



Medford Leas *Life*

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October 2013

PLENARY MEETING OF ORANJ AT MEDFORD LEAS, OCTOBER 16

by Helen L. Vukasin

On Wednesday, October 16, the Medford Leas Residents Association (MLRA) will host the Fall Plenary Session of ORANJ, the Organization of Resident Associations of New Jersey. According to ORANJ tradition, two speakers will discuss subjects of importance to residents. Approximately 150 representatives of various resident associations are expected to attend.



Elaine Fultz



Beth Sparling

During the morning session at 11, Dr. Elaine Fultz will speak about "Social Security, Its Programs and Prospects." Dr. Fultz has been engaged throughout her career in fighting for retirement security. She has been involved with Social Security from the perspectives of policy-making and implementation.

She served in Congress as a professional staff member of the House Ways and Means Subcommittee on Social Security. She was also Social Security specialist for the International Labor

Organization (ILO) in Africa and in Central and Eastern Asia, and was director of the ILO Subregional Office for Eastern Europe and Central Asia in Moscow. Presently, Dr. Fultz teaches a course on Social Security at Temple University.

In the afternoon, at 1, Beth Sparling, executive director of Crane's Mill Retirement Community, Crane's Mill, NJ, will speak about the importance of management and residents working together. Ms. Sparling has been with Crane's Mill since 1998. She served for 11 years as administrator of the Health Center. In January, she assumed responsibility for the overall operation of the facility.

Ms. Sparling is a licensed nursing home administrator, a certified assisted living administrator, a certified dementia care professional, and a certified social worker.

Medford Leas residents are welcome to attend either or both sessions. However, the luncheon is reserved for visitors. The Coffee Shop will be open for all others. Please sign up at the reception desk for the sessions you wish to attend.

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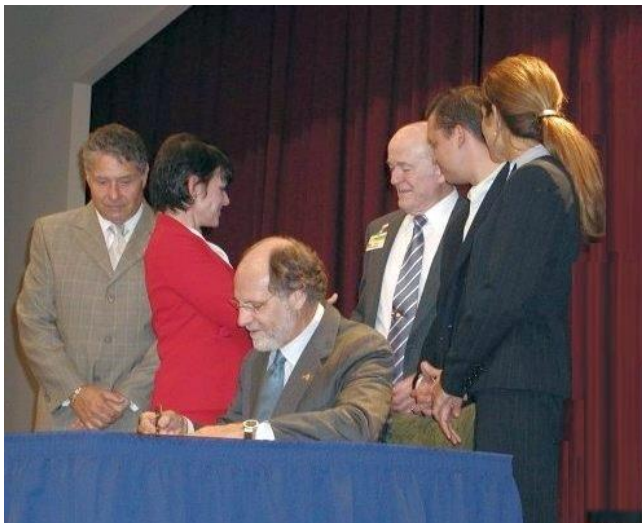
ORANJ SERVES NEW JERSEY CCRCS

by Helen L. Vukasin

The Organization of Resident Associations of New Jersey was established in 1991 to investigate and lobby for issues of common interest to the then 13 member CCRCS. The organization, now composed of 25 member associations, carries out its mission in three primary ways: overseeing the prospective legislation that affects CCRCS, providing comparative information

through surveys about issues of current interest, and working through the interaction of residents from different CCRCs.

The Legislative Committee is the most active of the four standing committees. (The others are Health, Finance and Communications.) This committee acts as a watchdog with regard to any proposed legislation at the state level. Its members keep in touch with Assembly persons and Senators who are sympathetic to the problems of seniors, or who are active on committees dealing with proposed legislation.



Seabrook Village CCRC, October 22, 2007

l to r: Senator Robert Singer, Senator Ellen Karcher, Governor John Corzine, ORANJ President Gary Baldwin, Assemblyman Michael Panter, Assemblywoman Jennifer Beck

In 2003 ORANJ leaders decided to propose legislation that would require governing bodies of CCRCs to have at least one resident as a member of that body. After four years of gestation the bill passed both houses and was signed by Governor John Corzine in 2007. Currently, ORANJ is supporting a Bill of Rights for Independent Living in CCRCs. This bill has passed both houses and is expected to be signed by Governor Chris Christie before the end of the legislative term. The Veterans Property Tax Relief bill, which will enable veterans or their widows/widowers to receive a tax rebate presently denied them, is still in process.

The second major activity, conducting comparative studies on a wide variety of issues, results each spring in surveys of fee increases, occupan-

cy rates for various residential levels (e.g., independent living, assisted living, skilled nursing); and other important topics. One survey on finances has led to a landmark "Guide Book for Members of CCRC Resident Finance Committees." Other in-depth surveys of comparative information deal with computers, employee appreciation, employee scholarships, and meal plans. The group currently is working on surveys about transparency, food options, assistive mobility devices, and best practices for emergency preparation for long-term power outages in such situations as superstorm Sandy.

In its third activity, ORANJ arranges for residents from various CCRCs to meet together to share ideas and concerns. Twice a year plenary meetings of up to 150 residents are hosted by different CCRCs. During the year smaller groups of residents from contiguous locations in five geographic regions meet to review Executive Committee decisions and raise concerns of individual organizations.

In all of its activities, ORANJ seeks ways to improve the operation of New Jersey CCRC Resident Associations.

