



Medford Leas *Life*

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June 2013

(A Very Special)

EVENING IN THE ARBORETUM

text by Marcy Webster, photos by Margery Rubin

Jane Weston judges the success of a project from the feedback she gets. After the wonderful party on April 27, which was held to celebrate and support Medford Leas' Lewis Barton Arboretum, Jane received glowing compliments by email and phone and heard a buzz of positive comments from residents and co-workers here. Jane, the Director of Development and Community Relations, is quick to give credit to her committee. That hard-working group contributed ideas, dedication and expertise. The planning was excellent and nothing was overlooked.

Guests were greeted with warm, welcoming handshakes and assigned to a host who led them along the beautifully planted path, created by **Debbie Lux**, to the terrace and then into the



Lounge. The scene there was vibrant. Two wine-tasting tables were available, complete with comments and recommendations by experienced servers. A cheese table was a popular spot and at the pasta station

Henry Green and **Glenn Lawless** of the Medford Leas kitchen staff could be heard saying how much they loved to cook as they concocted delicious proof of their talents.

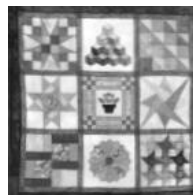
As I strolled around the room, I noticed Debbie Lux observing the scene and enjoying a rare mo-

ment of leisure. There were some new faces: Jerry and Deborah Albrecht of Marlton were there for the second time, having enjoyed last year's party so much; **Marcia Shearer** had invited Sally and Don O'Brien of Cherry Hill; and **Bill Reifsteck's** guest was Mary Donahue of Cinnaminson. Everyone, residents and guests, appeared to be having a terrific time.



After enjoying the wine and fellowship in the Lounge, most people moved on to the Atrium, where the wares for the silent auction were attractively displayed. The preferred strategy appeared to be a slow circuit to determine what was available, then a tentative opening bid and then, just before the bids were closed at 8:30, it was time for serious commitment.

For each item, there was a happy winner and some disappointed bidders. **Dave Bartram** was pleased with his wagon full of brilliant plants and **Betsy Pennink** was delighted to win the handsome quilted wall hanging. Margaret and Larry Van Meter will be relaxing from their strenuous



duties at Moorestown Friends School with a get-away at The Mohonk Mountain House.

Janice Saibel and her subcommittee spent months gathering the variety of appealing items for auction. **John Speirs**, with his merchandizing background, proved an invaluable asset. Working together, the group assembled baskets with a variety of themes, which were displayed, along with the one-of-a-kind works of art, sports memorabilia and stunning plants. Thanks to their efforts a very substantial amount of money was raised. Those funds, together with all other profits, will directly benefit the Arboretum.



After browsing at the auction, guests moved to the Colonial Dining Room, where the feature was a U-shaped buffet table with a carving station expertly manned by Chef **Brad Mauger** and his able assistant **Nick Bucci**, whose day job is on the loading dock here. At the end of the table sushi was being prepared and there was a seafood assortment as well. Fabulous hors d'oeuvres were passed and wine was available for tasting. Small tables were scattered around the room: **Fran** and **Alex Webb** sat there and, at another table, **Paul Ray** was with two daughters and their friend.

Guests spread out, overflowing onto the terrace, where **Joan McElhinny** and **Tom Roberts** sampled the luscious desserts. Inside, **Val** and **Dick Cross** sat together on a sofa, savoring the atmosphere. In each of the dining areas, the food and service were superb.

While people were enjoying themselves, eating, chatting and sipping wine, Marc Sherman was at the piano in the Lounge, softly playing show tunes. I was lured there by a favorite song, *Blue Moon*, and found **Mary Ellen Van De Water** and her daughter, Margaret van Meter, as well as many others, singing along. That was a perfect end to the evening.

Jane Weston, whose personal entertaining style tends to casual get-togethers in her garden with husband Nigel as chef, produced a delightful and elegant evening. She and her Evening at the Arboretum committee, consisting of **Nancy Barclay**, **Jane Bartram**, **Cecile Hanley**, Debbie Lux, **Thomas Russell** (member of the Estaugh Board), Janice Saibel, **Marianne Steely**, **B.J. Tetlow**, **Ro Wilson**, **Jen Zdunczyk** and **Barbara Zimmerman**, deserve tremendous credit. But they don't get to claim responsibility for the glorious weather that added so much to the pleasure of the evening!

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## CHANGES IN VESPERS

by Kitty Katzell

Vespers services have long been held in the Activities Room every Sunday afternoon at 4 pm. Beginning in June, the time is going to change with the services beginning at 3 pm, one hour earlier than in the past. This change is being made because the construction on Haddon and Estaugh will require the Activities Room to be used for both the noon and the evening meals on Sundays.

The word "Vespers" refers to a late afternoon or evening worship service. The Vespers service starts with a 10-minute sing-along, during which those in attendance choose the hymns they want to sing from our large-print hymn books. The visiting minister, from one of the many different church denominations in this area, then leads the service, and delivers a 10-12 minute spiritual message. No offering is collected, and services are over within an hour. All residents and visitors are welcome.

*Life Lines***NEITHER RAIN, NOR SNOW,  
NOR MISSING POSTAGE**

by Marcy Webster



On June 22, Bob Wasson will begin his 41<sup>st</sup> year as a mail carrier. For 23 of those 40 years he has been serving the people of Medford Leas. And serving is the appropriate word, because Bob's dedication to his job and to the residents is remarkable. He is devoted to

the delivery of the mail, but his work ethic goes far beyond that. He does his job the way it should be done. And then he does more.

