



Medford Leas *Life*

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GOLDEN AGE OF HOLLYWOOD

text by Betsy Pennink; photos by Margery Rubin

This year's Employee Holiday Show, many agreed, was one of the best ever, with a great theme – The Golden Age of Hollywood – beginning with silent films. Members of each department at Medford Leas, in elaborate costumes, performed a key song from each of 18 films. Films ranged from “The Wizard of Oz” to “Gentlemen Prefer Blondes,” to an unforgettable spoof of Esther Williams-style synchronized swimming in “Neptune’s Daughter,” by the Fitness and Aquatics department.

The opening black and white silent film, fast and jerky and with subtitles, showed the audience a frantic **Gerry Stride** and her committee searching for ideas for this year's musical extravaganza. Exaggerated movements in pantomime were used to convey the anxiety-filled preparations. What about props? In one hilarious scene, Bob Wasson, our mail carrier, unloaded a huge carton of feather boas and boxes on to Gerry.

Connor Heine of Dining Services was the narrator for the 30 years of classic Hollywood movies. He first introduced a group of Mae Wests (Estaugh and Woolman staffs), dressed in sequins, with boas and cigarette holders. They cracked vintage Mae West jokes and belted out “A Good Man is Hard to Find” from the movie “I’m No Angel (1933). Connor followed with a strong rendition of “Toot, Toot, Tootsie,” sung by Al Jolson in “The Jazz Singer” (1927).

“Puttin’ on the Ritz” from “Top Hat” (1935) was danced by staff of the Health Care Options department, not quite Astaire and Rogers, but a clever chorus line in black and white costumes.



In a nod to silent film, four members of the Therapy Department in black suits and bowler hats, and swinging their canes, imitated the famous Charlie Chaplin walk and, in pairs, copied each other's movements to the tune of “Me and My Shadow” from “Modern Times” (1936).

A loud round of applause met Gerry Stride, when she appeared in the role of Sophie Tucker, “the last of the red hot mamas.” In a black and gold, sparkly dress and much bejeweled, she brought down the house with her rendition of “Some of These Days” from “Broadway Melody of 1938.”

“The Wizard of Oz” (1939) was a memorable landmark in the Golden Age of Hollywood, and Assisted Living gave it its due. The five Scarecrows sang: “If I Only Had a Brain”; the three Tin Woodsmen followed with “If I Only Had a Heart”; and the five Lions regretted being “just a dandelion” in “If I Only Had the Nerve.”

At this point, Dorothy (**Rachel Conte**) came forward with her munchkins (staff children) who sang “The Lollipop Guild.” The Wizard (**Lisa Heinkel**) welcomed them all “to the Land of Oz, also known as Medford Leas.” Here lay the answers to all their problems, she said, in the Brain Gym, in loving friendships, and in the strength and courage

developed in the Fitness Center. Dorothy, who was looking for a home, found one by reciting three times, "There's no place like Medford Leas."

Rachel then sang Dorothy's solo, "Somewhere Over the Rainbow," in her lovely lyrical voice. Great applause greeted her performance and her return to the Holiday Show.

Next, seven men from Maintenance, wearing bright green hats, sang their version of "Harrigan" from "Yankee Doodle Dandy" (1942). They were "proud of all the work orders we get done, constantly we're fixing things and then some." At the microphone, each man boasted of what he does. Said **Walt George**: "If your lamp needs rewiring, it is me you'll be hiring." Chorus: M-A-I-N-T-E-N-A-N-C-E ...that's me!

As **Mark Wick**, at the piano, and Joe Pantano, at the electric keyboard, launched "Yankee Doodle Dandy," a dozen "Uncle Sams" from Environmental Services marched down the aisle and onto the stage, to an audience singing and clapping.

Then came the off-key performance everyone waits for each year. Father Flanagan, that is, Father **Bill Murphy** Flanagan, more or less sang "Too Ra Loo Ra Loo Rai" from "Going My Way" (1944). Dressed in clerical garb, Bill delivered a much enjoyed garbled rendition of the chorus.



Five members of the Therapeutic Recreation staff proved that "Diamonds Are a Girl's Best Friend" from "Gentlemen Prefer Blondes" (1949). With their peroxide blond wigs, formal long dresses, and gloves whose fingers sparkled with diamonds, they made a perfect chorus line for **Geri Mingori**, who sang the lyrics.



In an extraordinary demonstration of teamwork, Fitness and Aquatics put on a show that had the audience howling with laughter and disbelief. In their take on Esther Williams and the swimmers in "Neptune's Daughter" (1949), the five members of the staff appeared in old-time swim suits and caps. A blue plastic sheet representing water, held across the front of the stage, hid them from the waist down. To music (*Con Te Partiro*) they performed a series of synchronized strokes and routines, every one funnier than the one before. At one point, all you could see were their feet in the air performing synchronized water ballet movements, appearing as if their heads were underwater. The loud applause was well deserved.

A special treat followed. **Esther Benson**, CNA, Assisted Living, sang with great feeling the gospel song, "His Eye is on the Sparrow." This was sung originally by Ethel Waters in "Member of the Wedding" (1952).

In the next skit, Mark Wick became Gene Kelly, with an open umbrella, "Singing in the Rain" from the movie of the same name (1952). The members of the chorus (Administration) exhibited polished dance steps as they twirled their small red or green umbrellas. After they left the stage, police officer **Susan Kensill** swung her baton threateningly at Mark, who was lingering in the rain.