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EARLY HISTORY OF ORANJ

by Kitty Katzell

based on Bill Stoll's report

By the late 1980s, 13 CCRCs had been certified in New Jersey. There existed at that time an organization known as The Consortium that had representation from both residents and management. At a meeting in early 1991, it seemed that administrators dominated the discussions and resident views were not welcome.

On May 8, 1991, at the invitation of Walter Neidhardt, representatives from seven of the existing 13 CCRCs met at Applewood Estates in Freehold and formed the New Jersey Organization of CCRC Residents' Associations (NJOCRCRA). At that May meeting, it was agreed to hold a second meeting in August at Medford Leas, and 12 of the 13 CCRCs were present. It was at that meeting that **Bob Anderson** and **Kitty Katzell** came

up with the new name, Organization of Resident Associations of New Jersey (ORANJ), to create a speakable acronym.

It was decided to hold two meetings each year, an annual meeting in October and a mid-year meeting in April. Initially, the representation from each CCRC was limited to the president and one member at large, to provide continuity of representation. The host CCRC provided a noon meal, and that expense plus space constraints limited the total number who could attend. Some relief was provided by adopting the practice of charging a nominal fee (\$5) for lunch, but space remained a problem because space for over 100 was not available at most places. Following the first two meetings, it was decided to include new communities being formed.

Early officers of ORANJ were Walter Neidhardt, 1991-93, and Betty Fiedler of Crestwood Manor in Whiting, 1993-94. In 1994, John Cook of Applewood Estates was elected President and Bob Anderson of Medford Leas, Vice-President. These two men filled those offices for the next eight years.

During that period, Cook and Anderson traveled throughout the state and to neighboring states to assist others in creating their residents' associations and to encourage them to participate in the state organization. They also attended meetings of the American Association of Homes and Services for the Aging (AAHSA), where concerns of CCRC residents were discussed, and they were present when NaCCRA, the National Association of CCRC Residents' Associations, was inaugurated at a meeting in Philadelphia in 1996. Both were original directors of that organization.

In those early days, the expense of those travels was borne by the individuals themselves; in fact, most of the costs of ORANJ were borne by the participants.

As the organization grew in size, it was divided into four geographical zones with a vice-president for each zone. At the same time, committees were created for specific areas: legislative, finance, communication, etc. The ORANJ Tree publication was started in 2003, with **Bill Stoll** as

the first editor, at Bob Anderson's request.

Later presidents of ORANJ were Charles Germany of Winchester Gardens and Gary Baldwin of Seabrook Village. Kitty Katzell served as Secretary-Treasurer for a period in the early days.

OF GOLF AND THE RESERVE FUND

by Kitty Katzell

Medford Leas' Seventh Annual Golf Outing and Auction will be held at the Deerwood Country Club in Westampton on Monday, October 7. As usual, bus transportation will be available to take residents to the Club for the auction and dinner in the evening.

Participation in this event provides residents, staff, board members, and business partners an opportunity to meet and socialize outside of the daily routine. As always, proceeds from the Golf Outing benefit what has been known as the Medford Leas Reserve Fund. Recently, the Estaugh Board approved renaming it the Medford Leas Residents Assistance Fund, making it perfectly clear that the money raised by various means is to be used to benefit qualified residents who have outlived their resources.

While the deadline to sign up to attend the Golf Outing will have passed when this issue of *Medford Leas Life* is issued, donations to the Medford Leas Residents Assistance Fund in any amount will be welcome at any time.



Taryn Ericson

Wil Britten at the 2011 Golf Outing

Life Lines**WHOOOPS!**

by Marcy Webster

AAA came up with a slogan to catch the eye of any accident victim or remorseful friend. There it was, blazing at me on a billboard of neon yellow, not two days after I'd commiserated with **Joan McKeon** about her disastrous fall. Joan had been rueful and I had said something like, "Oh, if you could only have that instant back! If you could relive that moment so that you could look down at the sidewalk or hold **Jack's** arm."

The billboard blazed along a prominent stretch of the shoulder on southbound Route 295. In big letters, almost impossible to miss, AAA told you about an ACCIDENT REWIND BUTTON. The sign was so compelling that, if I'd been the driver of the car, I would have twisted my head, taken my eyes off the road and been in need of the button myself.

When I got home, I went online and, sure enough, there was an AAA website with the banner, Accident Rewind Button. Upon investigation, the small print says that, yes, it would be great if there were such an item, but obviously there's not, so Triple A coverage is the next best thing. The message grabs us all because a button that one could push to undo the catastrophes of life, although clearly impossible to deliver, would appeal to everyone.

Joan would buy one, I know. With such a device she could relive the sunny Sunday morning on Church Street in Moorestown and be alerted to keep her eyes on the sidewalk. She could go to church, worship, greet her friends, get in the car and drive back to Medford Leas to have lunch instead of falling, breaking a knee cap in five places and heading for Urgent Care.

If the **Katzells** had had an Accident Rewind Button when they moved here and took their New Jersey drivers' tests, **Kitty** could have erased her collision with the cement post that she failed to see, thus avoiding **Ray's** barrage of salty language that shattered the Quaker quiet of their new community.

Recently, Kitty fell in her kitchen and, although an Accident Rewind Button would have been helpful, Kitty is a realist, and she has wisely started to wear an actual button, one that works by calling for help. (There are no witnesses to the language Kitty may have used on that occasion.)

Cecile Hanley fell, too. Writing a check for her dog's grooming, she looped the leash over her arm. Roxanne engaged in some interplay with another dog, the leash pulled tight, and Cecile hit the floor, breaking a hip.