Are you out of stamps? No problem. Do you have a package that requires a special process? Bob will take care of it. Several times a week, he retrieves unstamped mail and makes sure that it's good to go. On some days at tax time, Bob has had as many as 35 returns that needed to be certified.



Those are the postal services that Bob performs. But he doesn't stop there. He has put out countless kitchen fires and opened hundreds of jars. He has put computers back on line and

televisions back in action. And, perhaps most timely of all, he's been available when a dress needed zipping.

I asked Bob why he went so far out of his way to be helpful to residents and he told me that he was raised to respect his elders. Whoever instilled that philosophy would be very proud of Bob Wasson today.

Bob was born in Camden. His family moved to Marlton before he started school. It was in fifth grade that he decided to become a mailman. He

doesn't remember why, but he knows the job appealed to him even then. After time in the Air Force, he took the Postal Service exam and began serving his first route in June of 1973.

He and Judie have been married 37 years. They have three children – Kris, Amy and Jay – and five grandchildren – Connor, Kyra, Riley, Keaton and Cooper. Jay has a way with animals and has rescued frogs, snakes and turtles. His current project is a greyhound, Hank, whom Jay is nursing back from a terrible experience of cruelty.

Judie Wasson volunteers four days a week at St. Vincent de Paul Thrift Store. **Kitty Katzell** tells us that when the Thrift Store has yarn or fabric that they are unable to sell, Bob delivers it to the Medford Leas Knitting and Sewing Group, which is delighted to have it to use or pass on.

Whenever the Wassons can get away, they take off in their camper, bringing grandchildren with them if they can. Bob loves the outdoors, birds and gardens. He especially loves the mountains in Tennessee.

Early this summer, Judie and Bob will be camping at Ocean City, Maryland. Later on, they'll have two weeks in Tennessee. We'll miss Bob while he's away, but we want him to have the wonderful vacation he deserves.



**2005 Holiday Show – The audience in the Theater went wild with Bob's surprise appearance – strolling down the center aisle pushing his mailcart. He then hammed it up as Rachel Conte sang, "Please Mr. Postman."**

## THE KATZELL GROVE

text by Betsy Pennink, photos by Beth Bogie

Chairs were set up in the shade, a small tent protected the punch and cookies, and a large yellow ribbon stretched between two poles at the start of the asphalt path. Over 30 residents filled the chairs. It was 10 am on May 10, the day was sunny and warm, and the occasion was the dedication of the Katzell Grove, a recent planting of 45 native American hardwood trees in the strip of meadow between Bridlington and Estaugh Way.

The guest of honor, **Kitty Katzell**, arrived and the tributes began. First, **Jane Weston**, director, Development and Community Relations, gave an introduction. Then **Nancy Barclay**, daughter of **Lew Barton**, a founder of Medford Leas and creator of its Arboretum, extolled the “lovely legacy” which has stemmed from the \$100,000 given by Kitty and her late husband **Ray** in March 2000. Nancy also mentioned the many ways Kitty has been involved in the life of the Arboretum.

**Jeremy Vickers**, CEO, talked about the pleasure he derived from the Arboretum and the interaction with nature. He promised good maintenance for the grove, “this time around.” (A few trees planted several years ago had been neglected.) **Rich Cleaver**, president, Estaugh Board, praised Kitty for her “energy and spirit,” and prophesied that the “grove will live on forever.”



Jane then offered Kitty a colorful bag holding a special gift. In an emotional moment, Kitty pulled

out a framed photo of herself and Ray taken in the fall of 2002 in front of the first tree planted in the area, also a Katzell gift. It is a Sugar Maple, grown much larger since then.

Kitty had been provided with a large pair of scissors, and she made her way to the entrance to the newly paved path and cut the yellow ribbon with a flourish.

It became immediately clear how important the path was, as everyone set off in small groups, admiring the clusters of trees on either side. Signs identified the trees: for example, the five Persimmon trees on the left at the beginning, the three Pawpaws at the end, and the five Red Cedars in the middle.



Jack Carman, landscape architect, who designed the grove, explained the plan. “It should look natural,” he said, “but still showcase the trees.” The trees are still small, but they have been given “room to grow.” They are “visible, so that you can see what grows in this area.” And, he added, there are so many benefits to “walking in nature.”

**Yuri Moriuchi**, widow of **Tak Moriuchi**, the founder of Medford Leas with Lew Barton, said that “it looks like a beautiful park.” **Sally Klos** found it “so lovely I want to have a picnic there.” **Philetta Lobo** likes the location. She was already walking on the path before it was paved, a sort of “no man’s land!”

Kitty was thinking of what this day would mean to Ray. “He would be so pleased,” she said. “It’s what he always wanted, a planting of native hardwood trees.”

## MEDFORD LEAS ENDS FISCAL YEAR 2013 ON HIGH NOTE

by Beth Bogie

At the Community Conversation on April 26, Chief Financial Officer **Susan Kensill** presented significant preliminary gains in the Medford Leas fiscal year ended March 31, 2013. She reported a net operating surplus of \$885,000, in contrast to an operating loss of \$917,000 a year ago. The gain was also ahead of budget by \$112,000, or 12.66%.

The operating loss of fiscal 2012 reflects a one million dollar write-off for construction in progress the previous year. Without the write-off there was an operating gain in fiscal 2012 of only \$83,000.

"Fiscal 2013 was a really good year, any way you look at it," Susan Kensill said.

Total operating income in fiscal 2013 was \$24,338,000, more than a million dollars ahead of operating income in the previous fiscal year, while total operating expenses in fiscal 2013 were \$23,453,000, or \$757,000 below operating expenses of a year before, and \$795,000 below budget.

