



Medford Leas *Life*

VOL. XLIII, No.5

May 2014

HEALTH CENTER REORGANIZATION

text by Suzanne Frank, photo by Margery Rubin



A life raft has been thrown to Medical Director **Dr. Andie Iannuzzelli** so that she will be relieved of having to deal with the huge demands of running the Health Center. The rescuer is **Mary Ann Flatley**, MSN, RN, who, as director, Residential Health and

Wellness, has assumed responsibility for all the daily Health Center operational functions, in order to free up Dr. Andie's schedule and enable her to concentrate on treating her patients.

Gradually assuming a leadership role, Mary Ann says she "is working with Dr. Andie and the rest of the staff to improve our processes and develop policies and procedures." The clinical and office staff now report to her along with the staff of Options (outpatient apartment care) program.

Before coming to Medford Leas in October 2011, Mary Ann managed the Medical Reserve Corps, which responds to emergencies for the County Health Department in Mt. Holly. While there, she ran emergency medical operations and set up facilities in every municipality, as well as large emergency clinics. Mary Ann says her vocation is homecare, so it is no surprise that she has been a visiting nurse and has experience in discharge planning and opening new health care startups.

Therefore, as a nurse by profession who has many years of experience in nursing administration and managing clinical teams, Mary Ann is a

natural as the "go-to person" in the Health Center. She is also part of the nursing/management team at Medford Leas, which oversees the policies and issues that include Assisted Living and Estaugh. Her daily commitments take her throughout the community as she manages staff meetings, seeks better communication, and stimulates more teamwork. She feels that staff can help to make their jobs better for themselves as well as improving the services they provide.

Spending about half of her busy time in the Health Center, Mary Ann devotes the other half of her hours to the Options program, where she uses the full force of her nursing and administrative experience, as she says, "to growing the program to address the changing needs of our residents as they remain in their homes or move along the continuum of care here at Medford Leas."

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## **MEMORIAL DAY CELEBRATION**

**Monday, May 26, 2014, from 9 to 11 am**

Join fellow residents for refreshments on the Patio or at the Gazebo. Play indoor or outdoor games.

Outdoor games include shuffleboard, croquet, bocce and ladder ball. Indoor games include pool, shuffleboard and an amazing number of board games.

Join in one or more games. Sing, dance or just relax and enjoy the music of Joe Pantano and his keyboard orchestra. The Gazebo and two tents will provide shade from the sun to enjoy lemonade and cookies.

**Bill Reifsteck, Chair, Recreation Committee.**

*Life Lines***SUBSTANCE AND WARMTH**

by Marcy Webster

It's easy to see why a writer might choose to compare life at Medford Leas to a quilt. The image fits quite well: the fabrics and patterns from dozens of cultures; the scraps of personal memories; the weaving together of experiences forming a pattern. I can understand someone standing back from this place we refer to as home and seeing, in his mind's eye, something that looks like patchwork.

If we stay with that thought, then folks like **Dr. Roland Stratton** are an integral part of the quilt – the backing, perhaps. There are many of these stalwart figures here but, just because I know him well and he's easy to talk to, let's take Bud.



He came here first as a part-time staff member, invited by a colleague, **Dr. Ben Paradee**, to join him as a physician in the Health Center. So, before he became a resident, he was one of the staff, working with them closely, attending the two annual employee parties and making relationships

that have never faded. That was in the '80s.

By the time Bud moved in to Medford Leas in 2001 he was very much at home here. He quickly became a volunteer, serving on the Health Committee and devoting his time to Fitness, the Health Centers, the Theater and almost any endeavor that needed help. And, 13 years later, he's still at it.

When Bud arrived at Medford Leas, he had ceased to be a practicing Quaker. It was his marriage to **Jean Robbins**, a convinced Quaker who worked and wrote to support Quaker causes, and their attendance together at the discussion group "Hearts and Minds," that inspired him to return to the faith of his youth.

Like her "semi-beau" Bud Stratton, who carried her books home from Moorestown Friends School, **Joyce Haase** is a birthright Quaker from Moorestown. Her mother and three siblings lived here and, when Bud came, the class of 1941 of MFS had five members in residence. Joyce, "Jo"



to family and friends, and her husband **Walter** had moved from Philadelphia in 2000 and, although they missed the buzz of Center City, they enjoyed life here. Walter's death in 2010 at age 100 left Jo alone but she has been busy. She just celebrated her 90<sup>th</sup> birthday at a beautiful party attended by

family from all parts of the country and graced by tributes of appreciation and love. Although still revering her Quaker roots, Jo has lately been led to study and practice Buddhism. Her son, David, has served as her mentor, introducing her to studies and retreats, and she rejoices in the strong support of her "two great faiths."

Bud believes that Quaker influence here is strong and growing stronger. He bases that in part on the improved attendance at Medford Leas Meeting and, I must say, I have had several recent conversations with non-Quakers who are interested and seeking to learn more.

If the quilt image of Medford Leas is valid, then it's people like Bud Stratton and Jo Haase and their individual paths of faith that provide a lot of the substance and the warmth.

But, as I stressed at the beginning, the quilt needs a pattern. It needs contrast. That's where people like the Rubins come in.

When **Margery Weisblum** married future doctor **George Rubin** in 1952, she received an unusual gift from her new mother-in-law. It was a package containing the things George had left behind in his Quonset hut on the ill-fated morning of his last mission over Germany. With George shot down,



and a POW, the army mailed his effects to his mother in Brooklyn and, years later, on the eve of the wedding, she passed them on to Marge.

