



# Medford Leas *Life*

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## EVERYONE WAS IRISH, AT LEAST FOR A FEW DAYS

text and photos by Betsy Pennink

Sure, and it was a party any Irish person would be pleased with! March 15 was the official Medford Leas St. Patrick's Day, and it was the climax of several days of events and preparation. In the first place, there had been Irish food to make. (Any Irish person could tell you that an Irish potato is not a vegetable but a sweet made of cream cheese, sugar and coconut, and rolled in cinnamon to resemble the real thing. The residents enjoyed making them and also the rainbow cupcakes, the leprechaun pistachio cake and the cookies.)



**Bob Hesse listens as Perry Krakora tries to figure out the clue to the first stop of the pub crawl. Barbara Britten watches as Wil tries to sink a putt.**



But now the celebration had begun. In a sea of shiny green hats and other green ornaments, residents in Assisted Living and Estaugh gathered with an army of staff members and volunteers to go on an "Irish Pub Crawl." This turned out to be a sort of treasure hunt, because the path from one

spot to another had to be guessed from clues. These clues were printed on rolls of "parchment" and were picked up at each stop in turn.



**Fran Walker and Marian Hartman wait in line to receive a pot of four-leaf clovers being prepared by Debbie Lux. Behind Fran and Marian we see Bob Hesse, so we know that Perry found the way.**

With a "pusher" behind each wheelchair, the crawl took everyone in small groups from the Large Print Library to the Reception Desk, then a pause in the Poplar Room, where **Debbie Lux**, Landscaping, was giving out four-leaf clover plants in little pots. Next was the Art Gallery, where each person got a label saying "I was kissed by a leprechaun." After that it was on to the Gathering Room. Here the Fitness Staff had some games: throwing a ball into a big pail, or putting a golf ball, or playing on the roulette wheel.

The last "pub" was the Holly Room. Here the true St. Patrick's Day celebration began. The large round tables had light green tablecloths and were sprinkled with good luck coins. Beer was served, root beer, that is! Music filled the air as a baritone sang every old Irish song imaginable, punctuated

with bits of information about Irish customs and history. There was clapping to the music and much singing along as everyone got caught up in the party atmosphere.

Irish music was a theme throughout the week and especially the night before, when a group of girls, aged 5 to 16, from the Coyle School of Irish Dance had performed exquisite stepdances to the delight of the crowd in the Activities Room. With their colorful costumes and their bouncing curly hair (required, so most wore wigs), they enchanted the onlookers.



Mary Allan, Bill Reifsteck

In both soft and hard shoes, and holding their upper bodies rigid, they danced the intricate steps and kicks of jigs and hornpipes, among other types of Irish stepdances. The girls finished with the St. Patrick's Dance, a set piece done exactly the same all over the world.

The end of the Medford Leas St. Patrick's Day celebration came in the afternoon in the form of an "Irish Sweet Shoppe." Here the goodies made earlier by the residents were served with root beer floats to everyone sitting at the small tables in the Activities Room. **Nickie Stevenson** just had to taste a piece of the cake that she had made. **Liesel Marcus** enjoyed her first taste of an Irish Potato. It was a good time to be Irish!



Nickie Stevenson



Liesel Marcus

## A Woodland Ramble

- Smartweed, (Lady's Knuckle)
- Swamp Mallow
- Morning Glory
- Knot Weed
- Joe Pye Weed
- Sweet Cherry
- Bone Set
- Salvia
- Night-Blooming Jasmine
- Night-Blooming Jasmine
- Night-Blooming Jasmine
- Lemon Grass Goldenrod
- Snake Root
- Milkweed
- Fennel
- Persimmon
- Primrose
- Primrose
- Sumac
- Cattails
- Wild Cherry Ragweed
- Ageratum Tupelo
- Black Gum
- Tupelo
- Tupelo
- Smartweed
- Smartweed

by Dick Webster (with help from wildflower expert Ro Wilson)



Snow Drops on the Red Trail  
photographed by Ralph Berglund on March 3

**Life Lines****LANDSCAPES OF THE PAST**

by Marcy Webster



No matter how pleasant our surroundings, and certainly ours are lovelier than most, we sometimes find ourselves turning back nostalgically to the landscape of the past. In spite of the magic sparkle of Oz, Dorothy Gale yearned for her home in the drabness of

Kansas. Johnny Cash, with all his wealth and celebrity, was believable as he sang longingly of the green, green grass of home. And, although we are lucky to live in this park-like setting, most of us carry a soft memory of trees and flowers from another place and another time.

For **Anne Barbey**, born in a tenement in lower Manhattan 96 years ago, it's the memory of taking a horse-drawn trolley to Central Park and picnicking there under trees on the unfamiliar luxury of grass.

Another urban child, **Ray Katzell's** early experience with trees was limited to earning a tree identification badge as a Boy Scout in Brooklyn. When he and **Kitty** moved to Medford Leas in 1989 he became involved in the project of identifying and tagging the trees. His long-lasting interest in, and devotion to, the Arboretum is remembered by many and commemorated by the newly energized Katzell Grove.

When she moved to the courts, **Karin Sannwald** found a stand of linden trees in parking lot B near her apartment. In May, their fragrance transports her home to Germany. As she said, "scent takes you back. One whiff, and instantly you are there." In June, the golden blossoms come, and the bees invade the trees, filling them with noise and vibration. Perhaps it was that buzz that inspired Franz Schubert to write the music that is familiar to Germans everywhere. Wilhelm Muller set words to Schubert's melody, creating a tone poem, *Der Lindenbaum*, which refers to the lindens as companions and as havens of peace. In Germany, the lindens are used to mark property lines and their blossoms are dried to make a healing tea.

