



*Medford
Leas* ***Life***

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It's the most wonderful time of the year

Christmas



*Life Lines***A CHEER FOR MEDFORD LEAS**

by Marcy Webster

Everywhere you go at Medford Leas you encounter visible evidence of the way the residents here show affection for their home. Even before you enter the Atrium, **Jeanette Muir's** iconic quilt sets a tone of warmth and welcome. Once inside, you are greeted by fresh flowers that have been grown and arranged by people like **Fran Webb, Barbara Ritter, Perry Krakora** or **Harry Harrison**. If you should happen to come during a holiday season, the decorating committees will have been at work, placing festive displays to catch the eye and spread the spirit. And always, striking handcrafted posters inform us about future events. Sometimes there's a rack displaying note cards where you can admire the beauty of our surroundings as captured by our master on-site photographers. All of this creativity and you're still in the Atrium!

Come downstairs and walk along the hall that leads to the gallery. There are more photographs here. Many are of far-flung destinations, but there are others of the familiar trees and birds and sunsets that fill our world. Around the corner the gallery of paintings beckons but, before you go there, take a look into the Fiber Arts Studio. It's full of colors, fabrics, and still more examples of artistry at work.

Now you can go into the wide gallery where glorious pictures hang on either side. There's a quilt here, too, and at the end of the hall is the Art Studio where **Alice Culbreth, Anne Wood**, and their fellow artists turn out works in water color, oil, pastel and acrylic.

These are things that you can look at. But you can listen, too. Upstairs in the Theater, **Bart Bartholomew** has assembled a dozen people to sing two songs for which he wrote the words and music 75 years ago. When he and **Colette** downsized recently, he found the scores, originally written at DePauw University to be used as serenades to sorority girls. Bart rewrote the lyrics in honor of Medford Leas and presented them with the brilliant help of Chris Barr. Chris, the daughter

of the late resident **Gwen Crawley**, is, among other things, the conductor of The Women's Chorus at Temple University and The Choir at Camden County College.

Isn't it efforts like all of these heartfelt creations that make us special? That make us able to sing with gusto:

"We proudly hail from Medford Leas,
Among the best of C.C.R.C.s
We live in such a perfect spot,
With neighbors that we like a lot.
If things go wrong, don't say a curse,
Instead just say this little verse:
We wish that we felt better,
But we're glad that we ain't worse!
When you're well there's lots to do,
When you're sick they care for you.
We like it here; let's give a cheer;
for Medford Leas!"



Margery Rubin

DECK THE HALLS....

Resident elves will be welcome on Decorating Day, Tuesday, December 3, 8:30 am to noon, to help bring holiday sparkle to the Atrium and hallway leading to the main entrance, the Lounge, Dining Rooms, Holly Room and Gathering Room, Linden Room and Poplar Room. Coffee, scones and Danish will help to fuel the work at hand. And don't forget, Undecorating Day will take place on Tuesday, January 7, 2014.

Valerie Cross and Genevieve Farnath, Co-Chairs

HOLIDAY SHOPPING AT THE LEAS

text by Beth Bogie, photos by Margery Rubin

Shoppers were out in large numbers on November 5 sampling the holiday wares of the Gift Shop and the Knitting and Sewing Group in the Atrium and along the halls outside the Thrift Shop. Tables were filled to overflowing around three sides of the Atrium with items knitted all year long by residents in anticipation of Christmas and Hanukkah. Gift Shop selections of decorations, toys and apparel were snapped up, only to be miraculously replenished for future buyers.



Tom Krainik with Gift Shop wares

The Gift Shop, headed by **Jane Bartram**, plans to be open on part of Saturday as well as weekdays to accommodate shoppers until Christmas. **John Speirs**, her assistant, provided a guided tour of a wide array of items: children’s toys, including small soft animals, soft Audubon Society birds with authentic bird calls, board games, back scratchers for men, “Armored wallets” to protect credit cards from security scanners, cocktail napkins and Christmas cards. Christmas decorations included Christmas tree balls with LED lights that make them sparkle from within, battery-operated candles and small snowmen that can hold a gift card. There were beautiful handbags and women’s scarves and stoles, as well as small purses which could fit inside a larger bag.

Particularly interesting Gift Shop attractions are the Fair Trade handmade items from India, including jewelry and decorative objects in fabric.

Nearby in the Atrium, **Helen Hamilton**, co-leader of the Knitters and Sewers with **Wen Eby**, pointed

out a cute Phillies jacket with hood that she had made. It was displayed along with an array of sweaters for children, ages 6 to 8, in lovely pastels and bright colors. There were baby blankets with matching caps and even a matching sweater. The knitted blankets could also be enjoyed by residents as lap robes or a warm wrap for the shoulders. For adults there were caps and scarves and sleeveless sweaters. And always winners are the teddy bears with knitted outfits. These items will next be sold at the annual Craft Fair on December 7, but can also be purchased on Wednesdays in the Fiber Arts Studio.



Sweaters and well-dressed bears

Helen Hamilton explains that after the Craft Fair, all of their remaining knitted items, in a program called Knit for the Needy, will go to poor families and the homeless, the real mission of the Knitting and Sewing Group.



Thrift Shop: Bears, Trees, Angels and more

For the bargain hunters among us and anyone else, the halls outside the Thrift Shop will provide a rich vein of holiday items, displayed again this year by **Pat** and **Walter Dow** – Christmas ornaments, a set of Christmas dishes, decorated

sweaters and glittery evening tops, stuffed animals and toys, place mats, tablecloths and hand towels, houses with lights, candles, wrapping paper and Christmas books. There are several four-foot artificial trees this year.

