



# Medford Leas *Life*

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## MARC AND MI-YOUNG MOSTOVOY MAKE MEDFORD LEAS THEIR HOME

by Barbara Lewis and Kitty Katzell

The name **Marc Mostovoy** is very familiar to Delaware Valley music lovers. In 1964, while studying musicology at the University of Pennsylvania, Marc founded Concerto Soloists, now known as The Chamber Orchestra of Philadelphia. As the Orchestra's Music Director for 40 years, he conducted it locally, nationally and internationally. He was also instrumental in forming the Philly Pops.

Marc's violinist wife, **Mi-Young Park**, and her pianist sister, Pong-Hi Park, are known to many residents of Medford Leas, because they were brought here by the late **Ed Dreby** to give recitals when he was chair of the MLRA Music Committee.

Since October 14, 2013, Marc and Mi-Young have been residents of 160 Woodside Drive on the Lumberton campus of Medford Leas. They had previously lived in Center City Philadelphia, so they are enjoying the surrounding views of nature.

Mi-Young was born in Seoul, Korea, where she started violin lessons at the age of seven. She and her sister gave recitals from an early age. Mi-Young was invited to play for President and Mrs. Syngman Rhee of South Korea. After winning many prizes in Korea, she was accepted by Efrem Zimbalist, director of the Curtis Institute of Music, Philadelphia, as a full-scholarship student at age 14. She came to the U.S. in 1963, not knowing any English. She and Pong-Hi, who had come three years earlier, have given concerts in the United States and abroad for over 40 years, including at Carnegie Hall in [New](#) York City.



Mi-Young's distinctive interpretations of music have earned the admiration of musicians and critics alike. *The Philadelphia Inquirer* said: "Mi-Young Park scored a personal triumph as the virtuoso soloist." In the 1980s, she collaborated with Marc in developing an entirely new performance approach to Vivaldi's *Four Seasons*. Many other performers have since adopted their creative concept.

Marc was born in Philadelphia in 1942, but moved to Atlantic City early on where he began taking violin lessons in fourth grade and conducting lessons while in high school. After graduation from Atlantic City High, he attended Temple University, where he received a BA in music education. He then attended graduate school at the University of Pennsylvania, majoring in musicology. He also began viola lessons and continued his conducting studies at the New School of Music in Philadelphia and, during the summer, in France.

Mi-Young and Marc were married in 1991, and, after playing for appreciative audiences for 50 years, she retired in 2005. With gardening among her many interests, she has converted the sun-

room of their Lumberton home into an indoor plant room, which she tends with great care.

As cultural advisor to Governor Milton Shapp in the '70s, Marc led the effort to reform the Pennsylvania Council of the Arts, the Historical and Museum Commission, and the Art Commission, making them nonpartisan and responsive to the public.

During his years with the Orchestra, he premiered more than 60 works by area composers, gave employment to hundreds of talented young local musicians, enabling them to stay in Philadelphia, and gave the region's many choral groups access to these fine musicians for their accompanying orchestras.

In the 1980s, he pioneered the pairing of projected visuals with classical music performances incorporating great works of art. He later co-founded the Wolf/Mostovoy initiative, presenting numerous outstanding multimedia productions at the Kimmel Center for the Performing Arts, where he served as multimedia artistic director.

Marc was founding artistic director of both Mozart on the Square (Philadelphia) and the Laurel Festival of the Arts in Jim Thorpe, PA, and helped to form the Bruce Montgomery Foundation for the Arts. In 2002, he co-founded Studio Incamminati, Philadelphia's internationally renowned school for realist art, serving for a time as executive director. Most recently, he co-founded Moxart, a not-for-profit dedicated to arts and education.

Marc received an Honorary Doctor of Music from Combs College in 1980 and has numerous awards and citations from the City of Philadelphia and the Commonwealth of Pennsylvania. Since 2004 he has been principal of Mostovoy Artistic Services, Inc., a small consulting firm designed to assist not-for-profit organizations in areas of his expertise. He looks forward to continuing his work in the wonderful environment of Medford Leas in Lumberton and Medford. Mi-Young and Marc await with pleasure the blooming of their specially created garden behind their new home.

## SPUNKY OLD BROADS

text and photos by Betsy Pennink

"Are you a spunky old broad?" asked **Nickie Stevenson** when she appeared in the Activities Room and turned to the other (female) residents already there.

The big draw was the imaginative program presented by Therapeutic Recreation on February 12.

First of all it was a wonderful occasion to have a new hairdo by Colleen Frazier, an old friend who used to work in Estaugh but left Medford Leas to become a hairdresser. Colleen returned with her curling irons and combs to spruce up everyone's hair, while **Marcy Smith** pulled out her cosmetics kit to beautify faces.

To complete the transformation into a "spunky old broad," everyone got some jewelry and a bright sparkling boa from **Linda Schultz**. Each resident then sat for a photograph for a "Glamour magazine cover." There was laughter and admiration when the covers were shown at the next social.



Nan Hanslowe gets a makeover



Nan the Cover Girl



*Life Lines***BEHIND THE SCENES**

by Marcy Webster

Most of us have extended family, the kind that we know by the name on the Christmas card or a vaguely familiar face at a wedding. They're on the fringes of our lives.

Residents here have another kind of extended family: our wonderful staff. No fringes for them. They are the heartbeat of Medford Leas, responsible for the smooth comfort that cushions our lives.