Many brides might have paid little attention, but Marge became intrigued with a collection of Quaker literature that George had gathered,

rather casually, on his last leave in London. He scarcely remembered it and, in fact, had almost no knowledge of Quakerism at all. But Marge read it and, going to the yellow pages, found and visited a Meeting in Brooklyn. Before long, she was going regularly, and soon, by taking him to a covered-dish supper (something new to the metropolitan Rubins), she had brought George into the fellowship. Neither of them has ever looked back or deviated from the belief that drew them in and sustained them, leading them to declare, "everything you do is the peace testimony."

Both Margery and George have held the responsible position of clerk in Meetings on Long Island and here. They have fulfilled local, national, and even international assignments, and Marge has been active in American Friends Service Committee. George was directly involved with Dr. Martin Luther King's visionary program, The Southern Student Project, which inspired the Rubins to house and educate a young man from Alabama as well as nurturing their own biracial family.

Margery and George are convinced Quakers. Their stories, like those of the Strattons and Joyce Haase, have twists and turns. They have been led and motivated by words that George quoted to me, "to search within themselves for who they are and how they can help."

Now I'm not saying that the Medford Leas quilt is all about Quakerism, or all about any other way of life, no matter how strong it may be. My point is that life here is made more pleasant, more refreshing, just like an afternoon nap, by the sheltering comfort of a quilt.

## MLRA PLANT SALE

text and photo by Perry Krakora

Spring is finally here! And so is the annual Medford Leas Plant Sale. This year there will be some big changes. The sale will take place on one day only; it will be on a different day of the week; there will be a different timetable; and it will take place in a different venue. The Plant Sale Committee is excited about the changes and hope they result in an enjoyable time for all.

Here are the details:

Date: Wednesday, May 7

Time: 10:30 am until 4:00 pm

Place: Main parking lot, in the carport area

What will be available for sale, however, is not changing: great plants! There will be hanging baskets, potted flowers, bedding plants, herbs, tomatoes, and peppers (bell and, new this year, hot peppers). Everything you might need for a colorful and tasty summer garden or for a patio. And, as usual, we have free Medford-campus delivery.



Of the plants and flowers on offer, many will be "home-grown" right here at Medford Leas. A selection of herbs has been started from cuttings, divisions, and seeds. **Debbie Lux** is growing flowers from cuttings and "plugs" (small seedlings). There also will be other interesting items. Come and see!

Volunteers will be needed on sale day! If you would like to help, please give **Elly Elmendorf** a call (3215) or speak with anyone else on the committee: **Perry Krakora** (3694), **Susan Dowling** (3672), **Ellen Wiener** (3613) or **Pegi Siegel** (3094).

A contribution to the Employee Appreciation Fund is made from the proceeds of the Plant Sale. So mark your calendars and welcome spring by joining us at the Plant Sale!

**ORCHIDS IN THE BASEMENT**

text by Judy Kruger, photo by Margery Rubin



**Perry and Herb Krakora** take all the usual things, plus their six cats, when they relocate from Medford Leas to Long Beach Island for the summer. But they must make a few extra trips to transport all 80 or so of Perry's or-

chids to the small shade house that she built for them at their shore home. "They love the warm sea breezes," Perry says, "but the nights have to be 50 degrees minimum before I even consider transferring them to the shore." She admits that the orchids go more because she loves them than out of absolute necessity.

How do you pack orchids for long trips? When Perry moves orchids far from home, she sets them on layers of packing peanuts in heavy plastic storage tubs, tucks more peanuts all around them, and sets the tubs into the car, covering them with layers of newspaper for insulation.

Willing to adopt orchids when residents give theirs away or discard them, Perry will care meticulously for those that can be brought back to life. Caring involves inspecting each plant daily, rotating or repositioning to direct their stems, watering by hand or using her overhead system, fertilizing ("weekly weakly" is the growers' phrase), and separating the thick, sticklike roots for repotting.

The majority of Perry's orchids are Phalaenopsis (also known as moth orchids), nicknamed "Phals" by orchid fans. They bloom once or maybe twice a year, with the flowers lasting three or four months. Perry doesn't hybridize (breed) orchids, nor does she show hers professionally, but she is happy to have visitors. "I did a virtual tour using photos for Assisted Living months ago," Perry says, "and residents there still tell me they remember those flowers."

Perry has a woodshop in her Bridlington basement. She builds her own nine-foot long plywood plant tables, and designs their elaborate lighting, heat and water systems. The orchids, now taking up almost half of the basement, are enclosed in construction-grade plastic walls. Other than having a double sink installed, she has done all the construction and maintenance herself. A retired science teacher, Perry keeps immaculate labels and notebooks of each orchid's name, origin, dates, and care.

Those who know orchids will be interested to learn that Perry has seen Florida's Ghost Orchid in the wild. The uninitiated can find out what this means in the book *The Orchid Thief*.



**VID-U RESUMES MAY 1**

Thirty-six of the *World's Greatest Geological Wonders* will be the subject of the next 18 sessions of Vid-U. Beginning on May 1, at 11 am in the Linden Room, each session will include two half-hour lectures by Michael E. Wyssession, Associate Professor of Earth and Planetary Sciences at Washington University in St. Louis. The first five sessions in May will be:

- May 1 Santorini: the Impact of Volcanic Eruptions & Mount Fuji: Sleeping Power
- May 8 Galapagos Rift: Wonders of Mid-Ocean Ridges & African Rift Valley: Cracks Into the Earth
- May15 Erta Ale: Compact Fury of Lava Lakes & Burgess Shale: Rocks and the Key to Life
- May 22 Grand Canyon: Earth's Layers & The Himalayas: Mountains at Earth's Roof
- May 29 The Ganges Delta: Earth's Fertile Lands &The Amazon Basin: Lungs of the Planet

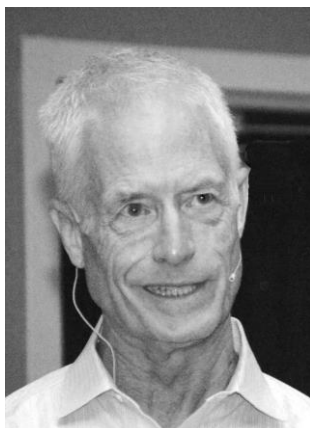
There is no charge to attend, and everyone is welcome.

