



Medford Leas *Life*

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JOANNE GARTENMEYER, HEALTH CARE ADMISSIONS LIAISON

by Suzanne Frank

In a new role – sort of an up-to-now missing link – **Joanne Gartenmeyer**, RN, is serving residents as their liaison between their health care at Medford Leas and before, during, and after their admission to area hospitals. As Health Care Admissions Liaison, she is busily engaged in enhancing communication, keeping up-to-date records, and maintaining uninterrupted delivery of care to residents between the Health Center and nearby hospitals.



“There was an apparent need for assistance to our residents and private patients who were in the hospital and would need help after discharge,” Joanne commented. Her job is to assure smoother transition for patients, she said, “as changes in health care laws, technology, and insurance could be overwhelming.”

As part of her assignment, she visits patients, if allowed (along with Director of Resident Services **Tammy Gerhart**, who communicates with family members) and speaks to a nurse or social worker at the hospital when action or referral is necessary. Joanne understands residents’ health care needs when they return to Medford Leas, for example, in their possible need to go to Woolman or to follow up with the

Options team. As a result, she assesses and coordinates admissions to John Woolman and works with various administrative departments to complete her multifaceted records. In addition, having been instrumental in developing the Resident Satisfaction Survey that residents complete upon discharge from Woolman, she tracks and reports on its results quarterly to the CQI (Continuous Quality Improvement) Committee.

Joanne received a degree in journalism and marketing from the University of Delaware and was in sales and marketing before the birth of her two children. She’s worked in a family construction business, assisted Herb Dennenberg at Channel 10, and done various volunteer work in communications for schools. In 2005, she went to Burlington County College to earn her RN.

Joanne was a nurse in Woolman from 2008 to 2010 and then worked on Minimum Data Set (MDS), which involved assessing residents in skilled nursing for Medicare records. Joanne credits **Cathy Kissane**, RNAC (assessment coordinator), and **Lisa Heinkel**, director, Health Services, with giving her the opportunity to make use of her varied communications skills and to evolve into her present position. In their opinion, given her background and outgoing personality, she is a good fit.

Joanne lives in Medford with her two children. “I’m grateful and really pleased to know that Medford Leas has put someone in this role,” she said.

HEALTH CARE UPDATE

by Suzanne Frank

After brainstorming about how best to care for residents, positive change is in the works for the Health Center. Medical Director **Dr. Andie Iannuzzelli** wants residents to realize that the Health Center is our first line of defense and emphasizes that it is here to serve us. With that goal in mind, she plans to make the Health Center more accessible to residents. She will soon stagger lunch hours for the Health Center staff so that its front office windows will be kept open during that time.

She will also try to stimulate more use of afternoon hours for residents who need medical help, and, although routine lab work will still be done until noon, blood work will be done in the afternoon when necessary. Dr. Andie also plans to make the administration of IV fluids available soon, as many residents have routinely been hospitalized with dehydration, which is costly in time and money for all involved.

Although Health Center (x3427) office hours are from 8 am to 4:30 pm, there is nursing care available from 4:30 to 7 pm across the waiting room area at the Options Access Center (x3327). The nurse there provides routine care to residents who walk in. After 4:30 pm and on weekends, residents call the 3666 emergency phone number for an urgent problem. **Mary Ann Flatley**, head of the Options program, puts it this way: "Help is available 24 hours a day, seven days a week, 365 days a year."

The Health Center has also begun using a system for handling urgent calls that will streamline communication and response to residents' needs. This urgent system is used for residents on both the Medford and Lumberton campuses. If the caller reports:

- Chest pain
- A fall
- Shortness of breath
- Abdominal pain
- Bleeding
- Changes in mental status,

the receptionist will ask the caller to hold while she alerts a practitioner or RN to take the phone.

All other phone requests for a "sick" appointment will be referred to an LPN who will call the resident back to discuss when the resident will come into the Health Center to be seen. A receptionist will then call the resident back with the scheduled appointment.

To sum up, Dr. Andie stresses, "When you are sick, call us first!"

HEARING LOSS AND THE LOOP

(Part 1 of a three-part series)

by Helen L. Vukasin



Medford Leas has applied for a grant in order to install magnetic induction loop technology to increase the clarity of hearing of residents with hearing loss. Did you know that there are approximately 36 million American adults with

hearing loss? Only 8.4 million, or one in four, have hearing aids.