Many of them are familiar by face and name. We rely on their presence and come to know them well. We chat with the helpful people at the Reception Desk, respond to **Kathy Magrann's** greeting in the Coffee Shop, and catch frequent glimpses of **Debbie Lux** as she practices her skill in every corner of the campus.

These encounters mean a lot to us all, but we shouldn't forget that, hidden from view, other employees are working just as hard on our behalf. **Shirley Lewis** wakes up at 3 am (just before her alarm rings) in order to get herself and her house organized so that she can arrive at the laundry room by 5 o'clock. There is already plenty of buzz in the area and lots of people on the job. Shirley and her workmate **Alice Le Munyon** start on the "dietary" (napkins and cloths) which have collected overnight and then move on to soiled linens from the Courts which begin to come in as **Angel Montes** does his rounds. There are two huge washers and one smaller version, and there are five dryers. These machines are never still. With **Michele McGill** on duty at night, laundry is a 24-hour business at Medford Leas.

After moving from the Bronx, Shirley started life in South Jersey as a Merry Maid but came to the Leas almost 20 years ago. She was a housekeeper but applied to switch to the laundry, which she loves. When asked about time off and hobbies, Shirley talked about her duties at home. She does admit to relaxing on the couch to watch "The Ellen Show" and to falling asleep in front of the TV about 8:30 every night.

The porter, **James Emerson**, isn't very visible when he's working, but if you do see him, you'll know who he is. James has long hair. Really long, more than halfway down his back. James, 23, is growing his hair for Locks of Love, a charity dedicated to providing wigs for American and Canadian children with cancer. James was just growing his hair for fun, but then he heard about a chance to help kids and decided to participate. In April his hair will be long enough to donate, and James will be free of the hassle it's been to care for. His hobby is working on engines and his hair is a major problem when he gets under a car.

At 17, **Henry Green** joined the Job Corps, which sent him to rural Indiana to study auto mechanics. He was miserable. The only way out was a job back in Jersey as a cook. Henry resisted, saying "cooking's for girls," but it was a way home so he signed on. He



became a pot washer and then advanced to a series of cooking jobs, learning new skills along the way. He made ribs at Ribbit, fish at Rusty Scupper and guacamole at Mexican Food Factory. During his long stint at the Tabernacle Inn he was named one of South Jersey's top chefs.

Henry was at the Tabernacle Inn until it closed and, soon after that, he was recommended to Chef **Brad Mauger** and came to Medford Leas. That was more than seven years ago. Henry is proud of his chicken scampi, his meatloaf and the recipe book he's writing featuring his chocolate pecan pie.

Henry's 26 years with his wife Deb (a labor and delivery room nurse at Cooper Hospital) has been the best time of his life and he loves cooking for his family, including his extended family at Medford Leas.

**BILL RACKIN, EMERGING ARTIST**

text by Beth Bogie; photos by Margery Rubin



**Bill and "Untitled" Guache, acrylic, oil, paper on wood**

When he moved into Medford Leas in 2008, **Bill Rackin** had practiced as an optician in New York City for the previous 25 years. Before that he had worked in his father's industrial packaging firm, rising to general manager. On the sur-

face, there was nothing to indicate that he would take up serious projects as an artist in his retirement. But that is exactly what has happened.

Bill works in his studio, his "Man Cave," the basement of his artistically created home on the Lumberton campus, every inch a feast for the eyes. It is filled with his work, both paintings and photographs, as well as paintings and art objects collected by his family, and objects from his worldwide travels with his partner, **Richard Yoder**, who lives in the Courtyard apartments. Bill's abstract paintings also hang in that apartment.



**"DOMA Is Dead" layered paper and acrylic**

In 2013, Bill entered one of his paintings, "DOMA Is Dead" (Defense of Marriage Act), in the juried show of the Guild for Creative Art in Shrewsbury, NJ. About 125 paintings were entered in varied fields; Bill won first prize in abstract art, the Friedlander Prize of \$50. "Just to win that little

prize was exciting," Bill said, with evident pleasure. "It was recognition." His painting expresses the ripping in two of DOMA by the U.S. Supreme Court. "When that oppression ended, human rights were preserved," he added.



**"Past, Present and Future, No. 1" acrylic, paper and collage**

But where does this artistry come from? Actually, if

you look a little deeper into Bill's life, the roots of his passion to create art become visible. Bill's mother studied voice at Juilliard, but stopped to have her five sons, including two sets of twins. The boys benefitted from her love of the arts and their many trips to museums in New York City from their home in Livingston, NJ. His uncle painted in oils; a still life of his hangs in Bill's kitchen. And in the loft is a painting by a great aunt of his mother.

From his father, Bill seems to get his inventive use of materials and his entrepreneurial bent. His father designed varied packaging, under Department of Transportation specs, for the safe transport of sometimes dangerous chemicals.

While the arts were part of his lifetime exposure, Bill also studied art history and studio art at New York University and at Fairleigh Dickinson University in New Jersey, earning a BFA in studio art. But, he says, "I knew I'd go into my dad's firm. I never thought of being a starving artist. I studied art for the love of it." While a student, he worked in the bookstore at the Metropolitan Museum of Art. "Museums were always a passion," he says.

Years later, he confesses, "I did a little painting while I was an optician. I had a little background and I wanted to start expressing it." He has been influenced by the abstract expressionist paintings of Robert Motherwell and Mark Rothko, and the early collages of sculptress Louise Nevelson.