The accounting net income, which includes cash and non-cash changes, totaled \$1,658,000, well ahead of the accounting net income of a year ago of \$602,000, and ahead of budget by \$5,000.

Susan attributes gains in income in large part to "more contracts and more entrance fees." Medford Leas added 25 new contracts in the recent fiscal year, versus only 15 new contracts in fiscal 2012. "Medford Leas needs approximately 30 new contracts per year to just cover normal attrition," Susan said. There was also an important increase in entrance fees coming not only in fiscal 2013, but also received from fiscal 2012.

In addition, gains came from admission of patients from the wider community, when beds in Woolman were not filled by residents. "This helped to compensate for a lower census," Susan explained, "and people from the community came with coverage from Medicare and secondary carriers."

Susan said that expenses were down because of good cost controls, including lower costs for ener-

gy, labor and pharmacy. Pharmacy costs were reduced as a result of lower cost generics. There were also fewer people with contracts covering pharmacy. Reduced energy costs were helped by the solar panel system on the medical buildings and a lower cost energy supplier.

Total assets at the close of fiscal year 2013 were \$86,454,733, compared with \$81,201,807 at the same time a year ago. Total assets net of liabilities were \$29,207,528, versus total net assets at the end of fiscal 2012 of \$24,539,905.

The number of days covered by cash on hand rose to 528, up from 400 a year ago, putting Medford Leas in the top quartile of Continuing Care Retirement Communities. Strong operations and more entrance fees were big factors.

Days covered by accounts receivable were a better than average 14, up from 11 at the beginning of the year. The increase reflected more people covered by Medicare.

The operating ratio at year-end (expenses divided by revenue) was about 96 percent, or 96 cents on the dollar. Budget objectives for fiscal 2014 call for a slightly higher operating ratio, due in part to renovations that will be underway on the Estaugh and Haddon buildings.

For fiscal year 2014, no increase in staffing is foreseen and only modest wage and salary increases. However, increases are expected in marketing expenses, employee benefit costs and property taxes. At the same time, no major savings appear on the immediate horizon for prescription drugs or energy.

The fiscal year will be audited by ParenteBeard (sic) in May and June, with their final report issued in July to the Estaugh Board.

### IN MEMORIAM

|                         |               |
|-------------------------|---------------|
| <b>Marie Bonner</b>     | <b>May 01</b> |
| <b>Liliane Reynolds</b> | <b>May 05</b> |

## COMMUNITY CONVERSATION UPDATE

On April 26, CEO **Jeremy Vickers** provided updates on construction, property taxes and other subjects:

### Construction

- The start of construction will occur in June or July. The additions to Estaugh and Haddon are expected to take 11 months, followed by 15 months for interior renovations. At the end of 11 months, residents of Estaugh will be moved into the newly constructed extension while work begins on the interior. Haddon staff will work with residents who will be impacted by the construction to move them into new apartments prior to the start of construction.
- A covered walkway is being considered to connect the walkway system with ground floor Woolman.
- The State is requiring a mini-kitchenette in each renovated room.
- Town approval is being sought for use of rain gardens, a new technology for drainage retention basins.
- Construction will prevent holding Community Day in September for safety reasons.
- Permits are awaited for removal of the shed by the silo, and for the guest house at the Route 70 entrance. The silo will remain.

### Property Taxes

- Medford Leas met with the new, friendly Medford tax assessor, who, it turns out, worked in Medford Leas Dining Services at one time. He is getting information to reassess especially the Courtyard Apartments. Medford Leas is the #1 taxpayer in Medford Township.

### Other

- The bus continues to make the internal loop and will experiment with a stop at the Lumber-ton campus on the weekly trip to Moorestown.
- Updated content of the Resident Handbook is available at the Reception Desk.

## ESTAUGH BOARD UPDATE

Previously, at a meeting of the MLRA Council, President of the Estaugh Board **Rich Cleaver** briefed Council members on Board activities:

### Reserve Fund

- After many years on an upward trend, the need was lower this year. However, the need greatly exceeds income. The Board's Development Committee, chaired by resident **Davis Henderson**, is going to actively seek funds. Some residents may choose to make a donation to the Reserve Fund, for example, to honor a particular individual.

### Estaugh Renovation

- The financing of the renovation is under consideration right now.

### Board Meetings and Make-Up

- There are now four formal Board meetings and four informal meetings, providing an opportunity to discuss subjects in great depth.
- The Board increasingly seeks members with specific expertise or skills.

### Financial Planning

- The possibility of workshops to discuss financial planning of individuals should be considered, possibly under the umbrella of the Pathways program. Such a workshop could very well be open both to residents and the wider community.

**Beth Bogie**

## CORRECTION

There were three errors in last month's *Life Lines*. The funds raised from workshop repairs go to the Appreciation Fund; Andy Moll was appointed chairman eight years ago and continues to serve as such with no plans to retire; and the gentleman identified as Dick Rudolph is, in fact, Dick Randolph.

## A HOLISTIC APPROACH

by Suzanne Frank



Margery Rubin

Looking at a menu of medical treatments that have always been available from column A (traditional medicine), residents now have a choice from a new column B, which is the holistic approach offered by our new Medical Director **Dr. Andie Iannuzzelli**. Describing this approach,

Dr. Andie said, “we look at someone not just from a medical perspective, but also at their home, their social life, and whether there are any external pressures. I take the time to get to know a person to find the source of the problem.”