Cost is one critical reason. Hearing aids are not covered by Medicare, and good hearing aids can be expensive. Another important reason that people with hearing loss do not invest in hearing aids is that the sound with most hearing aids is fine in a small conversational setting, but unclear, even annoying, when the surrounding area is noisy or the room acoustics reverberate sound.

A hearing loop can be installed in an auditorium or other venue with a difficult sound context. This will magnetically transfer the microphone, TV sound signal, or other sound transmitter to the hearing aids and cochlear implants that have a telecoil receptor. With this direct connection of the source of the sound to the individual's customized hearing aids, the sound is clear and free of extraneous noise. The technology is currently installed as a trial in the Linden Room so that residents can experience the difference in sound.

Portable loop receivers and headsets, something like those used in the Theater, will be available for use at Medford Leas by those with hearing loss who do not have a telecoil or hearing aids once the loop is installed.

*Life Lines***DREAM JOBS**

by Marcy Webster

Residents here don't flaunt their resumé's, but sometimes a casual conversation will reveal an interesting history. I was watching the travel pictures flash across the video monitor near the Coffee Shop, and I suppose I was making sounds of interest and longing as one fabulous destination after the other appeared. I remember the Acropolis and then the white roofs of a Greek island and then, I think, something with a minaret. Another woman stood beside me, watching as I did, and when I said something about wishing I'd seen the real thing, she indicated that she had. The show went on and I watched with her, and quizzed her and, yes, she'd been to all the places that were pictured.

I don't think our video resources could do justice to the travel sites and adventures of **Helen Hamilton**. The daughter of Canadian homesteaders with Scottish roots, Helen studied physical and health education at the University of Toronto and then followed her husband to Cornell, where he taught environmental science. She was active in campus life and busy raising four children. In 1968, she became involved in the university's effort to reach out to alumni. This idea evolved and, in 1970, when the university conceived the idea of offering courses on campus as well as educational trips with Cornell professors, Helen, now divorced, was more than willing to sign on as deputy associate director of Cornell Adult University.

For fifteen years, Helen and Cornell traveled together. They took short and long trips, some years as many as twelve or fifteen. Sometimes, Helen was sent ahead to scout. It was always her job to select hotels and guides and to make arrangements, leaving the professors free to instruct. There was jazz in New Orleans, theater in London, birds in Cape May, fishing on the Salmon River. There were China, India, Spain and islands in the Caribbean. There were times of stress: the heart attack, the lost passport, the Australian air strike, difficult people.

But the trips were wonderful. Helen's favorite was the three weeks spent following the Silk Road. That was real adventure and Helen went prepared with thousands of dollars in cash for bribes stuffed into her bra.

You might think that Helen has settled down, but you'd be wrong. Last year Helen and her son, with her 94-year-old sister and her son, went hiking on the glaciers in the Canadian Rockies. And as I write this, she's spending the weekend in San Francisco.

I met **Louise Michalowicz** in balance class and learned that her life has been spent at the center of Washington's power circle. Her first presidential memory is going with her father to deliver fruit and vegetables to the White House and encountering FDR, fresh from his swim, wrapped in a towel. Over their years of providing produce to the White House, her parents developed close friendships with many of the First Families and Louise has fond recollections of the hospitality of Helen Taft and the warmth of Harry Truman.

After Louise married and raised her five children, she continued to encounter famous people. Through her husband, the Dean of Engineering at Catholic University, she had a friendship with Pearl Bailey, who was hoping to enroll her daughter in the school. She was mistaken for Barbara Bush (you'll see the resemblance) and in a bizarre circumstance she became the personal assistant to political reporter Sarah McClendon, filling in for her at news conferences and press briefings for ten years, and continuing to interact with the presidents and their wives.

Louise deserves a press conference of her own to share her memories but I'll just say that Lady Bird Johnson is a favorite, as are President Eisenhower, Mario Cuomo and John McCain. In the living room of her apartment are shelves crammed with autographed pictures of the presidents and albums full of personal notes from First Ladies. Also in her living room are handsome pieces of antique furniture, professionally upholstered by Louise in her spare time!

NOVEMBER PATHWAYS

by Beth Bogie

Pathways enthusiasts are going to find much of interest in a diverse group of programs during November. They range from a presentation about Quaker Alice Paul and her pioneering work in the field of women's rights, to a Leas Forum discussion on ethics and technology and the divide between the older generation and teenagers, to a look at Japanese culture and its textiles. Yoga classes and the ways Quaker publishing is evolving with changing technology are also on the agenda.