He works primarily in acrylic, oil, paper and collage. One series uses a veiling technique, with webbed paper over acrylic, “which adds a dimension,” he explains. An example, “Poetic Vision,” was shown in December at Blinks, a well-known art supply store in Philadelphia, during “First Friday,” when galleries open each month to sidewalk strollers. One of his works is also on view through April in the Lumberton campus exhibit of resident art. His paintings also can be seen at his online gallery at [willrackin.com](http://willrackin.com).

What are his plans for his painting? “I do it for my own pleasure,” he said. At this writing, Bill has a dozen projects in his head if not yet on his easel.

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### THE WINTER OF 2014

text by Beth Bogie, photos by Dave Bartram

As it does with hurricane preparation, Medford Leas pulled out its crisis plan for managing the Winter of 2014: dining and nursing needs, guest rooms for staff to stay overnight, planning involving all of senior management. **Bill Murphy**, director, Operations, and his Maintenance staff headed by **Jim Wolosin**, have had a particularly demanding role to play in bringing Medford Leas through this winter of extremes.

In his 41 years at Medford Leas, Bill has seen worse winters in terms of snow, winters like 1995 or even 2010, he says, “but this winter has been unusually cold. It has been the extreme cold that has made the 12 snowstorms we’ve had so difficult to deal with.”

- Boilers have been running at capacity.
- Eight pallets, or 20,000 pounds, of salt have been used since the year began. Two more pallets, each with 2,500 pounds of salt, are coming, and two more are on hold, in case they are needed.
- Ten tons of ice melt have been used at a cost of more than \$5,000.

But temperatures were so low this winter that often the ice melt and salt had no impact on the ice. “There was the constant problem of ice melting and refreezing. Last winter salt spreaders were never needed,” Bill recalled.



H & H crew shoveling at Lumberton

The Lumberton campus is under contract with H & H Landscape Management, which has kept Lumberton plowed and its walks shoveled and de-iced. Last winter the cost for Lumberton’s winter was \$4,000; this winter, so far, the cost is \$50,000, Bill said. At the Medford campus, the regular staff handles the snow and ice as part of their regular jobs, meaning less additional cost for manpower.



Court walkways have been cleared

Maintenance handling of all these jobs is like a well-oiled machine. Everybody knows what they have to do, Bill says. “**Craig Gower** and I do the plowing. Jim Wolosin cleans driveways. Jim Ridell, with Liberty Builders, always helps by driv-

ing his bug-like Quad on smaller external walkways. Wayne and Matt Darnell, of the rug firm that works out of Medford Leas, shovel walks in Rushmore and Bridlington and put down ice melt. The Courts are hand-shoveled, varying as to need, by **Walt George** and a Maintenance crew.”



Plowed Roads at Bridlington

He pointed out that outside of Medford Leas a half million people lost power for as much as a week. Within Medford Leas electrical lines are underground, which helps, but had the power source on Route 70 failed, residents would have lost power. In such a situation, two Medford Leas generators would have immediately powered the four main buildings, and residents would have had to come into the main buildings to keep warm, including from the Courts, Rushmore and Bridlington, and from Lumberton, if Lumberton had lost power.

“Last week, when it was raining, had temperatures been 5 to 10 degrees lower, we could have lost power. It could have been a disaster,” Bill emphasized.

Snow removal also has its own problems. “Very soon the question is going to be where to put the snow. So far we are putting it in the area behind the Nature Center. Where next, we don’t know,” he said.

Bill advises residents not to go out when there is ice. He says (at this writing mid-February) that more snow is predicted. “The temperatures are going up this week but are expected to drop again after that. “Be smart. Stay indoors,” warns Bill.

## MARCH PATHWAYS EXPLORES HISTORY, TECH AND OUR PSYCHES

by Beth Bogie

A world of fascinating topics will unfold in March for residents and the wider community as part of the spring *Pathways to Learning at Medford Leas* program. “Assassinations, Attempted Assassinations and Their Significance, 1865-1995,” for example, will bring Dr. Greg Ferro, nationally acclaimed historian, to discuss the significant place of assassinations in world history and to examine the loss of victims from Abraham Lincoln to Yitzak Rabin and John F. Kennedy to John Lennon. He will speak on Friday, March 21, from 9 am until noon.



Also in March, Dr. Dan Gottlieb, host of the public radio program, “Voices in the Family,” and commentator in the *Philadelphia Inquirer* column, “Inside Out,” will ask “Is Happiness Necessary?” A psychotherapist for 40 years, and paralyzed from the chest down from a near-fatal auto accident, Dan

will share his observations about what it means to be human and how to find peace in the wake of suffering. He has learned that all humans long for human contact, compassion and understanding. Dan will speak on Saturday, March 29, at 11 am.

These are just two of the outstanding offerings next month. There will be three Great Decisions talks on March 13, 20 and 26 on China’s Foreign Policy, Turkey, and Food Security and Climate Change, respectively (*see story on page 8*).

Leas Forum will present two very different programs. On Saturday, March 22, at 11 am, Dr. Daniel Bubb, chairman of the Physics Department at Rutgers-Camden, will discuss the personality traits that lead to a Nobel Prize by exploring the imagination of Albert Einstein, Richard Feynman and Emily Noether, who shaped the way we view our modern world.

And on Saturday, March 8, at 10:30 am, National Geographic videographer Amy Caputo will show a



film and describe her dangerous, unprecedented journey to one of the largest, relatively isolated tribes in South America, the Yanomami Indians in the southern Venezuela rain forest.