Karin believes that trees communicate with each other, sending signals, warning of danger. And doesn't it seem that they send signals to us as well, calming us, giving us strength? And, of course: sustenance, shelter, respite and diversion.

**Miriam Feyerherm** refers to herself as a mystic and says that she focuses on the image of a tree as she meditates. Miriam's bond with the world around her began when she was a child on an Iowa farm. There was a windbreak of hickory trees that dropped nuts on the ground. It was Miriam's task to gather them and to crack through their hard shells to retrieve the kernel within. The resulting crop was bartered with the grocer in town to pay for her brother's room and board so he could go to school.

Later, Miriam's father, a preacher, moved his family, and she found herself in another house with another windbreak. This one was a row of pines, and she remembers the needles rustling in Iowa's harsh winter winds and whistling her to sleep. Miriam chose her apartment in part because of the pine tree nearby.

Perhaps Miriam's favorite memory of a tree is of the giant ginkgo beside her house in Mt. Laurel. On the day that Miriam and her husband brought their first child home from the hospital, as they parked under the ginkgo, the tree released a shower of glorious golden leaves over the car as if to welcome their daughter home.

Not long ago, Miriam planted a peach pit at another daughter's home and already the resulting tree has blossomed. That tree will be another memory.

Maybe the trees around us evoke a special memory for you. For me, it's the mundane scent of mothballs that takes me back to a double row of camphor trees in my small Florida town. I spent hours climbing in their low, hospitable branches, hiding and pretending among the aromatic leaves. That recollection is not as romantic as the sighs of Miriam's pines or the scents of Karin's lindens. But it's precious to me, as yours is to you.

## RECOVERY ASSISTANCE PROGRAM

Plans are progressing for a new collection drive, post-Hurricane Sandy, to provide items for people moving into more permanent housing. Donations to include kitchen items. Watch for an announcement in May issue.

Contact: Kit Ellenbogen x3217

## ESTAUGH PRICING PROGRESSES

by Beth Bogie

Cost estimates for the Estaugh renovation continue to evolve as pricing goes through various levels of analysis. The project has reached what is known as its “first pricing set,” which puts the present estimated cost of actual construction at \$9.8 million, below the \$10 million estimated at the outset. “Not as far below as I would like it to be at this stage,” CEO **Jeremy Vickers** laughed.

“The \$9.8 million tells us we can afford the basic concept,” Jeremy said, as he described various stages of price refinement. The contractor will now continue to refine pricing as he meets with various subcontractors. “The cost can continue to increase by tens and hundreds of thousands of dollars as subcontractor talks continue.”

He added, “We don’t want to go over the \$10 million construction estimate. With the other ‘soft’ costs, such as furnishings and equipment, architect and engineering fees and other items, I would estimate the total cost will be close to \$12 million.”

Jeremy described the process in arriving at a final cost estimate. “We start out with a contingency budget in which you put in a number of unknowns.” That produced a \$10 - \$12 million estimate. “Actually we started with a construction estimate of \$8 - \$10 million. We then estimated ‘soft’ costs – architect, engineers, furniture and equipment – at an additional \$2 million,” he said.

Then the construction manager is brought on board. He meets with subcontractors, who bring up new issues. For example, Jeremy expected that the ceiling of one-story Estaugh could have skylights. But when the construction manager and subcontractor looked at the matter, they found that the ceiling was made of solid concrete, far too expensive to change.

At this point, the “first pricing set” incorporates those refinements of early estimates. That is the \$9.8 million. Now the contractor will also meet with the subcontractors and continue to refine costs. The big-ticket items he’ll look at are:

- Heating, Ventilation, and Air Conditioning (HVAC). It turns out Medford Leas boilers are big enough, but air conditioning will need expansion;
- Electrical upgrading to meet today’s code;
- Fire alarms and sprinkler systems;
- Plumbing;
- Site work, including sewage systems.

They’re also looking at the Back Porch Garden roof, where there has been some leakage, to see what will be necessary in the way of repair and then what the cost will be.

Jeremy is now expecting visits from the fire marshal and other local and state officials. They will be brought up to date and offer their opinions. He doesn’t foresee major problems at the local level, since they have completed their preliminary review and issued their comments.

Work has begun on tagging the trees in the Pine-tum that can be saved, based on views of our arborist, Ken Hutz, and our consultant from Morris Arboretum, Bob Wells. Moving those that can be saved has also started. Medford Leas is moving as many trees as possible while they are dormant in the colder weather, the ideal time.

“By May, we expect everyone will have moved out of Court 19. Construction could then commence as early as June or July,” Jeremy said. By then most construction issues will have been settled and Jeremy will have even more confidence in the better cost estimates.

## QUAKER YOUTH AT MEDFORD LEAS

by Beth Bogie

On a cold, gray day in February, 38 Quaker youth from 20 meetings in Delaware, Pennsylvania and New Jersey arrived to spend the weekend at Medford Leas, exploring the woodland trails of the Barton Arboretum and Nature Preserve, as well as attending workshops. The young people were high schoolers enjoying one of six retreats managed by the Philadelphia Yearly Meeting.



Suzanne Frank

### Checkers

Their leader, Hannah Mayer, from the Philadelphia Yearly Meeting, said it was an opportunity for the high schoolers to build community among themselves and to develop leadership skills. They came to Medford Leas because they think it's beautiful and they've seen how nice the resources are. She was referring to the views of some 9<sup>th</sup> graders who came to Medford Leas a year ago as middle schoolers and wanted to return.