The Thrift Shop holiday sales will take place every Tuesday, from 10 am to noon, until December 17, when everything will be sold at half price.

Dining Services once again held a bake sale before Thanksgiving and will repeat it before Christmas. They'll offer their delectable seasonal breads and baked goods.

Proceeds from sales of the Thrift Shop, Knitting and Sewing Group, and the Gift Shop go to the Employee Appreciation Fund and/or the Resident Assistance Fund.

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*Editor's Note: This is the first in a series of occasional memories of holidays or summer vacations or other favorite recollections.*

## GHOSTS OF CHRISTMASES PAST

by Kitty Katzell

My childhood was spent in India. At the age of three, I was taken to an elegant local restaurant for a Christmas party where my mother had arranged for Father Christmas to be aware of my presence and invite me up to receive a gift. It apparently made the right impression and I was totally awed. How did he know I'd be there?

Still in India, at age eight, we visited another missionary's home where we all worked on making what I was told was American Christmas candy – things like divinity fudge, pulled taffy, and stuffed dates. I especially remember the dates, from which we replaced the seeds with walnuts. I could eat them as we worked on stuffing them.

Fast forward to the year I was a senior in high school in Mt. Pleasant, Iowa. That year, I asked for (and received) my first "evening dress" and a Dydee Doll. The dress, of course, was to be for the senior prom; the doll because it was THE thing that year. I later learned when I studied

adolescent psychology that it was entirely consistent with being that age to want those two things at the same time.

Then there was my freshman year in college when my "steady" gave me a teddy bear for Christmas. The steady's last name was Tinsley, and the teddy bear got named "Tinny." I treasured that bear for years.

In my first brief marriage, my husband and I were living in Syracuse. His parents lived in Pleasantville, NY. We drove in our '34 Ford to spend Christmas with them, taking with us a new puppy for their Christmas gift. The family had had a German Shepherd that had been a special pet, and this gift was to be a replacement. Disaster! They would have none of it. The poor pup had to ride back to Syracuse with us to be returned to its original owner.

During my long marriage to **Ray Katzell**, we observed Christmas. Once we had our own home, his mother and my parents celebrated at our house. My folks came down to Long Island from Syracuse, and Ray's mother came from her apartment in Brooklyn. We always had a tree and one year my mother helped me prepare a goose for Christmas dinner. What I remember of that was the large jar of goose-grease that I had in the fridge for months afterward.

We had a huge *Merry Christmas* sign that we tacked up on our garage doors. We decorated a small blue spruce that we had planted in our front yard. We had tall electric candles on each side of the front door, and lighted wreaths in all the front windows.

Here at Medford Leas, when we lived in Bridlington, we trimmed the small blue spruce in our front yard, and also had a decorated tree inside. By this time, we also had an electric menorah, which we lighted each evening during Hannukah. And we had a silver menorah that we had bought in Israel, into which we mounted traditional candles. These were lighted each evening of Hannukah with a reading of the traditional prayers for each day.

Thanks for bringing back all those memories.



## HOLIDAY CRAFT FAIR

text and photos by Betsy Pennink

There are craft fairs and craft fairs, and then there is the Medford Leas Holiday Craft Fair. Now in its seventh year, the Fair, which is open to the public, will be held on Saturday, December 7, from 9 am to 4 pm. **Art Hartwig**, coordinator, is pleased that the “high-end quality” of the crafts is now well-known and he expects at least 800 visitors again this year, including about 500 from the larger community. There will be door prizes for both resident and outside visitors.

Resident woodworkers have created new items to sell alongside popular familiar ones. For instance, **Tom Roberts** has small battery-run clocks set into little blocks of wood, as well as boxes and cheese boards. **Dick Randolph** has made candlesticks of different sizes from different woods (walnut, oak, pine and maple) as well as his bud vases. **Andy Moll’s** novelty is a doorstop surmounted by a small mouse.



Andy and doorstop mouse



Tom and clocks in wood



Under Art’s persuasion, **Alex Webb** is contributing his decorative wooden model of a shorebird (an avocet) to the Fair. He is happy to do this for Medford Leas.

Art will present his own handcrafted bowls, which he “turns entirely from wet wood.” **Miriam Swartz’s** little decorative figures are expected to sell out quickly. The members of the Medford Leas Quilting Group are offering some of their professional-quality quilts in all sizes. The Sewing and Knitting Group will have a display of their fine work.

**Vince Menzel** and **Barbara Zimmerman** will be back again with the popular note cards based on residents’ artwork and photographs. **Ralph Berglund**, professional photographer, is offering some of his photos. **Debbie Lux**, Landscaping, will have more space for her holiday wreaths and arrangements, and her colorful poinsettias. She will also have small suet treats for birds.

The number of crafters from outside has increased to eight this year and will include several old favorites back. Katherine Cheetham, daughter of the late **Joe DePalma**, will again bring work with fused glass. Harry Silvers is delighted to return with his Shaker Oval Boxes. Simply Posh Bags (embroidered cloth bags of all sizes and uses) by Sharon Turk will be back.