Asked how this technique might apply to our community, she answered, “Many question the need for a prescription that they are on. Often, medications are a band-aid, or a temporary solution. They don’t treat the true source of the problem. Sometimes, a more natural remedy, such as a nutritional supplement, should be tried. It applies to everyone of any age, race, education level. We are treating the mind, the body and the spirit. Everyone deserves to get treatment. I spend time to find triggers by doing detective work to find such things as bacterial balances so as to treat in a more non-toxic manner.”

Other examples of alternative treatments that Dr. Andie might prescribe are:

- Aroma therapy – the use of plant oil and therapeutic oil which are organic and used for nausea, constipation, headaches. She uses peppermint (headaches) and lavender (for pain, relaxing the mind and help in sleep.)
- Reiki – a healing modality which is especially suited for cancer patients whose many symptoms may be relieved and may bring about stress reduction and a greater sense of well-being.

Chapter 4 of the *Resident Handbook*, dealing with health care, states, “In order to foster the physical, mental, and emotional health of each resident, Medford Leas will further provide the very best geriatric medicine, including preventive care and wellness programs.” It is to our great benefit, all of us, that Dr. Andie fulfills this promise of alternative treatments by adding new dimensions to the medical choices we are offered by the Health Center.

## DIVE-BOMBING REPORTED AT MEDFORD LEAS

by Judy Kruger

On Sunday, April 28, a dive-bombing incident was reported during the afternoon. The event startled all who heard the report.

The bomber involved was an extraordinarily small craft, which may have flown to New Jersey from as far away as Central or South America.

About 3 pm on that date, a resident who wishes to remain anonymous had been spending the afternoon outside on her chaise longue, reading a history of accomplished women from New Jersey. The day was sunny with not a cloud in the sky, not the slightest hint of danger from above.

Suddenly something that looked like a colorful ping-pong ball and sounded like a small electric fan dropped madly from the sky and flew at the resident’s torso. It caused no injury, but the resident could not believe her eyes. She promptly telephoned a knowledgeable, long-term resident who confirmed that, indeed, she had been dive-bombed by an aggressive force. “I believe this is the first sighting of the 2013 season,” said expert **Perry Krakora**.

Yes, folks, the hummingbirds have returned to Medford Leas. And if you prefer not to be dive-bombed, don’t wear red clothing when you sit outside. To a hummingbird, you’ll look like a great big red flower.

## CARING FOR FEET AND ANKLES

by Beth Bogie

Do you have an open sore on your foot or ankle that won't heal? Do you have a balance problem you want to discuss? Do you suffer from some sort of trauma to the foot? Do you have any unusual growths or lesions? Do you experience numbness or tingling or pain in your feet at rest or at night?

For the myriad questions you may have about your feet, help is available on the Medford Leas ground floor at the office of Medford Podiatry Associates (opposite the Pharmacy), where Dr. Jack M. Bondi and Dr. Paul Sullivan, board certified podiatric physicians and surgeons, receive residents on Monday, Wednesday and Friday.

Drs. Bondi and Sullivan offer the full spectrum of podiatric care, ranging from palliative care (pain-relieving treatment of bunions, calluses and corns) to advanced reconstructive surgery. In addition to providing routine care, they are wound specialists. They see their goal as saving limbs – salvaging the lower extremities for individuals with such conditions as diabetes, renal disease and cardiovascular problems. But long before any surgery might be needed, they work with residents on managing their health and fitness to preclude surgery, as well as applying their advanced knowledge of wound care.

“Amputation rates have diminished greatly as a result of wound care, education and doctor training,” Dr. Bondi observed.

Dr. Bondi began performing podiatry at Medford Leas 18 years ago. Dr. Sullivan, a long-time friend and colleague in the field, joined the Medford Leas practice three years ago. Both physicians are at Medford Leas part-time, and draw on the resources of their other locations for resident needs. Dr. Bondi is director of Virtua's Wound Healing Center at Sewell, and he performs surgery at Virtua Voorhees, where he also trains hospital residents to become surgeons.

Dr. Sullivan is director of research at the Wound and Hyperbaric Center at St. Mary's Hospital,

Langhorne, PA, where he performs surgery. Previously, for 11 years, he was director of the Center. He also maintains private practices in Newtown and Bristol, PA.

Dr. Sullivan spoke of the kinds of services they offer residents: screening for arterial disease; diabetic management; pain management for various forms of foot trauma such as sprains, arthritis and deformities; gait and balance analysis; and custom-built orthotics for shoes.

“We also have a symbiotic relationship with Tender Touch and the Health Center,” Dr. Sullivan said. Tender Touch will send residents in rehab to the doctors, or Drs. Bondi and Sullivan may refer a resident in podiatric care to Tender Touch for work on gait and balance. They may also write wound care prescriptions for residents receiving care from the Health Center.

Dr. Sullivan suggests that if a person is unsure of his or her need for podiatry, a consultation about a problem can be beneficial, and some consultations qualify for Medicare. Other insurance may also cover a screening. “It's important to realize that issues with feet or ankles may eventually have an impact on the heart,” noted Dr. Sullivan. “A consultation can signal a broader problem.”

Dr. Bondi said he has found residents at Medford Leas generally in good condition. “But with even minor medical problems, it's important to deal with them early,” he said.

## PODIATRY WHERE YOU ARE

Many residents are familiar with **Dr. William Green**, who for some years has provided foot care in their rooms in Estaugh and in Haddon. He also takes care of some residents in their apartments. He performs palliative care and wound care and receives a great welcome for his services. **Lisa Heinkel**, director, Health Services, observed how complementary Dr. Green and Medford Podiatry Associates are. They offer different services for different needs.



## LUMBERTON ELECTS NEW COUNCIL

by Kay Cooley

On May 7, the Lumberton community elected new Council members to replace those who will be retiring at the end of June. **Barbara Stiles** and **John Speirs** will join **Janice Saibel**, **Geno Mori**, **Jim Suplee** and **Bill Beitel** to form the 2013-14 Lumberton Council.

