



Medford Leas *Life*

VOL. XLII, No.7

September 2013

PATHWAYS ENTERS SECOND YEAR

by Beth Bogie

After an enthusiastic response to its first two seasons, “Pathways to Learning at Medford Leas” is launching its second year with an increased number of program offerings, 28 in all, for both residents and the wider community. Topics this fall include government, politics and policy, gardening, fitness, nutrition, women’s history, art and music. Two popular programs are returning: an iPad Workshop to be held at the Lumberton campus, and Wreath Making on both campuses during the holidays. The Fall 2013 Program Guide is now available.



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

PATHWAYS
TO LEARNING AT MEDFORD LEAS

“Our goal has been to offer a wide variety of programs on both campuses,” according to Jane Weston, Director of Development and Community Relations, and creator of Pathways. “The lectures and workshops reflect who we are – namely, our Quaker heritage, the Barton Arboretum, and community-wide interest in lifelong learning.”

Outstanding MLRA-sponsored programs, such as SpectiCast, Leas Forum, and Medford University, combine this season with 11 special programs new to Pathways. Residents who have had a major role in developing the entire Pathways menu include **Dave Bartram, Kay Cooley, Vince Menzel, MaryLou Morrow** and **Barbara Trought**. Some programs require a fee; many will not have a charge.

During September, known as Active Living Month, Medford Leas Active Living Director **Gerry Stride** will conduct a Brain Fitness Workshop on both campuses. Also on both campuses, six Zumba Gold classes will be held for all ages.

For those who love gardening, Bruce Crawford, director of Rutgers Gardens, will show how to plant in the fall for a beautiful display of color in the spring. Ken Hutz, arborist, returns by popular demand to demonstrate pruning techniques.

There will be plenty of programs to satisfy the intellectual appetite. A series of six talks will be held on “American Government: An Experiment in Deliberation,” presented by Dr. Lia C. Howard, fellow of the Fox Leadership Program at the University of Pennsylvania. The lectures, beginning September 10, are offered by Medford University.

U.S. Immigration Policy and Politics will be presented by Law Professor Jan C. Ting of the Temple University Beasley School of Law. He teaches in the areas of citizenship and immigration law and tax law. He previously was assistant commissioner of the U.S. Immigration and Naturalization Service. The Medford Leas Diversity Committee is sponsor of this program.

Actress Taylor Williams will portray New Jersey Quaker Alice Paul, who led the fight for women’s right to vote, campaigned against Woodrow

Wilson's opposition to women's suffrage, was jailed in order to secure the 19th Amendment, and introduced the Equal Rights Amendment in 1923. Ms. Williams has been a practicing lawyer for more than 30 years and holds MAs in writing and theater arts. She has performed at colleges and universities across the country.

Leas Forum will offer a diverse group of six programs. In September, "The Middle East of Today, from Yesterday," will be presented by Presbyterian minister Christopher Doyle, who will focus on Middle East history and how events have helped to create today's "messy reality."

In addition, "The Personalities of Great Scientists" will look at the ideas that have shaped modern physics, in a talk by Dr. Daniel Bobb, professor and chair of the Rutgers-Camden Department of Physics.

The many Pathway programs offer a great opportunity to invite friends and family to participate.



Beth Bogie

PAINT OUR GARDEN

Is that Monet painting the silo and shed? No, it's Bruce Starr, from Elkins Park, PA, competing with 12 other artists in the Medford Art Center's fifth annual *plein air* competition, normally called "Paint Our Town." This year Medford Leas partnered with MAC and called it "Paint Our Garden." Bruce was painting in crasein paint, regularly used in set design, which he has done in the past, he said. Who won? Bruce took first place.

Beth Bogie

NATURE CENTER LIBRARY RECEIVES MAJOR GIFT

by Betsy Pennink and Joy Moll

The Nature Center Library has received an outstanding gift of 70 books from the personal library of professional naturalist **Janet Jackson-Gould**. While downsizing her collection in preparation for her move to Rushmore in Medford Leas in July, Janet also wanted to share these books with other residents.

(Note: Janet's "Who's New" interview will appear in the October issue of *Medford Leas Life*.)

During her longtime involvement with New Jersey's environment and wildlife, Janet spent 20 years as a member of New Jersey Audubon Society's board, three of them as president.



Her gift of many books on birds and birding will add immeasurably to the Library's existing bird books, most of which date back to the gift from birding enthusiasts **Wayne and Gertrude Marshall**, who established the Bird Club here at Medford Leas.



Janet's gift also includes books on New Jersey's natural world and reflects Janet's work as the retired executive director of Medford's Woodford Cedar Run Wildlife Refuge and as a current trustee of the Pinelands Preservation Alliance. Still others are about the Atlantic seashore, including seashells and the seasons of the salt marsh.

There are many field guides that can be signed out and borrowed for a week from the library. They should help amateur naturalists become better acquainted with the Pine Barrens, with trees and shrubs, animal tracks, butterflies, birds' nests, mammals, insects, reptiles and amphibians.

Although The Nature Center was already a treasure trove of nature information, Janet's gift has added many more gems.

*Life Lines***THE WAY IT WAS**

by Marcy Webster

At a dinner party in June, I was seated to the right of a charming and talkative young man. Before the first course was served, he had shown me pictures of his children, told me his name, his age, and that he had met his wife on Match.com.

Dick Feaster didn't need technical help to find **Happy**, but he did need persistence and some lucky breaks. He had ordered his lonely lunch at Leeds Restaurant in Central Philadelphia when he saw two girls descending the curving marble staircase to the dining room. He knew one of them, but it was her friend who captured his attention. He went over to say hello and joined their table. He was introduced to Doris Kirsch and, before the girls left to go back to work, he made sure to check the spelling of her name. That night he worked his way through the Kirsches in the Philadelphia phone book until, on the thirteenth try, he found the right family and made a date with Doris for that night. The roads were icy, he didn't have a car, and it was a challenge to get to the Kirsch home in Mt. Airy. But he got there and 18 months later Dick and the girl he nicknamed Happy were married.