To the accompaniment of thunder, Moses, alias **Jeremy Vickers**, appeared an impressive figure in a red cloak and with long white hair and a very long white beard. He carried a large “stone” tablet,

as in “The Ten Commandments” (1956). **Russell Pepe**, IT, rushed on stage to give him an “updated” tablet (iPad), advising him that if he had any problems with it, he should contact **Dave Bartram!** Jeremy read the ten Medford Leas commandments in a strong voice. Each elicited laughter, but especially the last one: “The CEO is always right, but if he is wrong, thou shalt ignore him and enjoy all thy days at Medford Leas.”

“The King and I” (1956) offered the Health Center a chance to spell out their eagerness in “Getting to Know You.” Led by **Dr. Andie Iannuzzelli**, the staff pulled out their blood pressure cuffs and stethoscopes to take vitals, and their ear lamps to check hearing. “Suddenly you’re feeling better…… day by day,” they sang.

Fast forward to 1989. The drivers in Resident Services were having trouble “Driving Miss Daisy.” Miss Daisy (**Tammy Gerhart**) had waited for “hours and hours” for either **Bob** or **Barry** to pick her up. To the tune of “Daisy, Daisy, Give Me Your Answer True,” they ask her forgiveness. **Jack McGowan’s** last word: he’s glad he’s only the bus driver.

From Daisy to daisies, **Debbie Lux**, with her helper, **Barbara Shirley**, performed a duet: “Please Don’t Eat the Daisies,” from the film of the same name (1960), but Debbie’s version had a plea to save the flowers for her well-known bouquets.

The evening ended with staff and residents, in a nostalgic mood, singing together, “White Christmas” from Holiday Inn” (1942).

JAN 18 – MLK OBSERVANCE

Save the date! Saturday, January 18, will be the annual observance at Medford Leas of the birthday of the Rev. Dr. Martin Luther King, Jr. The Theater has been reserved for 11 am on that date, and there will be a relevant program, but it has not been confirmed at press time for this publication.

A TRADITION REMEMBERED

by Kitty Katzell

Christmas 1996 marked the 25th year that a special Christmas tree welcomed all who entered the Colonial Dining Room. It was Medford Leas’ oldest tradition.

In 1972, **Ira** and **Edith Schmidt** entered Medford Leas. That year they bought a live Christmas tree and decorated it with family ornaments. They used a live tree every year until 1982, and an artificial, fireproof tree after that. Over the years, residents brought Ira ornaments from their travels as well as modern mechanical ones. Ira always enjoyed decorating the tree and even participated from his wheel chair the last year of his life.

No one is sure when Ira’s tree decorations were last used, but over time, some of the ornaments got broken, and decorating the tree became too large an undertaking. When you look at the list below of the ornaments on Ira’s tree that appeared in *Medford Leas Life* in 1996, you can see what a job it must have been.

Mechanical Toys: Ice Skaters, Bicycles, Train in Tunnel, Football Game, Airplane that flies.

Antique Ornaments: Fabergé Egg, Coffee Grinder, Jewel Box, Church, Unicorn, Raggedy Ann, Penguin, Polar Bear, Big Bad Wolf, Little Red Riding Hood, Plum Pudding, Raccoon in Mailbox, Spider Web, Boxing Gloves, Santa and Wife on Bicycle, Angel Choir, Frosty the Snowman, Bare-bottomed Angel, Dwarf with Pipe, Santa in Blimp, Bird in Nest, Old Man & Old Lady in Rockers, 2 Glass Globes, 2 Drummer Boys, and 7 Angels.

In our memories that lovely tradition lives on.

*Life Lines***TOYS “R” (some of) US**

by Marcy Webster

The holidays tend to remind me of toys, and you know how it is when you have something hovering in your mind. You are susceptible to every random reference: you might be thinking of Egypt and NPR does a segment on the Nile, or you have a yen for turnips and, amazingly, they appear on the dinner menu.

So here I am, with toys on the brain and, not only does **Kitty Katzell** reminisce in print about her Dydee Baby Doll, but two days after reading that, I came upon an article in *The Inquirer* listing the National Toy Hall of Fame inductees for the last 15 years. I used the article to play a game with my family, challenging them to name the winners. They came up with the obvious: Tinkertoys, Legos, Barbie and Teddy bears, all of which were honored in the first year, 1998. After that came the yo-yo, Lionel trains and dominoes. Other selections call for lots of imagination: a stick (2008), a cardboard box (2005) and a blanket, which, surprisingly, didn't get in until 2011.

Most of the toys on the list are simple distractions but some, notably Scrabble (2004), alphabet blocks (2003) and chess (2013), are important tools for learning. Others, the Radio Flyer wagon, for example, are utilitarian. There are several of these classic red wagons at Medford Leas. The one in Court 10 came with **Barbara** and **Wil Britten** from their Mendham home and was bequeathed to the Court when they downsized. **Andy Moll** took it to the workshop, where it was rebuilt by **Dick Randolph** and now, as good as new, it resides under wraps in the custody of Friendly Visitor **Jean Stratton** and is available for any Courtyard 10 hauling.