Retiring at the end of their two-year term are **Vince Menzel** and **Don Kocher**. The president, vice-president, and secretary of the group will be elected by the new Council when it meets in July.

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NEW MARKETING DIRECTOR

text by Kitty Katzell, photo by Margery Rubin



Annie Mazur is Medford Leas' new Director of Marketing, coming to us from a highly successful period with The Evergreens in Moorestown, and earlier, with the Masonic Home in Burlington.

Annie has a BS in Information Systems from St. Joseph's University in Philadelphia, after which she worked as a programmer analyst for Burroughs Corporation/UNISYS in Tredyffrin, PA, and later as a systems analyst for Scott Paper Company in Chester, PA.

Annie was her husband's primary care-giver during his protracted terminal illness. The emptiness in her life after her husband's passing led her to become first a volunteer and then a marketing assistant at the Masonic Home. There she coordinated marketing events, created press releases, assisted in production of two TV commercials, and carried editorial responsibility for marketing materials and newsletters.

Her duties at The Evergreens included organizing and implementing marketing events, providing financial counseling to prospective clients, making presentations to external community groups, and developing and implementing an automated system for tracking prospects' inquiries.

At Medford Leas, Annie wants to focus on lead-generating events, sales training for the marketing team, and outreach to targeted areas. She is looking forward to reaching out to the Medford Business Association and other professionals and organizations in Medford and this vicinity. She has been really impressed by the closeness of the Medford Leas family, the way staff and residents reach out to one another, the warm friendliness in the Coffee Shop and elsewhere, and the dynamic atmosphere with residents engaged in so many worthwhile activities. She says that these are characteristics that make Medford Leas a natural for marketing.

Annie lives in Edgewater Park. She has two adult children, a son living in this area and a daughter living in Georgia. They have provided her with four grandchildren. In what little free time she has, Annie enjoys her family, Bible study, word games, reading and travel.

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## HAPPINESS IS AN OLD MOVIE

by Betsy Pennink

Classic movie lovers, attention! **Geri Mingori**, Therapeutic Recreation, is presenting classic movies twice a week, every Tuesday and Thursday evening, in the Activities Room.

Is it nostalgia that makes films with Fred Astaire, Ginger Rogers, Katherine Hepburn, or Cary Grant so appealing? Or the memories attached to them? Whatever it is, a growing number of residents from across the community are attending these shows.

For Geri, these evenings should be social events, so she provides popcorn to create the movie theater atmosphere. "It's so much more social than sitting in your room watching TV. And what's important to me is that everybody's happy," she says.

Choosing the films is one of Geri's talents. She stays away from the movies shown here on Saturday afternoons and on a Monday night in the

Theater. Instead, she often matches the subject matter of a movie to a particular holiday. For instance, "Goodbye, Mr. Chips" celebrates National Teachers Day, while Mother's Day calls for "I Remember Mama."

The motto for National Nursing Home Week is "Team Care – Everyone Pitches In." It's only a short step to Geri's movie choice: "Take Me Out to the Ball Game." Memorial Day indicates a couple of war movies are wanted: "The Sound of Music" and "Anchors Away." Most of these Geri can borrow from the library system, although occasionally one must be purchased.

Geri loves to fulfill requests too. These are often for comedies or musicals. Jeanette MacDonald is a favorite. Sometimes this leads afterwards to a discussion of the film and the actors. Geri is pleased with the feedback she gets later from the aides: "They loved the movie." Then she knows she has achieved her goal of making people happy.



When Geri came to Medford Leas, she brought with her an incredible background in music. She grew up in a family where everyone played an instrument and she herself became a singer. She sang for the USO and has her own band, having appeared on the same stage as Bob Newhart and Don Rickles. She writes her own songs. Her husband records bands. He also shares her love of old films. In fact, "You Can't Take It with You" pointed out to them the value of "doing what you like" in life.

Geri continues to be involved with music at Medford Leas, with sing-alongs and a "Club Med" group that meets once a month to enjoy old-time jazz bands on DVDs. But she now draws on her childhood exposure to movie classics on TV to help her in what has become her major work here – bringing happiness through old films.

*Note: To find out what movies are being shown, check the Therapeutic Recreation calendar on the bulletin board in the Activities Room.*

## THREE ART GALLERIES

by Helen L. Vukasin

Exhibits now on view at all three galleries will continue to be displayed through the next few months. At the Lumberton Gallery in the Community Center "Nature Photographs" by **Joe Costanza** will be shown in June and July. This show opened on May 10 and received a warm reception in the Gallery. Joe is a resident of the Lumberton campus.

The Art Studio Gallery on the ground floor of the Arts and Social Wing has a new exhibit of residents' delightful and widely varying subjects, which will be displayed until the fall. This show opened with its usual busy reception in spite of the rain on April 29.

In the Medford Leas Gallery outside the Theater, two distinguished local artists -- Jane Gifford King and Carol Kirkwood -- will continue to display their work through June. This exhibit opened on May 7.

During July and August, the Medford Leas Gallery will feature "The Recent Works of Geoffrey Chalkley, Adelaide DeAntonio, Nancy Mullins, Katherine Sandeck, Mary Zaccone." This is a group of artist friends who have formed a critiquing circle that meets monthly to exchange ideas and inspire their current independent work. Their artistry includes oil and pastel portraits, still life, landscape and figurative subjects, as well as man's best friend.