Pathways to Learning at Medford Leas opens the month on Saturday, November 2, with a portrayal of suffragist Alice Paul (1885-1977) by Taylor Williams, actress, lawyer for more than 30 years, with advanced degrees in theater arts and writing. Ms. Williams has performed as Alice

Paul in regional theaters and other venues across the country. Alice, who lived in Mt. Laurel, first joined the fight for women's suffrage in Britain, then returned home to work with the women's suffrage movement in the U.S., founded the National Woman's Party, campaigned against President Wilson's refusal to support women's suffrage, and was jailed while working to secure the 19th Amendment. In 1923 she introduced the Equal Rights Amendment – still unfulfilled. (2 pm, Theater. Please call to register.)

Under the auspices of Leas Forum, Sarah Rosenson, who teaches a class on "Ethics and Technology" at Moorestown Friends School, will speak on ethical issues relating to engineering, military technology and computers. She will dis-

cuss at least two ways in which she observes a divide on issues between adults and teenagers. (Saturday, November 9, 11 am, Theater.)

In the field of fiber arts, "Japanese Traditional Textiles, a Cultural and Historical Perspective," will be presented by Susan Ball Faeder, an American whose love for Japanese art and culture spans 40 years. She will discuss Japanese textile production and include examples of indigo and sugar cane dyeing, stencil printing, tie-dyeing, and weaving with cotton, wool, silk and banana fiber. (Saturday, November 16, 2 pm, Theater. Registration deadline, November 8.)



A program for the mind and body will be offered by Lori Volpe, who will bring more than 20 years of yoga experience to four classes, to be held in the Lumberton Campus Community Center from 10:30 to 11:30 am. Trained in both yoga and meditation, Lori will work on agility, balance, strength and the mind/body connection. (Four sessions, Tuesdays, November 5, 12, 19, and 26. Fee: \$35.)

The month will close with a Leas Forum program on "Quaker Publishing in a Changing World." *Friends Journal* Executive Director Gabriel Ehri will discuss how technology is changing the way we communicate, as well as how *Friends Journal* and other publishers are adapting to the changes. (Saturday, November 23, 11 am, Theater.)

Check your *Pathways* guide for more detail.

CORRECTION

The number of residents who declare themselves Quakers was incorrectly stated last month as 206. The number is 113, or approximately 19 percent, which fluctuates as the resident population changes. We apologize for the error.

FAMOUS COOKING FAILURES

by Polly Schnepf, Food Editor

All cooks have had culinary failures they would like to forget. From the new bride's preparing her first turkey, to the experienced grandmother baking the family's favorite pie, flops happen. Remarks are then heard, "Those guys on TV never have a problem." Don't believe it! I will tell you a few stories about famous chefs and their problems that will surprise you.

At a meeting of chefs and food writers I attended several years ago, conversation drifted to an embarrassing moment of Chef Mary Ann Esposito (25 years on TV's *Ciao Italia*). She was the bride of a medical student for whom she was cooking something special. The recipe required baking in the oven. The stove pilot was unlit, and she didn't smell the gas fumes. She rolled up a newspaper and struck a match. There was an explosion, and she ended up in the hospital with first degree burns, no nightgown and burned hair. The doctor said her hair smelled like singed chicken!

Joe Bonanno, a New York City fireman and one of my favorite cookbook writers, was also the cook for his firehouse. When the firehouse alarm went off while Joe was working on a dinner of chili, he thought it was a false alarm and he'd be back quickly. Joe did not turn off the range when he dashed to help with the call. But it was a real fire and took a bit of time. The rest of the firemen teased Joe when they got back, because he almost set fire to the firehouse.

Nathalie Dupree, a personal friend of mine, opened her first restaurant in Majorca. She still remembers being anxious when serving fresh mussels. Every single plate was sent back because she oversalted, and the treat was inedible. Since then she has hosted five top-rated cooking shows on PBS and is one of America's most popular cookbook authors.

You may recognize the name of Marilyn Marter. She was a popular food writer for *The Philadelphia Inquirer*. Planning a special dinner, she boned a whole chicken. That in itself is quite a job. But she went further. She decided to stuff the chicken with forcemeat. (Forcemeat is a mixture of ground

raw or cooked meat, fish, vegetables or fruit mixed with bread crumbs.) The job took a day and a half. She decided to freeze the stuffed chicken until the day before the dinner. You guessed it. She forgot to defrost it and had to decide quickly on a substitute for her guests.