Sharon’s sister, Linda Waller, will bring her beadwork jewelry for the first time. Other new exhibits are: “Clean Bean Soaps” by Karla Clark, made in Medford of vegetable oils and not overly scented; hand-woven items made by Dianne Snodgrass; and baked goods created by Our Shared Ground, a not-for-profit organization committed to local farms and healthy eating.

All entrants must gain the approval of a three-resident jury in order to have a table.

**Jane Bartram** will be the cashier and will accept credit cards. Profits for the Fair will go to the Medford Leas Residents Assistance Fund. “We’ll be doing this annually,” forecasts Art, “because it’s a way to make a donation beyond our personal means, through the use of our own skills.”

## WREATH MAKING, BIRDING AND A PHOTOGRAPHER'S ART

by Beth Bogie

People attending *Pathways to Learning at Medford Leas* are exclaiming about the diversity and excellence of its programming. Many of these people are from the wider community. "Love the variety of programs," said one woman from Cherry Hill. "Awesome program selection; excellent programs," exclaimed another from Pleasantville, NJ. The comments are on short surveys provided by Jane Weston, director, Development and Community Relations, and creator of the *Pathways* program.



One of *Pathways'* most popular holiday offerings – wreath making – is returning on Tuesday, December 3, twice, at 10 am and 2 pm, at the Lumberton Campus Community Center, and, the next day, same times, on the Medford Campus in the Community Building. Once again, **Debbie Lux**, horticulturist, will serve as instructor. Last December wreath makers were heard waxing ecstatic about the fun of making their own wreaths. Groups have come from different garden clubs, including Pinelands Garden Club, to participate.

Debbie will provide live materials, including magnolia, boxwood, holly and other evergreens for making beautiful wreaths that their creators can take home. Participants may also bring personal items to incorporate in their wreaths. Holiday refreshments will be served. There is a fee of \$15; pre-registration is required.

At last count this fall season, *Pathways* programs have received more than 400 visits from people

outside Medford Leas. They express appreciation for the many informative lectures at a time when schools in the area no longer offer programs in continuing adult education. A woman from Marlton stated: "I love the short (but very informative) lectures...the timely subjects. Thank you for inviting the community in for this presentation." She was referring to the enthusiastically received talk on brain fitness by **Gerry Stride**, director, Therapeutic Recreation.

The Leas Forum talks spawn similar enthusiasm. A couple from Voorhees asked *Pathways* to "continue these excellent, informative lectures," and a man from Medford, to "continue to bring in great speakers."

Leas Forum will present "The Art of Seeing" on Saturday, December 7, at 11 am, when John Isaac, photographer for the United Nations from 1978 to 1998, will share the story and images of his experiences that have taken him around the world. The talk will be held in the Theater on the Medford Leas campus. There is no charge.

*Pathways* always offers opportunities for participants to enjoy nature's beauty. This month birders among residents and non-residents will make a field trip on Wednesday, December 11, to Barnegat Light and Long Beach Island. The group will stop for lunch at Kubel's Seafood Restaurant and, if time allows, stop at Cedar Run Dock Road on the mainland, where large flocks of winter ducks are often found. Birders should bring binoculars and meet at the Medford Campus Community Building for departure at 9 am. The group will return at approximately 4 pm. Please register by December 4. There is no charge, but registrants must provide their own transportation and pay for their lunch.

Also under the umbrella of *Pathways* is the annual exhibit featuring works of the Philadelphia Calligraphers Society in the Medford Leas Art Gallery outside the Theater.

Said a woman from Hainesport, "Thank you for always being welcoming and inviting the general public." And from a couple in Mt. Laurel, "Keep going! Great!"

*Editor's Note: This is the first in a bimonthly series of articles on topics Medical Director **Dr. Andie Iannuzzelli**, wants to discuss with residents, prepared by **Suzanne Frank**, who covers medical subjects.*

## DR. ANDIE EXPLAINS: PROBIOTICS

Many people are not aware that “probiotics are useful in treating bowel distress,” Dr. Andie says. Why? “Because the probiotic capsules contain bacteria beneficial to the function of the bowel.” She explains, “Probiotics are able to prevent antibiotic-induced diarrhea, help with irritable bowel syndrome, and aid people who have had changes in bowel habits and those who’ve had problems with abdominal bloating and gasiness. Many of these symptoms are caused by an imbalance in the bowel flora.”

There probably isn’t a person alive who hasn’t had such symptoms. But we may not know exactly what is going on. Dr. Andie tells us that when an imbalance occurs, overgrowth of bacteria and yeast may result. This may lead to bloating and gasiness and can produce discomfort, loose stool or constipation. Some people also feel fatigued as a result of byproducts that the bacteria make.

She goes on and gives us a name and explanation for this imbalance. It’s called dysbiosis. “A lot of times antibiotic use will contribute to dysbiosis because, while the antibiotic may knock out the bad bacteria that cause infection, it will also knock out favorable bacteria that our bowel needs to function properly.

“We can give probiotics to help replace beneficial bacteria, but not all probiotics are created equal,” she says. “Some have multiple strains of a bacterium in one capsule while others have only one strain. The Pharmacy has started carrying a probiotic which is one of my favorites – MultiProbiotic 15 billion.”

Dr. Andie’s recommendation: If you suspect you have symptoms which may need probiotics, you can ask any one of the three practitioners in the Health Center for more information.

## TERRIE HEGI, VOLUNTEER

text and photo by Betsy Pennink

Terrie Hegi speaks often of the importance of love. She enjoys bringing love to others. This is her motivation in volunteering at Medford Leas. She helps regularly at events in the Activities Room put on by Therapeutic Recreation. Recently she arrived at the Teddy Bear Tea with her warm smile – and two of her own bears.



