “The Medford Leas people were excellent to work with,” he said.

In the early '80s, work began on Rushmore. Isabelle remembered that John Martin, the architect, died while construction was underway. And Jack had open-heart surgery, so Jay “really built Rushmore,” she said. Jack officially retired in 1984, the year Rushmore was completed, but he remained active. Ed had retired 10 years before.

In 1986, when Jay was running the company, McVaugh Construction built another piece of the Community Building – the new Theater. In 1988, Jay also built the Nature Center and Courts 65 and 66.

As with so many other aspects of Medford Leas, its construction, over 18 years, was a family affair.

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## LENAPE SPRING MUSICALS

Four musical productions by the four high schools in the Lenape Regional High School District are being offered to seniors at special free matinee performances from March through May 2013.

However, no school bus transportation is part of the programs, and residents will have to drive or carpool with friends. A gold pass must be shown at the box office in order to receive a free ticket. Residents can get a pass from Ellen Stimler at 3162.

Below is a list of the schools, titles of shows, and dates for the free senior performances.

**Lenape High School**, corner of Church and Hartford Roads, *Legally Blonde*, March 9 and 14, at 1 pm.

**Shawnee High School**, 600 Tabernacle Road, *Footloose*, March 1 and 2, at 7 pm. No matinee scheduled in March.

**Cherokee High School**, 120 Tomlinson Road, *Grease*, May 18, at 7 pm for seniors with gold pass. No matinee scheduled.

**Seneca High School**, 110 Carranza Road, Tabernacle, *The Wiz*, May 4, at 1 pm.

Ellen Stimler

*Life Lines***SAFE AND SECURE**

by Marcy Webster



Margery Rubin

It can be a very scary world out there. Even sheltered suburban housewives like me used to find themselves beset by episodes of rudeness, anger and violent behavior. I observed displays of road rage. I was mugged at a high speed line station at 3 in the

afternoon. I watched as a neighbor built, and stocked, an underground bomb shelter in his garden in Cherry Hill and, years later, operating on the same general principle, I carried a canister of mace when I attended graduate classes at night in Camden.

So it's no wonder that I came to Medford Leas on high alert, stiffening my spine at each encounter with a stranger, and creeping cautiously through the corridors and courtyards at night.

I quickly learned, as we all do, that this is a safe place to be. No one will hurt you here. Not your feelings, not your belongings, certainly not your person. You can relax.

We are protected 24/7 by a seasoned security team. Last spring, **Jim Wolosin**, whose responsibilities include the overlapping departments of security, maintenance and landscaping, gave two of his staff the opportunity to oversee security from noon until 10 pm. **Bob Costigan** and **Bill Conte**, longtime, highly trusted employees, resident favorites, work in shifts, seven days off, seven days on. One of them is always here.

In addition, **Barbara Bohn** and **James Howard** work the same sort of routine, seven on, seven off, on all-night shifts that start at 10.

The command post for this operation is on the 2<sup>nd</sup> floor of Haddon. There, in an alcove off the nurses' station, two large TV screens monitor the premises. Cameras keep a constant vigil on all the doors, the hallways, the pools, and the public spaces. When I met Bob there, he knew I was coming. He had followed my progress as I moved through the corridors and up the stairways.

There are multiple images on each screen and each one is labeled. A green light indicates that all is well and a red flashes an alert when anything unusual happens. If the person on duty has to leave the post to investigate, one of the nurses takes over temporarily.

The most common alerts are for code-red, a potential fire (usually a pot left burning) or for telephone off-hooks. These must be checked out even though they can be as simple as a cat knocking a receiver off its base, a resident cleaning a dial pad or someone putting a phone in her pocket and accidentally turning it on. (You might wonder who could do such a foolish thing. Me.)

The security staff also meets police or EMTs responding to 911 calls and guides them to the site of the problem. Emergency calls to 666 go to the security headquarters in Haddon and are followed up from there.

On a very cold and very dark February night I was allowed to ride along when Bob Costigan made one of the rounds that take place every few hours all night. The security expert is very careful, driving slowly and checking every parking lot, Rushmore, Bridlington, the berm and the Nature Center. The most sinister thing we saw was a line of deer crossing Estaugh Way.

Bob came here 39 years ago in the days when Bridlington was a farm and cows occasionally wandered into the Courts. Bill Conte, who has been here for 29 years, recently responded to a call about a prowling nocturnal animal on **Beth Bogie's** roof in Bridlington, but that's about as exciting as crime gets around here.

They'll probably never film a crime show about Medford Leas – not enough drama. That's a shame because the cast is great.

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Police were called to a daycare where a three-year-old was resisting a rest.

A thief who stole a calendar got twelve months.

MEDFORD LEAS REPORTS MAJOR FINANCIAL GAINS

by Beth Bogie

At the Medford Leas Community Conversation on January 25, CEO **Jeremy Vickers** reported that Medford Leas continues to be in a very positive financial position. For the nine months ended December 31, 2012, Medford Leas achieved an operating surplus of \$752,000, above budget by \$579,000, and \$420,000 above the same nine months a year ago.