**Kitty Katzell**



## CHANTICLEER GARDEN: AN ART FORM

by Beth Bogie



Margery Rubin

Residents and people from nearby communities who love gardens flocked to the Theater on April 5 to hear about 48-acre Chanticleer Garden in Wayne, PA, guided by Executive Director and Head Gardener R. William Thomas. His talk, the annual Lewis W. Barton Lecture, was ac-

companied by slides of the beautiful gardens and meadows and woods that make up this former estate, open to the public since 1993.

The estate belonged to the Adolph Rosengarten family, who built their home there in 1913. Two more homes were added later for a daughter and son. The estate became a public garden when there were no further heirs. The gardens were endowed 90 percent by Adolph Rosengarten, Jr.

Bill Thomas, who heads the Chanticleer Foundation, came to the estate in 2003 after 26 years at Longwood Gardens in Pennsylvania. He opened his talk by pointing out that Chanticleer and Medford Leas are among 31 members of Greater Philadelphia Gardens.

Chanticleer is designed by Bill and his staff to feel, both outdoors and in the house, like private garden, with an occasional bit of whimsy. Visitors can sit in the gardens on the creatively designed outdoor furniture built by members of the staff. Some Adirondack chairs, for example, are painted with flowers like those planted next to them. A fallen white oak has been turned into a picnic table.

There are seven separate gardens within the estate, each one designed and maintained by an expert gardener and all overseen by Bill Thomas. There are the tennis-court garden, the cut-flower garden, the vegetable garden with various kinds

of lettuce, a south-facing terrace with crape myrtle, cherry trees surrounding a carefully raked area of gravel. One of the houses was turned into a European-style ruin, in which you are among plantings both inside and outside. There is a garden surrounding a reflecting pool, and, in another area, six cascading ponds with perennials around each. More than a million daffodils are planted in the Orchard Lawn. Bill urges gardeners to plant in multiples to achieve a mass of flowers. "If you're going to plant one, plant 10."

*The Washington Post* has written that Chanticleer is "one of the most interesting and edgy public gardens in America," no doubt referring to the unexpected juxtaposition of plants and unusual plant choices. In a gravel garden, in which gravel is mixed with soil, the visitor finds lavender, butterfly flowers, tree yuccas and an arbor with wisteria. In the summer, tropical plantings include tall banana trees, unexpected in the Philadelphia area.

The gardens emphasize the use of many perennials with large areas of green foliage, and flowers only for accent. But there is no lack of both subtle hues and vivid color. They also grow some agricultural plants, such as tobacco and sorghum, to show how beautiful agriculture planting is. Bill is partial to a planting of 210 rows of asparagus.

In a woodland area, under tall American trees, is a garden of Asian plants. It was created by two staff members who were sent to Japan to study Japanese gardens. Chanticleer, in fact, has a relationship with a garden in England and one in South Africa, to which they send interns.

There are more than 5,000 different plants at Chanticleer, all listed and shown on maps, placed away from the gardens themselves so as not to detract from a visitor's sheer pleasure. There are shops for working in wood, metal and stone, where the outdoor furniture is created. An elevated walkway is planned for 2016. Says Bill Thomas, "We can't settle for good."



Rob Cardillo

## EASTER EGGS AND A BUNNY

text and photos by Betsy Pennink



"Isn't she cute!" exclaimed a resident, watching one of the little children collecting shiny, bright-colored, plastic Easter eggs on April 15 in the Activities Room. The occasion was the annual Easter Egg Hunt with the Medford Moms. With the residents

sitting in a semicircle, the Therapeutic Recreation staff had been able to hide the eggs (in the open) on some of their walker trays and at their feet – everywhere very small children could spot them.

The mothers and their children started out sitting on the floor in the middle of the circle, the children clutching their baskets and full of anticipation. **Gerry Stride**, director, Therapeutic Recreation, asked them if they were ready for the hunt, then called out "Go!" All 18 children were immediately busy throughout the room, picking up eggs and putting them in their baskets. There was a certain amount of coaching by mothers, especially of some one- and two-year-olds, who hadn't quite gotten the idea.

After settling down, everyone was led in singing by Gerry, with **Nannette Hanslowe** at the piano. "Ten Little Bunnies" involved counting on your fingers and a great deal of hopping up and down. "Jelly Beans in my Tummy" (yum, yum) was about jelly bean colors and included tummy patting.

The highlight of the occasion was the arrival of the Easter Bunny, alias **Marcy Smith** (Therapeutic Recreation), in a plush white bunny suit. She waved at everyone and then sat in a chair to have her picture taken with any child who sat in her lap. (Mothers pulled out their cameras.) Then there was quiet in the room as children and residents worked at tables with crayons to color Easter characters on white paper bags. Apple juice and water was served all around.

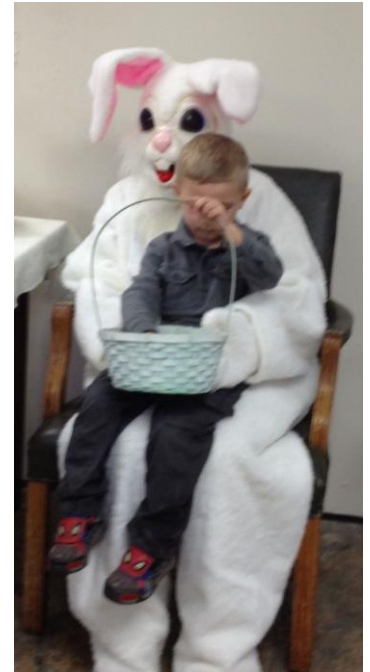
The Medford Moms are not just a group of women who like to do things with their children. They are one of many local clubs that belong to the international MOMS Club, a non-profit corporation founded for support of "at home" mothers.