Life was tough for Fitness and Aquatics Manager **Ken Roland** in 1991. His dad died and his mom got sick. His three-year romance ended, and he was feeling down. Maybe that's why he didn't pay much attention to the nursing student from Thomas Jefferson who was doing the physical training segment of her education in the department he supervised. But Jeanie was paying attention to Ken. Eventually, she got him to play tennis and asked him for his phone number so she could confirm the match. When he gave it to her, she put it into her shoe for safe keeping. Another time during those early days the resourceful Jeanie dropped a note through the sunroof of Ken's car.

Their first real date was a walk on the beach and, before it was over, Ken knew they would marry. Jeanie felt the same way. After a two-year engagement, they had saved enough to pay for their

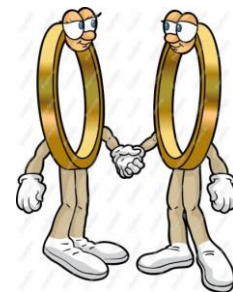
own wedding and to buy a house. Looking back on those dark days of 1991, Ken gratefully says, "Jeanie saved me."

Maggie Andrus was concerned about staying single and so left teaching and took a job as a research assistant in a medical school. She has very little recollection of **Herb Heineman** as a second-year resident in internal medicine at the University of Pittsburgh Medical School, but he has a vivid memory of his first glimpse of Maggie as she left an elevator wearing a green plaid dress and a "purposeful expression."

The next year was different: Maggie noticed Herb. Things moved quickly after that. Their first date was for pizza and then came a series of concerts while Maggie pretended to like classical music. After a month or so of fast food, there was a proposal at a Big Boy drive-in. Telling me about the green plaid dress, Herb said, "She doesn't remember it, and I'll never forget it."

Health Center nurse **Nancy Sullivan** resisted going out with Bill **Glovacz** the first few times he asked her. He had been dating her best friend for a long time and Nancy wanted to be loyal. But she knew good things about Bill. She knew he was a responsible son, helping out with the younger kids, and extremely good to his mother. Finally, she said yes and they married in the middle of Nancy's senior year in high school when she was 17. (With parental approval and no unseemly reason for haste.) Her friend didn't speak to her for a long time, but Nancy's never regretted marrying her "wonderful man."

These couples met in predictable circumstances with backdrops of family and friends. They're still happily together. Will social media matches work as well?



MEMORIES OF THE AUTOMAT

by Polly Schnepf, Food Editor



Margery Rubin

It was a shock! Horn and Hardart, the world's largest restaurant chain, was going out of business. Founded by Joseph Horn and Frank Hardart, the first "waiterless" eatery opened in June 1902 in Philadelphia. The New York Automat arrived a bit later in July 1912.

The beginning was not easy. The concept came from a German food service. Frank was impressed by the idea during a visit abroad, and he purchased extensive equipment in Berlin. He had it shipped to America, but, unfortunately, the loaded ship sank. Not to be deterred, Frank re-ordered the equipment, and it made the journey to the United States safely.

By 1924 H and H opened retail stores to sell pre-packaged food items that were favorites from the Automat. The slogan "Less Work for Mother" became popular. This was probably the beginning of our now popular "take-out" food. By 1941, records show that there were 157 retail shops and restaurants in the Philadelphia and New York areas. They served 500,000 customers a day.

The Automat was unique in providing a coin-operated system of dispensing food from behind small glass windows next to coin-receiving slots. The fondest childhood memories of going to the Automat are of putting a nickel in a slot and pulling out a favorite dish.



Alas, along came the rise of fast-food restaurants, and soon Burger King franchises replaced many of the Automats. The last New York Automat (42nd Street and Third Avenue) closed in April, 1991. However, the Horn and Hardart Baking Company was bought out of bankruptcy in the early 1990s by two entrepreneurs. No new restaurants were opened but a number of the most popular refrigerated food items such as macaroni and cheese, Harvard beets, tapioca pudding and cucumber salad were sold refrigerated in supermarkets in New Jersey and Phila-

delphia until 2002, when they disappeared from the market.

Although we no longer have the Automat to enjoy, the memories of these special places live on. People remember with ohs and ahs their many favorite foods. Among the best remembered are baked beans, creamed spinach and apple pie.

H and H insisted on consistent high quality and taste for their food. Every afternoon at 12:30, a Sample Table was presented to company executives and branch managers at company headquarters so that they could taste various dishes. The French-drip method of preparing coffee was introduced to the Automats and was kept up to high standards by insisting that employees discard the coffee that went unsold after two hours.

During the Depression and wartime, even though Automat prices were low, many could be seen sharing the food between children, dividing the dessert and making sure that everything was eaten. The wonderful Automat was one restaurant where many families were able to provide a "treat" for the family on limited funds.

Editor's Note: Polly, a food editor for 13 years at the Central Record in Medford, will continue to write occasionally on food, restaurants and food-related fun for the Medford Leas Life audience.



SAVE THE DATE: OCTOBER 16, 2013

Please put October 16 on your calendar for the fall meeting at Medford Leas of the Organization of Resident Associations of New Jersey (ORANJ), which will bring 150 residents from other CCRCs. Details about the program will appear in the October issue of *Medford Leas Life*.

In the meantime, we are looking for more volunteers to welcome our guests on that day. Please call Barbara Trought (654-3045) if you are not already signed up. It is a great opportunity to meet residents of other CCRCs in New Jersey.