Yanomami Indians

Human struggle comes in many forms, including the struggle of seniors with technology. *Pathways* has a plan in March to ease the pain on three "Technology Tuesdays," from 10 am to noon. The speakers are all Medford Leas residents with extensive knowledge and experience of computers. On the first Tuesday, March 11, **Ann Campbell** and **Maggie Heineman** will talk about "The Web: Surfing and Beyond: What Is the Internet? How Do I Access It? What Can I Do With It?"

The following Tuesday, March 18, **Dave Bartram** will discuss "Appropriate Computing Technology for Older Adults." The emphasis will be on how the Internet and computers work together and what is important and useful for users.

Finally, on Tuesday, March 25, **Vince Menzel** will provide an understanding of smartphones, as well as other devices, related societal issues and the future.

In a welcome hello to spring, the fundamentals of flower arranging will be offered by Deirdre Gross, a National Garden Club Accredited Master Flower Show Judge and a member of Ikebana International, Sogetsu School. She is also a member of the Pinelands Garden Club. The workshop will be held on Friday, March 28, at 10 am.

Check your *Pathways* Guide for location, registration and fees when applicable. Call the *Pathways* extension, 654-3588, if you have questions, or to register.

## ART GALLERY NEWS

by Helen L. Vukasin

The Medford Leas Art Gallery welcomes an interesting group of five women artists whose work will be exhibited during March and April. Calling themselves "Hanging Together," the artists are Marlene Craig, Joyce McAfee, Eleanor Mink, Irvane Spracklin and Pam Wallenhurst. Although they work with individual styles, as a group they are concerned with recording and preserving the history and culture of New Jersey with emphasis on sites and scenes in Burlington County. The exhibit will open with a reception on Tuesday, March 4, in the Art Gallery outside the Theater from 3 to 4:30 pm. Refreshments will be served and the artists will say a few words about their work at 3:15. The exhibit is part of the *Pathways to Learning* program.



Deer in Snow by Marlene Craig

At the Art Gallery in the Community Center on the Lumberton campus, a showing of more than 30 paintings by resident artists from both Medford and Lumberton campuses opened on February 7. There was no opening reception, but all residents are encouraged to view this unusual concentration of selected resident artistry. The exhibit will be displayed through April.

In April, on the ground floor of the Arts and Social Wing, Medford campus, the newest work of residents will appear in an all-new spring exhibit of paintings and photography. Artwork will hang in the Art Studio Gallery and along the hall toward the Fitness Center.

## GREAT DECISIONS

by Beth Wray

This spring the MLRA will again present a series of Great Decisions programs, which are sponsored by the Foreign Policy Association. Beginning March 13, the seven sessions will be held at 10:30 on Thursday mornings (except 27 March). A presiding discussion moderator may speak on aspects of the topic, and a DVD will be shown on the subject. The moderators will be:

- March 13 China's Foreign Policy **Allyn Rickett**
- March 20 Turkey **Barbara Trought**
- March 26 (Wed) Food Security & Climate Change **Janet DeVry**
- April 3 Israel **Chuck Woodard**
- April 10 Economic Statecraft and Trade **Davis Henderson**
- April 17 Energy Independence **George Rubin**
- April 24 Defense and the Rise of New Technologies **Toby Riley**

An eighth program, about Islam, was not scheduled, as the Leas Forum will be holding a program on Egypt in May.

The programs are free to residents, friends, and the community. Please come and share in the discussion. For those who wish additional information, books with background material on the topics and additional reading will be available at the Reception Desk for \$18.00.

## FITNESS AND AQUATICS CALLING

### SPRING INTO FITNESS

Save the date!!

**Thursday, March 20**

Starting at 8:30 am in the Atrium

Join the Fitness and Aquatics staff and learn how to be your best physically.

Explore the seven dimensions of wellness and many more topics.

See you there!

## WEBSITE UPDATE

text and photos by Maggie Heineman

At the top of the sidebar index of the MLRA website, mlra.org, there's a link to a "What's New" page that lists changes to the site.

What's new in the private section are slides from the presentations by Jen Zdunczyk and Bill Murphy at the January and February MLRA meetings, respectively. The MLRA Community Email Directory now lists almost 200 resident email addresses. To learn the username and password for the private section, contact the Reception Desk. [mlracommunityemail@gmail.com](mailto:mlracommunityemail@gmail.com) is the address for requesting changes and additions to the Community Email Directory.

In the public area, the pages with descriptions of the MLRA activities and LLRA committees have been redone using material from the newly updated MLRA Mission Statements Notebook and Lumberton Campus Residents Handbook. These pages are now enhanced by photos like these, larger and in color.



Workshop - Dick R. repairing chair



Computer Room - Gil assists Ila Jane



## SPECTICAST: *SWAN LAKE* LIVE FROM ST. PETERSBURG

by Beth Bogie

For the first time, one of the great Russian classic ballets, *Swan Lake*, was recorded in HD on June 6, 2013, by SpectiCast in the St. Petersburg setting for which it was created, the Mariinsky Theatre. The performance, which celebrates 275 years of Russian ballet, will be presented in the Medford Leas Theater on Saturday, March 22, at 1 pm. The program features Ekaterina Kondourova, one of the Mariinsky's principal ballerinas, and conductor Valery Gergiev, artistic director.



The production was performed for the first time in HD and 3D, at the instigation of the Mariinsky Ballet, for distribution to cinemas across the United States.