Adelaide DeAntonio

This exhibit will open on Tuesday, July 9, with a reception in the Art Gallery from 3 to 4:30 pm. The artists will speak about their work at 3:15.

## LUMBERTON JUNIOR GIRL SCOUTS LEARN ABOUT TREES

text by Beth Bogie; photos by Betsy Pennink



Ten Lumberton Junior Girl Scouts, ages nine and ten, came to Medford Leas on May 18 for a morning of learning about trees from Arborist **Ken Hutz**, father of one of the girls, 10-year-old Emma, and an expert in fine tree and shrub pruning. The girls are in fourth grade.

Ken's wife, Gwen, a horticulturist, also accompanied the troop.

The girls, wearing their Junior Girl Scout sashes, met Ken at 9 am at the Nature Center. Co-troop leaders Kim Miller and Tara DeLucia said that the result of the morning would be an Arbor Day badge for each girl. Kim and Tara also had daughters in the troop – Tricia and Abby, both 10.

Ken began the morning by telling the girls about the history of Arbor Day, and then he discussed the importance of trees. He explained that trees provide beauty and shade, and that they absorb carbon dioxide in the atmosphere and give off oxygen, both good for the environment.



Next on the morning's agenda, each girl received her own Japanese Maple seedling, about 10 inches tall, which Ken provided in a small pot with soil. The girls were to take them home and plant them. Ken told how to care for the seedlings, and what kind of growth they should expect – 15 to 20

feet. The girls wanted to know how much to water the trees and what kind of sun they should get. When asked how many would like to be gardeners one day, at least five hands shot up.

Off to the Courtyards, a greatly anticipated part of the morning, with Ken leading the way. As he was pointing out a Weeping White Pine and a

Paper Bark Maple, a troop leader, noting that the girls would next be working on a flower badge, asked whether flowers could also be identified.

Gwen offered her extensive knowledge of plants and flowers. (In 1985, she had interned at Morris Arboretum and was brought to Medford Leas for part of her experience.) She pointed out Spanish Blue Bells, Winter Pansies, an Angel-wing Begonia, Russian Sage, Coral Bells, and Japanese Iris.

In court after court, Ken and Gwen identified the trees and flowers. Ken told how to identify trees – by their leaves, bark, flowers and fruit. Gwen explained why the American dogwood and the Korean dogwood are related. They are of the same genus – as in genus and species, she said – because they have the same branching patterns underneath the leaves.

Along the way, **Peg Scott** opened her apartment to small groups of the girls, showed them her garden, and gave Gwen a pot of Basil seedlings. It was a lovely treat on their tour.

Still full of energy but ready for a snack, the group returned to the Nature Center. When surveyed as to what they liked best, the huge umbrella-like Weeping Japanese Maple and the nearby fish pond were favorites, although Abby allowed as how “the trees were all really pretty.”

The morning closed with Gwen reading a poem, “Advice From a Tree,” by Ilan Shamir, which, among other things, urged:

“Reflect the light of your true nature  
Think long term  
Go out on a limb....”



## CLASSY CANINES AT 11<sup>th</sup> ANNUAL DOG SHOW

text by Kitty Katzell, photo by Andine Francis

By 11 am, the Activities Room looked too full to hold another walker, chair, or cart, but they kept coming and the wonderful staff of Therapeutic Recreation found room for them all. The three judges were, as has often been the case, **Helen Hamilton, Sally Klos, and Fran Webb**. Frannie admitted that she has been a judge at 10 of the 11 shows, and, while they waited for things to get started, Helen was heard to declare "I'm willing to take bribes," but no one offered.

*Best Costume* was the first category of judging, probably to allow owners to remove costumes as soon as possible. First prize went to Miggs, an adorable pug who will soon be a resident. His parents are **Ruth and Mike Podolin**, and they're moving into Bridlington this month. Miggs was dressed as a hammerhead shark.

*Best Tail-Wagger* is always popular, and this time the prize went to Chloe, **Janet Rumble's** bichon frise. Janet is one of the nurse practitioners in the Health Center. There was some keen competition in this category.

*Best Trick* was performed by Molly, a hound mix who lives with **Marcy Smith** of Estaugh Recreation. Molly was expert at catching a ball that Marcy tossed for her to retrieve; she never missed a toss.

*Best Looking* was a tough category with 11 dogs in the competition. Paisley, a lovely chocolate lab who belongs to **Ashley Grazioli**, resident care manager on Estaugh, took first place. She was truly a handsome specimen.

*Best Kisser* has won in that category before. It was Mandi, a Yorkshire terrier, belonging to **Lisa Minuto**, operations coordinator, and, boy, did Mandi smother Lisa with kisses!

The *Other* category was reserved this time for Fuller, **Kay Roberts'** service dog, to be judged for *Softest Ears*. Kay walked Fuller around so his ears could be stroked for confirmation of their softness, and there was no question.



*Best in Show* is always the climax of every dog show, including the annual show at Medford Leas. It was a tough decision for the judges, but they finally chose Molly, the hound mix belonging to Marcy Smith.

As a postscript to Molly's winning Best in Show, it must be noted that Molly had accompanied Marcy to the Vespers service on the previous Sunday afternoon. She lay quietly at Marcy's feet all the way through the service, and after the last "Amen" she barked, but only once.

## HAVE YOU EVER...

Have you ever taught English as a second language? The Diversity Committee is looking for people who have had experience teaching English as a second language. If, at any time, you have helped someone who was struggling to speak, read or write English, would you please contact **Sally Klos** at 3271, or email her at [fxsklos@medleas.com](mailto:fxsklos@medleas.com). Thank you!



