



Medford Leas *Life*

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April 2014

APRIL WILL SOON BE BUSTIN' OUT ALL OVER

by Kitty Katzell

As this is being written, it's still early March. The wind is blowing and temperatures vary from day to day, going from the 50s to the 20s. But believe you me, April IS coming and there are already signs of spring.



The earliest sign was the snowdrops in the Atrium just outside the Colonial Dining Room, but we all knew there was still more snow to

come. Then some of the daffodils started showing that they would soon be in flower – and now we can't wait to see them. You will see them, especially along the road to Rushmore. And from the covered walkway going north toward the lower numbered courts the tulips are up several inches.

Maple trees are also starting to show their April finery. Residents who sit in the hallway outside the Activities Room can watch a large maple as it moves through the seasons, and there are many of its relatives planted around the campus. If you go from the Nature Center toward the Community Center on the main road, you can't miss a flaming red Japanese maple on the far side of Estaugh Way near the ginkgo trees. It's truly spectacular.

One of the earliest flowering shrubs is the bright yellow witch hazel. There's one in the vicinity of Court 7. Another bright yellow shrub that every-

one recognizes is forsythia. It is fairly profuse on the Medford campus and you should have no trouble seeing them as you walk around.

Pussy willows are already open behind Apt. 218 on the south side of the campus and behind Apt. 56 on the north side. You should also be able to see trees and shrubs that are pregnant with signs of new growth everywhere you look.



So get out and enjoy April, 'cause it will soon be bustin' out all over Medford Leas.



NEXT CONSTRUCTION PROJECT

By Kudy Jruger

Jeremy Vickers, CEO, plans to announce a new construction project that will get underway this spring on a human transport pneumatic tube between the Medford and Lumberton campuses. The tube, to be 7 feet in diameter and at treetop height, will replace the need for driving between campuses. It will carry passengers in capsules at approximately 25 feet per second from one campus to the other, although speeds of up to 388 miles per hour are possible. Due to high demand, the pneumatic system will include an entry/exit for coffee at the Wawa.

Pneumatic tube transports (PTTs) propel people or items by a system of compressed air or partial vacuum. Capsules are computer-controlled to slow as they reach each terminal to allow comfortable braking. Invented in the early 1800s in

England, pneumatic tubes are widely used at drive-up banks, company operations, and large stores. In the 1960s, Lockheed, MIT, and the U.S. Department of Commerce conducted studies on a "vactrain" system powered by ambient atmosphere (vacuum pressure) to connect East Coast cities.

The ML/Lumberton project will cost \$6.7 million, with possible grants from the National Transportation Satiety Board, the U.S. Department of Speedy Aging, the Wanamaker's Tube Trust Fund, and Slick Plastic Manufacturers of America. Jeremy Vickers and the writers of *Medford Leas Life* wish you a happy April Fool's Day.

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### Life Lines

## WINTER OF OUR DISCONTENT

by Marcy Webster

Well, yes. But isn't that a little passive? Winter of our dismay, perhaps? Winter of our distaste? Disgust? Disheartened spirits? Disbelief in spring?

The thing is, South Jersey people don't have a mind-set for the kind of battering we took. So we fight it. You could see young men wearing shorts as they shoveled their driveways, believing that any time now the sun will come out and the temperature will hit 60, sending high school students to the shore and runners to the deeply pot-holed roads.

But, as you may have noticed, this winter was different. And there was some grumbling. Okay, maybe it was discontent.

Some of my personal beacons are the books of Laura Ingalls Wilder. I moved a lot as a child; so did Laura. My mother made homes in unlikely places: so did Ma Ingalls. And when one snow-storm drifted into the next this year, I thought of *The Long Winter* and the family huddled in a prairie town, making-do and waiting for the first supply train of spring.

My reaction is often nostalgia. When I stayed with relatives in central Pennsylvania, they baked po-

tatoes to warm my hands in the pockets of my coat on the walk to school. There were soup pots simmering with Grandma Sadie's perfect comfort food, "lobscow,"\* and candles and blankets and two pairs of wool socks.

The women in that draughty house were fussers. They tended to hover, dragging covers off the beds and wrapping them over any settled reader and stuffing newspapers in door cracks, draping quilts across windows and the extras over any nearby knees.

During the blizzards we were housebound, of course. Nothing moved. We were cut off; nothing rang. I was usually the only child in the big, two-family house and, although I have no specific memory of it, it's a safe bet that the grown-ups played bridge. Because, rain or shine or snow, humid summer, endless winter, that's what they did.

What did I do? I read Laura Ingalls Wilder books. Here they are now, the original copies, lined up, not five feet away from where I write. And, as I read, I imagined I was Laura. Pretending's not a bad solution for the discontent of winter.

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\* "Lobscow" was family usage for "Lobscouse: nautical, a combination of meat, with vegetables, ship biscuit, etc., usually stewed, sometimes baked." Webster's International Dictionary, date obscured."



St. Patrick's Day Snow

Beth Bogie

## SPRING COMES TO PATHWAYS

by Beth Bogie

Whether it's viewing and hearing about one of the country's great gardens from its head gardener, or learning how to take beautiful photographs of nature during a day's "golden hour," or exploring the woodland trails and daffodil walks of the Barton Arboretum and Nature Preserve, *Pathways to Learning at Medford Leas* will welcome spring in a major way in April.