Other cash and non-cash changes produced an accounting net income for the nine months of \$1,385,084. Jeremy, however, favors the operating surplus as the best measure of performance.

Jeremy praised the contributions of his leadership team in making these results possible. The gains will permit an increase in monthly fees for residents with Residence and Care Agreements of only 2.75%, beginning April 1. The increase is the lowest since the year 2000.

Income for the nine months was \$18.2 million, versus expenses of \$17.4 million. There were strong inroads in the cost picture, with expenses down \$677,000, or 3.7% below budget. Jeremy attributed this positive picture to lower costs in pharmacy, employee benefits, and energy use. Lower pharmacy costs reflected increased availability of generic drugs, and the lower energy costs were helped by the installation of the solar panel system on the medical buildings.

Income was slightly lower than budgeted by \$97,000 (0.5%). While monthly resident payments were up, healthcare fees (Medicare), and ancillaries (Coffee Shop, catering, Options) were lower.

Another measure of Medford Leas' financial position is the amount of cash available for daily operations. The median among accredited continuing care retirement communities is 300 days. Medford Leas' cash on hand at the end of December had risen to cover 470 days, approaching the top quartile of its peer group. The average operating ratio (expenses to income),

year to date, is 96%, or 96 cents on the dollar, above the median CCRC operating ratio.

Budget objectives for the 2014 fiscal year call for a slightly higher operating ratio, lowering the average age of facilities, and maintaining the funded status at or above the ideal. Funded status is a measure of the ability to meet total lifetime costs for a given population based on actuarial calculations. Medford Leas, at 112%, is currently above the ideal of 105-110%.

Jeremy's goals are to continue to generate enough current cash to maintain excellent programs and facilities, fund long-term capital projects, and meet future debt obligations.

For the 2014 fiscal year, Jeremy foresees no increase in staffing and only modest wage and salary increases. He expects increases in marketing expenses, employee benefit costs and increased property taxes, and no further reductions in savings for prescription drugs or energy.

There was a slight decline in the Medford Leas resident population early in 2012, but it is now leveling. Currently every unit in Bridlington is taken or spoken for, and Rushmore is doing very well. The Lumberton census is lower due to some residents transferring to the Courtyard Apartments. There is growth in the Assisted Living census, and in private payers from the wider community. Similarly, the Options program, which delivers a variety of services in residential living, has been a positive addition to the financial position of the community.

The Reserve Fund, which currently supports 30 residents receiving financial assistance, has a balance of \$4.2 million, enough to cover five or six years, based on current usage trends. Plans are being developed to increase the Reserve Fund. A portion of the proceeds from many resident activities is donated.

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Two hats were hanging on a hat rack in the hallway. One hat said to the other: "You stay here; I'll go on a head."

**SNOW DAY**

On February 9, **Ralph Berglund** posted an entry on his blog, *Bergie’s Place*, called “February Snow – weren’t you out in it this morning?” These are just a few of the color photos and captions you’ll find at [tinyurl.com/berglundsnowblog2013](http://tinyurl.com/berglundsnowblog2013). **Dave Bartram** also uploaded photos that day; his can be found at [tinyurl.com/bartramsnow2013](http://tinyurl.com/bartramsnow2013). Currently the home page of [mlra.org](http://mlra.org) features color versions of the photos on this page along with links to the 2013 snow photos by Ralph, Dave, and **Marge Rubin**, and links to earlier snow albums by Marge, **Jeanette Muir**, **Ulf Gummesson**, and **Herb Heineman**.

Excerpts from *Bergie’s Place*:

“Not heavy, maybe three to five inches, enough to be beautiful and calling to me.”



“My next view was of my new bird feeder. Signs of some early morning customers other than the tin cardinal...” “The courtyards here are attractive to begin with. I knew the snow would add another dimension to them. Here’s an example.”

“I had been thinking about the snowfall during the wakeup process, realizing that I’d have to get out there and see what the world looked like with soft, white, rounded corners. Bundled and hooded against the wind chill, I headed out onto the campus.”



“Scenes along the way were beautiful, calling to be captured.”



“Also on my must-list this morning was the nearby iconic Kirby’s Mill on the southwest branch of Ranco-cas Creek. The first structure here dates from 1778 and there have been additions over the years. Its location on the creek with the nearby spillway, its architectural character, and its barn-red paint bring photographers like moths to a flame. The snow just had to enhance it. Here’s the postcard shot.”



**Wide angle view of houses across the meadow at Lumberton – by Dave Bartram**

**EVENING IN THE ARBORETUM  
APRIL 27**

by Kitty Katzell & Janice Saibel

Mark it on your calendar. April 27 is the date of the annual Evening in the Arboretum, and there are so many ways for residents to participate. Some will want to bring friends and family as guests, give them a tour of the Arboretum, and use the event as a way to introduce the visitors to our community. Some may choose to help by supporting the Arboretum Fund with donations to the event. Gifts of any size help the Fund and the Fund helps maintain the Lewis W. Barton Arboretum. Tickets for those attending the event are \$85 per person, a portion of which goes to the Arboretum Fund.