So, we have toys at Medford Leas and we have a toymaker, as well. Actually, **Bob deVry** thinks of himself as a hobbyist. He began by latch-hooking rugs and knitting for his wife, **Janet**, moved on to making dollhouses for his children, and is now creating miniatures for his grandchildren. Using information gathered from David Macauley's book

Cathedrals, Bob made a completely accurate scale model of a Gothic church standing some five feet high. Cutting from balsa wood, Bob devoted over 10 years to the project. Because it was intended as a teaching tool, the walls and roof are removable. The completed cathedral was given by Janet and Bob to a church in Kennett Square, where it is on display.

When the deVrys moved to Rushmore they designated a space for a workshop, and Bob, this time using Macauley's book, *Castles*, began his current design, the tabletop reproduction of a fortified castle from the Middle Ages. A friend made a "motherboard" with cutouts into which Bob fit pieces of precisely cut PVC pipe. This work of painstaking craftsmanship with its tiny windows, turrets and towers has been constructed to be used as a toy. The deVry grandchildren are encouraged to be hands-on, manipulating the elevators, raising the drawbridge that guards the moat, and moving the knights and ladies of this miniature world about the business of their lives.



Janet DeVry

Granddaughter Anna and Bob

After four-plus years' work on the castle, Bob is looking ahead to making a model of the log cathedral that stands among the peaks of the Grand Teton range. That will be constructed of wooden dowels. I noticed that each of Bob's re-creations has an element of faith: the inspiring cathedral, the castle with a cross as a centerpiece and, next, a chapel in the mountains.

WREATHS: EVERGREEN ARTISTRY

by Beth Bogie

The scent of fir and hemlock greeted residents and women from nearby communities as they arrived in the Holly Room of the Community Building at Medford Leas for a session of holiday wreath-making, led by **Debbie Lux**, horticulturist. The previous day Debbie had demonstrated the art of wreath-making on the Lumberton campus, an account of which appeared the next day on the front page of the *Burlington County Times*.

Holiday wreath-making is a popular offering of *Pathways to Learning at Medford Leas*, a program in its second year that is the brain child of **Jane Weston**, director, Development and Community Relations. More than 70 women attended the two days of wreath-making.



Beth Bogie

Barbara Fiala

In the Holly Room, round tables laden with evergreen cuttings from the Arboretum were the starting points for the wreath makers, who fastened greens of varying kinds to wire frames. Holly, pine cones, red berries, shiny magnolia leaves, all kinds of decorations and finally the all-important bow were added, either with wire or hot glue. People remarked on how individual the wreaths were, even though made from many of the same materials.

Participants could bring their own ornaments to add to their wreaths. **Barbara Powell**, a well-traveled former military wife, attached miniature

decorations from places all over the world – Morocco, Mongolia, Australia, Antarctica, to mention a few. It was her “memory wreath.”

Everyone was having fun and helping each other. **Barbara Fiala**, while making her wreath, talked about the excitement of Christmas with her grandchildren, ages 2 and 5. Women from the surrounding area – Janet Bruner from Shamong, Elsa Sanchez from Pleasantville, Karen McGreer from Medford and others – spoke of how they enjoyed coming to varied events at Medford Leas.

Debbie Lux said that many of the evergreen cuttings came from trees in the Pinetum that were too big to be saved from the Estaugh redevelopment and had to come down. Just the top of one such tree became a large lighted Christmas tree near the Gazebo.



CHRISTMAS CHORISTERS



Margery Rubin

Barbershop Quartet “Special Occasions” performed in the Atrium of Medford Leas during the holidays. **Harry Forrest**, baritone (right) has been singing with the group at various functions for 13 of their 15 years. The three others from the wider community are (l. to r.) Ed Rounsaville, tenor; Bud Miller, lead singer; and Al Evans, bass. In 2007, they were named Mid-Atlantic District Senior Champions, covering a six-state area.

DECORATING DAY



**Undecorating Day is
January 7**



Top l-r: Joan McKeon, Fran Webb and Jean Stratton; Middle: Sally Brummer, Nancy Martin, Thanksgiving Menorkey, Dick and Valery Cross, co-chair of the event, Dick Cross and Bob Becker; Bottom row: Gen Farnath, co-chair of the event, Fran Webb with her daughter Midge and Bud Stratton. photos by Perry Krakora

DESPITE COLD, BIRDERS SPOT 33 SPECIES

text and photo by Joe Costanza

Challenged by temperatures that hovered in the twenties, 15 dauntless birders took part in the *Medford Leas Birders/Pathways to Learning* outing to Barnegat Light on December 11. Led by **Miriam Swartz** and, at the site, by **Perry Krakora**, we identified 33 species, despite the very cold and windy conditions. Our highlight bird of the day was a much sought-after but distant Snowy Owl that perched on a dune on the opposite side of the inlet, visible only with a powerful scope.



For the reader who may not be familiar with New Jersey's coastal geography, Barnegat Inlet separates two of New Jersey's major barrier islands: Long Beach Island to the south, and Island Beach State Park to the north. As winter approaches, many of the waterfowl of Canada and upper New England, their lakes and rivers soon to freeze over, fly south seeking open waters and a more hospitable habitat for their sustenance. For some, New Jersey and Delaware are the southernmost extent of their winter range. Many of these birds are seen here only during our colder months.