After arriving at 7 pm Friday evening, the students bedded down in the Exercise Studio (girls) and the Linden Room (boys) to be ready for the busiest day on Saturday.

After lunch on Saturday they joined residents for three activities. One group joined **Steve Denham** and **Carol Neil** for walks on the Red Trail and Trail 10 ending at the dock. Steve showed them the signs of beaver activity along the paths.

A second group joined **Harry Forrest**, former president of the Philadelphia Calligraphers' Society, in the Holly Room for lessons in calligraphy. Harry carried on an animated conversation with students about the different languages spoken at the time of the Egyptians and their different alphabets.



Beth Bogie

### Calligraphy

A third group of students joined three Conscientious Objectors among the residents – **Warren Sawyer, Neil Hartman** and **John Bartholomew** – who told about their experiences as COs during World War II. They worked as human guinea pigs in research on dreaded diseases performed at the University of Pennsylvania, and as attendants in the terrible conditions of a notorious insane asylum, the Philadelphia State Hospital at Byberry. Instead of going to war, the men “wanted to do something for humanity.” Almost 12,000 COs lived in Civilian Public Service Camps and were supported by three peace churches, including the Quakers. Pay was \$2.50 a month. Another 3,000 COs went to prison for avoiding the draft.

At 3 pm the students were off to the swimming pool for a free hour before getting dressed for dinner in the Garden Dining Room. After dinner there were board games in the Holly Room.

On Sunday they met with a group of residents for Meeting Worship at Medford Leas in the Holly Room.

## VID-U NEWS

Vid-U lectures are presented via DVD from The Teaching Company in the Linden Room every Thursday from 11 am to noon. There is no charge for admission and guests are always welcome. During the weeks when the program of Great Decisions is offered, Vid-U is not shown. On Thursday, April 18, Vid-U will resume with a course on *Peoples and Cultures of the World*. The course is taught by Edward Fischer of Vanderbilt University. Two half-hour lectures will be given at each session.

## EVENING IN THE ARBORETUM

by Marcy Webster

I know, \$85.00 seems like a lot of money for an evening. Why, for only \$145 more you could see Book of Mormon. Of course, you'd have to get to Broadway but you could take a bus and pack a sandwich. And the show's raunchy language wouldn't be too bad.

Or, for \$90 you could buy a ticket to an Eagles game. You'd be exposed to some foul language there too, as well as the extremes of Philadelphia weather. You have to figure at least \$40 for parking and, let's face it, the game would be iffy at best. There's nothing the least bit iffy about An Evening in the Arboretum, but, as we know, it costs \$85.00.

For something closer to home than the New York theatre or the football game, you could have dinner at Braddock's Tavern. There, a meal of soup, salad, entrée and dessert comes to around \$78. That's without wine or coffee or a tip. But parking's free.

An Evening at the Arboretum is starting to seem like pretty good value, isn't it? Let's see what you get for your money. There will be delightful background music by our own **Danielle Pederson** at the piano. There will be wines chosen and hosted by Canals Wines Unlimited. Director of Dining Services **Jen Zdunczyk** is planning a menu that

features favorites from past events. Homemade hors d'oeuvres will be passed. Made-to-order pasta will be featured as well as carving and sushi stations. And all this, plus spectacular desserts, for the one price which includes, don't forget, a donation to the Arboretum Fund.

Silent Auctions appeal to everyone and this one promises to be extraordinary. In addition to hand-crafted items there will be gift cards of every description including memberships to such venues as Perkins Center for the Arts and The Morris Arboretum. There will be sports and getaway packages, a winery tour, a rose garden donated by Flagg's Garden Center and, everyone's favorite, the fabulous "served in-your-own-home" barbecue presented by Chefs **Bill Murphy** and **Jeremy Vickers**.

You can put a value on most of these things, but the surroundings are priceless. It's not Times Square with the crowds and litter. It's not South Philly with all that that entails. It's our own beloved special setting, worth cherishing and preserving. \$85.00 is a bargain.

## APRIL IS FOR ARBORETUM

by Kitty Katzell

Now catkins are bursting forth on the pussy willow; forsythias' golden blossoms cover the countryside; daffodils are popping up everywhere. It must be April, and April is Arboretum Month at Medford Leas.



Readers of *Pathways to Learning at Medford Leas* have seen notice of many of the special Arboretum events scheduled during the month. It

started with “Pruning in Your Home Garden” at the end of March and continues all through April. There are daffodil walks on the 10<sup>th</sup> and 17<sup>th</sup>, and a walk along the nature trails of the Lumberton campus on the 20<sup>th</sup>.

One extra-special event related to Arboretum Month is the annual Lewis W. Barton Arboretum Lecture on the 13<sup>th</sup>. This year’s speaker will be Jenny Rose Carey, Director of the Landscape Arboretum at Temple University’s Ambler campus. Her subject is *Historic Gardens of Philadelphia*, which she will illustrate with images from the Pennsylvania Horticultural Society McLean Library collection, showing Philadelphia gardens from the 1920s and 30s.

Plans are also afoot for special Dining Service treats in the Coffee Shop on Earth Day, Monday, April 22. Always special, on Earth Day there are special foods on sale, as well as exhibits featuring earth-friendly items like recyclables and tempting edibles. So do plan to visit the Coffee Shop and enjoy the celebration.

Although April is for Arboretum, there will be plenty to see and enjoy in May – new landscaping in some of the Courts and in Bridlington and the dedication of the Katzell Grove are two items already on the agenda. So visit the Arboretum every month and enjoy what nature has to offer.