A major part of the Evening is the Silent Auction, held around the perimeter of the Atrium from 5 until 9 pm. There will be items of art by artists both from Medford Leas and from outside, and many floral-oriented gifts reminding everyone of the auction's purpose. Local businesses have donated goods and gift certificates and there will be tickets for various sporting and cultural events – the Phillies, Walnut Street Theater, the Surflight on LBI where there will be summer productions of *South Pacific* and *Les Misérables*. And more.

The Evening in the Arboretum also provides an opportunity to show off our fantastic culinary staff. Add wine and soft music, with tables inside and out for pleasant conversation, creating an evening of total enjoyment and satisfaction while supporting a most worthwhile cause.



**POINT OF VIEW**

One day, as **Dave Bartram** pushed a wheelchair through the Estaugh walkway, he encountered Ken Hutz, the arborist consultant to Medford Leas. Ken was squatting down and peering into the gardens between the walkway and Estaugh's windows. Ken explained he was seeking the view that's seen by a resident passing in a wheelchair.

**GET MOVING!**  
by Suzanne Frank

Strange words were drifting out of the Holly Room that day. If you listened intently, you could pick out such rarely heard names as *bird dog*, *sheaths*, *entangled fibers*, and *pyriformis*.

It was Fitness Day XVIII and a crowd of about 60 at the first three sessions watched their favorite four people – those who urge us on while we try to do our personal best in the use of exercise equipment. They were leading a symposium on how each of us can keep going, raise our potential and consider new moves to add to our routines. The scene was the Holly Room, the date was January 23, and the program was in four parts:

“Four Points of Posture,” created by **Beverly Kannengieszer**, director, Active Living, and presented by **Kristin Smyth**, Fitness, emphasized and demonstrated six power exercises which comprise the four points of posture – lengthen, lift, pinch and tighten. Kristen had residents sitting on the edge of their seats, while she coaxed them to sit straight to lengthen their spine, lift their chests, pinch their shoulders back and tighten their abdominals. She urged everyone to do this maneuver while eating with their friends, while sitting at home and at any other free times, so that this posture can become routine behavior. Maybe even every half hour! To aid good posture and body alignment, some helpful exercises were demonstrated such as upward row, chest press, squats and lunges.

“Functional Balance” was presented by **Ken Roland** and **Rick Trandahl**, both of Fitness, who demonstrated the ten fundamental static and dynamic movements of active living. They are: reaching, pushing, pulling, bending, rotating, squatting, stepping up (lunging), walking, sitting and standing. Their main thrust was to bring attention to false moves which residents should avoid when, for example, the phone is ringing. Don't turn around quickly, because your feet may be in too narrow a base, which could put balance in jeopardy. In order to avoid falling, residents should be aware of walking with feet slightly wide apart so as to provide a base of support.

“A nice exercise is to stand on tiptoe while waiting for the microwave to finish,” Ken interjected.

“Stretch or Shrink” was a sometimes humorous seminar on muscles as Beverly explained how they are held together in groups, as she gently stroked the gluteus maximus (heinie) on a male wall illustration. “A long muscle is strong,” she said, and a short muscle is weak and restricts the range of motion in the joint and the body.” Her presentation used Rick and Ken to show everyone the proper stretching techniques, focusing on the back and the lower body. After a workout which entangles the fibers in muscles, Beverly said there is a need to untangle those fibers by stretching. This brings the blood flowing back and puts the muscle back into alignment. She also recommends residents warm up for at least 5 to 10 minutes prior to stretching, before their workout, and, mostly definitely, upon completing their exercise routine.

“Biggest Loser Contest/Program” proposed a weight-loss routine which attracted about 15 hopefuls. Beverly and Ken explained the weekly weigh-ins, the latest “apps,” computer web sites and other in-house assistance – such as recipes and portion control – for keeping on track. Beverly was heartened by a number of people who spoke and shared their feelings.

There was a lot of positive feedback in reaction to the new educational format on Fitness Day.

“Everyone was ready for a change. This format was not only an advantage for residents but also an inspiration for the fitness staff,” Beverly revealed. “They got a good chance to practice Power Point presentations.”

Someone whose opinion is highly valued is **Chuck Woodard**, who sticks to 1¾ hours of exercise three times a week, not including riding a bike, and all done in the privacy of his home. “My wife,

**Maggie**, always took all of Beverly’s classes because she liked the camaraderie, but I like to do my own thing.” This “master of self-motivation” thought the fitness foursome did an excellent job. “They told you what you needed to do and why you needed to do it – and to make sure you do it right. Personally, it was a tuning up for me. And it was obvious that they (the staff) enjoy what they do themselves and it makes for a pleasant environment in the Fitness Center.”

So the final message of this action-packed fitness program is: perform some type of physical activity three to four times weekly.

And if you are curious as to the meaning of the strange words above, visit the Fitness Center for answers.