Devon Thompson, who was there with her one-year-old son, described how wonderful it was to learn about the Medford Moms when she and her family moved here recently from Louisiana.

She met other mothers and found an automatic play group for her child. Devon described a special club activity: "Mom's Night Out." This can be a field trip; Devon had been to a food demonstration and had fun painting pictures. They had also had seven drives, for example, a diaper derby and a food drive and pajama drive.

Jodi Koptiw, accompanied by her second son, was president of the Medford Moms last year and knows a lot about the organization. Each locality has its own club. The members of the Medford Moms must have an 08055 or an 08088 area code. Each club has its own program and its own newsletter and website. The children are usually under five, but even mothers whose children have reached school age find that the club offers things for them.

If a mother has a new baby or a medical emergency, members bring meals. The club raises money for local families, since a primary goal is to give back to the community. The Medford Moms celebrate three holidays at Medford Leas, Halloween (the children come in their costumes), Christmas and Easter. These represent three of their service projects. "We want to get the kids involved in brightening the community," says Jodi. They certainly succeeded in brightening the Easter holiday at Medford Leas.





## PATHWAYS: BRAIN HEALTH, QUAKER HISTORY AND A PRIVATE GARDEN

by Beth Bogie

May brings a number of off-campus venues to *Pathways to Learning at Medford Leas*. One of the most popular *Pathways* programs, "Improving Your Every Day Brain Health – Through Brain Fitness," presented by Gerry Stride, director, Therapeutic Recreation at Medford Leas, will be given this year at the Medford Senior Center. At the end of the program, attendees will leave with ideas for continuing a brain fitness program at home. (Friday, May 2, 11 am)

Another Medford participant in *Pathways* this year is the Medford Friends Meeting, which is celebrating 200 years of worship in its 1814 Meetinghouse. Lynne Brick, a member of Medford Meeting, will give a tour of the Meetinghouse and its grounds, as well as provide some local lore, a scavenger hunt, and, weather permitting, gravestone rubbings, if attendees wish. (Thursday, May 8, 9:30 am to 12 noon)

One of the highlights of May has become a visit to a spectacular garden, in this case the personal gardens at Northview of Jenny Rose Carey, director of the Ambler Arboretum at Temple University. The gardens have been featured on the PBS show "The Victory Garden," in the *Wall Street Journal*, as well as in numerous gardening magazines. (Monday, May 12, 9:30 am to 3:30 pm)



Photo by Jamie Richie

photo from [friendsofbombayhook.org](http://friendsofbombayhook.org)

Birders will also enjoy an off-campus treat with a trip to Bombay Hook National Wildlife Refuge in Delaware. It comprises nearly 16,000 acres of land, with about 80 percent tidal salt marsh, one of the largest unfragmented marshes on the Mid-Atlantic coast, and a wide assortment of birds. (Monday, May 19, departing at 7 am and returning about 4 pm)

Here at Medford Leas, Leas Forum will host two absorbing programs. On Saturday, May 10, at 11 am, Medford Leas resident **Ernest Kaufman** will share a very personal account of his years as a German citizen between World War I and World War II, yet serving in the U.S. Army in WWII as a U.S. citizen.

On Saturday, May 24, also at 11 am, in "Egypt: A Troubled Political Transition," Dr. Ann Lesch, Associate Provost of International Programs at the American University in Cairo, will provide her perspective on the Mubarak government, the Muslim Brotherhood, and the current military-backed government.

Nature enthusiasts will be able to engage in varied activities, including a Lumberton campus trail walk on May 3 at 9:30 am.

Pam Ruch, horticulturist, garden writer and artist, will give a two-day course, "Introduction to Nature Journaling," which can include drawing, date of collection, prose and poetry. (Saturdays, May 10 and 17, 10 am to noon)

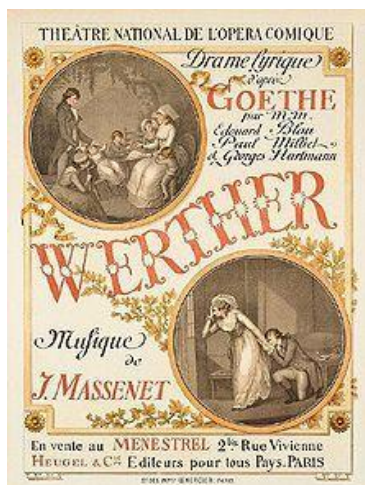


And for music lovers, the Independence Sinfonia Orchestra, based in Philadelphia, will perform live in the Theater, under the baton of Jerome Rosen, music director. The program includes Haydn's Symphony No. 103, *The Drumroll*, and Mozart's Clarinet Concerto (Sunday, May 18, 2:30pm)

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: MASSENET'S *WERTHER*

by Beth Bogie



Jules Massenet (1842-1912) was a major composer of French opera in the late 19<sup>th</sup> and early 20<sup>th</sup> centuries. On Saturday, May 17, at 1:30 pm, the Medford Leas audience will witness a 2007 production of Massenet's *Werther*, led by Daniel Carlberg conducting the Badische Staatskapelle

in Karlsruhe, southwest Germany. It is being presented in HD by SpectiCast, in the Theater, and is sung in French with English subtitles.