### SISTERS NOTE

With nearly 600 residents at Medford Leas, it seems possible that a certain number of the women are likely to have belonged to Panhellenic sororities when they were in college. Any reader who was a sorority girl back in those days and would be interested in getting together with others of similar experience is invited to send her name, address, and the name of her sorority to either **Jan Foord**, #185, or **Kitty Katzell**, #56. What happens from this point forward depends on the response. Your suggestions as to possible activities will be received with interest.

### NEW CAMPUS BUS ROUTE

On April 2, the Medford Leas bus will start a new outreach program on a trial basis, making a morning and afternoon pick-up of residents in all Medford campus areas, bringing them to the Community Center, and returning them to their homes several hours later, Mondays through Thursdays.



Lisa Minuto

The route and times were worked out jointly by **Tammy Gerhart**, director, Resident Services, and **Jack McGowan**, bus driver.

The bus will start its morning pick-ups at 8:00 am and come back to take residents home at about 11:30 am after returning from the regular morning schedule. In the afternoon, the pick-ups will begin at 12:30 pm, and the return trip at 3 pm after the bus comes back from its afternoon destinations.

The route will start at parking lots A and B, then proceed to Rushmore, parking lots C, and D, Bridlington, the back entrance of John Woolman, the bench outside parking lot H, parking lots G, F, and E, and end at the main entrance. It will take a few minutes for the bus to get from one parking lot to the next. Residents who want a ride are expected to be in their parking lot, or outside the door in Rushmore and Bridlington, at the right time. For the return trip, the bus will reverse its route, dropping off residents in parking lots A and B at the end of the run.

As indicated, this is a trial program that will continue only if residents find it helpful and decide to participate.

## MLRA PLANT SALE

by Perry Krakora

Spring is here and the Plant Sale Committee, made up of **Perry Krakora, Susan Dowling, Eilen Wiener, Elly Elmendorf, and Pegi Siegel**, is busy preparing for the annual Medford Leas Plant Sale, which will take place Thursday, May 9, in the Estaugh Walkway from 8:00 am until noon. Residents needing wheelchairs, scooters, or walkers may shop the evening before, Wednesday, May 8, between 6:30 and 7:30 pm.



Perry Krakora

The sale will include beautiful hanging baskets, potted flowers, bedding plants, herbs, peppers, and varieties of tomatoes – everything you might need for a colorful and tasty summer garden or patio. And, remember, Mother’s Day is Sunday, May 12, a day when flowers are always a welcome gift.

Of the plants and flowers offered, even more items than last year will be “home-grown” right here at Medford Leas. An expanded selection of herbs has been started from cuttings, divisions and seeds. **Debbie Lux** is growing flowers from cuttings and plugs (small seedlings) for the great hanging baskets she has started to put together. And there will be other interesting items. Come see!

Many volunteers will be needed on the sale days. If you would like to help, please give either Elly Elmendorf (3215) or Pegi Siegel (3094) a call.

A contribution to the Employee Appreciation Fund is made from the proceeds of the Plant Sale. So mark your calendars and welcome spring at the Plant Sale.

## MEDFORD U.’S SPRING COURSE

by Kay Cooley

Medford University’s spring course features Karl Middleman. The Maestro, a favorite of Medford Leas residents and a presenter in last fall’s *Pathways* program, has designed an entirely new course, *The Musical Vistas of America*, focused on the great land and space of America as depicted in music and art.

Karl writes: “... we will explore the theme of New World boundlessness in music as varied as Dvořak’s *New World Symphony* and Puccini’s *Girl of the Golden West*. Other whistle stops on our journey include Copland’s *Billy the Kid* and Irving Berlin’s *Annie Get Your Gun*. These works, and many others, reflected changing social issues of America, and will be illuminated with the aid of thrilling video and audio recordings.”

Maestro Middleman is founder and artistic director of the Philadelphia Classical Symphony, an award-winning 20-member professional chamber orchestra. His lectures mix scholarship with showmanship and are enlivened by live piano demonstrations. His course will comprise five classes on Monday afternoons, from April 15 through May 13. Lectures will be held in the Theater, 3:30 to 5:00 pm. Tuition is \$25.

The course is included in the *Pathways* program. Anyone who enrolls in it through *Pathways* should not enroll through the enrollment form distributed with the program announcement.



## MARCH WAS A LION



Margery Rubin

High winds took down trees and broke canoes



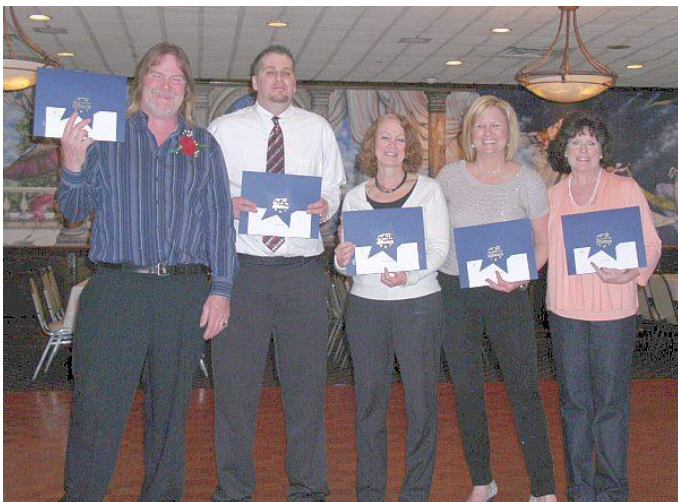
## FIVE NEW STARS

by Suzanne Frank

So that residents and administration might celebrate their accomplishments, it was announced that five employees have been awarded a FIVE STAR Recognition Award – created by a newly established Recognition Team made up of Medford Leas department heads. The team's aim was to identify and recognize individual staff members who demonstrated high performance, strong commitment, and exceptional service to Medford Leas during the 2012 calendar year. The FIVE STAR staff members were chosen from a list of ten nominees; however, all ten employees will be recognized, according to **Tammy Gerhart**, director, Resident Services, who is chair of the team.