But all is not daffodils. While we are enjoying our immediate world, Leas Forum will take the macro view and offer insights into global climate change. Medford University will give a six-session program to help make sense of the Immigrant Landscape. Great Decisions also will provide topics for exploration, presented at 10:30 am on Thursdays by knowledgeable residents:

- 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**.

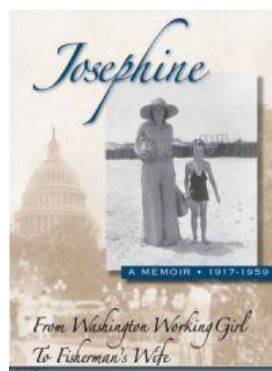


Returning to nature, the month will open with the Annual Lewis W. Barton Arboretum Lecture, entitled "An Insider's Look at Chanticleer," on Saturday, April 5, at 11 am. It will take you into the suburban Philadelphia, 35-acre garden, which the *Washington Post* has called "one of the most interesting and edgy public gardens in America." Executive Director and Head Gardener R. William Thomas will provide a visual tour and behind-the-scenes insights into what has shaped the garden and how it offers inspiration for home gardeners. Prior to arriving at Chanticleer, Bill Thomas was at Longwood Gardens in Pennsylvania for 28 years. He has written extensively on horticulture.

Patricia S. Worley, president of Twilight Blue Photography and a board member of the South Jersey Camera Club, will conduct four workshops on how to take advantage of the day's first and last hour of sunlight, the "golden hour," to capture exceptional nature images. There will be tips, critiques and hands-on experience in the Arboretum. (Mondays, April 7, 14, 21 and 28, 6 to 8 pm.)

The Medford University speaker on immigration will be Catherine E. Wilson, associate professor and nonprofit coordinator in the Department of Public Administration at Villanova University. She will discuss the geographic dispersion of immigrant populations in the United States, the motivations of immigrants, and public responses at the local, state and national level. She brings to the subject an in-depth knowledge of Latin America and of nonprofit services meeting needs of immigrants (see story page 5).

Leas Forum speaker Dr. Patrick Hossay, Associate Professor of Sustainability and Energy Studies at the Richard Stockton College, New Jersey, will discuss "The Threats and Opportunities of Global Climate Change," addressing mounting scientific research, rising sea levels, droughts, super storms, melting permafrost and a host of other challenges. He is optimistic that technology, community design, industry and policy offer positive opportunities for dealing with those threatening trends. (Saturday, April 26, 11 am.)



In a delightful category all its own, Leas Forum will also present award-winning author Margaret Buchholz, reading and showing photographs from *Josephine*, a memoir of her mother from 1917 to 1959, which describes the phases of her life as she dealt with periods of our economic history. (Saturday, April 12, 11 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.

## SPECTICAST: ARGERICH PLAYS SCHUMANN

by Beth Bogie

A stunning all-Schumann concert was performed by the Gewandhaus Orchestra of Leipzig on June 2, 2006, under the baton of Italian conductor Riccardo Chailly and featuring Martha Argerich, considered one of the great pianists of her day, female or male. The concert will be presented in HD by SpectiCast in the Theater on Saturday, April 12, at 2 pm.

While the concert celebrated the 150<sup>th</sup> anniversary of the death of this Leipzig composer, the central figure of the concert was Argentine-born Martha Argerich, known for her fiery, dazzling, virtuoso style. The program includes Schumann's:

- Piano Concerto in A minor, Op. 54
- Symphony #4, Op. 120
- Adagio and Allegro from Symphonic Etudes, Op. 13 (arranged by Tchaikovsky)
- Four Pieces from Carnival, Op. 9 (arranged by Ravel)
- Von fremden Ländern und Menschen vom *Kinderszenen*, Op. 15 (Foreign Lands and People, the first piece from Scenes from Childhood)

Writes *ClassicalNet*, "Argerich's Schumann Concerto here divulges neither the super-virtuoso nor the slapdash side of her artistic persona. Instead, the listener hears the mature pianist deliver a solid, interpretively vital performance to rank with the finest recorded accounts of this work to appear in recent times."

Robert Schumann (1810-1856) was both composer and influential music critic. A hand injury ended his dream of becoming a virtuoso pianist. He is widely regarded as one of the greatest composers of the Romantic era. He composed solely for piano until 1840, then for piano and orchestra, many *Lieder* (songs for voice and piano); four symphonies, an opera, and other orchestral, choral and chamber works – an array of acclaimed music in virtually all the forms then known.

Argerich made her concert debut in 1949 at the age of eight. In 1955, the family moved to Austria for her to continue her piano studies. Juan Peron, then the president of Argentina, made their decision possible by appointing her parents to diplomatic posts in the Argentine Embassy in Vienna. Over the years she has won many prizes, and her interpretations of works of Prokofiev, Ravel and Bach are famous. Despite an aversion to the press and publicity, she nevertheless is widely recognized as one of the greatest pianists of her time. She has been married three times; the second time to conductor Charles Dutoit, and has a daughter from each of the marriages.