None of us goes through life unscathed. **Suzanne Frank** had a car she treasured, a yellow Buick Skylark with white leather upholstery. **Steve** was careful of the car and insisted that they cover the seats with plastic. It was special. But one winter morning, driving to work, Suzanne hit a patch of ice and totaled the car. The police took it away.

Some time later, Suzanne saw the Mt. Laurel Police towing her car to the Fire Department, where it was used as part of a training exercise. It was burned: brilliant yellow metal, pristine white upholstery, protective plastic and all. She doesn't remember watching the flames. I think she's suppressed it.

If AAA could produce a real Rewind Button, they'd make a bundle.

SUBSCRIBE!

Do you have a relative or friend who would like to know what your life is like at Medford Leas and to feel a connection with you, even if far away? Then you may want to make sure he or she has an issue of *Medford Leas Life*, available online at no charge, or in printed form for \$15 a year (10 issues). Please place your request in the *Medford Leas Life* box in the Atrium. Be sure to provide an email or mailing address for the recipient and your name and address, in case there is a question. Checks should be payable to MLRA, with MLLife in the lower left corner. Thank you.

Beth Bogie, Editor

IMMIGRATION, GARDENING AND SPIRITUALITY AS WE AGE

by Beth Bogie

During October, *Pathways to Learning at Medford Leas* will bring residents and the wider community three programs on international subjects, two of them about immigration from different perspectives.



Professor Jan C. Ting, of the Temple University Beasley School of Law in Philadelphia, will speak on “Making Sense of U.S. Immigration Policy and Politics.” He teaches in the area of citizenship and immigration law and tax law. From 1990 to 1993

he was assistant commissioner of the Immigration and Naturalization Service in the U.S. Department of Justice. Professor Ting, whose parents were immigrants, says “We should all respect and admire immigrants. But that’s not the question. The question is, how many?” This program is sponsored in collaboration with MLRA Diversity Committee. (Saturday, October 19, 11 am, Theater)

Leas Forum will present two other speakers on international topics:



Hai Do is assistant managing editor at the *Philadelphia Inquirer* with responsibility for multimedia communications. He will tell about his journey with his family as “boat people” after the fall of Saigon in a talk titled, “It Was Our Last Hope –

Fleeing From Vietnam in 1975.” Hai Do will talk about his personal journey from “hardship and hunger” to his rise as a photojournalist. (Saturday, October 12, 11 am, Theater)



Dr. Paula Marantz Cohen, Distinguished Professor of English at Drexel University, will host a 26-minute documentary, “A Window on China’s Future,” about Chinese students in the two most prestigious universities in

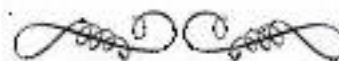
China, both in Beijing. The film will be followed by conversation about the role of China – past, present and future. (Saturday, October 26, 11 am, Theater)

The October programs will also include two outdoor activities:

- A tour of the extensive trail system on the 88-acre Lumberton campus, an extension of the Barton Arboretum and Nature Preserve. The tour will be led by the Trails Committee of Medford Leas at Lumberton. (Saturday, October 5, 9:30 am, Lumberton Campus Community Center)
- A talk about how to “Beautify your Spring Garden Through Gardening this Fall,” by Bruce Crawford, director of the Rutgers Gardens and adjunct professor of Landscape Architecture at Rutgers University. Optional hands-on planting of bulbs in the Barton Arboretum, Medford campus, will follow the program in the Theater. (Thursday, October 17, 10 am.)

How do we approach old age? “Spirituality and Aging,” on October 23, and “Conscious Aging,” on October 30, 10 to 12 noon, will be led by George Schaefer, Philadelphia Yearly Meeting Care & Aging Coordinator. The first seminar will discuss balancing action, developing realistic optimism, and building a more nurturing life. The second seminar will deal with integrating the physical, emotional and cognitive changes that come with aging by exploring developmental issues. Philadelphia Yearly Meeting is a Quaker faith community, an association of 103 Quaker meetings. Both seminars are on Wednesdays in the Medford Leas Gathering Room. Pre-registration is required as space is limited.

All of these programs are offered free of charge. For more detail on any of the offerings, please consult your *Pathways* guide.



ARBORIST AT MEDFORD LEAS

by Betsy Pennink

An arboretum needs an expert to care for its trees and shrubs, and Medford Leas has one: arborist Ken Hutz. Coming to us through Bob Wells of the Morris Arboretum, Ken is working here one week a month. He has already done pruning in the Courts and in Bridlington. His focus has been on keeping trees healthy, sometimes cutting off branches in trouble or bolting together the two halves of a split trunk as shown in the photo below.



Betsy Pennink

Since childhood, when he and his two brothers walked for hours in Fairmount Park in Philadelphia, Ken has been interested in trees and the outdoors. Nine years of Scouting gave him many opportunities for camping, and while he was still at George Washington High School, he started working in tree care. Later, when he was going evenings to Philadelphia Community College, he spent his days with the Bartlett Tree Expert Company, an international tree company, learning how to be a “tree climber.” This special skill has stood him in good stead.

Ken worked for several large tree companies, including 23 years at Bartlett, where he was arborist and sales representative. He studied in their research laboratory and went out with scientists into the field.

In 1989 Ken passed a series of tests and became certified by the ISA, the International Society of Arboriculture. (Arboriculture is both the study of individual trees and shrubs in their particular environment and the practice of appropriate techniques for their care.)