The FIVE STAR recipients were: **Nick Bucci**, Dining Services; **Kevin Crain**, Operations; **Susan DeJacom**, Administration; **Cathy Martin**, Health Services; **Kathy Pliskin**, Health Services. The other nominees were: **Debbie Farley**, Wellness Services; **Florence Heisler**, Dining Services; **Maureen Mushinski**, Dining Services; **Marcy Smith**, Therapeutic Recreation, and **Myrna Wester**, Health Services.

All the winners were honored at a Service Award Dinner on March 15, where they were celebrated for their special service at Medford Leas. Former recipients of the Employee of the Year Award were also recognized.



(l to r) Kevin Crain, Nick Bucci, Susan DeJacom, Kathy Pliskin, Cathy Martin

Lisa Minuto

## SPECTICAST: EUROPA MOSCOW

by Beth Bogie



The annual 2008 Europa Concert was recorded at the Tchaikovsky Conservatory, Moscow, on May 1 that year, and will be presented here by SpectiCast on Sunday, April 14, at 2 pm. The Berlin Philharmonic performs under the baton of conductor Simon Rattle and features renowned violinist Vadim Repin. The program includes

Stravinsky's Symphony in Three Movements; Bruch's Violin Concerto No. 1, Op.26, performed by Repin; and Beethoven's Symphony No. 7 in A major, Op. 92.

Legendary violinist Yehudi Menuhin once said, "Vadim Repin is simply the best and most perfect violinist that I have ever had the chance to hear."

During a U.S. tour last year with Israeli pianist Itamar Golan, it was written that "Virtuoso Russian violinist Vadim Repin and...Golan rank among the most admired and prominent classical musicians in the world today." Of Repin: "Fiery passion with impeccable technique, poetry and sensitivity are Repin's trademarks."

The violin concerto that Repin performs in the Europa concert is the work of Max Bruch, a German 19<sup>th</sup> century Romantic composer and conductor who wrote over 200 works, including three violin concertos. His Violin Concerto No. 1 in G minor, Op. 26 is one of the most popular Romantic violin concertos and a standard in the violin repertory.

Repin was born in Western Siberia in 1971. He began to play the violin at age 5; at 11, gave his recital debuts in Moscow and St. Petersburg; and at 14, debuted in Tokyo, Munich, Berlin, Helsinki and a year later in Carnegie Hall. He has played under leading conductors, including Simon Rattle, and with many leading orchestras. He specializes in Russian and French music, particularly the great Russian violin concertos, as well as 20<sup>th</sup> century and contemporary music.

Sources: Naxos, Wikipedia

<http://tinyurl.com/RepinAge12>

## PATHWAYS' NATURE WALKS

by Doris Brown

Three different kinds of nature walks, on the Medford and Lumberton campuses, will be offered in April and May by "Pathways to Learning at Medford Leas." There is no charge. They are:

*"Daffodil Daze Walks": Wednesdays, April 10 and 17, from 10:00 am to 12:00 noon, starting and ending for light refreshment at the Medford Campus Nature Center.*



View the annual spring spectacle of thousands of daffodils, which began with the prized bulb collection brought to the Medford Campus in 1978 by **Marjorie (Midge) Ilgenfritz**,

one of our earliest residents. Bulbs from her garden in Mamaroneck, NY, were divided and planted throughout the campus and over the years other daffodils have been added. Walks will be given, rain or shine, and will be followed by a review of historical information concerning the Ilgenfritz Collection. Register no later than one week before each walk.

*"Fresh Air Fitness Walks": Friday, April 12, at 10:00 am from the Lumberton Campus Community Center, and Tuesday, April 16, at 10:00 am, from the Medford Campus Holly Room.*

**Beverly A. Kannengieszer**, director, Active Living, Medford Leas, and **Ken Roland**, manager, Fitness and Aquatics, will lead the walks, which are designed for health, fitness and fun. The program will begin with a discussion about achievable goals, proper footwear, walking poles and stretching techniques. Handouts and physical activity logs will be available. The walking tours will follow, rain or shine. There is no charge. Advance registration deadlines are April 5 for Lumberton Campus and April 9 for Medford Campus.



The walking tours will follow, rain or shine. There is no charge. Advance registration deadlines are April 5 for Lumberton Campus and April 9 for Medford Campus.

*Nature Trail Walks will be held on the Lumberton Campus on Saturday, April 20, at 9:30 am, and on the Medford Campus, Saturday, May 11, at 9:30 am. At Lumberton, meet at the Community Center, and on the Medford Campus, the Community Building Atrium.*

The Medford Leas Residents' Woodland/Trails Group will offer a tour of the extensive nature trail system developed and maintained over the years. The system consists of 5 miles of marked trails through the 60 acres of Woodlands, as well as the Meadow. Join in this walk, rain or shine, and be inspired by the beauty of the 168-acre Barton Arboretum and the Nature Preserve. The registration deadline is May 3.