*Werther* is the story of a romantic suicide, a familiar theme in opera. Werther, a poet, falls in love with the betrothed Charlotte, who rejects Werther's passionate love and marries the businessman her parents have chosen for her. After marriage, she recognizes her love for Werther, revealing this to the poet. At his apartment, Werther takes his life, while Charlotte rushes to his side, too late.

This particular version of *Werther* was produced by Robert Tannenbaum, a native New Yorker who served as director of the Baden State Theater in Karlsruhe from 2001 to 2008. He uses a spare modern-dress style to highlight the alienation and bleak isolation of the lovers.

The cast includes Silvia Hablowetz as Charlotte, Keith Ikaia-Purdy as Werther, and Armin Kolarczyk as Charlotte's uncomprehending husband, Albert. The children's chorus of the Helmholtz-Gymnasium is featured singing Christmas carols in July at the opening of the opera, a falsely cheerful beginning making plain that things are going to end badly.

Massenet completed *Werther* in 1887, basing it on a novel by Goethe, *The Sorrows of Young*

*Werther*, written more than a century earlier and inspired by an actual event: the suicide of a young man in love with a married woman. *Werther* is regularly performed around the world, but like many of today's most popular operas, was initially rejected, in this case by the Paris Opéra-Comique on the grounds that it was too serious. Instead, it had its premiere in 1892 with the Vienna Opera, which was pleased with the previous success of Massenet's *Manon*. The U.S. premiere with the Metropolitan Opera took place in 1894. Finally, *Werther* joined the repertoire of the Opéra-Comique in 1903 and in the next half-century was performed there 1,100 times. Currently, *Werther* is one of the Metropolitan Opera's Live in HD selections.

Twenty-five of Massenet's operas exist today, with *Manon*, *Werther* and *Thaïs* his greatest successes. They are characterized by a thoroughly French melodic style; he is considered one of the greatest melodists of his era. His music is admired for its lyricism, sensuality, occasional sentimentality and theatrical aptness.

In addition to his operas, he composed concert suites, ballet music, oratorios and cantatas and about 200 songs. Rather than composing at the piano as many composers do, he created entirely from his imagination, an ability said to have helped him achieve high standards as an orchestrator.

As a teacher of composition at the Paris Conservatory from 1878, Massenet was highly influential.

Sources: SpectiCast, EuroArts, Naxos, Wikipedia, *Merced Sun-Star*, NPR, *Encyclopedia Britannica*.

### IN MEMORIAM

|                       |                 |
|-----------------------|-----------------|
| <b>George Spivack</b> | <b>April 2</b>  |
| <b>Anne Barbey</b>    | <b>April 3</b>  |
| <b>Ellen Stimler</b>  | <b>April 5</b>  |
| <b>Barbara Gilles</b> | <b>April 13</b> |
| <b>Bernard Rosen</b>  | <b>April 13</b> |
| <b>Robert Hesse</b>   | <b>April 15</b> |



## CHERYL SMITH RETIRES

text and photo by Betsy Pennink



**Cheryl Smith**, Environmental Services Supervisor, didn't realize when she applied for a job here 38 years ago, what an important part of life at Medford Leas she would become. She was simply a young housewife looking for something to do.

Her husband Bob suggested she try at Medford Leas because he knew it from the many times he had come here with Merritt Haines, owner of Merritt's gas station and car repair, to work on residents' electric wheelchairs.

Cheryl was delighted to be hired, at first part-time, then, after a month, full-time. She did cleaning in the John Woolman building as it was being built, but in two years she moved to Laundry. She began as a "folder" and became a laundry supervisor. In that capacity Cheryl was responsible for ordering new linen whenever the supplies were low – which was constantly.

After 15 years, Cheryl joined **Doris Wallace** as a supervisor in the Environmental Services Department, with Doris in charge of the Courtyard Apartments and Cheryl looking after the medical areas. Soon they both did everything together. Says Cheryl, "We pretty much know everything."

"Everything" that their department covers is huge. It includes cleaning, laundry, providing curtains, shampooing carpets, even picking up leaves on the walkways. Cheryl assigns the various jobs to the "fantastic crew." She even makes sure that each resident gets the kind of sheets and towels that particular person requires, by size or even by brand. As a result, each housekeeper has a list on her cart and can load up with the appropriate linens!

To say that Cheryl's departure will leave a big hole in Environmental Services is putting it mildly. One housekeeper volunteers that holidays won't be the same without Cheryl's celebrations. Cheryl says she will miss her crew because they are like a second family. She has seen them get married and have children, some of whom come to work at Medford Leas. She will also miss her interaction with residents. She has so enjoyed hearing about their lives.

What Cheryl will do in retirement is not completely clear. Her husband has been after her to retire for several years, and she is pretty sure he wants her to go fishing with him in his boat. This is not going to happen, she says. She sees herself walking her dog Missy, a pit bull, in the park and possibly having a chance to do some babysitting. Her two children live nearby, and so do her four grandchildren and two great-grandchildren. She expects to do some volunteering, perhaps in an animal shelter, because she thinks "it's time to give back to the community."

Cheryl looks back at her time here and recalls that she has seen five "administrations." She is most nostalgic for the long time she worked under **Lois Forrest**, whom she considers "a great person." Cheryl will be missed for the great person she is!

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Painting by Mary Ann Nordall
See "What's New in the Galleries" page 15.

MLRA MEETING SPEAKER

Lisa Heinkel, director, Health Services, will speak at the MLRA meeting on Monday, May 19. 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, MLRA

IN THE NEWS

by Maggie Heineman

Journalists are increasingly thinking of Medford Leas for stories and coverage of events.