In 2010, after six years with the John B. Ward Company, Ken started his own business, first part-time, but then full-time as his work load increased. He brings the goals of the ISA to his job. “A plant can’t talk to you,” he says, “so you have to be a detective, asking questions of the property owner, checking site conditions to reduce stress, and looking for insects or disease.” An arborist works within a landscape, which implies the involvement of people. “I try to make my clients’ world better, so that when they look out the window or pull into the driveway, the view is appealing and it makes them happy.”

For several years Ken has been part of the Tour de Trees, a cycling marathon for the benefit of scientific research about trees. Each ride is more than 600 miles, with about 100 covered each day. Each rider raises \$3000 to enter. One tour was of Washington State and British Columbia; another was of the Skyline Drive in Virginia.

The Morris Arboretum has personal significance for Ken. He met his wife Gwen there when she was an intern and that’s where they had their first date. They have now been married for 23 years and have two daughters.



Steve Denham

Inspecting a wasp’s nest.
Image from bartonarboratum.org

MIKE CARRELL DESIGNS THIRD ELECTRONIC ORGAN FOR HELEN

by Beth Bogie and Mike Carrell

On entering **Mike and Helen Carrell's** living room in Bridlington, the eye immediately settles on two harps, then a grand piano and, a few feet beyond, an electronic organ console with its keyboards, pedals and pushbutton stops to select instrument voices. Behind the organ console, stacked high in a corner, is the brain of the organ, a computer which plays back recordings of actual pipes found in churches and concert halls.

Above the computer are the ambience generator, the sub-woofer for pedal tones and finally, on top, 16 speakers designed by Mike, who was once a specialist in electronic acoustics for RCA. The console design is Mike's as well.



Joe Routen

"This organ has 81 stops. It's among the largest in the Delaware Valley, and there are few this large in a home," Mike comments. "It's the third organ in a 50-year project I've undertaken to provide Helen with a studio organ worthy of her skills."

In 2005, the local chapter of the American Guild of Organists gave Helen its Lifetime Achievement Award in recognition of her years of service in the Guild and her distinguished career as a performer and teacher. Helen teaches piano, harp and organ, but she has been playing the organ most of her life. She was a church organist in her teenage years in Johnstown, PA. She graduated with a major in organ at Westminster Choir College in Princeton in 1951. In her senior year Helen was hired as organist by Haddonfield Presbyterian Church, where for ten years she accompanied ten choirs. She continued to study with two nationally recognized organists. And, to make ends meet, she also gave organ lessons in her off hours. In 1956 she met Mike while they both were taking flying lessons, and in 1961 they were married.

"We first lived in a second-floor apartment in Haddonfield," Mike recalls. "Helen quit her full-time organ job in anticipation of substitute work. She wished out loud for a practice organ to maintain her skills. That was my cue to begin a studio organ project that is now in its third edition."

The first organ used early technology. The console could be taken apart in a half hour and reassembled. That's exactly what happened when the Carrells moved to Cinnaminson.

The second edition was based on early sampled electronic tone generators and a console controller from Classic Organ Works in Toronto.

The new organ is a complete rebuild. The console is compact, with components again from Classic Organ Works. The new tonal design involved Pete Gerger, a well-known pipe organ builder, and John Buchanan, an outstanding organ technician. Pete and John had been recording sound samples from available pipe organs.

The computer software was designed by Dave Westacott, a computer programmer in Toronto.

“This is one of a kind,” says Mike. “It’s the first all-electronic organ relying on Pete Gerger’s knowledge of pipe organs. It plays the recorded sounds of 81 ranks of organ pipes, including an authentic carillon and chimes. It is a full-blooded concert organ.”

While those projects were underway, Helen was sought for many interim and resident organist and director posts. She also taught piano, organ and harp for 20 years at Haddonfield School of Performing Arts and was accompanist for 30 years for the Northern Delaware Oratorio Society, mastering some 80 works. Today she is organist for Trinity United Methodist Church of Merchantville, and she has six professional organ students.



SPECTICAST: “LIVE FROM RED SQUARE”

by Beth Bogie

Two of the opera world’s most glamorous stars – soprano Anna Netrebko and baritone Dimitri Hvorostovsky – performed in Moscow’s Red Square during the summer and will appear here in a filmed and HD SpectiCast presentation of that concert on Saturday, October 12. The program will include arias and duets from operas by Giuseppe Verdi, Giacomo Puccini and Umberto Giordano. Netrebko and Hvorostovsky are accompanied by conductor Constantine Orbelian, who leads Russia’s State Academic Symphony Orchestra “Evgeny Svetlanov” and choir.

The Svetlanov Symphony for 75 years has been one of the leading orchestras of Russia. The name Evgeny Svetlanov became part of the official name of the orchestra in recognition of the conductor’s leadership for 35 years (1965-2000) in making the orchestra one of the world’s best. The orchestra’s repertoire includes virtually all Russian composers, much of Western classical music, and many contemporary composers.



Works performed in “Live From Red Square” will be from Verdi’s *Il trovatore* and *Rigoletto*, Puccini’s *Tosca*, and Giordano’s *Andrea Chenier*, among others.

Anna Netrebko was seen in a SpectiCast presentation here last spring (*Medford Leas Life*, March 2013). She regularly plays the principal roles in the world’s great opera houses. *Musical America* has called her “a genuine superstar for the 21st century.”