Marian Burros was a chef and writer for *The New York Times*. What she achieved is an example of a successful cover-up. She had a favorite chocolate dessert roll, which had won raves every time she made it. She followed the recipe exactly, but the whole thing completely fell apart. With her guests due in minutes, she threw the dessert into a crystal bowl and added chocolate whipped cream over all. It was a hit!

So, professionals do make mistakes. Julia Child has said that if you have a failure, never stop trying. Perhaps you'll remember these examples when and if you falter. I have found that it helps!



HOLIDAY BOUTIQUE

November 5th is not only Election Day but also the kick-off of the holiday season! The MLRA Gift Shop and the Knitting and Sewing group are holding their first combined Holiday Boutique in the Atrium from 8:30 am to 3 pm.

Residents and staff can begin their holiday shopping by choosing from a variety of cards and decorations as well as beautiful gift items – handmade afghans, child and adult knitwear, handbags and jewelry.

Featured this year are teddy bears dressed in knitted sweaters and caps, which are lovingly knitted by ladies in the Knitting and Sewing group, and unique home goods created by artisans from around the world. Sales volunteers will be available to help shoppers find that special gift for that special someone, or yourself! Proceeds will go to the Employee Appreciation Fund.

Jane Bartram and John Speirs
Helen Hamilton and Wen Eby

THE 2013 GOLF OUTING

by Kitty Katzell

The forecast was threatening on October 7, but those who had registered for the Seventh Annual Golf Outing at the Deerwood Country Club in Westampton were told it would go on unless there was a hurricane – which there wasn't. The driving range was open to golfers before lunch. The putting contest and regular play began early in hopes of beating the rain, and the cash bar opened at 5:30 followed by dinner. Some 77 golfers had signed up, and those who didn't come were given rain-checks so they could play another day. But some did play in spite of the cloudburst at 3 pm, in which they got thoroughly drenched.



Mort Yeomans, Lefty Alderfer, and Gene Mori got soaked and left after the 12th hole.

There were 101 names on the list for dinner, and most of them showed up. There were the Sponsors of the outing, Estaugh Board members, Medford Leas staff, residents, friends, golfers and non-golfers. The socializing among these groups at a Medford Leas event was special at the Golf Outing this year, because Community Day had been cancelled on account of the upcoming Estaugh redevelopment.

This year's Auction was even more spectacular than usual. There were 25 Auction items and 14 Grand Auction items: tickets to the Zoo, the Aquarium, various sporting events and theatrical productions; original works of art; a gift card for Wegmans; golfing for four at four of the neighboring country clubs; use of a time-share at Myrtle Beach, SC. And so on and on it went. All very exciting, and all for a worthy cause.

Early estimates say that more than \$20,000 was raised for the Residents Assistance Fund. Now we can start planning for next year. But this year's Outing will be a tough act to follow – except for the weather.

SPECTICAST: GALA FROM BERLIN

by Beth Bogie



On December 31, 2011, Sir Simon Rattle, conductor of the Berlin Philharmonic Orchestra, welcomed the New Year with "Dances and Dreams," described as a "spine-tingling and inspiring" performance, and featuring Russian pianist Evgeny Kissin. The filmed concert in HD will be presented by SpectiCast in the Theater on Saturday, November 9, at 2 pm. The program includes:

- Johannes Brahms: Hungarian Dance No. 1 in G minor
- Antonin Dvořák: Slavonic Dance No. 1, Op. 46, in C Major
- Edvard Grieg: Symphonic Dance No. 2, Op 64, Piano Concerto in A minor, Op. 16
- Maurice Ravel: Alvorada del gracioso (orchestral version from *Miroirs*)
- Richard Strauss: Salome's Dance of the Seven Veils from *Salome*
- Igor Stravinsky: *Firebird Suite* (Danse infernale, Berceuse and Finale)

A highlight of the Gala is Evgeny Kissin's performance of the Grieg Piano Concerto. Winner of many awards, Kissin is praised for "his musicality, the depth and poetic quality of his interpretation, and his extraordinary virtuosity, which place him in the forefront of today's pianists." The work is the only concerto created by Norwegian composer Edvard Grieg. It was written in 1868 after his marriage to his cousin, Nina Hagerup.