**BELIEVE IT!**

A few days after this event the Fitness department honored four ladies who, though born over 100 years ago, still exercise regularly. Those four centenarians were invited to a round-table dinner that included certificates and corsages. It turned into a lively interchange among the four (left to right) **Blanche Lippincott, Marion Burk, Gertrude Marshall** and **Connie Bacha**, and Beverly, Ken, Rick and Connie’s daughter, Connie, from California, who was thrilled for her mom. These folks are truly models for us to keep up with in our fitness.



Rick Trandahl

## ACTIVITIES – A SURE BET

by Betsy Pennink

The sound of laughing and cheering coming out of the Activities Room on the afternoon of January 23 was a magnet that drew a growing number of residents of Assisted Living and Estaug into the fun. In the end, about 30 residents were there, celebrating National Activities Professionals Week. The theme this year was “Activities: A Sure Bet,” which the Therapeutic Recreation Committee took literally and organized an afternoon which they called “Medford Leas Casino.”

What a success! First of all, there was the multi-colored Japanese slot machine, which **Rick Trandahl**, Fitness, had bought recently at a local auction. (It was full-sized, but a toy, and came with its own tokens, both Japanese and American.) **Bob Thode** hit the jackpot, and so did **Gerry Stride**, director, Therapeutic Recreation. The coins kept pouring out and Gerry confesses to jumping up and down with excitement.



photo by Marcy Smith

Then there was the mock horse racing. Wooden horses numbered one to six raced along a green-as-grass mat, their speed determined by the number thrown on a large cube by their “owners.” **Norman Jones**, who had horse #1, was wildly cheered by **Lea Beckett** as he threw a #1 multiple times in a row and was the winner at his table.

No casino should be without a roulette wheel, and Medford Leas has one! It was made some years ago by the men in the Workshop and has four different colored sections or wedges. Each player had five chips and could put them on light green, dark green or yellow segments (or a tiny one with a leprechaun). **Liesel Marcus** managed to beat

the odds, but in the end everybody won and collected a prize: beads and other colorful items.

The last game was “Deal-Me-In,” using an ordinary deck of cards for the residents and large cards for the “dealer,” who was **Linda Schultz**, Therapeutic Recreation. The aim was to discard a card in your hand if it matched a card held up by Linda. This was repeated until finally one player had no cards left and was declared the winner.

The six-member staff of Therapeutic Recreation manned the carts that the games were on, making sure that each table had its 20 minutes to play each game. Everyone had a chance to win, and everyone did!

“Cocktails and Mocktails” were served, and an authentic lounge atmosphere was created by the singing of **Geri Mingori**, Therapeutic Recreation, who has sung professionally and who made it all seem real. It was a grand afternoon. All the residents who participated enjoyed themselves and had fun.

## BUS TRIP TO RITZ MOVIE

by Ellen Stimler

On Wednesday, January 30, eight residents who don't drive, or don't want to drive, were on the first monthly Medford Leas bus trip to the Rave movie theater in the Ritz Center in Voorhees to see “Lincoln” or any of 15 other movies being shown there.

Similar movie trips will now be scheduled on the last Wednesday or Thursday of each month, according to **Tammy Gerhart**, director, Resident Services. The bus ride will be free, and movie tickets will cost only \$5.00 on Wednesdays or Thursdays. Residents with walkers can go on the bus to the movies, Tammy added.

It all started when **Gladys Metz** told **Beth Bogie** that without a car she sometimes felt limited and that right now she just had no way of getting to see the “Lincoln” movie. Beth, who was on her



way to see "Lincoln," felt sympathetic and soon contacted **Kit Ellenbogen**, MLRA president, who directed her to Tammy Gerhart. Tammy was immediately responsive and said she'd check with the drivers.



Moviegoers and Jack McGowan, at rear

Around this time, Tammy heard from **Jack McGowan**, the bus driver, who reported that nobody wanted to go to Whole Foods any more on the last Wednesday of the month, so he was looking for another destination. Tammy remembered that a few years ago bus trips to the Ritz had to be abandoned because of a charge for the bus on top of the movie ticket. She talked to CEO **Jeremy Vickers**, and he agreed that no charge should be made for the bus ride.

Future trips will be listed on the monthly calendar, on "This Week at Medford Leas," and on the bulletin boards. There will be a sign-up sheet at the Reception Desk. The titles of available movies will be attached to the bulletin notices, and they are also listed daily in the Magazine section of *The Philadelphia Inquirer* available on the newspaper table in the Lounge.

Some residents are concerned about missing their lunch, but there are a number of options. **John** and **Joan McKeon**, who had already seen "Lincoln" and wanted to see another movie that started at 1:10 pm, walked to one of several nearby restaurants and had a "great lunch" with **Barbara Trought**. Residents could also bring a sandwich lunch to eat on the bus or at one of the tables in the theater lobby. Hot and cold drinks are for sale there.