Dimitri Hvorostovsky is also a heart-stopper. The *New York Times* has written of his “beautiful tone, pinpoint intonation, and elegant and impassioned delivery.” Verdi operas are his specialty. He was the first opera singer to give a solo concert with orchestra and chorus on Red Square.

Constantin Orbelian, born in San Francisco, is an American of Armenian and Russian descent. He studied piano in the Soviet Union and at Juilliard but later turned to conducting. He became music director of the Moscow Chamber Orchestra in 1991. He is the first foreign citizen to be awarded the title “Honored Artist of Russia.”

IN MEMORIAM	
Janet Sholl	September 20
Miriam Angle	September 24

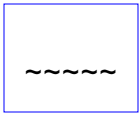
QUAKER MEETING FOR WORSHIP

by Judy Kruger

Who are all those people sitting in deep silence in the Holly Room on Sunday mornings?

If you think they are Quakers, you are partly right. Currently, 206 residents of Medford Leas identify as Quakers (also called Friends). But not everyone in the Holly Room is a Quaker.

“Something that has impressed me is that there are so many non-Quakers who attend worship, or who maybe went to Quaker schools, or had another affiliation with a Quaker community somewhere along the line, or who are able to reconnect with their earlier Quaker background,” muses **Jane Weston**, director, Development and Community Relations. “On Sunday, worshippers often bring visiting members of other Quaker Meetings or family with them.”



MARK LABAJO, TRAINER

by Suzanne Frank

The newest member of the Fitness and Aquatics team, **Mark Labajo**, was born in Brooklyn of Filipino parents – and is he a trainer! He says of himself, “I train at 5 am at the gym, and when I leave my job at Medford Leas, I once again train at the gym.” Because he works on agility, mobility and quick bursts, he says that “I can play basketball all day, but ask me to run 2 miles, I become exhausted.”

“I own my own fitness company and travel from gym to gym renting space to work with my clients, which I get by word of mouth. I had been laid off from my job in network engineering by AT&T and had a lot of free time on my hands, when I decided to join a gym,” Mark said. “I was 200 lbs. and not getting any results. I didn’t see any loss in weight or muscle gain. So I hired a trainer. He said I was not eating properly and (under his direction) I shed 20 pounds right away in the first month.”

Isabelle McVaugh, chair of the Friends Worship Committee, says, “Everyone is very welcome.”

The Holly Room’s chairs and armchairs are comfortable and there is plenty of room for walkers, scooters, and wheelchairs (Volunteers are available to push wheelchairs.) You can arrive at 10 am for thirty minutes of silent worship, or you can come earlier at 9:30 am for a full hour.

Quaker worship is different from meditation. If someone feels that she or he has been given a message to share with others, that person stands up and says it succinctly.

Should you wish to learn more about Quakers, there is a bookshelf in the Medford Leas Library that has monthly magazines, histories, biographies, and useful overviews of Quakerism. There are also some Quaker publications in The Quiet Space, Apartment 297.



Margery Rubin

Mark was motivated by the success of his own personal training experience to try to help other people achieve the same kind of results. The trainer showed him how to do training.

Mark lives in Bordentown with his wife Theresa, who has worked for the past 11 years in Information Technology for the Institute of Advanced Study in Princeton. He likes camping and snowboarding and is active in a basketball league in which he plays three times a week.

“I absolutely love it here” at Medford Leas, he said with a wide grin.

2013 FALL FLOWER SHOW

text by Kitty Katzell, photos by Margery Rubin

“Spectacular!” “Ooooh!” “It’s all so lovely!” And it was! The Holly Room turned out to be the perfect setting for the Annual Fall Flower Show on Tuesday and Wednesday, September 10 and 11. After years of having the show in the Activities Room, residents were uneasy about the change, but everyone was favorably impressed.



Debbie Lux – Mad Hatter’s Tea Party

A total of 29 entries in all categories were judged and it must have been a difficult job, because it took the judges three hours. They gave 11 blue ribbons in Design and 14 in Horticulture. Best in Show in the Design category was a lovely miniature arranged by **Joan McKeon**; in Horticulture, best were the products of **Perry Krakora** and **Marcia Shearer**.



Harry Harrison – Through the Looking Glass

Blue ribbon winners in Design were: **Billee Becker, Barbara Britten, Emma Cordek, Harry Harrison, Debbie Lux, Betty Phile, Linda Schultz, Marcy Smith, and Gerry Stride**. In Horticulture, blue ribbons were won by **Happy Feaster, Ariel Hollinshead, Perry Krakora, Betsy Pennink, Al Pfeiffer, Barbara Ritter, Marcia Shearer, Ellen Wiener, and Jane Weston**.

As always, the special Ikebana arrangements by **Jane Holben, Shigeko Kawano, and Yuri Moriuchi** were breathtaking. Other special exhibits were *Critters of the Night* by **Steve Denham**; tomatoes, peppers, and other garden produce by the **Donation Gardeners**; and *Life Cycle of Monarch Butterflies* by **Debbie Lux**. To everyone’s surprise and delight, one of the butterflies hatched during the show and flew away!

The judges were Deidre Gross, Bonnie Nichols, and Jane Bersch, all from the Medford area, and all having judged here before. They were especially pleased with **Doris Salati**, who served as their clerk.

On Wednesday morning, Ms. Dorothy Armsden, a Browns Mills artist/designer, sponsored by the Medford Arts Center, demonstrated the art of botanical illustration.