Helen Vukasin

ZORG VOOR ELKAAR

by Betsy Pennink

“Zorg voor elkaar.” That’s Dutch for “Take Care of One Another.” This is the mission of a faith-based organization in the Netherlands that provides long-term care at many levels, mostly for the elderly. The group, called the Lelie Zorggroep, is very interested in American approaches.

Two of their executive board members, Johan van der Ham (CEO) and Frans Knuit (CFO), arrived here on June 20 to see how Medford Leas operates. They are looking for ways “to live their values in a secular world, where Dutch individualism is changing the culture and makes caring for your neighbor less important,” said Johan. As there are fewer and fewer “believers,” there are fewer and fewer faith-based facilities dedicated to the care of the vulnerable.

Unlike the American custom, the Dutch government has long provided financial backing to such institutions. However, in these economic times this support is being withdrawn, while, as Frans pointed out, the number of elderly grows every year.

The Lelie Zorggroep includes all Christian denominations, according to Johan, and besides the 13 residential care facilities in Rotterdam, it offers home help services, home care, and palliative care throughout the Netherlands. In addition to therapeutic care, there are support services for individuals with psychiatric problems (30 percent of their clients).

The Dutch group is facing many challenges, some of them familiar to Americans. There is a shortage of doctors and nurses, which is further complicated by the fact that their own doctors must be Christian. Reflecting their value system, the leaders hope to change staff behavior by emphasizing that “it’s not just doing the job, but how you do it,” as Johan put it. (Both men were impressed by how friendly the Medford Leas staff is.) As to financing of future assisted living quarters, they are “moving towards private funding, where the residents must pay out of their own pockets.”

It’s a time of change in the Netherlands and throughout it all, the members of the Lelie Zorg-

groep are striving to preserve their identity and values, inspired by their visits to places like Medford Leas.

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## 2013 FLOWER SHOW

by Kitty Katzell

*Alice in Wonderland* conjures up all sorts of images – the white rabbit, the mock turtle, the mad hatter’s tea party – and they and others will all be present at the 2013 Medford Leas Flower Show in the Holly Room on Tuesday and Wednesday, September 10 and 11.



Schedule booklets for the show have been distributed to residents, but extras are available at the Reception Desk, so pick one up to learn all the rules and procedures. Registration for the show is on Tuesday, September 10, from 7:30 to 9:45 am in the Holly Room.

Each exhibitor is permitted to enter only one design in each of the six classes in the Design Division. In this division, the plant material need not have been grown by the exhibitor, but in the Horticulture Division, specimens must be fresh plant material that was grown by the exhibitor. There are 19 categories among Plants in Containers, Flower Specimens, and Cut Fruit or Vegetable Specimens, so if you have any garden at all you should have something to show in one of those categories.

Even for those with no plants to exhibit, the show will be well worth at least one visit. There is no charge for admission, and the show will be open Tuesday from 1:30 to 8:00 pm and on Wednesday from 7 am to noon. Entries must be removed at noon on Wednesday.

## FEWER FALLS BY ENDING STARTLING NOISES

by Suzanne Frank

There was an “aha” moment some months ago for Director of Nursing **Julie Smith** when she learned of an incredible open window into a new approach for handling incidents of falling. CEO **Jeremy Vickers** had come back from a workshop with the idea that there was a proven, critical relationship between people falling and their susceptibility to being startled by any kind of alarm or sudden ringing of a bell.

Julie took this new insight to her Quality and Safety Committee and, with the help of her peers, they took away any kind of startling noise from the day-to-day lives of her patients. This included not only examining the minutiae of the everyday functioning of a person, but also the environment in which he/she lives. In place of alarms, such as the ankle bracelet signaling a person’s movements, Julie instituted a modified care plan which included giving patients extra attention and monitoring during the day. For those who previously had been subject to some kind of sudden noise, there has been an incredible result – a 99 percent reduction in falls in the Medford Leas population under nursing care because of the discontinuation of alarms in their lives. And in the population at Medford Leas overall, resulting from this program, there has been a 10 percent reduction in total falls.

To build on this accomplishment, the idea is to minimize risk by creating some personal interventions such as hip protection and, with the involvement of the Fitness and Therapy departments, help residents keep strong and vibrant. According to Julie, the aim of her team’s effort is to prolong a person’s ability to perform functions such as bathing and walking, and reduce their decline in activities of daily living.

“It’s been my passion ever since I got here to bring a mindset change to the treatment of residents in fall prevention,” Julie revealed. She certainly seems to be achieving that goal with solid and focused dedication.

## SPECTICAST: ABBADO CONDUCTS BEETHOVEN AND MAHLER

by Beth Bogie

The first of this season’s SpectiCast concerts, featuring Maurizio Pollini, one of the world’s great pianists, will be presented on Saturday, September 28 at 2 p.m. The concert, under the baton of Claudio Abbado, was filmed and recorded at the end of the summer of 2004 at the Lucerne Festival Concert Hall, Lucerne, Switzerland. Works performed are Ludwig van Beethoven’s Piano Concerto No. 4 in G Major, Op. 58, and Gustav Mahler’s Symphony No. 5 in C sharp minor.



Pollini is written about in superlatives: “the Italian arch-aristocrat of the piano” by *The Independent* (London); his craft “so accomplished it thrills on its own terms” (*The Boston Globe*); his “steely brilliance” that is “virtually infallible” (*The New York Times*).

A review of this concert in *Medici.tv* speaks of Pollini and Abbado as “brothers in music” because of “their search for musical perfection and because they share the same conception of musical interpretation in that they never indulge in the slightest outpouring of sentiment but privilege emotions born of pure music.”

The review continues, “Like Abbado who recorded the complete symphonies of Beethoven several times...Pollini has constantly reworked the thirty-two sonatas of the master from Bonn as well as the concertos. This gives an idea of the importance of the Beethovenian encounter of these two legends.”