Riccardo Chailly, before becoming chief conductor of the Leipzig Orchestra in 2005, was chief conductor of the Royal Concertgebouw Orchestra in Amsterdam from 1988 to 2004. In 2017, he will become the next music director of La Scala, where he made his conducting debut in 1978. (Wikipedia)

## MLRA COUNCIL NOMINEES

by Kay Cooley

At the MLRA meeting on March 17, **Jean Jordan**, chair of the MLRA Nominating Committee (**Judy Atwood**, **Sally Miller**, **Mary Lou Morrow** and **Hannah Wilson**) presented the names of residents selected by the committee as candidates for membership on the 2014-2015 Council to replace the members whose two-year terms will expire on June 30.

The nominees are: **Doris Brown** (JW Ground Floor), **Joe Costanza** (Lumberton), **Walter Dow** (Courts), **Renee Slemmer** (Courts), **Hannah Wilson** (Bridlington), and **Carol Neil** (Rushmore).

The election of Council members will be held at the April 21 MLRA meeting.

The newly elected members of Council will replace **Lefty Alderfer**, **Tom Augenti**, **Kay Cooley**, **Jean Jordan** and **Bob Rosvold**.

## NEARLY REAL MARDI GRAS

text and photos by Betsy Pennink

Welcome to New Orleans! Welcome to Mardi Gras! Welcome to the Café du Monde! On the morning of March 4 there were lampposts with big round globes outside the Activities Room and signs pointing to Canal Street and Bourbon Street. These were inviting the residents to come in and join in a Mardi Gras feast. Once seated at the round tables, everyone was treated to the “real thing”: cafe au lait (half coffee/half hot milk) and beignets (squares of pastry, fried and covered with powdered sugar).



To make sure everything was as close to reality as possible, **Gerry Stride**, director, Therapeutic Recreation, had ordered the coffee and the beignet mix from the original Café du Monde in New Orleans. She brewed the coffee, while **Brad Mauger**, executive chef, produced large trays of the hot beignets. Residents enjoyed the traditional food (with some cut-up fruit), and afterwards sang nostalgic New Orleans-oriented songs along with Gerry.



A much bigger party was soon to come. That very afternoon the Holly Room was decorated with colored balloons and feathery boas. Music filled the room, played by three Mummies from Philadelphia, dressed in gaudy Mummies String Band

costumes. One in glittery silver with green accents was a pirate. He played the saxophone. The one with a yellow feather wig which sported a long red plume played the accordion. Those two had won prizes for their costumes. The third, the leader, played the banjo.

For an hour residents, who filled all the tables, sang and clapped to the old songs, including a New Orleans medley. They ate popcorn shrimp and chicken nuggets. They drank orange juice or a Hurricane. (Gerry has the recipe for this mixture of fruit punch and rum.) There were bright colored bead necklaces around many necks and shiny green or blue top hats on men’s heads. It may not have been the real New Orleans Mardi Gras, but it was pretty close.

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MEDFORD U’S SPRING COURSE

by Kay Cooley

Medford University’s spring course will focus on a heated topic in American public life: immigration.

Beyond the Border: Making Sense of the Evolving Immigrant Landscape in the United States will highlight the impact at national and regional levels of the geographic dispersion of immigrant populations and how various locales are contending with these influxes.

Catherine E. Wilson, Ph.D., associate professor and nonprofit coordinator in the Department of Public Administration at Villanova University, will lead an examination of immigration from social, economic, political and security perspectives.

Six 90-minute classes on Tuesday afternoons, April 15, 22 and 29 and May 6, 13 and 20, will make up the course. The class starts at 3:30, not 3:00, as stated in *Pathways* Guide, and concludes at 5:00. Tuition is \$25.00.

Participants may enroll through *Pathways* or via the separate enrollment forms distributed to all residents. Enrollments are due April 8..

CAN YOU HEAR ME?

by Helen L. Vukasin



They call themselves “The Loopers.” They are a small group of residents and staff dedicated to improving the opportunities for better hearing venues at Medford Leas. The group is working on funding, technology, installation of the Hearing Loop and education about its use.

The group offers a demonstration in the Linden Room of the ability of the Loop to provide clear sound directly from a speaker without interference. A demonstration is available on request by calling 267-7783.

While some people say that new advances in hearing aid technology make the t-coil and hearing loops obsolete, The Loopers believe that the use of hearing loops will provide many benefits to Medford Leas residents in addition to those available through new technology.

In a meeting recently with **Dr. Andie Iannuzzelli**, plans were made to strengthen relationships with audiologists in order to help residents identify the level of their hearing loss. Various possibilities are being explored to make it easier for residents to get an evaluation on the Medford campus.

If you are buying hearing aids or upgrading your present ones, be sure to get a t-coil installed to take advantage of this improved technology.



DR. ANDIE EXPLAINS MEMORY TESTS

by Suzanne Frank

Memory is a hot topic in hallways and dining areas. Lots of people are concerned about not remembering names and about bringing facts to the forefront of the mind. To address this issue, Dr. Andie has instituted two types of memory tests, which are objective measurements of the possibility of declining cognitive powers given at annual exams.

The longer of these tests is the St. Louis University Mental Status Test, or SLUMS for short. It is the more comprehensive of the two

tests in that its purpose is to identify any cognitive decline in its early stages. The results may help the practitioners to control the rate and help to delay decline and flatten the rate of decline. “One of the first lines of defense is to administer Aricept,” Dr. Andie noted. “A work-up may be performed using lab tests and brain-imaging scans to identify the cause of dementia. This will help when choosing a medication to prescribe. Parkinson’s patients seem to respond better than dementia patients.”