**Mary Ellen Van De Water** said the residents who saw "Lincoln" had to wait 90 minutes until the bus returned at 4 pm. Because of the different starting and ending times of the movies at the Ritz, some waiting time is likely, and residents may want to bring something to read if their show does not start close to noon or end close to 4.

But despite the waiting, residents were enthusiastic about their experience. "We had a simply great day," said Joan McKeon, "and I can't wait for my next trip."

Other residents who went on this first trip were Gladys Metz, **Janet Foord**, **Mary (Lady) Brennan**, **Doris Smith** and **Ellen Stimler**

## AUDIO-VISUAL LIBRARY

by Maggie Heineman

Many residents may be unaware of the Audio-Visual Library in the front room of the Ruth Bump Low Vision Center, across from the Pharmacy. The Main Library at Medford Leas has a collection of classical music CDs, and the Lumberton Campus Library has both VCR tapes and DVDs. The AV Library, in addition, has hundreds of books on tape and a growing collection of books on CDs.

The video collection includes the Teaching Company VCR tapes and DVDs that have been shown in Vid-U programs over the years. When each Vid-U course concludes, the DVDs for the course are added to the collection. Other than DVDs from Vid-U, the AV Library has only five DVDs. DVD donations are encouraged.

For those still using tape players, there's a nice selection. There are 43 sets of tapes. The single tapes have been organized into categories, such as art, travel, opera, ballet and movies. There are 64 movies on tape, but just five on DVD.

The AV Library inventory is on the desk in the Low Vision Center library and also at [mlra.org/private/](http://mlra.org/private/).

## SPECTICAST: SUPERSTAR TRIO

by Beth Bogie

Three opera superstars will sing famous duets from musical theater and opera in a SpectiCast presentation on Saturday, March 23, at 2 pm. The concert was recorded on August 16, 2011, at the open-air Waldbühne Theater in Berlin.

The singers – Russian soprano Anna Netrebko, Uruguayan bass-baritone Erwin Schrott, and German tenor Jonas Kaufmann – perform duets from Leonard Bernstein’s *West Side Story*, George Gershwin’s *Porgy and Bess*, Puccini’s *Manon Lescaut*, and popular tango duets and arias by Mozart. They also sing excerpts from Charles Gounod’s *Faust*. Marco Armiliato, conductor of the Prague Philharmonic, accompanied this popular trio in their summer concert tour.



Anna Netrebko, 42, while a student at the St. Petersburg conservatory, worked as a janitor at the Mariinsky Theater. Mariinsky Conductor Valery Gergiev heard her perform and became her vocal mentor. She made her opera debut at age 22 and played leading roles with the Kirov Opera. In 1995, at age 24, she debuted at the San Francisco Opera and in 2002 at the Metropolitan Opera. Since 1995, she has performed the leading role in 19 opera CD recordings and has sung in concert halls the world over. *Musical America* calls her “a genuine superstar for the 21<sup>st</sup> century.”



Erwin Schrott, her life partner, has won praise from both audiences and critics for “his powerful and versatile singing.” He is considered “the best interpreter of great Mozartian operas.” He made his professional debut in Montevideo at age 22. After winning first prizes in two opera competitions, he went on to leading roles at major opera houses in Europe and the U.S. Anna

and Erwin have a son, Tiago Arua, born in 2008, in Vienna, where they make their home.



Jonas Kaufmann is “one of the busiest and most celebrated singers in opera” and “has risen with an extraordinary speed.” In 1994 he made debuts with the Stuttgart and Hamburg opera houses and with the Lyric Opera of Chicago, the Opera National de Paris, and La Scala. At Covent Garden he performed to critical acclaim in *Carmen*, *La Traviata* and *Tosca*. In 2011 he returned to the Metropolitan Opera as Siegmund in Wagner’s *Die Walküre*, part of the Ring Cycle. During the 2011-2012 season he sang the title role in Gounod’s *Faust*.

Sources: SpectiCast, Wikipedia.

## GETTING TO YOUR DOCTOR

by Ellen Stimler

Residents who need transportation to get to their medical appointments are able to reach their doctors on time because of the work done by **Cathy Malsbury**, whose title is coordinator, Options/Resident Services Scheduling.

Cathy and her staff are in a small office across from the Health Center, where she arranges medical transportation for residents of the Medford and Lumberton campuses. There are four cars at her disposal and two drivers, **Barry Sherzer** and **Bob Berman**. **Jack McGowan**, the bus driver, helps out as needed.

When the Health Center or a resident notifies Cathy about the date and time of an appointment, it is entered in her computer and a schedule is made up each day for the next day’s doctor visits. Residents involved get a call from Cathy the day before their appointment, telling them the time and place for pick-up, which is as close as possi-

ble to their apartment. Cathy gives her schedule to Barry and Bob, and they decide between them who will pick up whom. Bob is an early riser and usually takes the early morning dates.

Residents are responsible for having someone at the doctor's office call the phone number on their consultation sheet to leave word the patient is ready for pick-up; this may take 30 minutes or more, depending on the current workload. The number of trips drivers make varies from four to a maximum of 10 daily round-trips.