The Berlin Philharmonic (BPO) has played an important role in the musical life of Berlin for 130 years, and its 129 multicultural musicians come from all over the world. Sir Simon Rattle, born in Liverpool, England, was guest conductor of the BPO for 15 years, until in 2002 he became Chief Conductor and Artistic Director. He was knighted by Queen Elizabeth in 1994. In September it was rumored he had accepted the post of principal conductor of the London Symphony Orchestra after he steps down from the BPO. He has been a guest conductor of the Philadelphia Orchestra.

Source: Aerofilms, Wikipedia, Presto Classical

SPECIAL U.S. SENATE ELECTION

by Ellen Stimler

Medford Leas residents voting in the special U.S. Senate election on October 16 gave Democrat Cory Booker more than twice the number of votes of his Republican opponent, Steve Lonegan, 182 to 65. Statewide, Booker was just 10 percentage points ahead of Lonegan. Participation at Medford Leas was an exceptional 62.4 percent. Two other candidates on the ballot received just 1 vote, and four others had 0 votes.

Booker will be serving the last year of the late Frank Lautenberg's six-year term and will have to stand for a new election in November 2014 in order to get his own six-year term.

The final election this year will be on Tuesday, November 5, when residents will be voting on a long list of candidates: governor; Burlington County Freeholder, Sheriff and County Clerk; Medford Township Council; and 8th NJ Legislative District Senate and Assembly.

A HOLIDAY TRADITION!

by Valerie Cross

It's a tradition. Those wishing to place a signed holiday greeting card in a basket at the Reception Desk may do so beginning Friday, November 29. The cards are used to decorate the Atrium.

The MLRA Holiday Card Committee will begin to collect the cards on Decorating Day, Tuesday, December 3, and will continue to collect them as long as they accumulate. The cards are not returned to the senders and they should not be put into envelopes.

Think of the advantages from this tradition. Only one card is needed, thereby saving paper. No one can feel left out for not having received a card. Time is saved that would otherwise be spent addressing envelopes and putting them in people's mailboxes.

So select your card, sign it, and put it in the basket at the Reception Desk. Un-Decorating Day will be on Tuesday, January 7, 2014.

CENTENARIANS' CELEBRATION

On September 25, the piano was in the center of the Activities Room with colorful helium balloons attached to it. Resident **Tom Lang** played old favorites, while over 30 other residents gathered at seven round tables to celebrate our seven centenarians.

Éclairs, cream puffs, fruit and coffee were served by **Fran Webb** and Terrie Hagi, a volunteer from

the wider community. **Marcy Smith**, Therapeutic Recreation, read short biographies of the guests of honor, who then repaired to the nearby Large Print Library for a group photograph.

After the party, attractive booklets with the biographies and photos of the centenarians were made available to the celebrants.

Betsy Pennink



From left to right, sitting: **Edith Joseph** (aged 101), **Kate Mundy** (100), **Margaret Lawson** (100), **Connie Bacha** (106); standing: **Marion Burk** (101), **Gertrude Marshall** (101). (**Jack Rudolph** (101) left early for his barber.)

ART GALLERY NEWS

by Helen L. Vukasin

The fall exhibit of resident art and photographs opens a busy November in the Medford Leas Art Galleries. The exhibit in the Art Studio Gallery will have its opening reception on Monday, November 4, 10 am to 12:30 pm. Resident artists and photographers have been working all summer on this completely new show, with new residents adding their contributions. The artists, as usual, will share their cooking skills by offering homemade refreshments.

Upstairs in the main Art Gallery we welcome once again the talented artists of the South Jersey Camera Club and their annual exhibit at Medford Leas. This organization meets on the third Tuesday of each month in the Medford Leas Theater. Meetings and memberships are open to Medford Leas residents. The night of November 19 would be a good opportunity to see the show, which is juried, and to meet some of the members from off campus.

At the Lumberton Campus Art Gallery the work of Janet Cebular will be displayed. Her work has been shown throughout the Delaware Valley. Janet studied at Moore College of Art, Cheltenham Art Center, Rutgers College and the University of the Arts. She has worked in oils, fabric, hand-made paper and clay, and recently she has switched from paper collages to fabric collages. There will be a wine and cheese reception in the Art Gallery on Friday, November 8, from 4 to 5:30 pm. Janet will share her ideas at about 4:30.