## ADDITIONS TO WEBSITE IN 2012-13

by Maggie Heineman

The current homepage of the MLRA website features the music program at Medford Leas. There are links to two videos which demonstrate the programs brought to Medford Leas by the Music and SpectiCast Committees and a third video showing the Merchant Street Band playing "Yes Sir, That's my Baby" in the Backyard Garden.

During the last year, eight photo albums have been added to *mlra.org*, as well as three new photo essays: "Art in Bloom," "St. Patrick's Pub Crawl," and "Great Decisions: Burma in Transition."

Photo albums and photo essays are in the public part of the website. The major recent additions to the site are in private, password-protected areas.

The most time-intensive task of the past year was adding links to *Medford Leas Life* articles about residents, staff, and Estaugh Board members. Previously there were only links to residents' *Who's New* bios. Now there are over 800 links, which make past *Medford Leas Life* articles about members of our community easily accessible. These links are in addition to the search engine, which can be used for finding *Medford Leas Life* subject entries back to 2000.

From the Administration there are now slides from Community Conversations' Financial Statements, the Landscape Assessment Report, the Resident Handbook, and Fitness Day slides.

From MLRA, the website continues to archive *Medford Leas Life* (back to 2000) and to update the Community Email Directory. This year the website began archiving minutes of the monthly meetings and issues of *The Lumberton Campus Chronicle*. There is also an up-to-date list of committee chairs and sponsors.

In addition, *mlra.org* links to the websites of two amazing photographers: residents **Joe Costanza** and **Ralph Berglund**.

One of the great pleasures of the website is being able to see photographs in color that have appeared in *Medford Leas Life* in black and white.

## SPECTICAST: HANDEL AND VIVALDI

by Beth Bogie



In the final SpectiCast filmed musical presentation of its Medford Leas 2012-13 season, The Chamber Orchestra of Philadelphia will feature violinist David Kim as both conductor and artist in a Handel and Vivaldi program on Sunday, June 9, at 2 pm.

The concert was filmed live on November 14, 2011, from the Perelman Theater of the Kimmel Center for the Performing Arts.

Renowned as both performer and teacher, David Kim is concertmaster of the Philadelphia Orchestra. In this concert with The Chamber Orchestra of Philadelphia, he performs George Frederic Handel's *Water Music: Suite No. 1 in F major*, and Antonio Vivaldi's *Le Quattro Stagioni (The Four Seasons): Op. 8*, masterpieces of Baroque music from the early 18<sup>th</sup> century.

The Chamber Orchestra of Philadelphia, established in 1964, became a founding resident company of the Kimmel Center in 2000. The 33-member ensemble has a distinguished reputation for performance of repertoire from the Baroque period to the 21<sup>st</sup> century. It has commissioned and premiered over 70 new works and has performed worldwide with distinguished guest artists.

David Kim started playing the violin at the age of three, began serious studies at the age of eight, and received his BA and MA from The Juilliard School. In 1986, he was the only American violinist to win a prize at the International Tchaikovsky Competition in Moscow. His current season includes festival performances, masterclasses, recitals and solo appearances with orchestras across the U.S. and in France and Japan.

Baroque music, composed from approximately 1600 to 1750, followed the Renaissance and preceded the Classical era. Its composers used more elaborate musical ornamentation than had been known before. It established the opera, cantata, oratorio, concerto and sonata as musical genres.

Sources: The Chamber Orchestra of Philadelphia, David Kim, Wikipedia, and SpectiCast..

## STAFF BIGGEST LOSERS

text by Suzanne Frank, photos by Margery Rubin

More than 18 ten-pound bags of potatoes **are** the equivalent poundage lost by the 29 participants in the recent 16-week employee Biggest Loser contest, according to **Ken Roland**, manager, Fitness and Aquatics. Those who stayed in the contest lost a total of 183 pounds.



The top winners were: **Don Farfalla**, a nurse in Estaugh, who lost 25 pounds, or 14.62% of his body weight, and **Vilma Aldover**, supervisor, Dining Services, losing 19 pounds, or 13.44% of her body weight.

Don does a lot of running (three miles a day, six days a week) and uses the elliptical machine in the Fitness Center for one-half hour. "I took it to another level," he exclaimed, "and I don't eat when I get home at night like I used to."

Vilma admits that she eats healthier, has more salads and fruits, and checks on the contents of food such as protein. "I've also cut down on carbohydrates such as bread. And I love group exercises such as zumba where we bend and stretch, do a lot of smiling and have lots of fun. I also do kick-boxing, and hydropilate in the water and go on my elliptical at home."

Close second-place winners were **Brad Mauger**, executive chef, who lost 33 pounds, or 13.41% of his total body weight, and **Lydia Gregorio**, Dining Services, who lost 25 pounds, or 13.44% of her body weight.

Brad admits that every day is a challenge. "I try to find a balance between work, exercise and life with the kids. And, thankfully, I'm at a better weight than when I won last year."

Lydia exercises 45 minutes and takes a three-mile walk every day. "I eat smaller portions and drink eight glasses of water a day," she related. "I've changed my eating habits, which was hard, but now I have more energy and my cholesterol is fine. I do more things and don't eat junk food. Even though the program has stopped, I want to lose ten more pounds."

Ken plans to begin another program but of shorter commitment. In retrospect, he felt that the 16-week duration was perhaps too much for some of the staff, considering their other life obligations.

## MELT-AWAYS

by Suzanne Frank

Fifteen residents dropped a total of 102 pounds in the recently renamed Melt-A-Ways (previously Biggest Loser) contest. **Janet Sprague** and **Dick Sharp** each lost 16 pounds between January 25 and March 29, tying for first place. "It has made an enormous change in my outlook," Janet exclaimed. "I feel quite empowered. It's been a breakthrough for me." Dick felt that he had reduced a big bulge. "Now there's less of me to love," he chuckled.