“Mahler’s symphonies have been central to Abbado’s repertoire,” according to critic Andrew Quint, of *Fanfare*. The Lucerne Festival Orchestra is an orchestra that Abbado helped to revive in 2003. Quint states, “The orchestra has at its core 40 members of the Mahler Chamber Orchestra and is filled out with players, invited by Abbado, who frequently are known soloists or from top orchestras.” (*Medford Leas Life*, February 2013).

## DEBATE FOR MEDFORD COUNCIL

by Ellen Stimler

In New Jersey this year, there are elections at the local, county and state level. The MLRA Citizens Committee will bring many of the candidates running in these elections to the Medford Leas Theater for debates.

The first of these debates will be on Thursday, September 19, at 7:30 pm for members of the Medford Township Council. The current Council members, all Republicans, are James (Randy) Pace, Jeff Beenstock, and Chuck Watson. The three Democrats campaigning to replace them are Brett Blyshak, Becca Gutwirth, and George Youngkin.

Before the debate at 7:30, the PBS Newshour will be shown in the Theater at 6:00 pm..

The moderator for the evening will be **Barbara Trought**, who is a past president of the New Jersey League of Women Voters and has moderated debates all over the state. Candidates have about 12 minutes each for opening and closing statements and answers to questions from the audience and other candidates.

Attendees will receive paper and pencil for writing down their questions, which will be selected and read by the moderator to avoid duplications and inappropriate comments.

The election for Medford Township Council will be on Tuesday, November 5. The debate on September 19 will be residents' only chance to help them decide for whom to vote.

## RUSH HOLT FOR U.S. SENATE?

Medford Leas residents often vote for different candidates than the rest of the state, and the Democratic primary for the U.S. Senate on August 13 was no exception. They wanted Rush Holt to take over the Senate seat of the late Frank Lautenberg, although the statewide winner was Cory Booker. Rush Holt received 41 votes, Booker was next with 38, followed by Sheila Oliver with 36 and Frank Pallone with 16. On the Republican side, Steven Lonagan received 37 votes, and Aliete Eck had 4.

E.S.

## NEW MLRA COUNCIL OFFICERS

text by Kay Cooley, photos by Margery Rubin

In June, the MLRA Council chose new officers for its 2013-2014 term. **David Eynon**, of Bridlington, was elected president, and **Ruth Gage**, from the Lumberton campus, vice president.



Although Dave is new to the Council, and fairly new to the community, he is well acquainted with Medford Leas, since his parents and uncle lived here in retirement for the better part of 25 years that Dave served as a Superior Court judge of New Jersey.



Ruth is also new to the Council. She has lived at Lumberton for more than six years and currently serves as chair of the MLRA Health Committee and an editor of the *Lumberton Campus Chronicle*. Before retiring, Ruth was active in the New Jersey State Nurses Association developing and presenting programs for nurses afflicted with substance abuse.

Officers whose appointments were renewed are **Sandy Heath** as treasurer, **Helen Vukasin** as recording secretary and **Jack Akerboom** as corresponding secretary.



The Lumberton Residents Council elected **Janice Saibel** as president for a second year, **Jim Supplee** as vice president and **Geno Mori** as treasurer. Jim and Geno have served on the Council for one year.



### FAREWELL TO SANDY

text and photo by Betsy Pennink



On July 9, residents gathered in the Activities Room to celebrate the retirement of Sandy, a Labrador mix, who has been a weekly visitor to Assisted Living and Estaugh for the last 15 years. **Linda Schultz**, Therapeutic Recreation, got Sandy as a puppy, and he made his first visit here

the next day. The retirement party included punch and cake, followed by Sandy's arrival. Everyone had a chance to give him a last pat and then to watch a slide show of his life.

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MEDFORD U. FALL COURSE

by Kay Cooley

Medford University's fall course will focus on a key political science issue: how government institutions interpret and reframe the large and ambiguous ideals left by our Founding Fathers to fit institutions' current form, as, for example, in the controversy over privacy and NSA surveillance. The course will look at this debate as it applies to the presidency, Congress and the courts as well as to public schools. How have our ideals shaped our institutions? How have ideals that sometimes conflict been reconciled or left unreconciled?

Professor Lia C. Howard is a fellow with the Fox Leadership Program at the University of Pennsylvania, where she teaches and researches American politics. She earned her master's and PhD in political science at Penn.

Please note: classes will meet in the Theater on TUESDAYS 3:30-5:00 pm on September 10, 17 and 24 and October 1, 8 and 15. Tuition is \$25. Course descriptions and enrollment forms were sent out the week of August 26; enrollments are due Friday, September 6.

LOIS FORREST SCHOLARSHIP WINNER

text by Kay Cooley, photo by Margery Rubin



At the July MLRA meeting, President **David Eynon** presented the Lois Forrest Scholarship to **Darby Day**, a part-time server in the Patient Services Department. The award is given for outstanding scholarship and community service.

Darby has excelled in both areas. She has just completed her freshman year at Seton Hall University with a 3.9 grade point average and plans to transfer in the fall to the University of Pennsylvania's highly selective School of Nursing.

Darby's volunteer work matches her academic achievement and includes Toys for Tots, Renegades Reaching Out, the Special Olympics of New Jersey, Market Day, and tutoring her classmates in their challenging chemistry class. She also volunteered for two summers in the Medford Leas Therapeutic Recreation department, because she wanted to get to know the residents whom she was serving at dinner. She wrote of that experience, "Every resident at Medford Leas has inspiring stories that have the power to motivate anyone, which is why that volunteer experience was distinctive and matchless."

Darby's career goal is to become a pediatric nurse practitioner.