IN THE ARBORETUM

by Kitty Katzell

As every gardener knows, fall is the time for planting, and there has been much activity in the Arboretum this fall. **Debbie Lux** has installed new plantings in Court 9, eliminating the need to bring in an outside contractor to do that work. Court 13 will also be renovated. Keep an eye out for its new look later this fall. And if you haven't visited the new Court 28, it's worth a side trip to see the new native grasses in full bloom.

While you're out for a walk, visit the completely new Meditation Garden, which will be dedicated on November 7, and is opposite Parking Lot B. Nearby, you'll notice that the lovely big Dawn Redwood (*metasequoia*) tree is gone. It was struck by lightning that split the length of the tree, so it had to be taken down

On the other side of the campus, several other conifers were taken down as part of the construction in order to create a covered passage from the South courts to Woolman.

WELCOME TO THE COURTS

William (Bill) and **Lucia LeConey**, who have moved to Apt 173 from the Lumberton campus, are pleased to renew relationships with many other former Lumberton residents who have already moved to the main campus.

After graduating from the Princeton Theological Seminary, Bill had a long career as a Baptist minister. He officiated at churches in Bordentown and Linwood, NJ, and in West Hartford, CT, before retiring in 1998.

Bill and Lucia met in Moorestown High School and were married in 1954. They have three sons, two daughters and nine grandchildren. Only one son lives reasonably close, in Smithville near Atlantic City.

Lucia wanted to be a teacher but had to leave West Chester Teachers College after three years to follow her husband to a new assignment. But after her youngest child was in kindergarten, she worked as a teacher's aide in Moorestown and Cinnaminson schools. At age 59, when all their children were on their own, she earned an LPN certificate and then worked as a nurse in private homes.

In their younger years, they did a lot of traveling. Bill played golf and enjoyed gardening. Lucia played tennis, swam, and went on birding trips. During winter stays in Florida she collected shells, which she fabricated into unusual designs and sold at the annual Medford Leas craft fair.

Ellen Stimler

DR. ARIEL HOLLINSHEAD HYUN RECEIVES AWARD

text by Ellen Stimler, photo by Margery Rubin

“The George Washington University Distinguished Alumni Achievement Award Presented to Ariel Hollinshead, CCAS, MA ‘55 PHD ‘57, MD ‘77, September 2013.”



This inscription was on a special plaque at the bottom of a 12-inch bronze bust of George Washington that was given to Ariel at the completion of a dedication ceremony held on September 27 at the Four Seasons Hotel in Georgetown, Washington, DC.

Dr. Alan Wasserman, chief of the University's Department of Medicine, introduced Ariel to some 300 attendees, including all her family members, special colleagues, and medical researchers, many from out of town. Dr. Wasserman recalled that in 1974 Ariel became Professor of Medicine and Pharmacology and received an honorary MD degree in 1977.

What follows are excerpts from Dr. Wasserman's speech: “She was the first researcher to initiate clinical testing of vaccines for lung and ovarian cancer. In ‘Women of Science,’ she was described as, and I quote, ‘one of the few women who achieved a lasting distinction by applying principles of basic science to the diseases of humanity.’” He added, “Her 275 important publications and current studies leave a lasting legacy of her contributions to the field of science and medicine.”

After the applause died down, Dr. Wasserman handed the statuette to Ariel. In a brief response, she thanked Dr. Wasserman, special friends she named, and all members of her family. “I remain amazed and humbly grateful for this honor from the university.”

NEW BOOKS IN THE LIBRARY

by Kitty Katzell

Fiction

Atkinson, Kate *Life After Life*
 Danticat, Edwidge *Claire of the Sea Light*
 Drabble, Margaret *Pure Gold Baby*
 Fielding, Helen *Mad About the Boy*
 Gaiman, Neil *The Ocean at the End of the Lane*
 Gilbert, Elizabeth *Signature of All Things*
 Lahiri, Jhumpa *The Lowland*
 Lott, Jessica *The Rest of Us*
 Loyd, Amy *The Affairs of Others*
 Meyler, Deborah *The Bookstore*
 Patchett, Ann *This is the Story of a Happy Marriage*
 Pynchon, Thomas *Bleeding Edge*
 Saunders, George *Tenth of December*
 Sendker, Jan-Philipp *The Art of Hearing Heart Beats*
 Wingate, Lisa *The Prayer Box*