The second and shorter memory test is called the Brief Interview for Mental Status, or BIMS. It is often used instead of SLUMS. Dr. Andie noted that it is administered to assisted living residents every year.

“Lots of people are resistant to these tests. Some residents opt not to have the test administered. It may be that they are afraid of the reality of the diagnosis, or intuitively feel okay and not in need of testing. But early diagnosis,” she said, “can lead to treatment or procedures that can prevent or delay decline.”



COMPOSTABLES

by Suzanne Frank

Hear ye! Hear ye! Almost all the dishware and containers now being offered in the Coffee Shop are compostable. The only containers not compostable are the triangular containers for pie and cake and the dressing cups.

To aid in the compostable recycling effort, there are now green plastic carrying bags which are themselves compostable and which are handy for use in bringing back the carry-out compostable dishware. The aim is for residents to collect items in these green bags in their home and then bring them back and place them in the appropriate barrel at the exit door of the Coffee Shop.

Naturally, the only items not compostable are the chinaware, **METAL** cutlery and plastic **TUMBLERS**. But **plastic** cutlery and **small** plastic glasses are compostable, as are the plastic lids that fit on the compostable containers.

SHINGLES ALERT

by Suzanne Frank

Intolerable pain is a symptom; so is incredible itching. It's a nasty visitation called shingles, as those who have experienced it can verify. So the Health Center is reaching out to alert residents to some of the ways to try to avoid this agonizing illness.

"Shingles is an unusual disease as it is caused by the reactivation of the chickenpox virus which lies dormant in everyone who has had chickenpox," according to **Mary Ann Flatley**, director, Residential Health and Wellness. The virus can "come alive" when you are at an advanced age, are under stress, or experience an illness, which may weaken your immune system.

"You literally give shingles to yourself," she said. "You cannot give shingles to another person, but you can cause chickenpox in another person who has never had chickenpox." The facts are that the fluid in the shingle blisters contains the chickenpox virus, which can be passed on to others who have not had the chickenpox vaccination or the disease. You cannot infect others with the chickenpox virus by coughing or breathing on them. They must be exposed to the fluid from the blisters. But once the blisters scab over, the contagious period is ended.

Shingles usually develop in three stages – severe pain or tingling, followed by an itchy rash that evolves into chickenpox-like blisters on a localized area on only one side of the body. "The course of the illness runs about a week," Mary Ann says. "After the skin eruptions have healed, the pain of shingles can be debilitating and can persist for months or even years." Unfortunately, persistent pain is a common symptom in people over the age of 60. Statistically speaking, more than 50 percent of all shingles cases occur in people between the ages of 60 and 85.

The upside of this tale of woe is that now physicians have the shingles vaccine as an approach to prevention. The vaccine reduces the occurrence of shingles by 60 percent, according to Mary Ann. Should you develop shingles despite

receiving the vaccine, the vaccine nevertheless lessens the severity of the persistent pain by 66 percent. Mary Ann also notes that if you've had shingles in the past, the vaccine can still prevent additional episodes.

Now, to the specific details. If you are interested in reducing your risk of developing shingles by getting the vaccine, call the Health Center for an appointment with your practitioner to see if you are a candidate for the vaccine. You will then be given a prescription to be filled by the Pharmacy. The day of your vaccine appointment, you must have the prescription filled just prior to your appointment (the vaccine is stored under specific conditions in the Pharmacy) and bring it with you to the Health Center. "The vaccine is given the same way you receive your flu and pneumonia shots. You may experience some redness, warmth, itching and mild pain for several days after administration of the vaccine," Mary Ann cautions.

As for the cost at the Pharmacy, it will vary according to your insurance plan(s) and is an out-of-pocket expense. Unlike the flu shot, this is a one-time vaccine. There is no need for boosters, as in the case of the tetanus vaccine. It seems wise to consider seriously this vaccine as it greatly reduces your risk of being in great pain.

USED EYEGLASSES

The Medford Lakes Lions Club would be glad to receive your used, but no longer needed, eyeglasses "to repurpose them for those who cannot afford them." Medford Leas has a collection box for donations at the Reception Desk. Last year Lions Club collected almost 2,300 used eyeglasses. For more information, call Herman Kruckner III, Medford Lakes, at 609-654-7756.

EMPLOYEE RECOGNITION AWARDS

by Suzanne Frank

At the March 7 Annual Service Award dinner, held at Charlie's Other Brother, 10 stalwart employees were celebrated for their superior contribution to Medford Leas.

The newly established Recognition Team, composed of Medford Leas department heads, developed the Five Star Recognition Award to identify and recognize staff members who demonstrated high performance, strong commitment and exceptional service to Medford Leas during 2013.

Recipients of the 2013 Five Star Employee Certificates



L to R: **Loretta Homan**, Health Services Administration; **Catherine Kissane**, Health Services Administration; **Keun Paek**, Dining Services; **Susan Callaghan**, Dining Services; **Judith Brown**, Finance; **Terry Tuffnell**, Therapeutic Recreation; **Catherine Malsbury**, Options.

Not Pictured: **Rachael Allen**, Dining Services; **Roxanne Kelly**, Assisted Living; **Christopher O'Neal**, Environmental Services.