The *Medford Central Record's* Rita Manno has published stories about *Pathways to Learning* programs. Her March 7 article mentioned presenters **Dave Bartram**, **Ann Campbell**, **Maggie Heineman** and **Vince Menzel**. The March 14 article highlighted several *Pathways* programs, and emphasized resident participation. "Medford Leas is unique in that its residents contribute heavily to the types of programs offered and choose the speakers most appealing to their audiences. **Barbara Trought**, a Medford Leas resident and chair of its 10-member Forum Committee, said it is sometimes difficult to choose since they have 'an abundance of riches' in the many programs suggested by residents." Manno's March 24 article publicized the upcoming talk by Dan Gottlieb which drew a full house, and her April 3 article about the April nature events made note of the 1978 gift by the late **Marjorie Ilgenfritz** of her dafodil collection

In the *Burlington County Times (BCT)* there was a March 27 article by staff writer Alexis Sachdev about the March-April gallery exhibit, "Hanging Out," and on March 29 there was a short video on the *BCT* website by staff photographer Dennis McDonald showing Dan Gottlieb at the beginning of his talk.

BCT staff writer Peg Quann interviewed a number of Medford Leas staff members and residents in preparation for a recent three-part series about aging. Her March 30 article, "Technology helps keep boomers fit" described programs at Medford Leas including *Pathways to Learning* as well as physical exercise and brain fitness. There were photos showing residents working out in the Fitness Center. Both **Dr. Andie Iannuzzelli**, Medical Director, and **Gerry Stride**, director, Active Living, were quoted.

On March 31 Quann's article about living separately from a spouse due to health needs, includes a brief account of Medford Leas residents **Betty** and **Ed Preston**, who moved to Medford Leas in 2000. In 2005 Ed moved into skilled nursing and Betty remained in their home. Betty said, "I found it was very workable. It was devastating when I realized this was the way it was going to be. He had a neurological disease that was only going to get worse. He needed help with dressing and navigating – more than I could handle." It took only two minutes to drive from her Rushmore home to the nursing unit. "I went every day. I ate my lunch with him...I would bring my dinner with me. I would stay and eat with him and participate in programs with him. There were times I ate with friends. I found I managed. It was something I had to accept."

On April 1 the third article in the series, "Older people are changing the face of the workplace," mentioned **Carmen Kunyczka**, age 85. Excerpt: "She retired from her nursing career 12 years ago and started working part time at the Harry & David store in the Promenade at Sagemore in Eve-sham." (Note: *BCT* didn't mention it, but Carmen still swims laps nearly every day.)

The February-March issue of *Inside the Pinelands* has an article written by **Janet Jackson-Gould** about the restoration of the historic property of Dr. James Still. Janet is a trustee of the Pinelands Preservation Association and a vice president of the Medford Historical Society.

Full articles are at www.medfordleas.org/news.

CENTENARIANS FETED

by Suzanne Frank

Over 100 years old? Still having the will and stamina to do a fitness routine to the best of your ability? Well, that makes you an active member of the exclusive Fitness Centenarian Club, and you were suitably honored on March 21 at a dinner recognizing your specialness. You know who you are, but for the rest of us, the participants were: **Connie Bacha, Margaret Lawson, Kate Mundy, Jack Rudolph, Marion Burk and Gertrude Marshall.**



Mark Labajo

Pictured here is member Connie Bacha with **Dana Jones** of the Fitness and Aquatics team, who shared her impression of the event: "I have now been with Medford Leas for a little over one year, and nothing I have done thus far compares to the feelings I had while at the Fitness Centenarian Dinner... Each fitness staff member accompanied a resident and sat next to them, frequently engaging in laughter and good conversation, which made the meal that lasted a little over an hour feel like just a few short minutes. We work with these residents regularly, but to see them in a different setting, all dressed up, was just delightful. It's definitely one experience I will never forget."

HEARING & VISION SUPPORT GROUP

by Kitty Katzell

Call it a "committee," an "activity" or just a "group," under **David Bartram's** leadership, residents who are dealing with problems of low vision and/or hearing loss now have a structure that focuses on their concern – and is seeking to do something to help.

At an April 8 meeting, the group endorsed a draft Mission Statement that set forth its goal: "to give residents a chance to help and support each other as they deal with Low Vision and Hearing Loss issues." They foresee their group sponsoring public programs relating to problems of hearing and vision; advocating with the Health Center on behalf of residents with vision and hearing problems; demonstrating the use of equipment that can be helpful to those with such problems; advising residents who do not have these problems on how to relate effectively to those who do; and so on.

At the April meeting, several instruments designed to aid in hearing were demonstrated, each with its own advantages and disadvantages. There was discussion of the desirability of asking the Health Center to facilitate the services of those purveyors who are already providing hearing aids to residents, so that residents could meet with them on our premises on some scheduled basis.

The group is planning to send a questionnaire to all residents to learn more about their needs in these two areas. It is obvious that residents vary widely in their visual acuity and hearing loss. Some could be helped by having access to equipment designed to meet their individual needs, but who are those people? and where do they live? These are the kinds of questions that the support group will seek to answer.

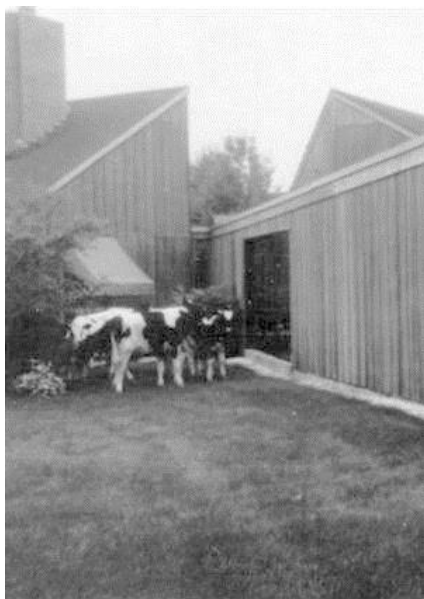
For the present, the group plans to meet monthly or bi-monthly, and any residents who wish to participate will be welcome, so check the monthly and weekly calendars for the dates of future meetings.