We began our quest from a concrete walkway that borders the south side of the inlet and terminates at the foot of an extensive rock jetty. A Common Loon swam close by while farther out in the ocean Northern Gannets made their spectacular dives for fish. Long-tailed Ducks flew frequently from the mouth of the inlet to the bay, and rafts of Bufflehead ducks floated on the tide. Our next location required a hike across the beach to the south jetty, where beautiful Harlequin Ducks swam with Ruddy Ducks and numerous Common Eiders.

A delicious lunch at Kubel's Restaurant followed, made more enjoyable by the charming server who told us of all the Snowy Owl sightings on the island. After lunch, we caravanned to the bay side of the island, where we found Brant, Black-bellied Plovers, a lone Great Blue Heron, Red-breasted Mergansers and numerous Mallards. A quick stop at Cedar Run Dock Road, which extends from Route 9 to the west shore of the large bay separating Long Beach Island from the mainland, gave us a large group of Lesser Scaup and ended a very enjoyable day of birding.

DINING HEALTH SERVICE

by Suzanne Frank

All of us tend to take certain advantages we enjoy for granted as we maneuver our lives from volunteering, doing fitness routines, and dining with friends. However, like a safety net under our feet and bodies, Dining Services (DS) supports our individual tastes and needs in whatever state our health requirements are at the moment.

Let's take an example of someone who is having difficulty swallowing.

According to Director of Dining Services **Jen Zdunczyk**, "the first step is for the resident to secure a medical order, which may entail swallowing tests, clinical exam, x-ray and just visual observation. Then the recommendations from both the dietitian and speech therapist are needed, before DS, through its health service department, takes over to prepare the food items prescribed. Once given the order from these three sources, clinical requirements are set and must be followed until the order is changed." This service is available to those in Estaugh, Woolman and Haddon.*

The condition called dysphagia – that is, the inability to swallow and chew normally – requires that foods be modified along with their texture. Jen stresses that DS seeks to give the resident what it calls a liberalized diet, which actually means giving the person as much choice in food

texture as possible, whether pureed, chopped or ground. So a person might require pureed soup while tolerating chopped or ground beef.

DS keeps a detailed record of special diets, whether for existing residents or new admissions. It maintains a file on everyone's needs and distributes menu packets. These are pages of daily menus with the resident's name and listed preferences, such as particular likes, allergies or diet orders. After an individual makes his or her choices, **Lisa Hartman**, a certified dietary manager, goes through the menus to make sure that the items will be prepared properly. She then makes a tally of purees, ground and chopped foods, as well as beverages, and gives the tally to the DS staff.

Jen reports that if Medical needs to be involved, **Lorraine Phillips**, "our diet guru," acts as a liaison between Dining and Nursing to make sure that NDD (national dysphagia diet) guidelines are followed and everyone is speaking the same language.

A lot of communities use prepackaged meals which may look nicer, but DS uses the same freshly prepared food for the entire community and modifies these foods according to a resident's specific diet order. This maintains the flavor of the food and ensures that it is pleasing to the resident. In treating dysphagia, when thinner liquids cause a swallowing reaction, DS prepares the items to nectar thickness or honey thickness by hand, using everyday menus. If the condition is caused by a dental problem, it also can be accommodated.

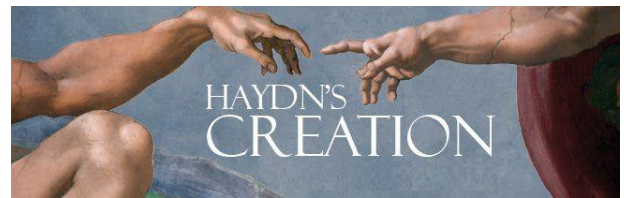
"We want residents to be safe and enjoy their food. So we'll modify anything!" Jen says cheerfully.

* Note: Jen says that other residents can participate by letting Dining Room or Coffee Shop staff know directly if the resident needs or wants a modified diet. The resident may also get a recommendation through consultation with nurses and practitioners in the Health Care Center and Options Access Center.

SPECTICAST: HAYDN'S CREATION

by Beth Bogie

The Creation, the oratorio by Joseph Haydn, considered his masterpiece, will be presented here in HD by SpectiCast on Saturday, January 25, at 2 pm. It was recorded live on May 31, 2009, at a celebration commemorating the bicentenary of Haydn's death. It is performed at the Esterhazy Palace outside Vienna, where this Austrian composer wrote and performed most of his works.



Adam Fischer conducts the Austro-Hungarian Haydn Philharmonic, which he founded in 1987 in order to perform Haydn's works in the place where Haydn lived and worked. The concert features Annette Dasch, soprano; Christoph Strehl, tenor; and Thomas Quasthoff, bass-baritone, as well as the Vienna Chamber Choir, led by chorus master Michael Grohotolsky.

Written between 1796 and 1798, *The Creation* is in three parts and celebrates the creation of the world as told in the biblical Book of Genesis, the Book of Psalms and John Milton's *Paradise Lost*. The three soloists represent angels who recreate and comment on the successive six days of Creation: Gabriel (soprano), who also performs as Eve; Uriel (tenor); and Raphael (bass), who also sings the part of Adam.

Haydn (1732 – 1809) was inspired to write this large oratorio during a visit to England on hearing large works by Handel. Composing this massive piece over two years is said to have been a profound act of faith for this deeply religious man.

The three soloists are well known to concert stages throughout Europe. Dasch has worked with leading conductors; Strohl is highly in demand as a Mozart tenor; and Quasthoff has a range from Baroque cantatas to solo jazz presentations.