The free transportation extends to physicians within a radius of 30 miles. Residents may also get transportation to dentists, podiatrists, hearing aid providers, etc, but these trips must be paid for at 56 cents per mile for the trip to and from the destination. An exception is made for a visit to a dental surgeon requiring anaesthesia. This trip will have free transportation. A family member who wishes to accompany a resident must drive in a separate car.

Cathy has three children: a son, 25, an engineer; a daughter, 21, a junior at Stockton College; and another daughter, 17, a junior at Shawnee High School. Cathy has worked at Medford Leas for 19 years, starting out in the Health Center and doing some of the driving to medical appointments.

Barry enjoys listening to NPR radio while driving. He lives in Shamong and has two boys, eight and nine years old. He has been at Medford Leas for 15 years, previously working in the kitchen, as a waiter, and in housekeeping. He recently received his CDL, a commercial driving license, so he can drive the Medford Leas bus when needed.

For Bob, working at Medford Leas is a family affair. His wife Pat is a companion in the Options Program, and his daughter Patty is the unit coordinator on Assisted Living. Cathy says Bob loves to tell jokes. When driving he likes to listen to the classical music station. He used to sell antique jewelry before "retiring" to Medford Leas.

## MARCH PATHWAYS PROGRAMS ON INTERNATIONAL AFFAIRS

Three programs dealing with international affairs will be offered in March by "Pathways to Learning at Medford Leas." The programs are:

"U.S. Foreign Policy: Implications, Impact, Common Denominators – 1970-2013," Wednesday, March 13, from 9 am to 1 pm.

Dr. Greg Ferro, a noted educator and lecturer on American politics, will look at how our national interests impact our global society. He has lectured widely for the past 36 years and has been a popular speaker at Medford Leas. A fee of \$30 will be charged and will cover lunch during the last hour. Attendees must register by March 8.

"A Land Twice Promised," Saturday, March 23, at 10:30 am.

Israeli storyteller Noa Baum creates a moving testimony illuminating the complex and contradictory history and emotions that surround Jerusalem for Israelis and Palestinians alike. There is no charge. A light lunch will follow the program.

The Friendship Force of Southern New Jersey celebrates World Friendship Day with speakers from the Carter Center, Sunday, March 10, at 2 pm.

The Carter Center, founded in 1982, is guided by a commitment to human rights, conflict resolution, enhanced freedom and democracy, and improved health. A member of the Center's staff will speak about their work and its effectiveness. Friendship Force, founded by President Jimmy Carter and Rosalynn, is an international exchange program. There is no charge.

Pathways programs have been put together by Marketing and Community Relations. More than 20 programs in 11 subject areas will be held during March, April and May for the general public as well as Medford Leas residents.

**B. Bogie**

**ART GALLERY NEWS**

by Helen L. Vukasin

The Home Fine Art exhibit comes to the Medford Leas Art Gallery on Tuesday, March 5, featuring eight artists from the cooperative gallery, Home Fine Art, located in Mill Race Village of Mt. Holly in a residence built in 1825.

The eight artists are Pamela K. Levin, Maureen Gass-Brown, Ben Cohen, Michael Block, Tracy Nuskey Didsib, Jan Terry, R. J. Haas and Robert Chappell. Their work includes photography as well as watercolor, pastels, multimedia, oils, acrylics and collage.



Across the Sunny Square Maureen Gass-Brown



Spring in Smith Woods Pamela Levin

At the opening reception on Tuesday, March 5, from 3 to 4:30 pm, Pamela K. Levin will talk about her creative process. Other artists will also comment on their approaches.



Adding Up Ben Cohen



Girl in Window Michael Block

On the Lumberton campus, the work of the Philly Five, a group of artists who regularly meet to work together, was hung in the Art Gallery on February 11. The artists in the group – Reta Sweeney, Tony Cirineo, Patrick Monaghan, Doris Paltzman, and Susan Barnes – have brought us 29 magnificent oil paintings. An opening reception was held on February 12, with comments by the artists. The exhibit will be open through April.

On Monday, April 15, from 10 am to 12:30 pm, the Spring Resident Exhibit will open in the Art Studio Gallery. As usual, the reception will feature homemade goodies. Photographers should get in touch with **Hannah Wilson**, chair of the Photography Committee, for instructions on exhibiting.

**BIRD CARVINGS BY ALEX WEBB**

by Maggie Heineman

At a recent meeting of the Medford Leas Birders, there was a “show and tell” of avian arts and crafts. **Alex Webb** was unable to attend because of a Florida vacation. Nonetheless his carving of a sandpiper was shown.



Margery Rubin

The page [mlra.org/displayCase/Birds.htm](http://mlra.org/displayCase/Birds.htm) describes a 2010 display of Alex’s carvings. The photos and text which follow are based on that story, which was, in part, based on information from a March 2010 *Medford Leas Life* article by Alex and **Maggie Woodard**.

Alex started making decoys and decorative birds in 1982 after he retired. He was not a novice woodworker; he had made furniture and model boats in past years, carving with old scalpels that his father had used as a veterinarian.