SHARING LIFE WITH CREATURES

by Judy Kruger

One morning, a Bridlington resident was heading to the kitchen to wash her dishes when she heard small, scrabbling sounds from the sink. Nervously peering in, she was greeted by two shiny black eyes and a pointy nose coming up from the disposal. It was a mouse, just as worried about an intruder as she was. Apparently, it had gone exploring down the drain for food. Startled as they both were, the resident did not turn on the disposal motor but quickly called Maintenance. She then overturned a heavy pot over the drain and waited until Maintenance gently extracted the mouse and carried it into the woods to be set free.

Residents on both campuses of Medford Leas do indeed share their lives with plenty of other living creatures. Especially in the spring, we may come nose to nose, so to speak, with wildlife.



The oldest animal tale dates from the early 1970s during construction of Medford Leas' main campus on farmland. Cows at a nearby farmyard would meander over to the Courts, eat the flowers, and peer into the windows of residents. Whenever this happened, **Bob Costigan** and

whoever else was available would round up the cows and take them back to the farm.

Deer wander onto patios and may have even entered open doors into homes. On one occasion, a herd of 15 deer ran into a Courtyard. Deer also appear in Bridlington and Rushmore, and frequently sample the veggies growing on The Farm.

One spring morning a huge, but harmless, black snake slithered down the hall toward the Coffee

Shop in the Community Building. Before breakfast staff arrived, **James Howard**, on his Security rounds, spotted the snake. **Kevin Crain** from Maintenance came to the rescue, put the snake in a trash barrel, took it outside and let it go.



Steve Denham

Resident **Mike Podolin** saw a similar snake hanging out under the deck of his Bridlington neighbor, **Doris Murray**, last spring. **Susan Dowling** often spots wildlife – deer, foxes, and wild turkeys – behind her Bridlington home. A fat groundhog recently bounded across her grass to take cover under the deck of **Lois** and **Harry Forrest** next door.

Court 7 resident **Renee Slemmer** remembers the day she found a small frog sitting on her kitchen counter. It was two days after she had seen a large frog in her bathroom. "I trapped them both in a butterfly net and took them out to the pond," Renee says.



Steve Denham

Infrared photo triggered by motion detector. Steve says, "I didn't take the picture, the fox did."

By now, a snapping turtle story probably has taken on mythic proportions. One version is that on a summer Sunday evening a Court resident opened her door to take the trash out before going to bed. Just outside sat a huge, mean-looking snapping turtle. Feeling threatened, the resident shut the door and called Maintenance. But it was Sunday and not really an emergency, so she was advised to call in the morning. She agreed and went to bed. On Monday morning, the snapping turtle was nowhere to be seen in that Court. However, during the night it had lugged its heavy body all the way across the Main Parking Lot, over the electronic sensor mat that opens the doors to Estaugh, and was going down the hallway of Estaugh and Haddon when it was discovered. Our heroes, the Maintenance guys, answered the panicked phone call of the Estaugh morning staff and came with a wheelbarrow and blankets. The snapping turtle was set free by the creek.



And then there is the loyal duck that nests each spring on top of the short brick wall facing the door of the Community Building. She's famous enough to have had an article written about her and her baby ducklings in *Medford Leas Life* – our own "Make Way for Ducklings" story!

.....

"I KNOW WHAT YOU MEAN"

Conversation among centenarians chatting outside the Activities Room: "I remember everything when I was young, and I remember everything when I'm elderly, but I don't remember anything in between."

TOMFOOLERY

text by Beth Bogie, photos by Marcy Smith



There was a lot of tomfoolery going on at Medford Leas on April Fool's Day – at least in the Activities Room. (Tomfoolery – i.e., silly or foolish behavior, shenanigans, antics, buffoonery, nonsense, from 14th c. England.)

Everyone passing the glass windows of the Activities Room was entranced by residents in highly creative balloon headdresses, made by Gary of Premiere Parties. The idea came from the creative mind of **Gerry Stride**, director, Therapeutic Recreation. She obtained all kinds of props for residents to try on – lorgnettes, mustaches, long funny hair, even Christmas props. The voice of Louis Armstrong contributed to the atmosphere of fun. Two residents enjoying tomfoolery, pictured here, are **Mae Lundin** and **Hiroshi Uyehara**.



PLANS TO REPLACE SPECTICAST

by Dave Bartram

The year 2013 - 2014 marks the fifth season that Medford Leas residents and members of the community have enjoyed classical music concerts from SpectiCast in Philadelphia. The first years featured live simulcasts of several Philadelphia Orchestra concerts. For reasons that may have been related to the Orchestra's bankruptcy proceedings in 2011, there were no more of those regular live (or recorded) broadcasts.

To fill the gap, SpectiCast began offering recorded concerts, primarily from EuroArts, a German recording company. This enabled us to present a variety of orchestral and chamber music events, as well as opera and ballet continuing through this season. At some point, SpectiCast stopped adding classical music and shifted their focus to a more contemporary audience. For example, one of the features on their website is "Super Duper Alice Cooper," a documentary about the "shock rock" singer from the '60s and '70s.

The SpectiCast Committee has decided to continue to provide classical music in the same format which has made the previous offerings popular. We will still have program notes along with cookies and punch during intermissions. The difference is that content from SpectiCast will be replaced with commercially available DVDs or Blu-Ray discs. In some cases, this may be the same content that SpectiCast was offering. The difference is that we will be paying \$25 to \$30 for the disc rather than \$571 for the download from SpectiCast. The quality of the video and audio will be identical.