IN MEMORIAM

Winifred Badgley	May 24
James Eby	May 30
Carl Slemmer	June 09
Teddy Raup	July 06
Dorothy Flavell	July 10
Nancy Scheyhing	July 19
Howard McKinney	July 26
Blanche Lippincott	August 11
Barry Sandman	August 13

FLIPPING THE DOOR THING

text by Judy Kruger, photos by M.Heineman



If you live in the Courtyard Apartments, your morning routine probably goes like this: wake up, make a bee-line to the bathroom, open the front door, flip the door thing, and only then think about coffee and breakfast.

Decades ago, someone at Medford Leas had an excellent idea. An indicator hung on each storm door could be reversed by that resident every morning to show that she or he is OK. Friendly Visitors for each court would then check the doors and contact the person if the indicator had not been flipped. If necessary, staff would follow up.

Over time the story of the door system has become cloudy.

Does anyone remember what the original indicator was? People are puzzled. A dishtowel? A greeting card that you could reverse? Anything that would fit on the storm door without falling off? **Jane Weston** could not recall the original practice. **Jim Wolosin** and his staff concluded that they don't know the history. Receptionist **Taryn Ericksen** said, "When residents call, they refer to the door block or the door thing." Longtime housekeeper **Jane Walker** added, "I guess they were first called door blocks or awake signs."

Even simple ideas change. The form of the indicator hung on doors still evolves, although most are rectangular or circular wood blocks. At least 13 courts use blocks that are white on one side and red on the other. But we find artistic license. Court 26 selected a particular red color which exactly matches the door color. Court 7 uses round green and white wood disks. A few residents have personalized theirs with faces, brown and white spots, or pet rescue stickers.

"We've tried to standardize them," says **Cecile Hanley**, who heads the Friendly Visitors, "but over time courts get remodeled, Friendly Visitors

sometimes institute other procedures, and individuals modify or even stop using the system." She noted that Courts 65 and 66 have a newer style of storm door without bars, so nothing can be hung on them. Even so, she says, Friendly Visitors in both of those courts notice each day if all of the residents appear.

What happens when a wooden door thing wears out or breaks? The Friendly Visitor calls Cecile, who asks **Andy Moll** in the Wood Workshop to make a new block, costing \$4 from MLRA funds.

Everyone asked agreed that this system is good, and does not need to be replaced with anything electronic in the future. Muses **Phyllis Orta**, "If we went electronic, would there be a button by the bed?" However, Tina Batushansky, a Mount Laurel resident visiting a friend in the courts, said, "A button by the bed wouldn't get the resident up and out of bed each day. The door system encourages physical activity and social interaction."

The success of the door system, all noted, depends on the Friendly Visitors. Jane Walker says, "They have to really pay attention, and most do." Phyllis Orta adds, "For the system to work, the Friendly Visitor must get to know everyone in the court." Around the courts there is tremendous gratitude for their work.

Both Phyllis and Cecile remarked that "since this is about physical safety, probably every new resident should be given a review inside their home as soon as they move in of any potential dangers and how to prevent them." **Kitty Katzell**, who recently had a fall in her kitchen, was glad she was wearing her safety locket so she could press the button and summon help.



ART GALLERY NEWS

by Helen L. Vukasin

The “Hanging Together Group” is back with us at the Art Gallery on the Lumberton campus during September and October. These five local artists – Marlene Craig, Joyce McAfee, Eleanor Mink, Irvane Spracklin and Pam Wallenhurst – have shared their work with Medford Leas residents in other exhibits both as individuals and as a group. The new show opened with a reception on August 16 in the Lumberton Art Gallery.

In the Medford Leas Art Gallery the “Oil Paintings by Anne Malatin and Arlene Marcoe” also will be exhibited during September and October. A reception will be held on Tuesday, September 4, 3:00 to 4:30 pm, in the Art Gallery. Ms. Malatin will speak about her work with oils and her focus on the Pine Barrens and scenes of the shore.

On the lower level of the Arts and Social Wing, the Art Studio show of paintings and photographs by residents continues until late October when a new show will be opening.

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## STYROFOAM OUT/COMPOSTABLES IN

text by Suzanne Frank, photo by M.Heineman

Visit the Coffee Shop and you’ll see the new “take home” containers stacked neatly for taking. The new dishes are insulated so that they can contain either hot or cold foods and fluids as exhibited on the display at the entrance of the Coffee Shop. Although compostable, these paper-looking articles are not recyclable. They have to be considered trash and thrown into the garbage unless they are returned **clean** to the Coffee Shop.

In the Coffee Shop there is a prominent green plastic barrel marked “for compostables only” at the exit. Dining Services, at the recommendation of its director, **Jen Zdunczyk**, placed this barrel there to entice those residents who might be inclined to return their **washed** containers so that they can be included in kitchen waste, which is sent out to be composted.

At a later date, Jen expects that there will be strategically placed barrels around campus so that residents can dispose of these new compostables in a sanitary and regular fashion.

Jen explained that the Estaugh Board initiated this new “green” effort and she hopes the residents will find it in keeping with our resource management policies. She also related that Dining Services is presently using two vendors: Tree Free, which, as its name implies, has products that are 100% free of wood pulp and are 100% compostable; and VEGWARE, which uses only renewable and recycled materials such as bagasse and corn-based material in its disposables. (Bagasse is sugar cane fiber pulp left after the juice has been extracted from the stalk. It is normally seen as a waste product and is often burned, thereby causing pollution.)



These products are microwavable for a brief period of time. Dining Services hopes to have the rollout of these various new compostables down to a science very soon, and our residents will have a chance to enjoy our further participation in greening our campus.

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THE HEARING LOOP IS HERE!



Well, not quite. With or without hearing aids, you can experience it in the Linden Room on Wednesday, September 25, from 11:30 am to 1 pm, when technical assistance will be available, or, without technical assistance, any Thursday morning at 11 when Vid-U is on.

Thanks to all of you who took the Loop survey, we can apply for funds to install the Loop where it is needed. More information will be available next month.