Sources: SpectiCast, Wikipedia, EuroArts

DAVID BARILE WILL SPEAK HERE ON SATURDAY JANUARY 11

by Maggie Heineman



By all accounts David Barile, MD, is a dynamic speaker who holds an audience. Both Social Worker **Cathy Martin** and **Tammy Gerhart**, director, Resident Services, have attended seminars on POLST led by Dr. Barile. POLST stands for “Practitioners’ Orders for Life Sustaining Treatments” – not an easy topic to explain. Tammy describes Barile as an “interesting speaker who put it in laymen’s terms and gave a really good explanation of everything.” Cathy adds, “He was very informative. It’s tough information and he has a good sense of humor.”

On January 11, Dr. Barile will speak at 11 am in the Theater on “Decision-Making in Geriatric Medicine,” under the auspices of the Forum Committee and the local Funeral Consumer Alliance.

Dr. Barile is Medical Director of Acute Care for Elderly and Palliative Services at University Medical Center in Princeton. He is also Medical Director of Goals of Care, a New Jersey nonprofit organization aimed at matching patients’ goals with available therapies. He is board certified in internal, geriatric, and hospice/palliative medicine.

In October 2011, Dr. Barile spoke at the Plenary Meeting of ORANJ. He spoke of barriers to good decision-making in geriatric medicine, the benefits of aligning patients’ goals with available therapies, and about POLST.

The POLST form was released by the New Jersey Department of Health on February 22, 2013. Goals of Care is making a statewide effort to assist all hospitals and nursing facilities to switch to the POLST form as their advance planning worksheet.

The POLST form, which is now available through the Health Center at Medford Leas, goes beyond the advance directives that are available through Resident Services. In what way? It’s complicated. That’s one of the things Dr. Barile will explain

THE HEARING LOOP AND COSTS

(Part III of a three-part series)

by Helen L. Vukasin



In the first two parts of this series we examined the need for and the technology of the Hearing Loop. In this last section we are outlining the cost of installing the mechanisms that provide better quality sound and the costs of receiving the direct clear sound.

The cost of installing the induction system varies widely with the size and shape of the facility and sometimes built-in obstructions. For example, installing a loop for your TV set in your home could cost as little as \$300. Installing the loop in a theater such as the one at Medford Leas is estimated at \$3,000.

Medford Leas is pleased to announce that we have received a grant from the D’Olier Foundation that will allow us to install this technology in the Theater, the Holly Room and, on the Lumberton campus, the Great Room.

The cost of receiving this improved sound is even more variable. It is designed to be used with a copper coil installed in individual hearing aids. When purchasing new hearing aids or replacing hearing aids, the cost can be as low as \$8 to \$20 for the coil to be installed. Very few hearing aids can be retrofitted with the coil. That means it is essential that people with hearing loss be aware of getting the coil when and if they purchase new hearing aids or replace their present hearing aids.

There is one other form of access to the hearing loop and that is with portable receivers, similar to the ones now in use in the Theater. Medford Leas will be purchasing a few of these especially for residents who have hearing loss but do not use hearing aids.

Reports on the installation of the loop will appear here as appropriate. Additional Information can be obtained from the Information Technology, or IT, department hotline (654-3018) or from **Dave Bartram** (267-7783).

MENTAL HEALTH CAREGIVERS

text by Suzanne Frank, photos by Margery Rubin

Many folks find depression stalking them at some time in their lives, and if it is now or in the future, there are three professionals here at Medford Leas that can help alleviate that condition. But the first step on the road to seeking their help is to consult with a practitioner who will guide you to the appropriate therapist listed below:



Cathy Martin, LCSW, is a social worker who is here weekdays except Fridays. Her job is to help residents improve their quality of life by working together with them in answering a roster of questions which will determine what kind of help is needed. For those in subacute care, she helps residents go through guidelines to evince feelings and problems with the intention of ridding them and relieving the attendant anxieties. She aids people in creating advance directives and also is involved in patients' dietary habits. Cathy stresses that "anything you do for your heart you do for your brain."



Loren Firstenberg, PsyD, is a psychologist who is available two days a week. She focuses on self-care and mental well-being. She acts as an objective outsider, using a cognitive behavioral approach in dealing with such situations as a resident's mood, stress, depression and general upset. Dr. Loren, as she likes to be called, also deals with the challenges of caregivers and the burdens of loneliness and grief. She says there are a lot of components to her therapy, which she uses in both group and individual therapy sessions.



Barbara J. Taylor, DNP* and APN** has specialized and is now a geriatric psychiatric nurse practitioner whose expertise is called upon as an as-needed consultant to the Health Center. She deals with temporary depression, called an

adjustment disorder, and with those in long-term care or who may be subject to major depression requiring medication. Persistent depressive disorder (dysthymia) is chronic and may be somatic.

Dr. Taylor says that dementia has now been divided into two categories. One is mild neurocognitive disorder, which, if diagnosed early enough, can be treated with medication. The reason the Health Center is giving everyone the SLUMS memory test is to diagnose signs of this early dementia. The other category is major neurocognitive disorder, which is a more progressive dementia and can also warrant treatment.

Some residents have asked about a facility called Buttonwood to which some patients have been referred. According to **Dr. Andie Iannuzzoli**, Medical Director, it is a geriatric hospital for those with acute conditions who are not safe in their own environment.