Harry Harrison – The Queen’s Garden

MORE NEW JERSEY ELECTIONS

by Ellen Stimler

Democrat Cory Booker and Republican Steve Lonegan, who were the winners in the special primary election for the U.S. Senate seat of the late Frank Lautenberg, will go head to head in their final election on October 18. They will therefore not be on the ballot of the November 5 general election. On that date, registered Burlington County residents will vote for Governor, County Clerk, Sheriff, one Freeholder, members of the Medford Township Council, and their representatives of New Jersey District 8 Senate and Assembly.

The MLRA Citizens Committee held a Candidates Night on September 19, when the three incumbent Republican members of the Medford Township Council defended their record, but the three Democratic challengers argued that they could do a lot better.

The Citizens Committee was hoping to have a similar debate between the candidates in New Jersey Legislative District 8. They were given a date of October 17, which the Democrats accepted, but the Republicans could not.



ART GALLERY NEWS

by Helen L. Vukasin

October is the last opportunity to visit the residents' Spring Art Studio Exhibit on the ground floor of the Arts and Social Wing. The opening of the Fall Art Studio Exhibit is scheduled for November 4 this year. All artists and photographers are welcome to submit their work by the deadline of October 29. Call Pat Heller-Dow at 654-3231 if there are any questions.

In the Medford Leas Art Gallery on the Medford campus "The Oil Paintings by Ann Malatin and Arlene Marcoe" will continue through October. This exhibit will be followed in November by the photography of the South Jersey Camera Club.

The "Hanging Together Group" will be displayed through October in the Art Gallery on the Lumber-ton campus. In November a new show will be hung of work by Janet Cebular, a New Jersey artist.



HARD HAT HAPPENING

text by Betsy Pennink, photos by Marge Rubin

Residents enjoyed eating popcorn and ice cream in the Theater while they listened to favorite songs of the 30s and 40s, played by the Golden Oldies Orchestra. The occasion was the celebration of the Estaugh Redevelopment construction, soon to start in October. Many there donned hard hats to symbolize the changes to come, as did **Marcy Smith**, Therapeutic Recreation, and **Ashley Leitner**, Dining Services (see photos). The event was another creative idea of **Gerry Stride**, director, Therapeutic Recreation.



Ashley (above) and Marcy

NAME TAG DAYS AND MIXERS

by Beth Bogie

On October 14, the Hospitality Committee, chaired by **Cecile Hanley**, is launching a Name Tag Day and Mixer in the Colonial Room. It's designed to encourage newcomers to come to eat with other residents and use the opportunity to meet people. Non-newcomers will be asked NOT to sit with the same people they always eat with, but instead to look for newcomers, who will have Smiley Faces on their name tags.

The dining room will be 90 percent mixer, but there will be a few tables for non-participants. The Garden Room will operate as usual.

If you miss the Mixer in October, there will be another on November 11. There will be none in December and January.

Mixers were a part of dining room life at Medford Leas some years ago. They are being brought back to provide a welcome for new residents in the dining rooms.

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## NO PLASTIC, PLEASE

Dining Services is heartened by the number of residents who are bringing back their new biodegradable dishware. However, now that we have a chance to return our new compostable tableware to the Coffee Shop, some rules need to be followed for this green effort to be effective.

If you are using a plastic bag to drop off your compostables, please empty the tableware into the marked bucket at the rear of the Coffee Shop and **TOSS THE PLASTIC BAG INTO THE TRASH** or put it with the stacked trays so that the staff can dispose of it. Needless to say, the plastic bag is not compostable and will cause the whole bucket to be relegated to the trash, adding to our disposal costs. Also, if you are planning to eat in the Coffee Shop, use the chinaware as the new compostable dishes are more costly.

Resource Conservation Committee

## VID-U AND MUSIC VIDEOS

by Maggie Heineman

The lectures in the current Vid-U course, "The 30 Greatest Orchestral Works," present the historical and biographical context for each work with a guided tour of the works themselves. The tours include piano demonstrations of the compositional structure of the piece and selected excerpts from recordings. By the close of each lecture, many of those in attendance have wanted to go home and listen to the whole thing. To address this need, the works that are described at 11 am Thursdays, in the Linden Room can now be heard and seen at 7 that evening in the Theater.

Because of the high-def projection system and surround sound, which were acquired for Spec-tiCast, high quality YouTube videos can be streamed into the Theater. Residents and staff are invited to attend the evening Music Video programs whether or not they attend the morning Vid-U lectures. There is no cost or enrollment requirement for either. Just come!

- Oct 3 Mendelssohn – Italian Symphony
- Oct 10 Schumann – Symphony #3
- Oct 17 Brahms – Symphony #4
- Oct 24 Brahms – Violin Concerto
- Oct 31 Tchaikovsky – Symphony. #4
- Nov 7 Tchaikovsky – Violin Concerto
- Nov 14 Smetana – Ma Vlast
- Nov 21 Dvořák – Symphony #8, New World
- Dec 5 Dvořák – Concerto for Cello
- Dec 19 Richard Strauss – Thus Spoke Zarathustra
- Dec 25 Christmas Day, 6 pm Nutcracker Ballet
- Jan 2 Mahler – Symphony #4
- Jan 9 Rachmaninoff – Symphony #2
- Jan 16 Debussy – La Mer
- Jan 23 Stravinsky – Rite of Spring
- Jan 30 Ives – Three Places in New England
- Feb 6 Holst – The Planets
- Feb 13 Copland – Appalachian Spring
- Feb 20 Shostakovich – Symphony #5
- Feb 27 Shostakovich – Symphony #10

## WHO'S NEW

text by Ellen Stimler, photos by Margery Rubin



When **Sally Nelson Rittelmeyer** could not find a retirement facility she liked near her home in Alexandria, VA, her two sons with homes on Long Beach Island told her that their friends' parents recommended Medford Leas. On several visits to Medford Leas she liked the many

trails, the arboretum, the choice of activities, and the friendly residents and staff. She moved into Apt. 257 in May.