Tchaikovsky's music combines with the unmatched choreography showing the Mariinsky's famed *corps de ballet* in all its beauty and starring Ekaterina Kondourova in the double roles of Odette and Odile. Set in the Middle Ages, Prince Siegfried and the swan-princess Odette affirm their love for each other, conquering the forces of evil, represented in Odile, Odette's twin.

Writes *New York Times* critic Alastair Macaulay, "No *Swan Lake* in my experience is more visually distinguished than this one. Not only is the period right, but the subtle color schemes and dramatic details are enthralling." He adds, "As Odile, Ekaterina Kondourova – always a superbly elegant dancer – delivered a brilliant account of her main solo that would have won screams and whoops in New York; the Mariinsky applause was polite but brief."

This definitive version of *Swan Lake*, which premiered in 1895, was choreographed by Lev Ivanov and the famed Marius Petipa. The Mariinsky Theatre has been the home of opera and ballet since 1860 and was the preeminent music theater of 19<sup>th</sup> century Russia, where many of the staged masterpieces of Tchaikovsky, Mussorgsky, and Rimsky-Korsakov received their premieres.

The Mariinsky Ballet was founded in the 1740s following the formation of the first Russian dance school in 1738. During the Soviet era it was known as the Kirov. Out of its 19<sup>th</sup> and 20<sup>th</sup> century ranks have come such famous names as Anna Pavlova, Vaslav Nijinsky, George Balanchine, Rudolf Nureyev, Natalia Makarova and Mikhail Baryshnikov.

Today the Mariinsky houses the Mariinsky Orchestra as well as the ballet and the opera. Valery Gergiev has served as artistic director since 1988. In May 2013, just before this production of *Swan Lake* was performed, the Mariinsky celebrated an expansion of its cultural complex, designed to equal that of Lincoln Center.

Sources: SpectiCast, Wikipedia, The Mariinsky Theatre, *Dance Magazine*, PhiladelphiaDance.org

## CALLING ALL GARDENERS!

We have survived the Polar Vortex and spring is now at our doorstep! It's time to turn our thoughts to gardening. If you don't already have a plot at "The Farm," our community garden, and would like one, please contact Perry Krakora (3694) or Susan Dowling (3672). Plots of all sizes are available. Plots can also be custom-sized for your needs, so give one of us a call and start looking through those seed catalogues.

Perry Krakora



## APRIL DOE, PHYSICAL THERAPIST ASSISTANT

text by Suzanne Frank, photo by Margery Rubin



A very energetic addition to Tender Touch Therapy, one who is always on the move, is **April Doe** (no, she is not married to John). She originally was tested and steered toward becoming a nurse or doctor but admits having to abandon those careers “because of my low tolerance for blood.”

She attended Camden County College in Blackwood for five years and Atlantic Cape Community College for another two and received two associate degrees in liberal arts as well as a PTA degree. Previously, she worked at the Mt. Holly Rehab Center for five years and loved it, but the contract she was working under was about to end. At that point, **Dexter Hebron**, manager of Tender Touch at Medford Leas, came to the rescue. He had worked before at the Mt. Holly Rehab per diem, was aware that April was searching for a new job, and suggested she come to Medford Leas.

Asked what a physical therapist assistant can do, she replied, “I carry out the prescribed plan of care from the physical therapist. But as I work with residents, I can make objective measurements as to their progress, which I then report to the physical therapist, who may make changes and adjustments based on those measurements.”

She works with people who have all types of diagnoses, such as knee and hip replacements, Parkinson’s, MS, stroke, dehydration, change in mental status, and those with multiple diagnoses.

April is originally from Camden, but, interestingly, her mother is from a North Carolina American Indian tribe called Haliwa Saponi. April’s husband teaches second grade in Camden. She and her husband live with their two young girls in Mt.

Laurel. She loves playing sports, occasionally plays tennis, or goes roller skating with her children.

Her assessment of Medford Leas: “This place is amazing. The range of services here is incredible.”

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## CONTAGIOUS DISEASE WARNING

by Suzanne Frank

Coming down with the flu can be disaster for those who have had a personal dance with this varmint. “The flu is a serious contagious disease that can lead to hospitalization or even death,” warns Director of Nursing **Julie Smith**. To avert any such dire consequences, however, Julie mentions that the Centers for Disease Control (CDC) recommends a straightforward approach for prevention and control of the flu illness.

### “Take 3” Actions to Fight the Flu

1) *Take time to get the annual flu vaccination.*

While there are many different flu viruses, the flu vaccine protects against the viruses that research suggests will be most common.

2) *Take everyday preventive actions to **STOP** the spread of germs:*

- Try to avoid close contact with sick people. If you are sick, limit your contact with others as much as possible.

- If you are sick with flu-like symptoms, CDC recommends you stay home for at least 24 hours after your fever is gone.

- Cover your nose and mouth with a tissue when you cough or sneeze.

- Wash your hands often with soap and warm water, using friction, and rub for at least 20 seconds. If soap and water are not available, you can use an alcohol-based hand rub.

- Avoid touching your eyes, nose and mouth. Germs, including the flu virus, enter your body through those openings.



- Clean and disinfect surfaces and objects that may be contaminated with germs from the flu. Examples: faucets, door handles, countertops, phones.

3) *Call the Health Center if you experience flu symptoms other than a runny or stuffy nose.*

Asked about symptoms of the flu that should be looked out for, Julie listed fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some people may have diarrhea and vomiting. In some cases, people also may be infected with the flu and have respiratory symptoms without a fever.