EMPLOYEE WELLNESS CONTEST

by Suzanne Frank

How do you lose 140 pounds? Have 20 employees spend eight weeks working to reduce their body weight through exercise and careful diet. According to Manager of Fitness and Aquatics **Ken Roland**, "This was the most successful program we have ever run in terms of compliance."

The team grand prize winners for the 2014 L.I.F.E.* Wellness Contest are: **Kim Wagner**, part-time receptionist; **Susan Scheffler**, accounting manager; and **Faith Tarangelo**, RN. Congratulations to this team for their total loss of 32 pounds and almost 7 percent of their combined total body weight. They will each receive a PNC Bank gift card.

*Lifestyle Interactive Facilitating Employee

LOW VISION AND HEARING LOSS

by Kitty Katzell

Readers of *Medford Leas Life* have read about "The Loop" and grants from the D'Olier Foundation to support its installation in Medford Leas' meeting rooms. Residents who have hearing aids that are equipped to make use of The Loop are finding it helpful in those rooms that have it.

Early in March, **Dave Bartram** convened a meeting of residents to discuss MLRA's role in helping residents deal with low vision and hearing loss. With the current need for a new chair of the Large Print Library, that issue also came in for consideration, but it was decided that it needs to remain a separate activity.

The next meeting on vision/hearing will be on Tuesday, April 8, at 10 am, in the Holly Room. Anyone who is interested is welcome. The purpose will be to create an up-to-date mission statement for the combined group and then to talk about some of the things we'd like to be doing and how to go about doing them.

While work goes forward in seeking to address issues of hearing loss and low vision, it seemed appropriate to republish some materials that had appeared in these pages back in the early '90s, when both subjects were being addressed by active committees.

One 1992 column was addressed to bridge players who were hard of hearing. It described the use of "bidding cards," which are not playing cards, but cards that name all possible bids from one club to seven no trump, as well as "pass," "double" and "redouble." The bid cards are laid on the table by each bidder to indicate that person's bid, and the cards stay there until the bidding is over. The article noted that such bidding cards were used in most clubs in Europe and in many U.S. tournaments.

Another 1992 column was addressed to hearing-aid wearers. To learn to ignore background sounds, wear your hearing aid while listening to a talking book with the radio or TV playing. After

getting used to background noise, make it a practice to wear your hearing aid at all times except when you're sleeping.

Some 1992 suggestions for the sighted to help those with low vision:

- Identify yourself when encountering someone with low vision.
- When giving directions, do it verbally, not with gestures or pointing, which the person may not see.
- If someone does not greet you, identify yourself. They may not see well enough to identify you.
- Read signs and notices aloud. They may be beyond the other person's range of vision.
- Speak slowly and plainly. We rely more than we realize on facial expression for understanding speech.
- Be tolerant if the other person seems clumsy or spills things.

Some 1992 suggestions to help in situations with friends who have hearing loss:

- Speak slowly and distinctly. A low register gets through where high notes are not heard.
- Stay close to and facing your listener. "Facial language" helps to convey your meaning.
- Eliminate background noise as much as possible. Turn off TV and radio.
- If your message is not comprehended, reword it and repeat it more slowly and in a lower pitch.
- Cross currents can garble all messages, so try to see that one person speaks at a time.
- Be patient and understanding. Remember that not hearing really means isolation.
- Remember that the individual amplifiers available at the Theater entrance are there for all residents' use. Even people with minimal hearing loss can benefit from using them.

LUMBERTON POTLUCK SOCIALS

by Barbara Lewis

The first residents on the Lumberton campus of Medford Leas, **Jack and Doris Brown**, moved into their home in July of 1999. Until the Community Center was completed in late 2000, residents gathered for meetings in house #182. As soon as the Center opened, folks said to one another, "Let's have a social gathering once a month to get acquainted." And, as they say, the rest is history!



The idea has led to the formation of a large committee (now 25 members, currently chaired by **Sue Kuhn**) which plans socials a year in advance. There are usually picnics around the Fourth of July and over Labor Day weekend. We have an

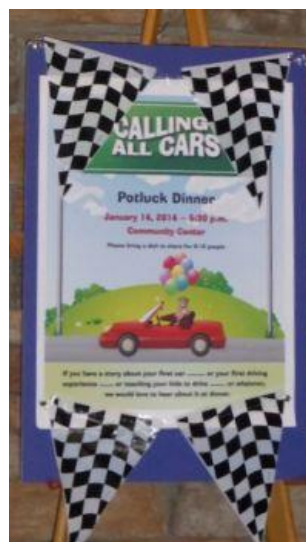
average attendance of 75 to 85 residents. There is a traditional cocktail party in December. Everyone brings their own liquid refreshments, along with hearty hors d'oeuvres, and breaks out the cocktail attire. Many of us remember **Don and Joan Kocher**, who wore their own Mr. and Mrs. Santa Claus costumes and gave out candy canes.

Members of the committee volunteer to choose one of 10 months and its theme to be presented to the community. **Carol Ferraro** chaired the month we celebrated the many Campbell Soup retirees at Medford Leas. Sally Friedman wrote an article in *The Burlington County Times* about the "soup supper." The walls were adorned with memorabilia, including the Campbell Soup Kids. It was great to hear the stories of the retirees about their national and international careers.