At Lumberton, approximately 40 acres of the 88-acre campus offer a trails system developed and maintained by the Trails/Site Committee of Medford Leas at Lumberton. The Lumberton campus is an extension of the Barton Arboretum and Nature Preserve. The registration deadline is a week prior to the walk.

All Fitness and Trail walks will last about an hour.

## END-OF-LIFE ADVICE AND NEW HOSPITAL SUPPORT PROGRAM

by Suzanne Frank

"Eighty-six percent of end-of-life decisions are decided by others than you," declared **Becky Castellanos**, DrNP, APN, on February 27 at the beginning of a talk about "advance directives," "living wills," "do not resuscitate" and "allow natural dying." Hoping to grab everyone's attention, she laid out residents' absolute and total need for advance directives (living wills) "to guide your

end-of-life journey, which would relieve the family of the responsibility of making extremely difficult decisions.”

This was definitely not a happy subject, but the audience was spellbound. Becky went on to point out that in prior years people had a lack of such provisions, which might lead to family disputes. She stressed that each person should be sure that end-of-life care is “my voice, my choice.”

To sum up, what every resident needs to do is:

1. Have an **advance directive** (AD), or living will, which is current. It should be updated every few years and can be changed or revoked at any time, depending on changes in health and circumstances.

2. Fill out an **Emergency Information Sheet**, which each resident should update as needed. This form tells Medford Leas personnel who should be contacted in case of an emergency, and who is named as your healthcare and financial Power-of-Attorney. If you want an alternative form, which uses gentler language and is called *Five Wishes*, it can be obtained from Social Worker **Cathy Martin**. When these forms are filled out, the information is put into the resident’s electronic medical record. A copy is given to the Health Center, and the original is filed in the Social Services office. Forms can be picked up in the Resident Services or Social Services Offices. Please contact Cathy Martin or **Tammy Gerhart**, director, Resident Services, if you wish to verify the information you currently have on record.

3. Consider the **Medical Information Program**, a voluntary program run by Burlington County. Packets are available in the Resident Services Office. The packet contains a medical form that is to be kept in a zip-lock bag in your refrigerator. Once the form is clearly filled out, place a copy in your kit in your refrigerator. The kit includes two Red Cross stickers. One goes into the zip-lock bag; the other goes on your front door to alert EMS. A magnet is put on the front of your refrigerator which will notify emergency people that you have such information for them. If you participate in this program, it is important that you keep the information on this sheet up to date. If you would

like a kit or a new medical information sheet you can get either from Tammy in Resident Services.

With regard to the advance directive:

- a. It is important to make note of the Do Not Resuscitate option. This will advise doctors, hospitals and family members of your wishes.

- b. Consider the option Allow Natural Dying, which precludes any extraordinary medical procedures. This does not rule out use of substances that bring comfort.

- c. Do Not Hospitalize is another choice to be considered. If a person is near the end of life, this will prevent adding to the burden of the one who is ill, or the one who is well.

All of the above options should be discussed with family members so that everyone involved is on the same page – to advocate for **quality** of life, not **quantity**.

Lastly, a copy of the AD should be in your glove compartment so that you take it with you wherever you travel. If you are a passenger, perhaps keeping a copy on your person is advisable.

**Mary Ann Flatley**, MSN, RN, director, Resident Health and Wellness, followed Becky’s talk by introducing a new Hospital Support Aide Program, which will begin in April. This new OPTIONS program will be available to residents of the Courts, Assisted Living and Estaugh who have not designated someone to accompany them to the hospital. According to a Medford Leas survey, it was found that 50 percent of residents didn’t have plans in place for such an event.

In order to fill that need, a hospital support aide now will be available to meet the resident at the hospital and in effect will be their “eyes, ears and legs” according to Mary Ann. “I will be putting out the program specifics in March, through internal mail. [This] Options resource for a Certified Home Health Aide to meet (residents) at the hospital has been added to the Emergency Information Form.” Once filled out, residents can drop these forms off at the Reception Desk.”

In summing up this vitally important presentation, Becky said, “Making the right end-of-life decisions is a final gift to loved ones’ peace of mind.”

**MLRA COUNCIL NOMINEES**

by Kay Cooley

At the MLRA meeting on March 18, **Maggie Heineman**, chair of the MLRA Nominating Committee (**Gil Goering, Sally Klos, David Lewis** and **Anne Wood**) presented the names of residents selected by the committee as candidates for membership on the 2013-2014 Council to replace the five members whose two-year terms will expire on June 30.

The nominees are: **Eleanor Elmendorf** and **George Trought** from the Courts, **David Eynon** from Bridlington, **Ruth Gage** from Lumberton and **BJ Tetlow** from Rushmore.

No additional nominations were made by petition prior to the deadline. The election of Council members will be held at the April 15 meeting of the MLRA.

The newly elected members of Council will replace **Kit Ellenbogen, Julien Eysmans**, Maggie Heineman, **Herb Krakora** and **MaryLou Morrow**. Council members who will remain in office and serve their second year are: **Tom Augenti, Beth Bogie, Kay Cooley, Jean Cronin, Jean Jordan** and **Bob Rosvold**.



**BRIDLINGTON CONSTRUCTION**

What’s going on in Bridlington? The construction at #667 and #668 has attracted an unusual amount of attention, probably because of the renovation of two units, side by side, and because it is in a highly visible location, near the intersection of Bridlington Way and Medford Leas Way. As CEO Jeremy Vickers points out, “There actually can be efficiencies in renovating two units side by side.”