*doctor of nurse practitioner

**advanced practical nursing

CONSTRUCTION UPDATE

by Kitty Katzell

On one of those lovely mild days during the first week in December, **Bill Murphy** took me for a drive around the Medford campus and told me about CONSTRUCTION – and there's a lot going on, most of it planned, but some of it unexpected.

The unexpected was a broken water main six feet below the covered walkway leading to Courts 15 and 18. That required immediate repair and a new section of paving in the covered walkway.

There's also ongoing construction to apartments in Bridlington and Rushmore to meet the needs of incoming residents and to modify the entrances to provide shelter. The external painting of all the buildings from the Route 70 entrance around to the main parking lot is progressing. Where it's

completed, it's really very attractive, giving the courts a more contemporary appearance.

The new replacement generator is on order, but till it gets here, there's a rented generator keeping things working. When the new one arrives, we'll see some big equipment in the vicinity of the Health Center entrance. That equipment will be used to remove the cover over the old generator, remove the old generator, install the new generator, restore the cover over the new generator, and finally remove the rented generator. For sidewalk superintendents, that whole procedure should be worth watching.

The demolition of Court 19, which must precede the start of the main construction, was delayed for a permit allowing the demolition, but now that has cleared, and demolition should have started by the time you are reading this.

There has been discussion about "the fence." Some want it to be concealed with verdure, art or tarps; others want it left open so they can watch what's going on. Obviously economics are on the side of leaving it open.

As the bus passes Parking Lot G on its way in and out of Medford Leas, its passengers have watched the reconstruction of the path from Medford Leas Way up the hill. This reconstruction was necessary because the existing path was too narrow and was also extremely bumpy.

The new covered walkway from Ground Floor Woolman across to the South Courts is attractive and effective. An awning is being installed across the gap between the walkway and Woolman, a gap that is essential for emergency access. The awning will have flaps that can be lowered in inclement weather.

And so, as we move into 2014, we can watch to see what's new in construction. There have been many changes in Medford Leas over the past 43 years, and current residents are beneficiaries of those changes. Those who are here today and those who are coming in the future will be beneficiaries of the new expanded health facilities we are building.

ART GALLERY NEWS

by Helen L. Vukasin

The traditional December exhibit of calligraphy by the Philadelphia Society of Calligraphers was a great success again this year. We had more examples than usual of beautiful hand-drawn work. At the opening on December 3, the artists had an intimate discussion with visitors about their art form.

On January 7, the watercolors of Toni Frary will be welcomed with an opening reception from 3 to 4:30 pm in the Medford Leas Gallery outside the Theater. During the reception Ms. Frary will tell visitors about her methods. Ms. Frary is known for her favorite subjects: "animals, scenery and anything to do with the natural world around us." She studied with and was inspired by Robert Bateman, a Canadian wildlife artist who has had his paintings displayed at the Smithsonian in Washington, DC.

The Art Studio Gallery exhibit with paintings by 25 resident artists and 10 photographers will continue into the spring. In February the same artists and photographers each will show two select additional works on the Lumberton campus in the Lumberton Art Gallery.

COLLECTIONS FOR DISPLAY CASE

The Christmas collection of choristers in the display case in the Atrium has received many positive comments, but must be put away after the holidays. Some residents have suggested that we continue to rotate collections in the display case, as was done in the past. This gives residents a chance to share their collections, which would be in the display case for two to three months. If any residents have collections they would like to share with others, they should call **Carol Eynon** at 3684 or **Gen Farnath** at 3677.

CRAFT FAIR SALES ARE UP!

text and photos by Beth Bogie

By 9:30 am the Holly Room was jumping, and **Alex Webb's** beautifully carved shore bird had already sold for \$400. Decorated suet holders by **Debbie Lux**, Medford Leas horticulturist, were flying off her display stand at only \$5 each. Throngs of holiday shoppers were arriving to sample the array of handcrafted items at the seventh annual Medford Leas Holiday Craft Fair, co-chaired by **Art Hartwig** and **Tom Roberts**. Contributors to the Fair were both residents and crafters from the surrounding community.

Susan Dowling was heard to say on arrival, "I don't know where to begin!" Tables of gift items filled the Holly Room and Gathering Room and spilled into the Gallery outside the Theater, where **Joe Jordan**, a member of The Philadelphia Ship Model Society, demonstrated the art of ship modeling. In the Gathering Room tables overflowed with handmade jewelry, wine bottle carrying bags, and attractive handbags, as well as the exquisitely knitted baby blankets and sweaters for tots from the Knitting and Sewing Group. **Miriam Swartz** was back with her handcrafted miniature woodsmen, as well as small tree decorations.



In the Holly Room, there were handwoven scarves by Dianne Snodgrass, each scarf individual as to style, color, weave and yarn: wool, silk, cotton, linen, bamboo or synthetic blend. Nancy Salvatoriello had returned bringing her Red Dog Pottery. **Ralph Berglund's** beautiful photographs of landscapes and floral portraits were mounted for framing.

Across the aisle, **Andy Moll** and Alex Webb were manning a display of skillfully created objects made of wood from the Medford Leas workshop. **Betty Taylor** exclaimed over her purchase of cleverly designed expandable book ends.