On one occasion, we had a good time with BINGO. The local Girl Scout troop called the numbers; the residents brought their food for the potluck as usual, as well as an item or two for the animal shelter that the Girl Scouts were support-

ing. The table decorations included lots of stuffed puppies and cats artfully arranged.

People choose the dish they bring for the potluck. You may bring a dessert, an appetizer, or main dish of meat, chicken, fish, or veggies. It's all up to the resident – we have had many delicious meals.



As you can tell, we have a wide variety of "months." **John Speirs** was quick to claim "Calling All Cars" month. Residents and staff donated model cars to decorate the mantel (arranged like a raceway) and to become the table centerpieces. **Dave Bartram** projected on a large screen a continuous loop of pictures of classic autos and residents' autos. Sharing car stories was both interesting and hilarious. New resident **Corny Salvaterra** won the prize for the funniest tale!

Such themes as "Pretty Aprons and Ugly Ties," the "Rancocas High School Chamber Choir and Women's Ensemble," "Pots and Pans From Your Family History," and many more made these events enjoyable. We are fortunate in having **Lynn Ware**, who uses her computer to make our intriguing invitations and posters, and so many others who are creative and special in their own way for "their" month.

Socials are a great way to get acquainted.

IN MEMORIAM
Angeline Pheiffer February 24

VIRGINIA MATTICE, WAC OFFICER

by Beth Bogie



On March 15, **Virginia Mattice** spoke to the Military Officers of America Association about what it was like to be a woman serving in the Army during World War II. Virginia was a WAC, which stood for Women's Army Corps, a unit within the Army, created to support the military and integrated into its ranks. A younger woman on this occasion

spoke of her more recent experience in the Army, when the role of women in the military has greatly expanded. The two women both represent historic achievements of women in the armed services, who had to win acceptance in the 1940s as much as in recent years.

"I enjoyed every minute of it," Virginia recently exclaimed unhesitatingly as she recalled her military service of 25 years. "I liked the discipline. You knew what you were going to do, and you were trained to do it."

Virginia signed up in June 1944, immediately after graduating from Lake Erie College in Painesville, OH. It was the day before D-Day and the Normandy invasion, and only a year after WAC came into being. Virginia said she had been taken with the idea of flying. It was a time when aviation was coming of age. Amelia Earhart, the first woman to fly solo across the Atlantic, was capturing the imagination of women like Virginia.

She therefore enlisted as an AirWAC private, in order to be attached to the Army Air Corps, and entered six weeks of basic training, not crawling under barbed wire or climbing over high walls, but learning about the Army. (During WWII, military aviation was part of the Army.) She was then assigned to the Statistical Control Unit in Orlando, FL, and Ohio to learn how to operate IBM key punch machines and punch cards, which were used to keep track of people and supplies as they

moved among military bases here and overseas. These were predecessors of computers.

On November 17, 1945, after an additional 90 days of Officer Candidates School, Virginia received her commission as a second lieutenant. She became a squadron adjutant and then commander, heading a group of about 100 women. Soon, however, she returned to statistical work, serving as an administrator of units in Texas.

After the war, from 1948 to 1951, but still on active duty, Virginia served in London in intelligence in a joint U.S. Army, Navy, Marine program. She enjoyed living in British communities, since there were no quarters for U.S. military personnel, and she recalls meeting the then Princess Elizabeth.

In 1952, after more than seven years of active duty, Virginia, a captain, entered the Army Reserves and served for the next 17 years. Reserve duty was scattered, she said, taking her from a squadron in Haddonfield, for example, to a unit in Alaska. In 1969, she retired with the rank of major.

Recently, Virginia had a military experience of an unusual kind. She had come into possession of a Mellophone E-flat alto horn, which had an inscription showing it was issued by the Army Quartermaster Corps. She contacted the Quartermaster Corps Museum in Fort Lee, VA, and offered to donate what she knew was an unusual instrument. "It curled down, while most horns are upright," she explained.



The Quartermaster Corps supplies all materials needed by the Army, including musical instruments used in marching bands. Virginia's donation, evaluated by the museum as "one of a kind" and in excellent condition, was a missing piece in its extensive collection. The serial number, they believe, may prove that the horn was issued as early as World War I. Said Virginia, "The curator was delighted."

WHAT'S NEW IN THE GALLERIES

by Helen L. Vukasin

April means spring, daffodils and a whole new group of paintings from the resident artists. They have been busy in the Art Studio and in their apartments producing their latest works of art. A new display of the work of photographers will also be on view. Mark your calendar for Monday, April 28, for the opening reception in the Art Studio Gallery of the Arts and Social Wing, from 10 am to 12:30 pm. Delicious homemade refreshments will be available as usual.

In the Art Gallery upstairs, the work of the five artists, called "Hanging Together," will remain on view until the end of April. These five women, Marlene Craig, Joyce McAfee, Ellie Mink, Irvane Spracklin and Pamela Wallenhurst, have been painting together for many years and have received a number of awards, including the Historic Preservation Award from the Burlington Board of Freeholders. This award recognized them for outstanding accomplishments in education and in the preservation of the history and environment of Burlington County through their artwork.



Cathedral in the Woods

Marlene Craig

In the Gallery at the Community Center on the Lumberton campus, a select group of resident paintings is on display until the end of April.