The fact is, the renovations taking place are the same as renovations at other Bridlington units when a long-time resident moves out and the unit is selected by a new resident. Bridlington was built in 1988, so 26 years later the townhomes need updating to meet the standards of the present market. Medford Leas has been making

necessary changes in Bridlington for the past few years – for example, turning decks into year-round sunrooms, redoing bathrooms and kitchens, and reconfiguring the interior to meet new standards.

At #668, the squaring off of the kitchen front wall, which has been done at several other locations, creates considerable excavation down to the bottom of the unit’s foundation. And the sunroom going onto the side of #667 required removal of some plantings. There will be new front entries and new driveways. All of this creates a certain amount of upheaval.

Renovations in Bridlington, similar to extensions on Courtyard Apartments, for example, require continual capital expenditure. The Estaugh Board approves the capital expenditure for all such renovations. New residents are involved in the selection of floor coverings, cabinetry, countertops and paint color. Occasionally, however, that person has a special or unusual request and pays separately for that work.

Both the Marketing Department and the architect, John Martin, Jr., have helped with the designs in Bridlington. John Martin is the son of the architect of Rushmore, who died while construction of Rushmore was underway. John Jr. stepped in to complete the job at Rushmore, along with Jay McVaugh, whose father, the builder, had open-heart surgery around the same time (see *Medford Leas Life*, March 2013, p.2.)

**B. Bogie**

<b>IN MEMORIAM</b>	
<b>Wilda DeCou</b>	<b>March 11</b>
<b>Mary Toda</b>	<b>March 16</b>

## THREE ART GALLERIES

by Helen L. Vukasin

As spring arrives, so does the Spring Exhibit of resident art work in the Art Studio Gallery on the ground floor of the Arts and Social Wing. This year there are several new contributors in the fine arts section and wonderful new photographs by some of our professional photographers.



Pears

oil by Pat Heller Dow

Each spring and fall Medford Leas artists host as many as 100 visitors in the Art Studio Gallery to mark the opening of the residents' exhibit. This year the reception will be held on Monday, April 29, from 10:00 am to 12:30 pm. The reception is open to visitors from the local community.

The current exhibit in the Medford Leas Gallery was named by the artists *Home Fine Art Comes to Medford Leas*. The cooperative gallery, Home Fine Art, is proud of the variety of media and wide range of styles that it represents. The exhibit will continue through April.

The work of the Philly Five, a group of artists who regularly meet to work together, opened at the Lumberton Gallery with a wine and cheese reception on Friday, February 22. The gallery was crowded with friends of the artists and Lumberton residents who wanted to hear the artists speak about their creations. Two of the artists, Susan Barnes and Patrick Monaghan, are well known to Medford Leas residents. The 29 works, primarily oils, including several large ones in the Great Room of the Community Center, will also be on view through April.

## WHO'S NEW

Photos by Marge Rubin



**Mary Allan** and her small dog, Phil, form a welcoming committee at Rushmore apartment #623, where they moved from Barnegat Light, NJ, at the end of January. Mary feels at home at Medford Leas because she made many visits over the years with **Susan Dowling** to see

Susan's mother, **Betty Wakeley**. Besides Susan, Mary has other friends here from Barnegat Light: **Perry Krakora** and **Betsy Snope**. (She was in a walking group with Betsy.) She also knows **Fran Walker** and **Elsie Behmer** from a "pre-move" lunch in Medford, which Susan hosted.

Mary says she "likes to keep busy," and that has been a theme throughout her life. She was born in Whitesboro, NY, just outside Utica, and attended the University of Rochester for one year, leaving to marry Harry Allan in 1958. They lived in Hackensack and Teaneck, NJ, while Harry worked in New York City. Their marriage ended in divorce after 30 years. Harry and Mary had two sons, one recently deceased. There are two grandchildren in college.

While she was in Teaneck, Mary was President of the League of Women Voters and active in an Episcopal church in Hackensack.

In her 30s, Mary went to Fairleigh Dickinson University and received a BA and MA in psychology. She then worked as a psychiatric social worker for 15 years in hospitals and mental health centers in Bergen County, NJ, and, after moving to Barnegat Light in 1989, in Toms River, NJ.

After she retired in 1999, Mary joined an embroidery group in Ocean County. Needlework had been an interest of hers since she was a little girl, and framed samplers on her walls testify to her talent. She continued to be active in the Episcopal Church.

Mary was an EMT for 15 years, working one day a week for squads in both Barnegat Light and

Manahawkin, where she lived for six years before returning for a year to Barnegat Light. She thinks it is time for some younger people to take over! She is already volunteering here, however. She met **Ken Roland**, manager, Fitness and Aquatics, in water aerobics and he has asked her to help him with his exercise class in Haddon II. She has also agreed with Fran to be an usher in the theater.

Mary walks Phil daily, and she is an avid reader, enjoying mysteries and American history especially. (She and Susan were members of a book discussion group.) She still has ties to Barnegat Light but is pleased with her decision to come to Medford Leas for its health care – a comfort for both herself and her son.

**Betsy Pennink**

\* \* \* \* \*



**Derith (Derry) Biack Buzby** knew about Medford Leas from fellow members of St. Peter's Episcopal Church in Medford, where she is still an active volunteer. Her husband's parents were living in Medford when Derry, her husband Gus, and their two

children also settled in Medford. Gus died in 2007, and Derry moved into Apt. 161 in March.

Derry grew up in Rye, NY, a suburb of New York City, where her father had a jewelry store. Derry started out in the local public school but then was sent to two private boarding schools. She graduated from Mary Brennan School in Northampton, MA, in 1952. Planning to work, she took a secretarial course in Boston.