Betsy Pennink (l) and Terrie Hegi

Terrie was born in Baltimore, MD, and lived several years in England. She graduated from high school in Stamford, CT, and went to nursing school in Bridgeport, CT, where she prepared for her LPN certification. Terrie then worked at local hospitals, caring for the terminally ill, both adult and children. She had plans to become a registered nurse, but marriage and two children intervened.

Later, with her second husband, Bob, Terrie moved to Vincentown, NJ, which was appealing for its tranquility. Bob had already established a floral design business. Together he and Terrie traveled all over the world, visiting manufacturers of high quality silk flowers. With these they created a colorful, exotic shop, Floral Fantasys, on Route 206, just south of the Red Lion Circle. They changed their designs according to the seasons and their customers came back over and over again. “We loved our customers,” says Terrie. “They would come and tell us their stories.”

Last year, after 31 years of marriage, Bob died and the business closed. Terrie now looks forward to her visits to Medford Leas. “It’s a way of giving back the love I got in my life,” she says. “It’s therapeutic for me!”



## SPECTICAST: "A DANCER'S DREAM"

by Beth Bogie

"A Dancer's Dream" is the creation of Alan Gilbert, conductor of the New York Philharmonic, and Doug Fitch, designer/director, who have produced an imaginative performance of Igor Stravinsky's "The Fairy Kiss" and "Petrushka." Starring Sara Mearns, principal ballerina of the New York City Ballet, the production was recorded live at Lincoln Center's Avery Fisher Hall, June 27-29, 2013. The SpectiCast filmed presentation will appear here on Saturday, December 21.



The performance blends music with dance, live animation, pre-recorded video, puppetry and circus arts. "The production chronicles the story of a young woman (Mearns) and her dream of becoming a dancer. Entranced by the music, she is 'kissed' by the passion to become an artist and drawn into the performance, dancing to the complete score of 'The Fairy's Kiss.' By the second act, she has completed her transformation into an artist, becoming Columbine [a puppet-ballerina], in 'Petrushka'." (Specticast)

For this production of "Petrushka," reports the *New York Times*, "Doug Fitch...did not have a *corps de ballet* to enact a scene. Still, he had very willing substitutes: the Philharmonic players.

"In this 'Petrushka' the musicians, many wearing Russian hats and jackets, played the piece and also the rowdy crowd participating in the festivities, stomping their boots in unison with the downbeats and swaying to the swings of the music like the orchestral equivalent of a wave at a baseball stadium. On a screen above the orchestra, there were live video close-ups of groups of players enjoying tea from a samovar or passing around plates of caviar on crackers. With every drumroll, the players stood up and switched seats: an ultimate musical chairs.

"Then, suddenly, the conductor, Alan Gilbert, wearing a long, satiny coat, leapt from the podium and turned to the audience, taking the role of the magician who introduces the three puppets he controls (or so he thinks), who become the main characters of the story: Petrushka, the clown; Columbine, a ballerina; and a mysterious Moor."

Continues *The Times*, "...the three puppets seemingly come to life and engage in a love triangle with a fatal result."

"The Fairy Kiss" is based on a story by Hans Christian Anderson ("The Ice Maiden") and was composed by Stravinsky as an homage to Tchaikovsky. "The 'kiss' is the metaphor for the artistic gift – that mysterious intangible phenomenon that can bestow immortality, but not without extracting a human price.

"Stravinsky said that dance is a union of arts; they strengthen and complement each other. It is in this spirit of developing a union between artistic media – some old, some new – that we have pursued this project." (NY Philharmonic)

What a delicious confection for the holiday season!

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## NEW YEAR'S EVE CELEBRATION

### Ring Out the Old and Ring In the New

The evening begins with  
The movie "Gentlemen Prefer Blondes"  
In the Theater, 7:00 pm.

Followed by:

The music of Joe Pantano on the keyboard  
For singing and dancing in the Holly Room,  
Light refreshments, finger foods.

Ten tables available, each seating nine.

Sign up at the Reception Desk  
Beginning Monday, December 16.

At 10 pm, a celebration of champagne  
And balloon-popping will begin.

Questions? Contact: **Bill Reifsteck**,  
Chairman, Recreation Committee, x3696.



## NEW PHYSICAL THERAPIST STEPHENIE VAN BRUNT

text by Suzanne Frank, photo by Marge Rubin



A new member of the Tender Touch therapy team is a very physically fit **Stephenie Van Brunt**, who has her MPT from Hahnemann Hospital and a BS in biology from the University of North Carolina Wilmington.

For the past 15 years, she has applied her expertise at the outpatient department of

Novacare, done homecare for Virtua, and worked for both Cooper Hospital and Genesis. She recently joined Tender Touch and is now a full-time physical therapist available to all.

Her aim here is to help residents reach their maximum potential and keep them as independent as possible, for as long as possible. Asked for an example from her own experience of a great result from her ministrations, she said she had a patient who had had a severe stroke, was unable to speak or eat, and was completely dependent and in a wheelchair. After some time and hard work, the patient became self-sufficient.

Stephenie finds Medford Leas to be an active community and observes that many, many folks love exercising. In this setting, she relishes bringing people to a normal ability to do their exercises and, when that is accomplished, she'll refer them to Fitness and Aquatics. "The population at Medford Leas is wonderful, active, motivated and unique" when compared to those in other venues with which she has been associated.