Mike Carrell

The two miniature Canada Geese are in flight, attached to the driftwood by metal rods that extend out the tails. The seated duck is a Pintail. Alex made a flying Mallard for his son; it is suspended by wires and hangs in front of a window.

Originally decoys were made to attract waterfowl for hunters. In the mid-20th century artists began to carve “Decorative Birds,” striving for absolute realism both in the bird and the setting. The feathers on the carvings are made with a burning tool. The tool is the size of a fountain pen and attached to a transformer that controls the degree of heat. The hotter the tool, the darker the mark it creates.

A decorative Sandpiper display that Alex made for his daughter shows the typical use of detailing with a burning tool to create the feathers. The female of the pair is nesting on the sand and the word “Love” is etched on the rock.



Mike Carrell

The [mlra.org](http://mlra.org) webpage has more photos of Alex’s birds, larger and in color. Also, links from the names of birds go to the “All About Birds” website of the Cornell Lab of Ornithology. At that site each bird has a separate page which tells about identification and life history and also gives the bird’s call and in some cases a video of the bird. Comparing Alex’s work to photos of the birds shows the realism of his carvings.

**IN MEMORIAM**

|                            |                    |
|----------------------------|--------------------|
| <b>Elizabeth Thomas</b>    | <b>January 21</b>  |
| <b>Elin Stub</b>           | <b>January 24</b>  |
| <b>John Mikuta</b>         | <b>January 25</b>  |
| <b>Charleen Cosand</b>     | <b>January 28</b>  |
| <b>John DePreter</b>       | <b>January 30</b>  |
| <b>Frances Reynolds</b>    | <b>January 30</b>  |
| <b>Geraldine Dickerson</b> | <b>February 7</b>  |
| <b>Minerva Sarfert</b>     | <b>February 8</b>  |
| <b>Katherine Bohlen</b>    | <b>February 18</b> |

## GEOGRAPHIC INFORMATION SYSTEM

by Dave Bartram & Kitty Katzell

If you see someone outside hunched over an iPhone or iPad, he or she is not trying to get a good signal to play Words with a grandchild. That person is using a geographic information system (GIS) to identify trees and their locations. Technically speaking, GIS integrates hardware, software, and data for capturing, managing, analyzing, and displaying all forms of geographically referenced information.

Why at Medford Leas? The system is being used by the Tree-Tagging Committee, led by **Dave Bartram**. They are mapping the trees on the two campuses of the Barton Arboretum and compiling technical information about them. This information will be added to the "GPS" database established in 2005.

With all the trees, shrubs, and woods on the two campuses, there's a lot of work to be done. In the early days of the Arboretum, residents on the Tree-Tagging Committee filled out paper forms and marked the tree locations with pencils on paper maps. No longer!

**Dick Webster**, one of the stalwarts on the current Tree-Tagging Committee, has a GPS app on his iPhone that allows a committee member to locate individual trees precisely on their GIS maps. **Debbie Lux**, **Anita Solomon**, and **Maggie Heineman** also have iPhones or iPads and are learning to use the GPS capability. **Nancy** and **Dave Barclay** are getting iPhones and looking forward to using them for the project. **Maggie** and **Miriam Swartz** are applying the process to the Lumberton campus, where very little tree tagging has been done.

**Gordon Clift**, who was active in the group that tagged trees in the '90s, has been an advisor to the current committee. He had devised the grid system, which is based on the symmetry in the layout of the Courts. The committee is anxious to preserve and build on what Gordon and others had done in the past. Ken Hutz, the consulting arborist, also helped the committee to get started.

The new committee is beginning with the existing database, going out in the field, and comparing

what is actually in the ground to what is in the database. They created maps for each of the 72 grids, showing the location of the trees overlaid on a Google satellite image. Using these maps as references, the committee is identifying trees that have been removed or have died, as well as trees that have been added. Information from the volunteers will then be used to update the main database.

With iPhones/iPads and GPS software, the group is able to duplicate the accuracy of the professionals who, with their high-priced equipment, created the original database.

As time goes on, GIS can be something that residents, staff and the community will be able to use to learn about and enjoy the Arboretum on both campuses. To monitor the committee's progress, <https://sites.google.com/site/mlgisproject/> will take you to their web site.

The committee currently uses free software and services from Google: Google Sites for the web page, Google Fusion Tables, Spreadsheets and Forms, which are part of Google Docs, now called Google Drive and Google Earth to display some of the results of their work. All of this is in the "cloud," and is freely accessible to anyone, anywhere with a computer, smartphone or tablet that has access to the Internet.



Each of the circles superimposed on the satellite view of the campus represents a tree. Click on a "tree" and a card pops up with information about it – its botanical and common names, height, latitude, longitude, etc.

## WELCOME TO THE COURTS

**Pauline (Polly) Schnepf** moved to Apartment 107 in the Courts from the Lumberton Campus, where she had lived for 13 years with her husband, **Henry (Hank)** until Hank moved to Es- taugh, where he died in 2010. Polly has two sons living nearby in Medford Lakes and Marlton, and a daughter in Connecticut. Both Polly and Hank were graduates of the University of Delaware, where they had met.