Meanwhile, a former very active member of the Art Studio group, **Rita Keiper**, now living in Florida, is having an opening of a one-person show on April 10 at the Women's Resource Center in Sar-

asota. Rita was a 10-year resident of Medford Leas on the Lumberton campus with her husband, who died here. She led the Art Studio group in developing new techniques and established the Tuesday group of painters. A painting by Rita hangs in the Community Center on the Lumberton campus. The Florida show, of remarkable diversity, identified as abstract expressionist, will be open for the months of April, May and June. The snow birds among us should drop in to see this exhibit.

WINDOWS XP SUPPORT IS ENDING

by Dave Bartram

Microsoft announced some time ago that it will no longer be supporting the PC operating system Windows XP after April 8, 2014. Estimates are that about 30 percent – about 488 million – of the world's PCs are still running Windows XP.

What does this mean for XP users at Medford Leas? First of all, it's important to understand that PCs running XP will run just fine after April 8. The danger is not that your computer will stop working, or that you will lose everything on it, but, instead, there will be a more subtle and much harder-to-predict probability that your computer will be increasingly subject to malware infections from the Internet. Microsoft predicts that these attacks will increase by 66 percent.

Currently, if a hacker discovers a vulnerability with any version of Windows and succeeds in exploiting it, within a short time Microsoft will engineer a fix and distribute what is called a patch to users all over the world. This is what is happening when you see your PC periodically installing updates. After April 8, Microsoft will no longer be issuing updates or patches for Windows XP.

Most antivirus programs will continue to be updated for at least a year longer, so this will provide some continuing protection. Keeping your antivirus up to date and practicing safe email and web-surfing behavior may be enough to protect

you for a while, but it is a gamble. At the very least, you should be sure that you have backed up all your documents, photos, music and other digital material that is important to you.

Sooner rather than later, you should consider disconnecting your Windows XP PC from the Internet. You may then do your emailing and web surfing from an alternative device like an iPad, Chromebook, or perhaps a new PC running Windows 7 or 8.1, but you can continue to use your XP PC for word-processing or other functions that do not require access to the Internet. Another option that I have been exploring is to install a version of Linux on your PC in a dual-boot setup. When you turn the PC on, you decide whether to boot into Linux to do email and web-surfing, or into Windows XP to use software that doesn't require the Internet.

More information will be added to a web page, so stay tuned, by clicking on this link:

<https://sites.google.com/site/mlracommitteepages/Home/computer-room-committee/windows-xp-is-ending>.



Mark Your Calendars!

The annual Medford Leas Plant Sale will take place on Wednesday, May 7.

MLRA MEETING SPEAKER

Annie Mazur, director, Marketing, will speak at the MLRA meeting on Monday, April 21. 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.

NEW MEDFORD LEAS WEBSITE

by Maggie Heineman

The latest version of the Medford Leas website at www.medfordleas.org was released on March 19. A collaboration among three departments, Marketing, Community Relations, and Human Resources, the site has significant changes in both design and content.

Websites with “responsive design” have become important in this era when many people are viewing the Internet with smartphones. Whereas it is appropriate to have a menu on the sidebar of a webpage that is being viewed with a computer or a tablet, that doesn't work with the small window of a phone. Computer users can see what any site looks like on a smartphone by gradually narrowing the window. The sidebar menu will suddenly disappear and instead there will be a drop-down menu at the top of the page.

One major content change is the section on employment opportunities. Job descriptions are posted and applicants can apply online. Another change is the increased emphasis on public events. In addition to a .pdf file with the *Pathways* brochure, there is now a page describing each and every public event, and these pages can be accessed through either an online calendar or a listing of public events.

On the menu sidebar there's a photo of **Miriam**

and **Dave Swartz** walking together that links to a blog archiving the weekly “Out and About” messages from **Jane Weston** – except on a smart-phone. On a phone the photo and link become a “footnote” below the main content of the page.



WHO’S NEW – MEDFORD

photo by Margery Rubin



Nancy Johnson Steelman, and her husband, Edgar, spent their retirement years in a home they built on Lake Auman in North Carolina. They enjoyed sailing, golf, and also helping out with the “Meals on Wheels” program for seniors. Edgar died in 2012, and Nancy realized she didn’t want to do these activities

on her own. She told her daughter in Medford she would like to have an apartment in her area. Her daughter was familiar with Medford Leas and completed all the arrangements to get her mother settled in Apartment 68, together with Maggie, her Pembroke Corgi dog. Nancy likes the apartment

with its lovely view through three windows in the back of the living room and only a short walk to the Community Building.

Nancy grew up in Atlantic City and met Edgar in high school, where he was two years ahead of her. After he graduated, Edgar went into the Navy during the Korean War. When Nancy finished high school, she worked as a secretary for General Motors in Atlantic City. They were married in 1952 and had three children, first a boy and later twins (a boy and a girl).

Edgar wanted to be an architect after he returned to civilian life. He took evening courses and worked for himself for a few years, then joined a partnership in Pleasantville, NJ. Nancy still owns the house they built in Longport, NJ, and plans to visit there in the summer.

During their marriage, Nancy handled all their finances. She now spends considerable time on her computer and knows how to get the information she needs from her iPad and iPhone.

Her daughter lives just ten minutes away in Medford, and her son-in-law is a financial adviser with an office in Medford. Her other son is an architect in Las Vegas. She has six grandchildren.