Helen Vukasin

MUSIC VIDEOS IN THE THEATER

by Maggie Heineman

On Thursday morning, September 26, Vid-U participants will learn about Schubert's life and hear excerpts from his 9th Symphony. At 7pm that evening, the entire symphony will be presented in the Theater with the same sound and video systems that are used for the SpectiCast concerts.

The Vid-U curriculum will be the basis for weekly Thursday evening concerts until the Vid-U series ends next February. After that, residents will decide on the concert programs. The concerts are free and will last from 45 minutes to an hour.

Those who prefer to watch the concerts on their home computers may do so by using links provided on the Music Videos schedule which is at <http://tinyurl.com/mlramusicvideos>

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## WHO'S NEW

Photo credits:

Margery Rubin: Podolin, Murray, Winner, Frey

Barbara Degler: Campbell, Griffenberg, Eickoff



**Michael (Mike) and Ruth Byerly Podolin**, have moved to 667 Bridlington from Haddonfield. Mike and Ruth met in their freshman year at Wilmington College in Ohio. They were waiting in line next to each other in the college cafeteria and began talking. Two years later, in 1957, they married.



They came from very different backgrounds. Ruth grew up in a Quaker family with Quaker ancestry back to 1700. Her parents had committed to a life of service in Kickapoo Friends Center, a Native American settlement in Oklahoma. She went to the one-room

school house where her father taught and then spent her high school years at Olney Friends Boarding School in Ohio. Mike grew up in a secular Jewish family in Stratford, NJ, and went to Haddon Heights High School.

At Wilmington College, Mike took pre-med courses and Ruth worked toward a teaching degree. After two years they transferred to Oklahoma State University where, in 1961, Mike graduated as a veterinarian and Ruth with a degree in education. Mike took two brief jobs, then started his own veterinary practice in Stratford, first on the ground floor of their house, but after a few years in his own animal hospital, which he operated for 45 years until his retirement in 2003.

Ruth had to defer her own career because she had three children shortly after their move to Stratford. She was also busy helping Mike as receptionist, secretary, and bookkeeper. After her youngest child was in middle school, she went part-time to Drexel University and earned an MA in library science and technology. She worked as a school librarian for 14 years, and another six years as director of the Gloucester County Audio Visual Arts Aids Center.

The Quaker tradition is being carried on by their youngest daughter's family, which has moved to the Podolins' home in Haddonfield and is sending their three children to Quaker Schools

Ellen Stimler



**Doris Quinnell Murray** moved from Potomac, MD, to Apt 668 in Bridlington, in May. She and her late husband, Bill, had compared CCRCs through their newsletters and were "impressed by the vibrant life at Medford Leas and the numbers of men." They

had heard about Medford Leas from one of their two daughters, who lives with her family in Medford. Then Bill died in 2006. Doris now loves living near some of her family for the first time.

Doris was born in Philadelphia and went to school in Abingdon, PA. In 1947, at Juniata College in



Huntingdon, PA, she met Bill, who had just returned from serving on an aircraft carrier. They graduated in 1950, she with a BA in history and Spanish, and he with a pre-med BS degree.

While Bill went on to earn his MA in biology at the University of Maryland, Doris took education courses at Temple U. and taught grade school. They were married in 1952. He then pursued a PhD in toxicology, the field in which he was to make his career. He became known for his discovery of DDT in mother's milk and thus, in the food chain. In the 1960s, he became a civilian scientist for the Navy, directing the study of toxic substances affecting men, including DDT. It meant a lot of entertaining of government and university people for Doris, who laughs about "Doris' 1,000 ways of disguising chicken."

Doris worked for 17 years as a docent at the National Gallery of Art in Washington. When their girls were in college, she took a full-time job as grants administrator for the American Occupational Therapy Foundation, in Rockville, MD. She retired in 1993 to take care of newborn grandchildren and to move her failing parents near her.

Over the years, Doris and Bill traveled widely, including to Egypt, Italy, Greece and Turkey, in pursuit of Bill's great interest in archeology. Many of the archeological items they collected went to the Archeological Society of Maryland and to schools.

Doris new home is full of family antiques going back generations. Her mother's family was from Newfoundland. "I have Viking blood!" says this petite blonde.

The Murrays' daughter Janet in Medford is an accountant and has two girls; daughter Barbara is director of rehab services at Georgetown Hospital in Austin, TX, and also has two girls.

Doris was once a potter with her own kiln. Arts are an important part of her life, and she was very active in her church. She is enjoying water aerobics at Medford Leas, which she finds "invigorating and with people who are fun." She is a great reader and plans to find a book discussion group.

**Beth Bogie**



**Karen Winner**, Apt. 67, has for the past 10 years had a "consuming interest" in her family's genealogy. Her family goes "way back" in Burlington County. Her great-grandmother (a member of Rancocas Meeting) was the last life-long Quaker in the family.

Karen is eager to pick up this interest again and to meet people interested in South Jersey families and history.

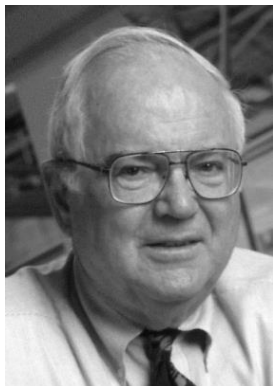
Karen's own past began in West Trenton. Through the eighth grade she went to schools there and in Haddonfield. High school years were at the Quaker-run George School in Newtown, PA. She received her BA in history from Douglass College in 1965.

Her first job was as a social worker in New York City. After two years, she and several friends traveled to Florence, Italy, and outlying areas for a period of six months. She then joined friends in San Francisco, and there, for 20 years, she was a social worker and had a job in a store selling handmade clothing in Berkeley.