Derry met Gus Buzby on a blind date, and they were married in 1956. Gus was a salesman for a tool company, and their first home was in Cleveland, OH, where their daughter was born. Their next move was to Pittsburgh, PA. By the time they moved to Medford, a son had joined the family, and Gus went into business for himself.

After the children were in school, Derry worked as a medical assistant for two local doctors for 30

years. Gus took time off for vacations, and the couple traveled to Alaska, the western states, South America, Ireland, and Switzerland.

Derry likes to spend time knitting, reading, and being with the two grandchildren in her daughter's family in Medford.

**Ellen Stimler**



## WELCOME TO THE COURTS

**Stanley and Beverly Brush**, who came to the Lumberton campus in 2001, are very happy in their new Court Apartment 288, expecting the Medford Leas bus to do all the necessary driving for them from now on. The rental car they were using they returned the day before they moved to the Medford campus.

Stan said he is looking forward to "reading all the books I should have read long ago." His current interests also include photography and art. Stan had an active career as a professor of history at the University of Bridgeport in Connecticut. Raised in India, he was also hired by Air India to promote tourism and led tours in India, Pakistan, and Central Asia. At Medford Leas, he chaired the Great Decisions program for three years, lectured at the Lumberton Community Center on Afghanistan, and is on the staff of, as well as a frequent contributor to, *Leas Lit*. Stan has a PhD in Asian history from the University of California, Berkeley. He is the author of a book about his boyhood years in India, which is in the Medford Leas Library.

Beverly also grew up in India and met Stan there at the school they both attended. She is a registered nurse and has a BSc degree from Northwestern University. She worked as a visiting nurse during the Bridgeport years and, after they retired to the Lumberton campus, as a volunteer in the Medford Leas Health Center.

Stan and Beverly have two daughters, one in California and the other in Brooklyn, and two grandsons. **Miriam Brush** is Stan's sister-in-law.

**Ellen Stimler**



# MEDFORD LEAS LIFE

VOLUME VIII - Number 8

October 1980

1980

If I were a Democrat down to my toes  
I'd surely assume almost everyone knows  
That Government's role is to check exploitation,  
Provide opportunity, balance relation  
Between diverse forces that tear at society,  
So therefore we may, with the utmost propriety,  
Employ systems honored in history which  
Give aid to the needy by soaking the rich.  
For civilization will split down the middle  
If cold laissez-faire is allowed solo fiddle.  
Consistency's value demands constant weighing  
Against world conditions – there's room for some swaying.  
And while we're about it, let's all raise the cry  
To balance the budget, or anyway try.

If I were Republican dyed through and through  
I'd surely assume that we all know it's true  
That Government's role is to nurture incentive,  
Create an environment free and inventive,  
That lets every citizen find his own level,  
And if he can't find one, then go to the Devil,  
That meddling laws are restrictive. I'd praise  
And work to recapture those halcyon days  
When fewer statistics recorded my status,  
I couldn't care less if the Third World might hate us,  
For Peace demands Power – so beef up our clout  
And rattle the nuclei – leave not a doubt.  
And while we're about it, let's all raise the cry  
To balance the budget, or anyway try.

But I'm Independent. My vote they all woo  
But offer alternatives fuzzy and few.  
I hear no suggestions to pass empire by –  
To balance the budget they won't even try.

-- E. H. L.

*April 2013 Editor's Note: Kitty Katzell, long-time editor of Medford Leas Life, reports that E.H.L., or Elsie Lisovitch, "was editor of Medford Leas Life for many years. She was past president of MLRA. She started Vid-U with her own tapes. She ran a Monday afternoon program of recorded classical music for anyone who wanted to come and listen to her LPs and CDs. The program was held in what was then the 3<sup>rd</sup> floor Haddon Lounge, now the lounge for Assisted Living on the 3<sup>rd</sup> floor. She was a great lady."*

**APRIL CRYPTOGRAM**

by Herb Heineman

**MGIA FGI MGUFI WUQQUYATDUIQ  
 RTWI FY TSDURT, FGIZ GTB FGI  
 CUCOI TAB MI GTB FGI OTAB. FGIZ  
 QTUB, "OIF KQ HDTZ." MI ROYQIB YKD  
 IZIQ. MGIA MI YHIAIB FGIW, MI GTB  
 FGI CUCOI TAB FGIZ GTB FGI OTAB.**

Underline the name of the author:

**RIRUO DGYBIQ  
 BIQWYAB FKFK  
 SDIBIDURV BYKPOTQQ**

Below is the solution to the March cryptogram.

WE ARE HERE ON EARTH TO DO GOOD  
 UNTO OTHERS. WHAT THE OTHERS ARE  
 HERE FOR, I HAVE NO IDEA.

H. L. MENCKEN  
 I. G. FARBEN  
W. H. AUDEN

The correct solution was received from the following readers:

Helen Anderson, Anonymous, Anonymous, Catherine Barry, Maryann Beitel, Ruth Blattenberger, Judy Braddy, Doris Brown, Marion Burk, Jody Cardona, John Caughey, Gordon Clift, Alice Culbreth, Liz Dill, Neil Hartman, Barbara Heizman, Pat Heller-Dow, Sue Isaacs, Sarah Klos, Mary Hope Mason, Joan McKeon, Helen Peterson, Betty Preston, Ruth Quackenbush, Doris Salati, Peg Scott, Barbara Zimmerman. Fourteen correctly identified the author.

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

**MEDFORD LEAS LIFE**

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