**Bald Eagle**



**Northern Pintail**



**Yellow-rumped Warbler**

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## THE ANNUAL BIRD CENSUS AT MEDFORD LEAS

text by Miriam Swartz, photos by Joe Costanza

Every year in January, hardy, enthusiastic bird lovers on the Medford and Lumberton campuses of Medford Leas undertake a count of the species and numbers of birds in each locale. As became clear, the weather plays a major role.

On January 9, a very cold, gray, 23-degree day, four women – **Lucia LeConey, Barbara Heizman, Miriam Swartz** and **Louise Tompkins** – began the 27th Annual Bird Census on the Medford campus. Starting from the Nature Center and walking toward the Farm, we observed several Carolina Wrens and White-throated Sparrows. They came out from their sheltered areas behind the large brush pile to tell us they were there.

We then drove to Parking Lot F and walked the trail behind the Bridlington homes that follows above Sharps Run, hoping to see a lot more birds. There, too, the birds proved to be “hunkered down.” Only the American Robins seemed to be brave enough to look for food that Thursday. We did observe ten species of birds: White-throated Sparrows, Blue Jays, Carolina Chickadees, American Robins, Mourning Doves,

Dark-eyed Juncos, Carolina Wrens, House Sparrows, Song Sparrows, and Turkey Vultures.

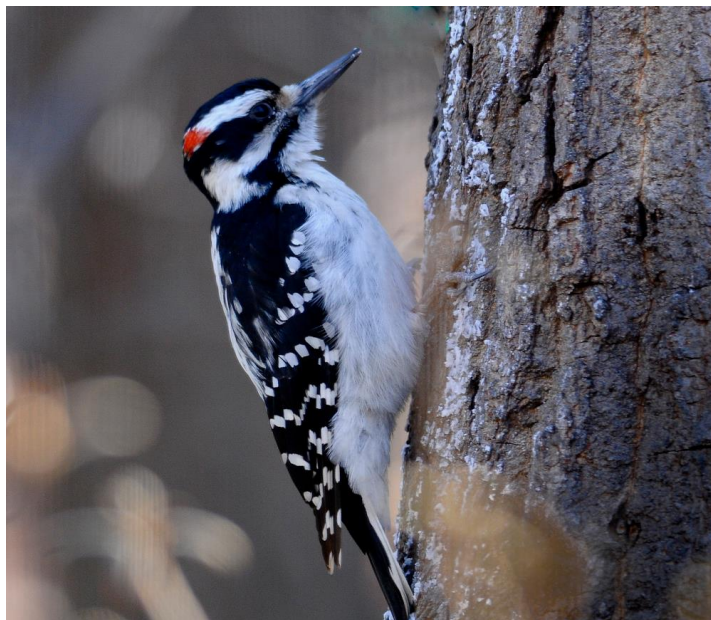
We were disappointed that the weather conditions for the morning were not conducive to better birding.

Residents in the Courts watching their feeders for a period of time had nothing to report. However, naturalist **Janet Jackson-Gould** saw at her feeders in Rushmore a Fox Sparrow, Mourning Doves, a Northern Mockingbird, Blue Jays, Tufted Titmice, House Finches, American Goldfinches and American Robins. **Rona and Ezra Shahn**, who live in the woods along the Rancocas Creek, saw Mallards, Canada Geese, Dark-eyed Juncos, Mourning Doves, a Downy Woodpecker, a Blue Jay and a Tufted Titmouse. These two residences brought our species number to 18 and our total number of birds to 103. Not the most productive day, but we'll be back next year.

The weather conditions were better a week later at the Lumberton Campus 13th Annual Bird Census on January 15. The temperature was above freezing at 37 degrees. The early morning fog burned off about 10 am; the sun shone; and the birds were out to enjoy the day. **Joe Costanza, Joe and Jean Jordan, Miriam Swartz and Louise Tompkins** walked out to the overlook at the end of the Community Center parking lot to observe the waterfowl on Monarch Lake below.

To our delight, we saw a Pied-billed Grebe, an American Coot, Mallards, and many, many Canada Geese. Through a telescope, we saw Common Mergansers swimming and Ring-billed Gulls clustered together. Around the Community Center, Northern Flickers, Northern Cardinals, Blue Jays, House Finches, Mourning Doves, Dark-eyed Juncos, Northern Mockingbirds, and American Goldfinches were visible. Carolina Wrens and a Red-bellied Woodpecker were calling.

We walked down the Blue Trail to the Rancocas Creek. On the way, a small group of Golden-crowned Kinglets flitted around in the trees over our heads. We were thrilled to see six Eastern Bluebirds sunning themselves on the bank of the



**Hairy Woodpecker**

Rancocas. Many more, both male and female, Common Mergansers, one Bufflehead and one Pintail Duck were in the water. At least three Great Blue Herons were fishing along the banks

Small flocks of Red-winged Blackbirds were perching in a tree and Yellow-rumped Warblers were seen flying overhead. One lone Eastern Phoebe was perched on a piece of dried grass. As we traveled back up the trail, a Hairy Woodpecker flew from a nearby tree. A Red-tailed Hawk startled us as it rose up out of a pine tree ahead, and we heard it call as it flew across the marsh to a tall oak on the other side.