Polly has had a very active life with a focus on dancing and food-writing. She started to dance at age three, she recalled. After taking dancing lessons to attain professional status, she joined the Salome Gaynor Children's Theater during her last two years in high school. She was accepted as one of the Radio City Rockettes but was unable to start because of her upcoming marriage in 1953. She instead managed her own dancing studio for three years. Polly hopes to find a dancing group in this area. "When I hear music, I just start to dance," she said.

Polly's other loves are cooking and food in general. She contacted the editor of the *Central Record* and agreed to write a food column. Her bi-weekly articles with restaurant reviews and recipes were a great success. As she became known in the area, publishers sent her cookbooks, 300 or more, and restaurants invited her and Hank to free dinners, hoping to get favorable comments. "It was just great, we had many special dinners at the best places in the Delaware Valley during the 14 years I wrote my column," Polly said. Now Polly is a member of the MLRA Food Committee and reads all the residents' positive and negative comments.

Ellen Stimler

## CORRECTION

We apologize for giving an incorrect address for Ruth Bischoff in her bio in the previous issue. Her address is Apt. 112, not 12.

## NEW BOOKS IN THE LIBRARY

### Non-Fiction

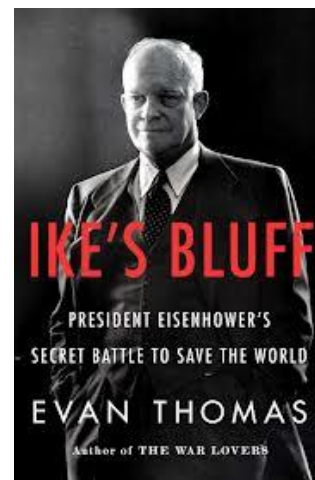
Diamond, Jared *The World Until Yesterday*  
Meachum, Jon *Thomas Jefferson*  
Nasaw, David *The Patriarch*  
O'Reilly, Bill *Killing Kennedy*  
Sotomayor, Sonia *My Beloved World*  
Thomas, Evan *Ike's Bluff*  
Wright, Lawrence *Going Clear*

### Fiction

Archer, Jeffrey *Sins of the Father*  
Chiaverini, Jennifer *Mrs. Lincoln's Dressmaker*  
Evanovich, Janet *The Husband List*  
Kingsolver, Barbara *Flight Behavior*  
Lahiri, Jumpha *Unaccustomed Earth*  
Theroux, Paul *The Lower River*  
Young, Wm. Paul *Cross Roads*

### Mysteries

Baldacci, David *Forgotten*  
Child, Lee *Wanted Man*  
Connelly, Michael *Black Box*  
Erdrich, Louise *The Round House*  
Evanovich, Janet *Notorious Nineteen*  
Flynn, Vince *Last Man*  
Grisham, John *Racketeer*  
Hunter, Stephen *The Third Bullet*  
McEwan, Ian *Sweet Tooth*  
Meltzer, Brad *The Fifth Assassin*  
Patterson, James *Private London*  
Rankin, Ian *Standing in Another Man's Grave*  
Woods, Stuart *Collateral Damage*



**MARCH CRYPTOGRAM**

by Herb Heineman

DW OQW VWQW BH WOQCV  
 CB MB ABBM KHCB BCWVQL.  
 DVOC CVW BCWVQL OQW  
 VWQW XBQ, Z VOJW HB ZMWO.

Underline the name of the author:

**V. S. NWHTYWH**

**Z. A. XOQEW**

**D. V. OKMWH**

Below is the solution to the February cryptogram.

IN MY MANY YEARS I HAVE COME TO A CONCLUSION THAT ONE USELESS MAN IS A SHAME, TWO IS A LAW FIRM, AND THREE OR MORE IS A CONGRESS.

THEODORE ROOSEVELT  
JOHN ADAMS  
 ABRAHAM LINCOLN

The following readers correctly identified the quotation:

Catherine Barry, Maryann Beitel, Ruth Blattenberger, Judy Braddy, Joanne Bryan, Marion Burk, Jody Cardona, John Caughey, Gordon Clift, Alice Culbreth, Mary Cullen, Barbara Degler, Liz Dill, Judith Fay-Snow, Linda Gorwood, Neil Hartman, Molly Haines, Barbara Heizman, Pat Heller-Dow, Sue Isaacs, Jean Jordan, Sarah Klos, Mary Hope Mason, Joan McKeon, Helen Peterson, Betty Preston, Doris Salati, Florence Sawyer, Peg Scott, Anita Solomon, Ellen Stimler, Ellen Wiener, Barbara Zimmerman. Nineteen correctly identified the author.

Please send your solution via campus mail to **Herb Heineman**, 121 WSD, Lumberton, or email to [hsheineman@gmail.com](mailto:hsheineman@gmail.com) by March 10.

**MEDFORD LEAS LIFE**

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