In 1988, Karen moved back to New Jersey, to Lambertville, while working part-time from home for Princeton University Press. When that job became full-time, she moved to Princeton. Eventually, in 1993, she bought a small house in Philadelphia, where she was hired as meeting secretary by Central Philadelphia Monthly Meeting. She feels she has returned to her Quaker roots during the last 20 years in Philadelphia,

Her other interests, in addition to genealogy, have been "extracurricular." She was a photographer for many years until everything went digital. Today she is especially interested in sewing and the fiber arts, and recently she has done some writing. Right now she is deciding whether to attend another Quaker meeting closer to Medford Leas.

**Ellen Stimler**



**C. Harry Knowles** moved into #645 in Rushmore in time to join in the Medford Leas Fourth of July celebration. His excellent photos of residents playing games and enjoying themselves, displayed immediately afterwards in the Atrium, were testimony to his deep interest in people.

In contrast, Harry's career has been on the cutting edge of technology. A native of Birmingham, AL, he received a BS in Physics from Auburn University, after a stint in the Marines, and an MS from Vanderbilt University.

Harry visited Bell Laboratories and found it to be "a dream" with its impressive labs, its talented researchers, and its open approach to sharing its knowledge. He spent five years there, involved with semiconductors, especially transistors. He is credited with forecasting what later became known as the counterintuitive "Moore's Law," namely, the more you shrink the size of a transistor, the faster and cheaper it becomes.

Harry did research at Motorola Semiconductors for four years and then spent five years at Westinghouse, where he directed their microchip operation.

In 1968 he "left semiconductors and went into lasers" and formed his own company, Metrologic. Lasers were revolutionary, and there was no market yet for them. However, he "attracted fun, creative people," Harry says, and the business grew. In 1975, after merchants began putting barcodes on their products, he and his team developed the first hand-held laser barcode scanner.

As Harry and his co-inventors developed more and more new products, it became important to have patents on them. At this moment Harry's name is on over 400 domestic and 100 foreign patents. In 1995 he was inducted into the New Jersey Inventors Hall of Fame.

Harry's interest in the quality of science and mathematics education led him to dedicate profits from Metrologic to this end. In 1999 he established the Knowles Science Teaching Foundation

(KSTF), which offers fellowships to exceptional young men and women entering the teaching profession. Harry retired in 2006 and now devotes much of his time to KSTF.

Although his marriages ended in divorce, he enjoys his three grown children. He has friends and family in Alabama and has two houses there.

Harry has lived in various parts of the country, but his longest stay was in Moorestown (from 1972 to 2007). During that time he served on the Town Council and became friends with **Tak Moriuchi**, one of the founders of Medford Leas. Having known Medford Leas from its inception, it was natural for Harry to make the move here.

**Betsy Pennink**



**Shirley Fink Frey**, Apt. 282, grew up in Lancaster, PA. She went to local schools and graduated from Penn State University with a degree in psychology. One of her fellow students was Paul Frey, her future husband, but they didn't get together until after Paul returned from

overseas service in the Marines. They married in 1947.

In the years before her marriage, Shirley lived in Swarthmore and worked for the Scott Paper Company in their consumer research division. She still remembers traveling all over the country to introduce Scott's new two-ply bathroom tissue.

After she left Scott Paper, Shirley did corporate relocation work for Merrill Lynch. She counseled employees about the best places to live in terms of real estate, schools, shopping, and other local facilities, and then turned them over to a realtor.

Paul's father owned a Philadelphia company manufacturing specialized brushes for industrial use. Paul joined the company on his return from military service. The couple lived in Philadelphia and Moorestown, until the company moved to Worcester, MA, for a time, and then came back to

New Jersey. The factory was then in Camden, but the Freys made their home again in Moorestown. Their son David is now managing the brush company in Philadelphia.

Throughout her marriage, Shirley was active in community affairs. She served three terms on the Moorestown Board of Education, assisted people with their tax returns at the Moorestown Public Library, and was a volunteer driver for the elderly residents of The Tender, a Day Care Center at the Moorestown Community Center.

When Paul died in September 2012, Shirley decided to make the move to Medford Leas. Fortunately, her son David lives nearby in Southampton; he and Moorestown friends here are helping Shirley to adjust to her new life at Medford Leas.

Ellen Stimler



**Ann Campbell** moved to 124 Woodside Drive in April. Already she has involved herself in community activities. Residents may have seen her walking with her American Brittany (a rescue dog) named "Owen."

Ann was born in Buffalo, NY. She earned her BA at Bryn Mawr College and a doctorate in biochemistry from the University of Tennessee-Oak Ridge Graduate School of Biomedical Sciences.

Early in her career, Ann began to use computers to analyze her data, and soon found herself writing programs for other scientists as well. This led to positions in the pharmaceutical industry, providing programming support for research laboratories. In 1994 she started her own company, "Foxglove Systems," to continue that work as a contractor.

She is semi-retired now, and has transitioned to doing websites for a number of (mostly environmental) non-profit organizations. One of those is Garden State Gardens Consortium, of which the Barton Arboretum is a member, and that's how she learned about Medford Leas. She and **Maggie Heineman** (two webmasters) have completed

a website for the Barton Arboretum and Nature Preserve. Ann also works with Friends of Great Swamp in Morris County and with the South Jersey Bayshore Coalition, among others.

Ann enjoys classical music and jazz, solving puzzles, and observing nature. She is very happy to be living in an arboretum.

Barbara Lewis



**John and Nancy Stauffer Griffenberg** moved to #143 Woodside Drive in September 2012. They promptly left for their Daytona Beach, FL, home, but in April returned, accompanied by their Jack Russell terrier "Salty."



Nancy was raised in Delaware County, PA, and attended Media Friends elementary school and Westtown Friends School. At Centenary and then Ohio Wesleyan Colleges she earned her degree in elementary education. In spending weekends at Harvey Cedars on the Jersey Shore with friends of friends, Nancy and Griff became acquainted and eventually married. Over time they have lived in Loveladies, Cinnaminson, and Medford Lakes, and they have been married 52 years.