She is a bit of a health nut, Stephenie is. She gets up at 5:30 a.m. (at her home in Edgewater Park, NJ, where she lives with her three children) to lift weights at a gym a few days a week. For those who understand this type of fitness training, she does a 165-lb. bench press, a 265-lb. dead lift, and more than a 300-lb. squat – all this under the tutelage of an 82-year old trainer – whom she's been with for seven years. Does it run in

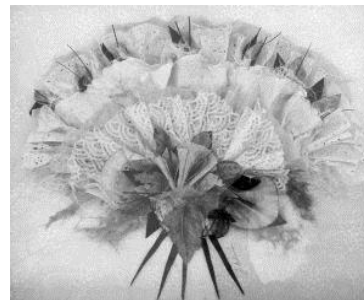
the family? Her father rollerblades at age 67 and also lifts weights.

In her position here, Stephenie feels she has taken all her experience mix of outpatient work, subacute rehab, and long-term care and put them to use in one place, right here.

## ART GALLERY NEWS

by Helen L. Vukasin

"This was the best residents' show yet," said a visitor at the opening reception of the Art Studio Exhibit on November 4. Nearly one hundred residents and visitors trod the halls of the Arts and Social Wing to see the paintings and photographs and to enjoy the culinary arts of the artists. If you missed the opening, do not miss the show. It will be up until April 2014, when residents will present their later works.



On November 8, the Lumberton Campus Art Gallery held a wine and cheese reception to welcome Janet Cebular and her work in textiles. A group of artists and other visitors observed with great interest her demonstration of the art of textile collage. As Janet snipped with sharp scissors around exotic fabrics, she laid them out to create forms that magically came together in incredible patterns (see photo). The exhibit will be shown through January. Look for some resident try-outs of Janet's technique at the Art Studio exhibit in April.

For anyone interested in sculpture, residents should visit our very own natural sculpture in the refurbished Meditation Garden, which was rededicated on November 7. The Garden and the sculpture express Medford Leas' special quality of community.

## MEDITATION GARDEN DEDICATION

by Betsy Pennink

Unfazed by rain showers, about 30 people gathered in the Meditation Garden for its re-dedication on November 7. They seated themselves on the new semicircular wall and the benches and chairs within it.



Jane Weston

**Jane Weston**, director, Development and Community Relations, opened the ceremony. Then **Toby Riley** and **Sue Thorp** stood under an umbrella and took turns reading from the Memorial Book, which ordinarily stands on an easel on a shelf in the Library. The reading began and ended with a quote from William Penn and included the names and dates of all whose ashes have been scattered there.



Jane paid tribute to the many who had contributed to the rejuvenation of the Garden, sometimes called the Memorial Garden. First of all, the work was made possible by the generosity of **Maggie** and **Herb Heineman**, who “saw the need and found that it was

important enough to make it happen.”

Maggie, in turn, gave credit to **Helen Flynn** for “starting it all,” with her many letters to Maggie, who is head of the Nature Coordinating Committee.

Herb spoke of the times he has sat in the Garden, letting the quiet and peaceful ambience wash over him. He read aloud a short poem that his experience inspired him to write.

**Karin Sannwald** said that she visits there often, finding it comforting to know she will be there some day.

**Fran Werrell** noted how pleased the originators of the Garden would be to see it now.

The original Meditation Garden was proposed by **Colette Bartholomew** and dedicated in 1998. Colette suggested it as “quiet place for reflection” or “for a small memorial service.” The Garden is in a lovely spot in the woods across from Parking Lot B. It is easily accessible on a small paved path. There are several new trees and **Debbie Lux**, Landscaping, has planted crocuses around the boulders.

**Jeremy Vickers**, CEO, said that what was happening caused him to reflect on the recent choice of the word “Community” as the term that best portrays Medford Leas. He felt that the gathering and the gift were examples of community with a personal touch.



Beth Bogle

**Helen Vukasin** said she was drawn to the two boulders placed on the soil in the center of the paved circle, calling them a “natural sculpture” and “emblematic of leaning on each other.”

### IN MEMORIAM

|                  |            |
|------------------|------------|
| Charles Jones    | October 27 |
| Deborah Troemner | November 5 |
| Ann Jones        | November 7 |
| Don Kocher       | November 7 |

## HEARING LOSS AND THE LOOP

(Part II of a three-part series)  
by Helen L. Vukasin



Like electronic computers, magnetic induction loop technology began more than a half century ago. Now newly developed forms, such as new amplifiers, telecoil technologies and computer-modeled designs for complex installations have increased applications.

Here is the way the loop works:

1. A sound source, such as voice, TV, cinema or other audio system, is captured using a microphone or direct connection with the source.
2. The sound signal is then connected to an Audio Induction Loop Amplifier, which generates a current to pass the signal to an induction loop, usually made of copper tape or wire.
3. The copper wire induction loop (usually) wraps around the area where the listening audience is located and produces a magnetic field.
4. The magnetic field is picked up by the telecoil (T coil) inside the hearing aid of hearing-impaired members of an audience.
5. The hearing aid tailors the sound to the specific needs of the individual. Sound is delivered directly into the ear canal, without background noise and with the full spectrum of sound frequencies required for intelligibility.