**Ann Campbell and Dave Swartz**, watching their bird feeders from home, added White-breasted Nuthatches, Tufted Titmice, and European Starlings to our list of birds seen that morning. In total we saw 36 species of birds and a total of 372, including later a Bald Eagle circling overhead. What a great day for birders and birding!

### IN MEMORIAM

**Miriam Brush February 12**

**Elizabeth (Betty) Ellwood February 18**



## A RESILIENT RESIDENT

by Judy Kruger

How do people who survive traumatic events go on to live fulfilling lives? For example, numerous residents of Medford Leas suffered trauma due to war. Yet these survivors are among our most vibrant contributors to community life.



Margery Rubin

Devastating illness can be traumatic. We may not be able to control the progress of disease, but how we **react** to major health changes is part of the Medford Leas story of resilience.

According to recent research, resilience means the ability to become your basic self again after onset of serious illness, misfortune, or even catastrophe. Resilience does not necessarily mean a return to your previous health or lifestyle, but the ability to use coping skills, inner strengths, and outside resources to rebuild a meaningful sense of daily life. Resilience can mean asking oneself, "What makes me **me**?"

Resident **Mary Lodge Wells**, age 72, illustrates the concept of resilience. Mary's grandmother Carlson and her parents emigrated from Sweden without any higher education. But when Mary's father died when Mary was only two years old, Mary's mother, Grace, took the train on Long Island into Manhattan, marched into the brand-new United Nations, and got herself a job as a bilingual secretary to the Secretary-General. She eventually became the executive officer to Dag Hammarskjold. Mary's grandmother, who imme-

diately upon arrival in the United States found work with a Swedish-speaking church ("corps") of the Salvation Army, cared for little Mary and her sister Debbie while their mother worked. They were women who had the flexibility to adjust to enormously changed circumstances.

Mary began to develop resilience growing up in a fatherless Swedish-speaking household as a Salvation Army child in a sea of more traditional Americans on Long Island. "I dreaded standing at bus stops in my Salvation Army uniform. What if a classmate saw me?" she remembered. But Mary was already forming the roots of her own career in public service. "I was the talker in the family,"

Mary says. "I was active. I loved to play kickball and softball. And sometimes I went to the United Nations with my mother on Saturdays, exploring all over the offices while she worked."

Mary took an undergraduate degree in political science followed by a master's in social work. She played a major role in developing the Family Service of Burlington County, later expanded to other New Jersey counties. In 1975, Mary was the first woman and the first Democrat elected to Moorestown Town Council. "I always liked a challenge," Mary laughs, looking back on her career and her marriage to "steady, patient, and kind" **Skip Wells**, a well-respected judge.

The biggest challenge to Mary was surely the diagnosis in her 60s of Alzheimer's disease. As much as Mary loved her work of establishing and managing social services, she had to retire early. She has become more flexible and open to what each day brings, a difficult but necessary skill of resilience. One of her strategies is to introduce herself by saying "I'm Mary Wells, and I have Alzheimer's." People may be briefly aghast, but usually realize that she is an upfront person who will brook no condescension. Luckily, humor is now a big part of her nature. For both of their personalities, Mary and Skip are treasured dinner companions.

Mary Wells shows us a way to live each day as fully and joyfully as possible, despite unexpected diminishment and changes.

## SPEAKERS, MLRA MEETING

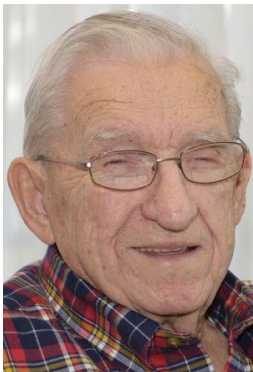
**Jane Weston**, director, Development and Community Relations, with additional responsibility for the Arboretum, and **Ken Hutz**, arborist, will speak at the MLRA meeting on Monday, March 17. Each monthly meeting will have a different speaker, who will be announced in *Medford Leas Life*. MLRA meetings are held the third Monday of every month, except August, at 7:20 pm in the Theater.

David Eynon, President



## WHO'S NEW – MEDFORD CAMPUS

text by Ellie Stimler, photos by Margery Rubin



**John Moran's** children noticed that their father was very lonely in his home in Medford Lakes without his wife, Shirley, who had died after their 55-year marriage. They suggested that he might enjoy life more at Medford Leas, where he would meet interesting people and have a choice of daily activities. He followed

their advice and moved into Apt. 237 in January.

John grew up in Mt. Holly and went to Mt. Holly High School (now Rancocas Valley) and there met Shirley. They decided to get married after John came back from service in the Korean War. John was not sent overseas but was assigned to Fort Dix in New Jersey to type military records.

After they were married in 1950, they continued to live in Mt. Holly. John got his first job without any additional education at the American Foam Rubber Company in Burlington. "I was just a working man, not a professional," John said. When the company went out of business, John was hired by the Wood Conversion Company in Delanco, NJ. He worked there for 30 years and took accounting courses at night at Burlington County College. He had been promoted to Department Superintendent when the company burned down.

He thought of retiring but changed his mind, completed the requirements for a real estate license, and then sold homes in Medford for three years.

John has a daughter living in Tabernacle, a son in Medford, and another son in North Carolina, as well as 12 grandchildren. He likes to play bridge, and also pinochle at Cranberry Hall, the senior center in Medford.



**Irving and Irene Evens Jones** have moved to Apt. 187 from a farm in Lumberton, which Irving still visits almost every day. Both Irving and Irene are Quakers and members of the Medford Friends Meeting.