Alex Webb (foreground) and Andy Moll

In a far corner of the Holly room an enchanting, large Victorian dollhouse, created by **Dick Sharp**, elicited childhood memories

from many visitors. Dick had created doors that opened to rooms from the front, in addition to access provided



Mary and Dick Sharp

from the back, an unusual feature. Indoors the walls were covered with charming old-fashioned wallpaper. The dollhouse drew a winning bid of \$525 from **Marie Cox**, who bought it for her grandchildren.

By noon the crowds kept coming, and by the close at 4 pm, more than 700 visitors had shopped, and many had picked out gift items. Our Shared Ground, a nonprofit run by Cindy Quinton, wife of **Dr. Keith Quinton**, had completely sold out of their loaves of bread fired in wood-burning stoves. Dr. Quinton and Kiyu Moriyuchi, a member of this group, were helping.

Most of the visiting crafters, when surveyed, said they had even better sales this year than last. Art Hartwig was appreciative of three articles run by *The Central Record* about the Fair. Proceeds of the Fair will go to the Resident Assistance Fund.

GLORIA BREGMAN A MEDFORD LEAS FOUNDER

by Judy Kruger

“She was charming, quiet and well-spoken,” mused Bridlington resident **Mike Carrell**, “and anything Gloria did would be done right. She had an iron will.”

These characteristics, plus **Gloria Bregman’s** far-sightedness about the housing needs of older Quaker (Friends) teachers, may explain the presence of her name, among others, on the Medford Leas Founders plaque in the front entrance hall of the Community Building. “She was a spiritual driving force for the idea of something more than just a nursing home for retired Quaker teachers,” said Mike.

Mike and **Helen Carrell** met Gloria through a referral to her husband **Mort**, “a fine optometrist,” whose home and office were in Haddonfield. Gloria, they learned, had been born Jewish and raised in North Jersey. “As a young adult, she had a spiritual awakening that led her to Quakerism,” Mike said. Although not Quaker himself, “when I first met Gloria it was like meeting a soulmate. It was instant rapport.”

Gloria was a powerhouse. As a member of Haddonfield Friends Meeting, she was a vividly remembered First Day (Sunday) School teacher. She served on the Meeting’s Worship and Ministry Committee for longer than anyone else, guiding the Meeting. A presence in Philadelphia Yearly Meeting, her ideas and vision were considered throughout the region among Quakers. Mort, on the other hand, was known for his humor. “He’d sit in worship and wiggle his ears to amuse the kids sitting behind him,” confirmed two friends of the Bregmans.

Medford Leas began in Haddonfield in 1914 as one building, The Estaugh, for retired Quaker teachers. When Gloria Bregman became president of The Estaugh, she asked **Lew Barton** to chair its new board. She became its secretary, keeping that position until she died in the late 1990s.

By the time Gloria and Mort moved into Medford Leas, she had severe arthritis and needed care. Her colleagues from The Estaugh lovingly moved them from Haddonfield into the Courtyard apartments. Despite her health problems, Gloria perceived and addressed needs of her new community, including the development of a day-care center at Medford Leas, which was named after her. (It was situated in the location of the present Fitness Center.)

Summing up Gloria’s adventurous life, Mike noted, “She was a woman of tremendous courage.”

HEADS UP! IMPORTANT!

If you are planning an event at Medford Leas and need both a room for the event **and** the appearance of the event on the monthly and/or weekly calendars, you need to obtain and fill out **two** forms – one for the room reservation and one to get on the calendars. These forms are available in mailboxes in the Atrium marked “MEETING ROOM RESERVATION FORMS” and “CALENDAR.” The boxes are to the right of the resident mailboxes. If you fill out only the room reservation form, you won’t get on a calendar. So, fill out both and give both to the Reception Desk. Now, **there is a third form to fill out if you want the Theater for an event.** You must request assistance, so that there will be someone in the booth to control the microphone and lights. The form is in the box marked “THEATER FORMS” and is headed “Request For Auditorium Assistance.” Thank you.

VOLUNTEERING – A WAY OF LIFE

by Beth Bogie

You may know residents who do major volunteering within Medford Leas, but how many do you know with *three* volunteer jobs outside of Medford Leas, in addition to volunteering within? **Fran Walker** is one and possibly the only one. You may have seen her ushering in the Theater, or packing your purchases at the Thrift Shop, or pushing wheelchairs, or stuffing mailboxes with this newsletter. But that’s just for starters. For Fran, volunteering became her way of life after retirement in 2010 as director of student life at the University of Pennsylvania.

“I like structure. It’s very important after you retire,” says Fran. “Community is also important to me. I like being part of groups.”



I to r: Destiny, Fran, and Feisty

On leaving Penn, she began volunteering four afternoons a week at a shelter for cats and dogs, run by the Animal Welfare Association. Owner of two orange tiger cats, OJ and Lizzie, Fran confesses that she is partial to cats. At the shelter, she helps match adopters with cats, and has helped place as many as 17 in one weekend. “Everybody wants kittens,” she says. “Getting adult cats adopted is my favorite thing.”

It was not long before Fran also started training with the State Health Insurance Assistance Program (SHIP) to counsel people in making Medicare decisions. Says Fran, who has a dry sense

of humor, “I enjoy helping people who are incredibly confused.” She is not just being funny; she definitely has such a talent. She works out of the Burlington County Office in Moorestown Mall, but does much of the counseling by phone in the evenings. She found this job through RSVP, a national program that matches senior volunteers with volunteer opportunities. She also does some counseling at the state Office of Aging.