Medford Leas is awaiting news of the application for funds to install the loop in the Medford Leas Theater and in the Great Room on the Lumberton campus. Any resident buying hearing aids for the first time, or replacing old ones, should be sure to have a telecoil installed in the device to maximize its effectiveness with loop technology.



## LENAPE STUDENT PERFORMANCES

The Lenape Regional High School District announced the production of plays and musicals by the four high schools in the district, on different dates in November and December, with one date specially set aside for free attendance by seniors

with a gold pass. Unfortunately, the special senior performances at Shawnee, Cherokee, and Seneca High Schools were in November.

Below are the dates of remaining December performances:

### Lenape High School

“A Christmas Carol”  
December 5, 6, 7, at 7 pm. Performance for seniors with gold pass on December 5.

### Cherokee High School

At the Performing Arts Center  
“The Sound of Music”  
December 6 and 7 at 7:30 pm

Residents can attend any of the December dates for \$10.00. No school bus transportation can be provided, so residents will have to drive in their own cars.

On Sunday, December 15, at 2:00 pm, there will be a free-for-seniors Holiday Choral Festival at the Performing Arts Center. The singing groups of all four high schools will participate. This is an annual tradition for the Lenape District, and songs include old favorites and Christmas songs from around the world.

Ellen Stimler



## WELCOME TO THE COURTS

**Margaret Beauchamp Mikuta** moved to Apt. 274 in September from the Lumberton campus, where she and her husband, **John**, had lived since 2001. John died in January 2013 after a long illness. Now alone and with some of her own health problems, Margaret felt that she would be more secure on the main campus with ready access to any services she might need.

Margaret was born in England and endured WWII, the Battle of Britain, and the London Blitz. She completed nurses training in Scotland, then returned to England where she worked in midwifery and became head nurse in the operating room of Chelsea Hospital for Women. She came to the U.S. in 1963 and worked as a surgical nurse at the University of Pennsylvania Hospital, where she met John. She also worked at the



Philadelphia VA Hospital. Margaret and John were married in 1972 and made their home in Haddonfield. They had no children, but John had four from a prior marriage.

At Medford Leas, Margaret and John were active on the MLRA Forum Committee, where John arranged for many special speakers, whom Margaret hosted. She also assisted with social functions on the Lumberton campus. In their retirement, they were able to enjoy some travel, a favorite hobby of theirs. Margaret also did volunteer work at the Haddonfield Library and worked with medical students who were on a scholarship program at Penn. During John's final illness, Margaret was a devoted caregiver. She hopes now to have time for needlework, listening to opera, and studying English history.

## WHO'S NEW – MEDFORD CAMPUS

Medford Campus photos by Margery Rubin



**Joan Lopez Bryan**, Apt. 83, grew up in Trenton, NJ, where she had the most wonderful neighbors. One was William (Bill) Bryan, who was her classmate through high school, and later her husband. Another neighbor suggested that she become a fashion illustrator.

Artistic expression was in her family, with her grandmother, an artist, encouraging her drawing from the time she was a young child. After she graduated from Trenton High School, she went to what is now Moore College of Art in Philadelphia and received a diploma in fashion illustration.

Bill and Joan were married in 1953 and made their first home in Ewing Township, NJ. At that time Joan was working for department stores in Trenton, designing their newspaper and magazine advertisements for new clothing of all types. Bill was a supervisor at RCA's plant in Hightstown.

The couple had two boys and four girls. Joan freelanced from home until her third child was

born and then became a stay-at-home mom. When Bill was transferred to Camden, the family moved to Medford in 1966. Bill retired in 1988. When their children were in college, Joan got a job at the Pinelands Library in Medford, not as a librarian but to work behind the stacks on computers and information technology. Bill died in May of this year.

Five of Joan's six children are married, and she has 16 grandchildren. Four of the children live in the area and helped to get Joan settled in her new apartment. Joan loves music and is glad that so much of it is available at Medford Leas.

Ellen Stimler



**Ruth Watson Gandek** married a United Methodist minister, and together they served the Methodist church community in many places in southern New Jersey throughout their lives.

Ruth grew up in Pawtucket, RI, and went to the local schools.

Ready to become more independent, she chose Oberlin College in Ohio. There she met her future husband, Walter, who was two years ahead of her and told her he felt called to become a Methodist minister. When he graduated, they were married in 1954.

They both went to Drew University in Madison, NJ. Ruth finished her final two years and received a BA in religion and philosophy. After three years at Drew, Walter graduated with a Master of Divinity degree. During those student years, they served the small Wayside United Methodist church on some weekend assignments.

After both had their degrees, the "Annual Methodist Conference" assigned Walter to several congregations for three to twelve years each, with the longest in Franklinville, NJ. Meanwhile, Ruth had three children close together in age and stayed home to give them exclusive attention. After all their children were in college, she had to help to pay their expenses and went to Rutgers in



Camden to get an MSW degree. Also licensed as a nursing home administrator, she worked as administrator of Greenbriar East in Deptford and then for seven years at Collingswood Manor.

Walter died in 2007. At that time they were living in their own first home in Birchfield in Mt. Laurel. Ruth had retired in 2001 and volunteered at the Interfaith Hospitality Network of Burlington County, which finds places for homeless people; and the Literacy Volunteers, which teaches people to read and write. She helped one immigrant to complete all her requirements for citizenship and attended her induction as a U.S. citizen.

Ruth remains a member of the Moorestown United Methodist Church and is active in their women's organization.