They met through their families, who were long-time members of the Medford Meeting, and they were married in 1954. At the Meeting they also met other friends who are at Medford Leas.



Irene went to Marlton public schools for the first six years, where **Lois Rickett** was one of her teachers; the next four

years at Moorestown Friends; and her last two years at Westtown Friends, a Quaker boarding school in PA. **Gladys Fleming**, the first resident at Medford Leas, was one of her teachers at Westtown.

Irene went to a business school in Philadelphia and took some education courses at what is now Rowan University. In 1970, when their two sons could be left alone at home, Irene took a job as a secretary at Moorestown High School. She retired in 1995 but substituted as needed until 2010.

Irving graduated from Rancocas Valley High School and then took dairy farming courses at Rutgers. After his older brother died, he took on the management of the farm until 1993, when he went on a part-time schedule until they discontin-



ued the dairy business. The farm now produces soybeans, which are shipped away.

Irving likes to read history and watch sports on TV, and he checks on the farm almost every day. Irene used to be a quilter and took lessons from **Jeanette Muir**. She likes gardening, does a lot of reading and collects cancelled stamps for charity. They have six grandchildren and two step-grandchildren, one of whom lives on the farm.

## WHO'S NEW – LUMBERTON CAMPUS

text by Barbara Lewis, photos by Barbara Degler



**Barry and Donna Pennard Leatherman** moved to the Lumberton campus of Medford Leas in October from their home in Delran, NJ, where they had lived for 39 years. They are enjoying the fact that they have so much bright, sunny space and no maintenance responsibilities.



Donna was born and raised in Cincinnati, OH. She graduated from Eastern Kentucky University in 1969 with degrees in library science and French. She has pursued a career as both a school and a public librarian. She has worked for the Burlington County Library System at headquarters and in many of the branches, and served as

director of The Library Company of Burlington for four years. In 1992 she accepted a position as Senior High media specialist at Eastern High School. Although she retired from Eastern in 2007, Donna found that she missed the interaction with students and colleagues. She has returned to Eastern as a substitute, but loves the flexibility that retirement offers.

Barry was born and raised in Willow Grove, PA. In 1968 he graduated from Penn State University

with a degree in aerospace engineering. While working for GE in Cincinnati, he met and married Donna in 1972. In 1971 he had transferred to work in civil engineering and took a job with the Army Corps of Engineers in Philadelphia. In his 37 years with the Corps, he worked with dredges and flood control along the East and Gulf Coasts. After 9/11 he worked to secure port and flood control infrastructure – “very interesting work,” according to Barry.

Donna and Barry have two sons: Mark, who lives in Stamford, CT, with his wife and two sons, ages four, and just two weeks (as of this writing), and Todd, who lives in Brooklyn, NY, and is a documentary filmmaker.

Reading, cooking, entertaining, and spending time with friends, including old friends at Medford Leas, are some of Donna’s favorite activities. She is an active member of the Mission Committee at First Presbyterian Church of Moorestown and has participated in two mission trips, to Mexico and recently to Honduras, to participate in the Urban Promise Ministry there. She and Barry love to travel, both to sightsee and to visit family and friends.

Barry likes anything to do with sports: golf, tennis, ping pong and bowling. He enjoys hiking and reading, and he also spends one day a week in Doylestown, PA, with his 96-year-old mother, handling her affairs and enjoying time with her.

## COPIER COMMITTEE RETIREE

**Chris Darlington**, chair of the Copier Committee, has asked *Medford Leas Life* to report that **Bill Carson** will retire from the Copier Committee at the end of March. He states that Bill has been a “vital member of the MLRA Copier Committee for many years, responsible for recruiting both **Walt Belfield** and Chris as chairmen.” He says that *MLLife* failed to include Bill as a member of the Committee in the February story. We apologize.

**Beth Bogie**

**MARCH CRYPTOGRAM**

by Herb Heineman

ZGOCO XVB V BVW UQD XQZG V  
 ZVQN, EPZ FJCNH HJZ BZCVQDGZ  
 VB V EVQN. BP GO VZO BQYUNI  
 PPWNOB PT UCOZSONB VEW  
 EPPWNOB, XGQFG UJZ V TQEO ZXQBZ  
 ZP GQB ZVQN.

Underline the name of the author:

**VCEPNW NPHON**  
**VNVE VNOMVEWOC YQNEO**  
**FNQRO BZVUNOB NOXQB**

Below is the solution to the February cryptogram.

THE MOST SERIOUS CHARGE WHICH  
 CAN BE BROUGHT AGAINST NEW  
 ENGLAND IS NOT PURITANISM BUT  
 FEBRUARY.

JOSEPH WOOD KRUTCH  
 HENRY CABOT LODGE  
 HENRY DAVID THOREAU

The correct solution was received from the following readers:

Catherine Barry, Maryann Beitel, Ruth Blattenberger, Marion Burk, Jody Cardona, John Caughey, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Liz Dill, Neil Hartman, Barbara Heizman, Pat Heller-Dow, Sue Isaacs, Jean Jordan, Sarah Klos, Mary Hope Mason, Doris Q. Murray, Betty Preston, Doris Salati, Florence Sawyer, Peg Scott, Anita Solomon, Louise Stiles, Miriam Swartz, Joanne Thomas, Ellen Wiener, Barbara Zimmerman. Twenty-three 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 March 10.

**.MEDFORD LEAS LIFE**

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