Ellen Stimler

* * *

WHO’S NEW – LUMBERTON

photos by Barbara Degler

John and Maureen Stearle Sherry joined the Lumberton campus community in November at 182 Woodside Drive, near lots of activity at the Community Center. They moved from Mt. Laurel, where they had lived for 40 years, and came to Medford Leas because John had seen the benefits of a Quaker-related community. They are delighting in meeting lots of people and becoming part of Medford Leas at Lumberton.

Maureen was born in Trenton and brought up in nearby Mercerville. John was also born in Trenton, but brought up in Maple Shade. They met through best friends and married in 1969.



In 1968 Maureen graduated from the College of Saint Elizabeth, Convent Station, NJ, with a BA (major in history, minor in music) and with an MA from the College of New Jersey. After graduation she worked for the Mercer County Board of Social Services, and then for the Burlington County Board of

Social Services.

After completing certification as an elementary teacher, reading specialist, and supervisor, she taught first grade in Lumberton for 13 years and then in Moorestown for 13 years. Later she taught language arts and literacy in the master's program at Fairleigh Dickinson University, where she also supervised student teachers. Maureen is a member and past president of the Sigma chapter of Delta Kappa Gamma sorority.



John received a BA degree from Temple University and MA and PhD from Rutgers. He began as a seventh and eighth grade teacher in Philadelphia, then became principal of the Neeta Elementary School in Medford Lakes, and later curriculum director in Moorestown public schools. He moved on

to serve as public school superintendent, first of Westampton, a K-8 District, and then Maple Shade, a K-12 District. This was followed by 10 years in the New Jersey State Department of Education, first as schools superintendent of Camden County, then coordinating superintendent of Gloucester County. Finally, he served as assistant commissioner of education for County and Regional Services. His last post in K-12 education was as superintendent of Tabernacle Township schools. For five more years he taught at Rowan University in the Educational Leadership program.

The Sherrys have two daughters and six grandchildren, including two sets of twins. Both families live in nearby Hainesport. While their daughters

were growing up, Maureen was active in the PTA at Our Lady of Good Counsel (OLGC), Moorestown, serving as past president. In retirement, she is now a member of several book clubs, likes stitchery, and loves to travel with John.

John is active on the school board at their church (OLGC), and also in the Knights of Columbus. He loves boating and fishing. Ocean City is a second home for the Sherrys, who gather there each summer. Retirement has allowed them to enjoy cruising around the world and the opportunity for winter getaways.

Barbara Lewis



ELLEN STIMLER RETIRES by Kitty Katzell

The *Who's New* column announcing the arrival of **Ellen Stimler** and her husband, **Saul**, was in the September 1995 issue of *Medford Leas Life*. Her first article appeared in that same issue, and her name was listed among the members of the editorial staff for that issue.

From that beginning, scarcely an issue of this publication has appeared without at least one article bearing Ellie's byline. Politics, diversity, residents in the news, the display case, short trips, *Leas Lit*, Lenape School District programs, general news items – all have been covered on her "beat." She produced a series of five full-page articles dealing with all aspects of Dining Services. For a few years, she wrote a monthly column on *What's New in Magazines*, where she reported on articles from assorted media – *Fortune*, *New Yorker*, *Smithsonian*, *Scientific American*, etc.

From September 2002 until June 2009 she was listed as Senior Editor on the masthead of *Medford Leas Life*, and she continued to write *Who's New* pieces through the current issue. It's hard to believe that Ellie won't be writing for *Medford Leas Life* in the future. She will be sorely missed, and her contributions will be long remembered. We wish her all the best and thank her for all she's done for *Medford Leas Life*.

APRIL CRYPTOGRAM

by Herb Heineman

AGTM TM AGB HZS JR XV PGTWG
 PB ZLB LBUTVHBH XQ PGZA PB
 ZLB XV AGB XAGBL AGLBB GJVHLBH
 ZVH MTIAS-QXJL.

Underline the name of the author.

YBXLYB DBLVZLH MGZP

UZLN APZTV

GBVLS OXJTM UBVWNBV

Below is the solution to the March cryptogram.

THERE WAS A SAD PIG WITH A TAIL, NOT
 CURLY BUT STRAIGHT AS A NAIL. SO HE
 ATE SIMPLY OODLES OF PRETZELS AND
 NOODLES, WHICH PUT A FINE TWIST TO
 HIS TAIL.”

ARNOLD LOBEL
 ALAN ALEXANDER MILNE
 CLIVE STAPLES LEWIS

(March 1 was National Pig Day)

The correct solution was received from the following readers:

Anonymous, Ruth Blattenberger, John Caughey, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Liz Dill, Neil Hartman, Barbara Heizman, Pat Heller, Sue Isaacs, Jean Jordan, Sarah Klos, Dottie Mulholland, Doris Q. Murray, Betty Preston, Florence Sawyer, Peg Scott, Anita Solomon, Louise Stiles, Miriam Swartz, Joanne Thomas, Ellen Wiener. Fourteen 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 April 10.

.MEDFORD LEAS LIFE

Ex Officio: Dave Eynon, MLRA President; Ruth Gage, MLRA Sponsor

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

Staff Photographer: Margery Rubin

Proofreaders: Mary Chisholm-Zook, Herb Heineman, Kitty Katzell, Florence Sawyer, Betty Taylor

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