Ellen Stimler



**Hiroko (Hiro) Sakamoto Nakata** was very familiar with Medford Leas, because her sister, **Shigeko Kawano**, has lived here for eight years. So when Hiro's husband, Roy, died in March 2013, she decided to join Shigeko and moved to Apt. 147 in October from her home in West Chester, PA.

Hiro grew up in Los Angeles until her whole family was moved to a relocation camp in Arizona at the beginning of WWII. She was allowed, however, to leave to attend Ohio State University. There she met her husband and completed a five-year course in architecture. Roy, after two years at Ohio State, served in the Army for two years and then completed his work for a degree in electrical engineering from Stanford University. During summer vacations, Hiro worked for Oscar Stonorov, a well-known modernist architect outside Philadelphia.

Hiro and Roy were married after their graduation in 1950. Roy immediately got the job he wanted with General Electric. After some brief training assignments, both Roy and Hiro worked for GE in Schenectady, NY. Hiro stopped working when

her first child, a boy, was born in 1954. Later they had another son.

In 1986, Roy left GE and was hired by Electric Power Research Institute in Palo Alto, CA. They decided that Hiro should remain in West Chester while she was working for an architect in Paoli. Roy came back to West Chester in 1991, and they both retired and started traveling.

Hiro's two sons live in Colorado and Washington State, and she has two grandchildren. Right now, the sale of the West Chester house and settling into her apartment are still taking up all of her time. She is grateful for the help she has received from her sister, other residents, and staff.

Ellen Stimler

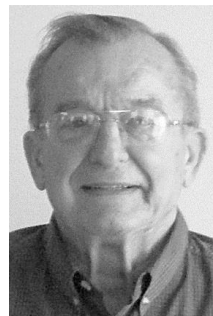
## WHO'S NEW – LUMBERTON CAMPUS

Lumberton Campus photos by Barbara Degler



**Mildred (Christian) and Cornelius Salvaterra** moved from Hellertown, PA, to 11 Woodside Drive on the Lumberton campus in September. Millie and Corny grew up in Wilkes-Barre, where, in high school, they became sweethearts. They married in 1955 and lived in Uniontown, while Corny completed college.

Millie graduated from business school and became the secretary/receptionist for the mayor of Wilkes-Barre. She also played the marimba for community events and was involved in fashion for local department stores.



During high school Corny threw the javelin. He was the top high school javelin hurler for the state of Pennsylvania and nationally. He was also awarded the Jones Evans "Outstanding High School Football Player for Wyoming Valley" in 1952. Winner of a full four-year football scholarship to

the University of Pittsburgh, he was quarterback for the university's team in the Sugar Bowl, Gator Bowl, and Oyster Bowl.

In 1955, when Pitt was invited to go to the Sugar Bowl, the team was told in writing that their black players were not invited. Pitt said, "No way." Public demonstrations against the Sugar Bowl Committee and the Georgia Tech Chancellor (the other team) created heavy media pressure. Eventually both agreed to back down and all of Pitt's players were allowed to play. Corny was named MVP for the 1956 team.

Corny received his BS from the University of Pittsburgh in Engineering and Mines and in 1962 he earned an MS from the University of West Virginia in Engineering and Mines.

He joined RCA in 1962 in the computer field. Soon he joined MSI Data, which was the developer of the first "portable" computer terminal. The company also introduced bar codes on a major commercial scale, especially in the retail market.

During this period, Milly and Corny lived in Moorestown for 15 years while their children grew up. Millie was active in Newcomers, volunteered at the YMCA, and was a member of Moorestown High School's Parent Committee. They have three children: Julie, a nurse in New Jersey; Chris, who lives in Monmouth, NJ; and Neil, a Methodist minister who lives in Kentucky with his wife and an 11-year-old daughter. In recent years, Millie enjoyed designing and sewing window treatments as well as performing home-decorating for clients.

Millie and Corny are musical, having been involved in choral singing groups. Corny was a YMCA board member in Wilkes-Barre and Pittsburgh, receiving a leadership award in 1998. Both are also active church members, an important part of their lives.

**Barbara Lewis**



**Joanne (Buble) Thomas** moved to 128 Woodside Drive in August after living in Medford for 30 years. Having come previously from a two-acre wooded lot, Joanne is happy that her new home looks out on the woods and wetland areas of the Lumberton campus.

Joanne met her husband, Robert, in 1971, while both were working in finance for the Penn Central Transportation Co., the company formed in 1968 by the merger of the Pennsylvania Railroad and the New York Central. When they married in 1972, the Penn Central had entered a long period of bankruptcy and by 1976 was acquired by Conrail. Joanne, in the Penn Central treasury, and Robert, a senior official in accounting, made a high-risk decision to stay with the Penn Central while it sued the U.S. government to retain the non-rail portion of the Penn Central assets, primarily in real estate and rights-of-way. The Penn Central won and received a \$2.1 billion settlement, the largest ever at the time.

During those years, Joanne and Robert lived in Palmyra, NJ. When the Penn Central moved its offices to New York City, Joanne left the company and completed her studies for a BA from Temple University. At that point, 1983, Robert took early retirement, and they moved to Medford and built their home.

Joanne then went to the International School of Travel. As a certified travel agent and owner of Holly Travel in Lumberton, she traveled worldwide. She later taught travel courses and then English classes at Atlantic Cape Community College in Atlantic County for ten years.