Mystery

Brett, Simon *A Decent Interval*
 Child, Lee *Never Go Back*
 Davidson, Diane Mott *The Whole Enchilada*
 Moriarty, Liane *The Husband's Secret*
 Nesbo, Jo *The Bat*
 Penny, Louise *Now the Light Gets In*
 Reichs, Kathy *Bones of the Lost*

Non-Fiction

Aslan, Reza *Zealot*
 Berg, A. Scott *Wilson*
 Bryson, Bill *One Summer: America 1927*
 Fink, Sheri *Five Days at Memorial*
 Gladwell, Malcolm *David and Goliath*
 Goodwin, Doris Kearns *The Bully Pulpit*
 Haygood, Wil *The Butler*
 Koppel, Lily *The Astronaut Wives Club*
 Leibovitch, Mark *This Town*
 McLaughlin, Emma *First Affair*
 Miller, Kimberly *Coming Clean*
 Packer, George *The Unwinding*
 Sacks, Oliver *Hallucinations*

IN MEMORIAM

Hana Stranska

September 27

TWO NEW FITNESS CLASSES

An integrated fitness class (Tuesdays at 8:30 am) is in session now offering cardiovascular and strengthening exercises led by instructor Stephen Porter. It's a beginner class in functional training that involves squats, lunges and movements that imitate the activities of daily life, such as reaching high up in a closet or for something under a table. Mats are used for floor work.

The second class (Tuesday and Thursday, 2:15-3:00 p.m.) is a revival of the aqua motion class, with instructor Mark Labajo. Both of these programs on the Medford Campus were started to enhance the fitness experience for residents. Ken Roland, manager, Fitness and Aquatics, invites all to at least try these added ways of stimulating and coordinating both the body and mind. We can all use that.

Suzanne Frank

WHO'S NEW

Medford Campus photos by Margery Rubin



Harriet Berger Sussman, Apt 86, is a doctor who married a doctor, and both spent their careers caring for patients in private practice and hospitals.

Harriet was born during a snowstorm in Milwaukee, WI. She went to local public schools and then entered a six-year special program at the University of Wisconsin, which combined a pre-med degree (physics, chemistry, biology) with an MD degree. She met her future husband, Irvin, when they were both residents at the Jersey City Medical Center. She was specializing in obstetrics and gynecology and Irvin in internal medicine. They were married in 1951.

The Sussmans lived in Jersey City while completing their residencies. Harriet then changed to pediatrics and she and Irvin moved to Bridgeton, NJ. Both had private practices, in their home. In addition, Harriet commuted to Children's Hospital in Philadelphia, and Irvin consulted at several hospi-

tals. Harriet managed her medical career while also raising a son and two daughters. They spent summers at their beach home in Stone Harbor,

After retiring in 1979, the Sussmans moved to Philadelphia and started traveling extensively. Harriet also volunteered at the Teenage Clinic, became involved with Planned Parenthood and as pediatric adviser for Head Start, and worked for a dermatologist.

Irvin died in 1987. Harriet remained in Philadelphia, where she found a cornucopia of educational and entertainment offerings. She also spent time visiting with her children and five grandchildren. Her son lives in Georgia, one daughter in Bridgeton, and the second daughter in Newtown Square, PA.

Harriet gave up her car when she moved to Medford Leas, but she is finding many ways to enjoy the wider community.

Ellen Stimler



Jane Lange, Apartment #633 in Rushmore, has led an active life. She has been an anesthetist. She has done creative sewing. She has traveled all over the world. She has been and still is a quilter and a golfer.

Jane grew up in Hillside, NJ. Upon graduation from high school, she went to the Presbyterian Hospital School of Nursing in Bloomfield, NJ (now Bloomfield College), to become an RN. After four years in the operating room there, she decided she wanted to be an anesthetist – not a strange choice, says Jane, as anesthesia was a specialty chosen mostly by women in those days.

She spent two years at the Jefferson School of Anesthesia, graduating as a Certified Registered Nurse Anesthetist (CRNA). After an eight-year stint at Misericordia Hospital in West Philadelphia and a short time at Lourdes Hospital in Camden, NJ, Jane went to the West Jersey Hospital in Voorhees, where she stayed for 29 years, until she retired in 2001.

Over the years Jane had become an expert at sewing, under the guidance of her mother. She began early, making dresses for her dolls, and then her own clothes. She went on to cross-stitch, needlepoint and "heirloom sewing," needlework techniques that imitate French hand sewing of a century ago. In this style, Jane created beautiful christening gowns with imported lace for all her nieces and nephews. Later she made all their Halloween costumes.