The group continues to meet on Fridays at 2 pm, which will be posted in the weekly calendar. **Dana Jones**, Fitness, is leading the group discussions on healthy eating and positive reinforcement not for just the eight weeks of the next session, but for life. Topics covered will be meal planning, goal setting, nutrition, healthy fats and heart healthy eating tips. Anyone can come. The goal is to bring your life into balance!

## SUMMER EXIT

The June issue closes the 2012-2013 publication year of *Medford Leas Life*, but we will see you again with the September issue. We wish you a wonderful summer, perhaps some travel, good books or gardening. We welcome story ideas from you, our readers, and we will look forward to reporting once again on another year of enjoyable pursuits and new developments at Medford Leas.

## WHO'S NEW



photo by M.Rubin

"I've had the greatest life, raising five children in Washington, DC, and getting the best job at age 60," said **Louise Anselmo Michalowicz**, who moved into Apt.167 in April. Her husband, Joseph, died in 1999.

Louise grew up in Washington where her father owned a large wholesale fruit and vegetable business which supplied the White House for four administrations. Her mother had friendships with several First Ladies, including Mrs. Taft, who invited the family to tea at her summer house. Louise attended Cecilia Academy through high school and then went to Dumbarton College for two years, getting an associate's degree in business. She met her future husband at a Catholic young people's club and they were married in 1940. Joseph was an electrical engineer who later became dean of the Engineering School at Washington's Catholic University.

The couple lived in a large house in Chevy Chase, MD, and raised three boys and two girls over a period of 18 years. All the children went to Catholic schools and graduated from Catholic University. All are now married, but only one son lives nearby in Shamong. Two live in Maryland, one in Virginia, and one in Massachusetts. Louise has 12 grandchildren and 17 great-grandchildren.

Louise did much volunteer work in her children's schools, and once was asked to find a speaker for a program. She selected Sarah McClendon, who was a well-known White House correspondent. When Louise picked her up for the program, Sarah told her that she was writing a book and asked if she could type it for her. Louise agreed, and then went to Sarah's home for the job at 9 am every day.

While Louise was working on the book, Sarah told Louise that she wanted to train her as her assistant to cover press conferences she couldn't go to. Louise was 60 years old at the time but very excited over this offer. It took a full year until she finally received her press badge and was ready to

go, attending White House and other press conferences, the annual Correspondents' Dinner and the White House Christmas Party. As she became well known, a very strange thing happened. On frequent occasions, people came up to her to speak to her thinking she was Barbara Bush, and they wouldn't take no for an answer. Apparently there was some similarity in their features.

Louise retired when her husband developed Alzheimer's. He died just six months after they moved to Leisuretowne. Now at Medford Leas, Louise attends St. Mary's Church and looks forward to enjoying the many activities available here.

**Ellen Stimler**



photo by B.Degler

**Dale Duffin** joined the Lumberton campus of Medford Leas on April 4, when he moved into #187 on the meadow side of Woodside Drive. He formerly lived in Cinnamonson for 38 years with his wife Marjorie, who died last year in their 60<sup>th</sup> year of marriage.

Dale served overseas in World War II for two years as a member of the 42<sup>nd</sup> Infantry Battalion, known as the Rainbow Division, led by General Douglas MacArthur. After the war, he finished college at Purdue University, married, and joined the Campbell Soup Company in Chicago. He was transferred to Texas for several years, then returned to Illinois and retired from Campbell Soup in Camden.

Dale has three children – a daughter in Texas, a son in Georgia, and a daughter in Mt. Laurel – and six grandchildren.

At 91 years of age, Dale is interested in golf, playing bridge, tennis, and church activities at the Methodist Church in Moorestown. He already knows several people in the community from his "past life" and looks forward to becoming acquainted with many more here.

Asked what he might have to say about his long life, Dale responded, "We had a wonderful life."

**Barbara Lewis**

**JUNE CRYPTOGRAM**

by Herb Heineman

**CIKZ BZZB BMPJWCO, MPNJZA BZZB**

**ZKZF RIJZ BMPJW, XVN UZPCIVBO**

**BZZB NMZ BMPJWZBN YIJ DN DB CIKZ**

**PFA MPNZ PN NMZ BPRZ NDRZ.**

Underline the name of the author:

**DJDB RVJAIGM**

**ZKZC QFDZKZC**

**PJPX WJIKZJX**

Below is the solution to the May cryptogram.

A LIBERAL IS SOMEONE WHO FEELS A GREAT DEBT TO HIS FELLOW MAN, WHICH DEBT HE PROPOSES TO PAY OFF WITH YOUR MONEY.

G. GORDON LIDDY  
T. BOONE PICKENS  
J. RUSSELL ANDRUS

The correct solution was received from the following readers:

**Catherine Barry, Judy Braddy, Marion Burk, Jody Cardona, John Caughey, Mary Chisholm-Zook, Gordon Clift, Alice Culbreth, Liz Dill, Molly Haines, Neil Hartman, Barbara Heizman, Sue Isaacs, Sarah Klos, Ruth Quackenbush, Doris Salati, Florence Sawyer, Peg Scott, Anita Solomon, Miriam Swartz, Ellen Wiener, 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 August 1

**MEDFORD LEAS LIFE**

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

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

*Staff Photographer:* Margery Rubin

*Proofreaders:* Mary Chisholm-Zook, Herb Heineman, Kitty Katzell, Sarah Klos, Florence Sawyer, Ellen Stimler

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

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

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