During this period she earned an MA in the humanities online from California State University at Dominguez Hills. It was quite a commute from Medford to Atlantic Cape, so she switched to teaching English composition and literature for five years at Burlington County College. As Robert's health declined, Joanne left teaching to care for him. He died in April this year.

Joanne was on the board of Salt and Light (an organization for the homeless) for ten years; was active with Literacy Volunteers of America; served twice on the board of the Forest Glen Lakes Environmental Association (former homeowner's association); and was a council member at Lord of Life Lutheran Church. She has one sister living in Blackwood, South Jersey, and one living close by in the Creekside development in Hainesport.

**Barbara Lewis**

## KAY COOLEY RETIRES

by Kitty Katzell

The *Who's New* column announcing **Kay Cooley's** arrival at Medford Leas appeared in the September 1997 issue of *Medford Leas Life*. In that same issue, her first article appeared, *News from Woolman Commons*, a beat that she carried over the years, and last wrote in November 2003.

Kay's interests were diverse – the Low Vision Center, scholarships, Estaugh Board members (with whom she served from 2001 until 2010), MLRA and the Council (over which she presided in 2000-2001), the Martin Luther King, Jr. observances, and, of course, Medford University, which she organized and has run for over ten years. An Apple computer user, she encouraged readers to expand their use of the web and often wrote on computer-related subjects.

One must wonder how Kay ever had time to write for *Medford Leas Life*, but write she did. Scarcely an issue exists in which she has not had at least one item with her byline, and often as many as three or four. In fact, her byline appears on over 200 items during the 16 years she has been on the editorial staff.



And now, Kay has asked to retire from the staff of our publication. We, on the staff, will certainly miss her, and we feel sure you, our readers, will miss her contributions. Kay has been and will continue to be a significant force in the Medford Leas community and we all wish her the pleasure of her new freedom to enjoy life with Goldie, her beloved cat.

## HOLIDAY WISHES

from Will and Barbara Britten



MERRY CHRISTMAS TO ALL WHO LIVE HERE.  
MAY YOUR HOLIDAYS BE FULL OF CHEER!

YOU'RE IN A VERY SPECIAL PLACE  
TO WATCH THE YEARS GO BY APACE.

HOLIDAYS COME MORE QUICKLY EACH YEAR,  
BUT WE'RE ALWAYS GLAD WHEN THEY ARE NEAR.

THEY BRIGHTEN OUR DAYS AND BRING OUT OUR  
BEST,  
BUT WHEN THEY ARE OVER WE NEED A REST.

SO ENJOY THE SPIRIT OF ANOTHER NEW YEAR  
AND MAKE THIS CERTAIN AND PERFECTLY CLEAR.

YOU'RE A YEAR OLDER -- THAT MAY BE TRUE --  
AND WHAT HAPPENS NEXT YEAR YOU HAVEN'T A  
CLUE,

BUT HERE AT THE LEAS YOU ARE SURE OF ONE  
THING  
NO MATTER WHAT THE FUTURE MAY BRING.

YOU'VE GOT FRIENDS WHOSE CARE AND CONCERN  
ARE A TREASURE.  
IT CAN'T BE TRACKED BY ANY MEASURE.

SO RELAX AS WE HEAD TO TWENTY-FOURTEEN --  
AND HOPE IT'S THE BEST YEAR YOU'VE EVER  
SEEN!

**DECEMBER CRYPTOGRAM**

by Herb Heineman

MLWFUFDB FB HNAT ZLE BYZLE  
 YIA KLFTK UL CL LTA UNFTK HNFWA  
 FTUATCFTK UL CL YTLUNAI. UNAT  
 ZLE CL TAFUNAI HNYU ZLE BYFC  
 TLI HNYU ZLE FTUATCAC.

Underline the name of the author

**BYCCYV NEBBAFT  
 AEKATA LTAKFT  
 UNALCLIA ILLBAOWU**

Below is the solution to the November cryptogram.

TOO BAD THAT ALL THE PEOPLE WHO  
 KNOW HOW TO RUN THE COUNTRY  
 ARE BUSY DRIVING TAXI CABS AND  
 CUTTING HAIR.

**DOROTHY PARKER  
GEORGE BURNS  
 ARNOLD SCHWARZENEGGER**

The correct solution was received from the following readers:

**Nancy Barclay, Catherine Barry, Maryann Beitel, Ruth Blattenberger, Marion Burk, Jody Cardona, John Caughey, Mary Chisholm-Zook Alice Culbreth, Mary Cullen, Doris Curley, Liz Dill, Neil Hartman, Barbara Heizman, Pat Heller, Sue Isaacs, Sarah Klos, Mary Hope Mason, Doris Q. Murray, Helen Peterson, Betty Preston, Ruth Quackenbush, Doris Salati, Florence Sawyer, Peg Scott, Anita Solomon, Louise Stiles, Miriam Swartz, Joanne Thomas, Ellen Wiener, Barbara Zimmerman.** Eighteen correctly identified the author.

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

**MEDFORD LEAS LIFE**

*Ex Officio:* David Eynon, MLRA President; Ruth Gage, MLRA Sponsor

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

*Staff Photographer:* Margery Rubin

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

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

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

*Recorder:* Doris Salati

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Medford Leas can be reached by phone 609-654-3000; FAX 609-654-7894; or email *information@medfordleas.org*. When using FAX or email, specify the name of the person to receive the message. The Administration website is *medfordleas.org*. The Residents Association website is *mlra.org*.

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