Sally went to school in Mount Lebanon, PA, through the ninth grade. When her parents moved to Short Hills, NJ, she finished high school there. One of her classmates was **Claire Engle**, now a resident of the Lumberton campus.

Sally has been married twice. She met her first husband, Whitney Roddy, in the most unusual way. He came to Sally's home one morning, in the belief that the family had some antique guns advertised in the paper. Sally was just looking out of an upstairs window at him and told him he was at the wrong address. He left, found the right house, but didn't forget Sally. He called her later that day and invited her to dinner. At that time, Sally was a student at Centenary College in Hackettstown, NJ, and he was at the Wharton School of Business at the University of Pennsylvania. On Easter vacation they dated several times and visited each other when they were back in school. They were married a year later in 1951.

The couple lived in Glen Ridge, NJ, and had two sons and a daughter. They also had a summer home in Harvey Cedars on Long Beach Island. They divorced after 25 years, but Sally continued to live in Glen Ridge for another 11 years.

After visiting a friend in Reston, VA, she discovered Alexandria and liked it so much she moved there. Soon she met her second husband, Dr. Louis Rittelmeyer, a widower with eight adult chil-

dren. Sadly, he contracted ALS (Lou Gehrig's disease) and died after two years of their marriage. "We had a wonderful life together for those years, took cruises and other trips," Sally reminisced.

She remained in Alexandria, continued to volunteer, and took care of her large house and garden. Now at Medford Leas, she expects to join the bridge players and the sewing group, walk the trails and prepare a garden.

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**Elizabeth (Betty) Taylor**, Apt. 108, meets with a group of friends at 7:30 every morning of the week for a one-hour walk on the trails in Medford Lakes. She lived in one of the log cabins in Medford Lakes on Lake Pine for close to 40 years.

Betty grew up in West Chester, PA, and went to grade school at a Demonstration School of West Chester University, and then attended public schools. In 1962 she graduated with a BA from Gettysburg College, where she majored in French, with a minor in Russian.

Betty's first job was in the Dean's Office of the Veterinary School of the University of Pennsylvania. After 18 months she was hired as a copy editor by W. B. Saunders Company, publishers of textbooks for the medical profession. Betty loved her job there and received successive promotions during her 39 years with the company. She was editor of the 27<sup>th</sup> edition of Dorland's Medical Dictionary. She retired in 2003 as director of production services.

With new free time, she joined friends and groups for travel to China, Greece, Scotland, Iceland, and Eastern Europe. She is very active in the Protestant Community Church of Medford Lakes. Having lived in this area for many years, and having many friends here, Betty had an easy adjustment to her new community.

## WHO'S NEW

text by Ellen Stimler, photos by Margery Rubin



**Marjorie (Margie) Haajanen Gordon**, Apt. 93, started a career as a nurse and continued her medical education throughout her married life. She is a registered nurse and holds two degrees, a BSc in nursing and an MA in health advocacy. She managed to accomplish this while main-

taining a household with five children and a husband with a busy practice as a surgeon.

Margie grew up in Georgetown, CT, with parents who had immigrated from Finland. After graduating from Danbury High School, she received her RN diploma from the nursing school at Massachusetts General Hospital in Boston. She and two other new RNs decided to go to a hospital in Coral Gables, FL, and worked there for a year. After both friends married, Margie came back north and worked at Nassau Hospital in Mineola, Long Island, NY. There she met her husband, Joseph Gordon, a surgical resident at Nassau. They were married in 1957. While at Nassau, Margie went part-time to Adelphi University and received a BSc in nursing.

The Gordons made their first home in Williston Park, Long Island, and lived there until 1964. By that time they had two children and needed more room. They moved to nearby Plainview, where Joe built his practice and was on the staff of two hospitals. Once the children were on their own, Margie enrolled at Sarah Lawrence College to receive the MA in health advocacy.

Joe retired in 2002; the next year the couple moved to Medford, to be close to their daughter's family, with three children, in Cherry Hill. Joe died in 2009.

Because of her nursing background, Margie hopes to find many volunteer opportunities at Medford Leas or in the outside community.



When **James (Jim) Smith** and his wife Helen lived in Haddonfield, they heard so many good reports about Medford Leas that they decided, just as insurance, to get on the waiting list. After Helen died in 2012, Jim made the move to Medford Leas, Apt 413, in July.

Jim and his mother lived with his maternal grandparents in Philadelphia until he was nine and then moved to his father's parents in Laurel Springs, Camden County. Jim went to local schools and graduated from what is now Overbrook High School. In 1956 he received a BSc in economics from the University of Pennsylvania, where he took part in track, field, and cross-country running.

Further education was delayed by Army service for two years. He was assigned duty at Fort Gordon as part of the Military Police Association. After his discharge, he earned an MBA at Drexel University.

He met Helen on a blind date; they were married in 1961 and moved to Haddonfield. They had two sons who now live in Arlington, VA. When family responsibilities permitted, Helen worked as a pharmacist.