Fran, who has a PhD in English literature and taught at the graduate level for a time, “loves libraries.” In the summers before college, she worked in libraries and thought that one day she might like to be a reference librarian. In 2011, she went to a volunteer fair at the Cherry Hill Library, which needed volunteers. She signed up and works the Welcome Desk on Mondays.

What does Fran do in her spare time? Well, one thing she does is help her Bridlington neighbors. A savvy computer user, she may drop in to help solve a computer problem. She cat sits for cat owners when they are traveling. She helps a neighbor with shopping. She works with **Perry Krakora** on strategies to get feral cats to her shelter after Perry has captured and socialized them.

“I like being useful,” says Fran. “Satisfaction for me comes from being useful. I like to help people resolve problems.” She adds, “We are very lucky to be here and to be taken care of as we are. It’s very important to me to be giving back.”

As for volunteering outside of Medford Leas, Fran has friends from the various groups she’s involved with and enjoys bringing them to Medford Leas. “It also keeps you in touch with the world.”

IN MEMORIAM

| | |
|---------------|-------------|
| Mary Kerr | December 8 |
| Arthur Steitz | December 15 |

WHO'S NEW



Jane Reid Wheeler, Apt. 144, remembers that her family was always moving as she was growing up. Her father was a Unitarian Universalist minister who was sent to different parishes, which meant different schools for Jane. She was

born in Rockland, ME, went to elementary school in Fall River, ME, and high school at an Army School in Ft. Knox, KY, after her father was appointed chaplain of the Army Air Force during WWII.

She went to Wheaton College in Norton, MA, which, at that time, was for women only but had a close relationship with men-only Brown University in Providence, RI. A friendship developed between Jane and William (Bill) Wheeler at Brown, and they were married after Jane's sophomore year. Bill did a stint in the Navy and then came back to finish a degree in economics. The couple lived in Waterbury, CT, while Bill worked for Scoville Manufacturing Company. They moved to Haddon Heights, NJ, when Bill's company assigned him to their Philadelphia office.

After their three children were all in school, Jane enrolled in what is now Rowan University and earned a degree in elementary education. She was hired by the Westville, NJ, school district and taught there for 22 years.

Bill retired in 1990 and they moved to Leisuretown in Vincentown, NJ. Bill died a year later. Jane continued to live there until her move to Medford Leas. Their three children are married, and Jane has eight grandchildren and five great-grandchildren.

Jane is a member of the Pinelands Garden Club, loves to grow her own garden, enjoys reading, and is interested in politics and following the next generation's progress.

Ellen Stimler



Robert (Bob) and Dorothy (Dotty) Jahm Grant, Apt. 139, met at Haddon Heights High School and married just a few years after graduating in 1951. Their parents felt strongly that they were too young and should wait until Bob had a job to support them.

Bob did get a first job at the Philadelphia Zoo and then a once-a-month job at the Philadelphia Academy of Natural Sciences, which turned into a full-time job and lifetime career as an environmental scientist until his retirement in 2001.



In contrast to Bob, Dotty had multiple jobs and volunteer activities, in addition to raising a son and a daughter at their home in Haddon Heights.

Even before their marriage, she had signed up for a four-year term in the U.S. Naval Reserve, where she worked as a secretary or clerk until her honorable discharge. In Haddon Heights, she became involved with the community theater, directing plays, making costumes, and designing sets. She served a four-year term on the Haddon Heights Borough Council and worked for the mortgage department of the Haddon Savings Bank.

She retired with Bob in 2001. They traveled to England, where, on a houseboat in the canals of the Manchester area, they enjoyed the camaraderie of other houseboaters they met.

With encouragement from **Ruth Gage**, Bob's cousin on the Lumberton campus, they considered moving to Medford Leas, and they are pleased with their choice.

Ellen Stimler

JANUARY CRYPTOGRAM

by Herb Heineman

XWN YPJ KWG RWQJ'U JWUYXP-
 NZYK CW NOZU: GW GZXX CW
 NOWJW LYJ YKW QKYNOWJ QU
 LWXXYG IWICWJU YL OPIQKZNR, ZK
 NOW LZKWUN UWKUW YL NOW GYJS.

Underline the name of the author

**DYJQK FWJUUYK
 IQOQNIQ DQKSOZ
 FYFW LJQKBZU**

Below is the December cryptogram solution.

POLITICS IS WHEN YOU SAY YOU ARE
 GOING TO DO ONE THING WHILE
 INTENDING TO DO ANOTHER. THEN
 YOU DO NEITHER WHAT YOU SAID NOR
 WHAT YOU INTENDED.

SADDAM HUSSEIN
 EUGENE ONEGIN
 THEODORE ROOSEVELT

I apologize for the typographical error in the December puzzle. Even so, the following readers submitted the correct solution:

Anonymous, Catherine Barry, Ruth Blattenberger, Doris Brown, Marion Burk, Jody Cardona, John Caughey, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Liz Dill, Barbara Heizman, Sue Isaacs, Mary Hope Mason, Helen Peterson, Betty Preston, Ruth Quackenbush, Doris Salati, Peg Scott, Anita Solomon, Louise Stiles, Miriam Swartz, Ellen Wiener, Barbara Zimmerman. Eleven 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 January 10.

MEDFORD LEAS LIFE

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