John, usually called Griff, was born in Riverside, Burlington County. He went to West Chester State College to earn a degree in physical education, with a minor in science. After graduating, he served in the Army, and was stationed in Europe.

He began his teaching career as a science and physical education teacher at Bordentown High School and started coaching sports. He became athletic director at Willingboro, coaching football,

He began his teaching career as a science and physical education teacher at Bordentown High School and started coaching sports. He became athletic director at Willingboro, coaching football,



basketball, and golf. He then taught and coached at Cherry Hill East. Griff was also assistant football coach at University of Pennsylvania under Harry Gamble from 1973 to 1980. Returning to Cherry Hill East High School, he again taught and coached until he retired in 1993. Griff was inducted into the South Jersey Football Coaches' Hall of Fame. He is well known to many in this area.

Nancy and Griff spent their summers and weekends in their home on Long Beach Island at the Jersey Shore. To quote Griff, he's "a boater, a fisherman, a clammer, a life guard, and anything else that has to do with the beach." Nancy, coming from a family of golfers, has been an avid and accomplished golfer all her life. She is very close to her twin sister, who lives in Marlton.

**Barbara Lewis**



**Herman and Barbara Schaaf Eickhoff** have moved to 35 Woodside Drive from Moorestown. They are originally from Northeast Philadelphia and graduated from Frankford High School. Even though they attended mostly the same public schools, they did not meet until 1947 at a local church dance. They married in 1950 and have two sons and a daughter. Their family has expanded to include seven grandchildren and seven great-grandchildren – so far. Since most of the family live nearby, Barbara and



Herman enjoy being with them all and seeing the children grow and mature. The Eickhoffs have just celebrated their 63<sup>rd</sup> wedding anniversary.

After they married, Herman (who had previously worked for Penn Fruit) joined Barbara in her father's meat and grocery neighborhood store, Schaaf's Market, which her father had opened in 1929. In 1955 they helped open a store in Levittown, PA, with the second independent supermarket sponsored by Unity-Frankford Co-Op Grocery Co. Herman was a managing partner, and Barbara worked in the store offices, positions they maintained until retirement. In 1968 and 1969, the family had opened two other Shop 'n Bag supermarkets in Willingboro, NJ. Eventually the Eickhoffs' sons, who had taken an interest in the business, joined their parents' operations. Then, in 1998, the store transitioned to ShopRite, the largest co-op in the country, with 200 stores and growing. They now have five local ShopRite Supermarkets operated by their sons and a number of grandchildren. Herm and Barbara are consultants for the stores and still go into the central office in Delran on a regular basis.

Barbara and Herman had an active social life. They were members of All Saints Episcopal Church in Fallsington, PA, where Barbara taught Sunday school and played piano and organ, and Herm sang in the choir. He was in the Levittown-Fairless Hills Rotary Club. Together they were involved in a Gourmet Club and are members of the Trenton Country Club. Vacations have taken them to many places in the U.S. and Europe.

Herm has always had hobbies – building model planes, ships and train layouts in his free time. His largest creation, an eight-foot replica of the Titanic, took three years to complete. It is quite a grand reproduction of that fated ship; her tale has always intrigued Herman. He is now working on a sailboat for one of his sons. The upstairs loft is where his creations come to life.

**Barbara Lewis**

**GOLF OUTING – OCTOBER 7**

Sign up for the 7<sup>th</sup> Annual Golf Outing and Auction at Deerwood Country Club by September 23<sup>rd</sup>. The charge is \$45 to attend the dinner, awards, and auction; \$175 for golf, lunch, and dinner. A bus will take residents to and from the Club for the dinner. Email [janeweston@medfordleas.net](mailto:janeweston@medfordleas.net) or phone 609-654-3007 if you have questions.

**SEPTEMBER CRYPTOGRAM**

by Herb Heineman

UQ JGGXGV QOG CSFZV CNJ VUYUVGV  
 URQS ESSV NRV PNV WGSWZG. QOG ESSV  
 SRGJ JZGWQ PGQQGF COUZG QOG PNV  
 SRGJ JGGXGV QS GRMSB QOG CNDURE  
 OSIFJ XITO XSFG.

Underline the name of the author:

**ONFFB J. QFIXNR**

**CSSVB NZZGR**

**JRSSW VSEEB VSEE**

Below is the solution to the June cryptogram.

LOVE SEES SHARPLY, HATRED SEES EVEN  
 MORE SHARP, BUT JEALOUSY SEES THE  
 SHARPEST FOR IT IS LOVE AND HATE AT THE  
 SAME TIME.

ARAB PROVERB  
 IRIS MURDOCH  
 EVEL KNIEVEL

The correct solution was received from the following readers:

Catherine Barry, Ruth Blattenberger, Judy Braddy, Marion Burk, Jody Cardona, John Caughey, Mary Chisholm-Zook, Gordon Clift, Alice Culbreth, Liz Dill, Linda Gorwood, Molly Haines, Neil Hartman, Barbara Heizman, Pat Heller-Dow, Ariel Hollinshead, Sue Isaacs, Sarah Klos, Mary Hope Mason, Helen Peterson, Betty Preston, Ruth Quackenbush, Doris Salati, Florence Sawyer, Peg Scott, Anita Solomon, Miriam Swartz, Ellen Wiener, Barbara Zimmerman. Twenty-one correctly identified the source.

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 September 10.

**MEDFORD LEAS LIFE**

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Medford Leas Life is published monthly, September through June, by the Medford Leas Residents Association. Copies are distributed to all residents and staff. Subscriptions are available to others at \$15.00 a year for ten issues by writing to Medford Leas Life, One Medford Leas Way, Medford, NJ 08055.

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