As her interests grew to include quilting, she joined the Berry Basket Quilters in Medford and was elected president. (The group has been holding its monthly meetings at Medford Leas for years.)

Meanwhile Jane has been traveling. In 1985 she went with the American Anesthetist Nurses Association to tour hospitals in China. It was a study in contrasts: shiny new anesthesia machines and otherwise limited equipment.

Since then she has traveled with two different couples, one American and one Australian, the wives old nursing friends of hers. She and her traveling companions traveled by car in Asia and Africa instead of using tours. However, last year's trip was with Road Scholar. A highlight was the eight days snorkeling and hiking around the Galapagos Islands.

When she is here, Jane plays nine holes of golf once a week in the summer with an Indian Springs women's group, which is fun as well as good exercise. Because she was on the Medford Leas waiting list for some time, she has been able to use our fitness facilities and has already made many friends. A longtime resident of Medford, Jane knew all about Medford Leas and is delighted to be here.

Betsy Pennink

WHO'S NEW

Lumberton Campus photos by Barbara Degler

Richard (Rick) and Anita Baker Ringen moved to 116 Woodside Drive on July 26, 2013. They have lived their lives primarily in New Jersey – Plainfield, Sparta, Mahwah, 17 years in Moorestown, and 15 years in Medford Lakes. Having

grown up in northern New Jersey, Anita in Teaneck and Rick in Westfield, they were surprised that our area was so close to Philadelphia when they moved "south."



Anita graduated with a BA from Green Mountain College in Vermont. She worked for an interior floral designer. In 1957 she and Rick were married and they had three boys who kept her very busy. Active in a Golden Retriever Rescue group, Anita adopted five retrievers over the years. Her true delight is working in the fiber arts, mainly knitting and quilting. Hooking has lately become her new passion. She is making a table cover showing animal choices for their six grandchildren.



Rick went to college and joined the National Guard on campus. He was assigned to Iceland for two years, a place where you need to hold on to ropes with knots in them to guide and protect you from the wind, in order simply to get to the cafeteria where you are assigned to work each day. Bitter cold, heavy winds, and storms – Iceland lived up to its name! Rick and Anita were married when he was halfway through this assignment.

Rick came home and graduated from Fairleigh Dickinson University. He then entered what turned into his lifetime career, computer programming, in the days when computers were as big as a large room.

Rick has made several unique furniture pieces in his workshop, including an unusual quilt chest and a beautiful pie safe that resides in their kitchen. Inside their home are fiber arts and furniture, and outside plants and rocks that are meaningful to them. It is clear that they have already made their home here with contentment.

Barbara Lewis

NOVEMBER CRYPTOGRAM

by Herb Heineman

WCC PJK WZJW JII WZD GDCGID NZC

UFCN ZCN WC AEF WZD QCEFWAL JAD

PEOL KATRTFM WJSTQJPO JFK

QEWTFM ZJTA.

KCACWZL GJAUDA

MDCAMD PEAF0

JAFClK OQZNJAYDFDMMDA

Below is the solution to the October cryptogram.

WHEN YOU HAVE THE FACTS ON YOUR SIDE, ARGUE THE FACTS. WHEN YOU HAVE THE LAW ON YOUR SIDE, ARGUE THE LAW. WHEN YOU HAVE NEITHER, HOLLER.

RONALD REAGAN
AL GORE
ANTONIN SCALIA

The correct solution was received from the following readers:

Anonymous, Catherine Barry, Maryann Beitel, Ruth Blattenberger, Marion Burk, Jody Cardona, John Caughey, Mary Chisholm-Zook, Alice Culbreth, Mary Cullen, Doris Curley, Barbara Degler, Liz Dill, Neil Hartman, Barbara Heizman, Pat Heller-Dow, Sue Isaacs, Jean Jordan, Sarah Klos, Mary Hope Mason, Helen Peterson, Betty Preston, Doris Salati, Florence Sawyer, Peg Scott, Anita Solomon, Miriam Swartz, Joanne Thomas, Ellen Wiener, Barbara Zimmerman. Sixteen correctly identified the author.

Please send your solution via campus mail to **Herb Heineman**, 121 WSD, Lumberton, or email it to hsheineman@gmail.com by November 10.

MEDFORD LEAS LIFE

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Deadline for submissions:
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