Jim had a series of interesting, responsible positions until his retirement in 1998: business office manager for Bell Telephone of Pennsylvania; manager of customer service for ITT; product manager for RCA; regional vice president and vice president of operations for Wells Fargo Security Division of Borg Warner Corporation.

In retirement, Jim started a serious study of his family history, tracing his ancestors back to 1636 in the Massachusetts colony and earlier in England. He discovered that his forebears settled the town of Smithville in Atlantic County.

Jim is very active in the Sons of the American Revolution and the Order of Founders and Patriots of America. He likes the outdoors and has joined the Woods and Trails group.

## WHO'S NEW

text by Betsy Pennink, photo by Marge Rubin



**Janet Jackson-Gould**, Rushmore Apt. 628, describes herself as a “Burlington County girl,” but her sphere of influence is much greater than that. She went to Westfield and Moorestown Friends Schools and later attended night classes in education and geography for ten

years at Glassboro State College (now Rowan University). However, her interests have drawn her into exciting and rewarding activities in many areas.

Janet and Stuart Jackson, whom she married in 1959, lived in Willingboro, NJ, for 20 years. Janet loved animals and would often take their children to the Philadelphia Zoo. Before long, she entered the Zoo’s first formal docent training class and ended up writing a proposal for a grant to fund the Zoo’s first education department.

Janet became particularly interested in birds. One day the late **Elmer Rowley**, then president of the New Jersey Audubon Society, came looking for “the bird docent” to help him in a class at Cherry Hill High School. He persuaded Janet to join the board of the Society, where she stayed for 20 years, three of them as president.

Elmer, his late wife **Thelma**, and Janet would also roam the Pine Barrens together. (Elmer was a leader in the creation of the New Jersey Pinelands Commission and it is no surprise that today Janet is an active member of the Pinelands Preservation Alliance. In 1998 the Rowleys also moved to Medford Leas.) Looking back, Janet says: “It was a wonderful time in my life.”

Devoted to children’s education about nature, Janet became involved with the Please Touch Museum in Philadelphia, where children seven and under could learn about arts, sciences, and humanities through play. She became assistant director there. She then developed the children’s nature museum at the Academy of Natural Sci-

ences (Drexel University) called “Outside-In.” Here, children three to eight years old could have a hands-on experience of nature, brought indoors. “It was really fun!” says Janet.

Janet spent 12 years at the Philadelphia Zoo, eventually becoming director of education. On one of her tours she met Bruce (“Bear”) Gould. Both were divorced. He was a nature photographer with a dream to raise Clydesdale horses. Janet and Bear married and became Clydesdale breeders in Tabernacle, NJ. (A painting of the heads of Turk and Gus, two of their most important horses, hangs on the wall of her living room.) They provided carriage rides for weddings and other occasions, and after Bear died in 1999, Janet kept up this business for five years.

Yearning for human company during this period, Janet volunteered at the Woodford Cedar Run Wildlife Refuge in Medford. Jean Woodford was in charge of animal rescue, while Janet ran the education program. Eventually, Janet needed to give her back a rest. She moved to Medford in 2004 and retired from Cedar Run.

Janet confesses to being a “high energy person.” Her volunteer activities will attest to that. She is vice president of the Medford Historical Society and president of the Medford Arts Center. In spite of this, Janet has time to sit on her sunny porch, accompanied by Blackie and Girl, two cats from Tabernacle days. She loves to read, especially mysteries, and would be delighted to join a Scrabble group if one was formed.

### NEED HELP WITH YOUR ENGLISH?

As a person who may speak one or more languages, have you ever struggled to “do better” with your English? Let us know if you would like to feel more comfortable with English so that you could —

READ BETTER! SPEAK BETTER!  
or WRITE BETTER!

The Diversity Committee invites you to  
call Sally Klos at 609 654 3271  
if you would like to know more.

**OCTOBER CRYPTOGRAM**

by Herb Heineman

**QJPB MVK JXCP RJP EXDRZ VB MVKW  
ZHSP, XWNKP RJP EXDRZ. QJPB MVK  
JXCP RJP TXQ VB MVKW ZHSP, XWNKP  
RJP TXQ. QJPB MVK JXCP BPHRJPW,  
JVTPW.**

**WVBXTS WPXNXB****XT NVWP****XBRVBHB ZDXTHX**

Below is the September cryptogram solution.

IT SEEMED THE WORLD WAS DIVIDED INTO  
GOOD AND BAD PEOPLE. THE GOOD ONES  
SLEPT BETTER WHILE THE BAD ONES  
SEEMED TO ENJOY THE WAKING HOURS  
MUCH MORE.

HARRY S. TRUMAN  
WOODY ALLEN  
SNOOP DOGGY DOGG

The correct solution was received from the following readers:

**Anonymous, Catherine Barry, Ruth Blattenberger, Judy Braddy, Marion Burk, Jody Cardona, John Caughey, Mary Chisholm-Zook, Gordon Clift, Alice Culbreth, Mary Cullen, Doris Curley, Liz Dill, Linda Gorwood, Neil Hartman, Barbara Heizman, Pat Heller-Dow, Sue Isaacs, Jean Jordan, Sarah Klos, Mary Hope Mason, Joan McKeon, Helen Peterson, Betty Preston, Ruth Quackenbush, Doris Salati, Peg Scott, Anita Solomon, Joanne Thomas, Ellen Wiener, Barbara Zimmerman.** Twenty-one correctly identified the author.

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

**MEDFORD LEAS LIFE**

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