Since SpectiCast is a commercial offering, we were able to charge whatever we wished. We chose to keep the charge as low as possible, just enough to cover our costs. Next season we will have much lower costs for the program content, but the cost for the punch, cookies and duplicating of the program notes will not change. At this point, we are not sure how we will be able to cover these costs. Medford Leas is helping to determine the legal issues involved.

If things go as we expect, next season will again feature 10 programs from September to June with six orchestral concerts, two operas, one ballet and one chamber music concert. We plan to meet in late

May to choose the programs for the 2014 - 2015 season. The name of our committee will undoubtedly change, the cost will be less, but the quality will be the same. As in the past, we are planning a season subscription as well as the ability to attend individual events.

We're looking forward to next season, and hope that if you like to see classical music as well as listen to it, you will join us.

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## THE MEADOWS AT MEDFORD LEAS

by Kitty Katzell

At the March 28<sup>th</sup> Community Conversation, **Jeremy Vickers**, CEO, mentioned plans for the meadows on Medford Leas' two campuses. As a first step, Larry Weaner Landscape Associates, a nationally recognized design firm, has been contracted to work first on the meadow on the Lumberton campus. The plan will involve a review of existing conditions and will suggest a design approach for reinvigorating and maintaining that meadow.

A visit to Weaner's website gives ample reason for optimism. Located in Pennsylvania, the firm has more than 30 years of experience on projects in the eastern United States. Their procedures start with assessing the ecology of the site to determine what plants are appropriate for the area. They use naturally occurring plants, with species that are selected both for their functions and for their ornamental qualities to create resilient landscapes that will thrive with a minimum of care. The plantings are designed to encourage the use and proliferation of native vegetation. Where structures are needed, they use local and regionally appropriate materials.

More than one-year wonders, meadow plantings take a few years to become established, so residents will need to be patient as they watch the process and the progress. Actual meadow communities provide long-term, easily managed landscapes that harbor birds and butterflies, and provide color and texture throughout the year, and that's exactly what we all want to see.

Based on the success with the Lumberton campus meadow, plans will be considered for the Medford campus meadow.



## WHAT'S NEW IN THE GALLERIES

by Helen L. Vukasin

A new exhibit of the watercolors of Mary Ann Nordal is on display in the Main Gallery of Medford Leas and will be shown during the months of May and June. It is promoted to the community through the *Pathways* program (see *Pathways* story, p. 7.) There will be an opening reception on Tuesday, May 6, from 3 to 4:30 pm. The artist will talk about her work at 3:15.

Mary Ann Nordal grew up in New Jersey and has painted since she was a child. She graduated from Bennett Junior College and also the Parson School of Design, New York City. She combined a career of painting and interior design working for W. & J. Sloane as a decorator. Because of her husband's career as a hotelier, they lived in 11 states, which provided the opportunity for her to paint diverse subjects, in varied light and color. She is accomplished in still lifes, landscapes and portraits.

With the arrival of spring, the Art Studio show on April 28 brought its usual overflow of visitors, whether for the wonderful exhibit of resident talent or the presence of homemade refreshments, or both. Twenty-eight artists and six photographers displayed their latest creations. This group of works will be up until the fall. If you missed the opening, be sure to visit the ground floor of the Arts and Social Wing to see what your neighbors are displaying.

On the Lumberton campus, Gianna Constantine, a college student from Vassar, will be showing her environmental paintings through July. She creates from a combination of life and imagination to produce large and small environmental works. She draws inspiration for her art from everyday objects, dreams, and early Italian Renaissance painting. A wine and cheese reception will open the exhibit on Friday, May 23, from 4 to 5:30 pm.



## NEW BOOKS IN THE LIBRARY

### Mystery

Allende, Isabel *Ripper*  
 Beaton, M.C. *Death of a Policeman*  
 Evanovich, Janet *One Chase*  
 Fluke, Joanne *Blackberry Pie Murder*  
 Jance, Judith *Moving Target*  
 Kellerman, Jonathan *Killer*  
 Lippman, Laura *After I'm Gone*  
 Patterson, James *Private L.A.*  
 Perry, Ann *Death on Blackheath*  
 Robb, J. D. *Concealed in Death*  
 Woods, Stuart *Standup Guy*

### Fiction

Doctorow, E. L. *Andrew's Brain*  
 Guhrke, Laura Lee  
     *When the Marquess Met His Match*  
 Harris, Robert *An Officer and A Spy*  
 Kidd, Sue Monk *Invention of Wings*  
 Krentz, Jayne Ann *River Road*  
 Martin, Valerie *The Ghost of the Mary Celeste*  
 McBride, James *The Good Lord Bird*  
 Messud, Claire *The Woman Upstairs*  
 Michaels, Fern *Kiss and Tell*  
 Powers, Kevin *The Yellow Birds*  
 Quindlen, Anna *Still Life with Bread Crumbs*  
 Steel, Danielle *Power Play*  
 Tan, Amy *Valley of Amazement*

### Non-Fiction

Bailey, Catherine *The Secret Rooms*  
 Chase, Steve *Letters to a Fellow Seeker*  
 Corrigan, Kelly *Glitter and Glue*  
 Dorwart, Jeffery *Elizabeth Haddon Estaugh*  
 Edsel, Robert *Monuments Men*  
 Gates, Robert *Duty*  
 Hendrix, Mary Ellen  
     *Genius in America . . . C. Harry Knowles*  
 Higgins, Adrian *Chanticleer*  
 Kavanagh, Jennifer  
*New Light: 12 Quaker Voices*  
 Kilmeade, Brian  
     *George Washington's Secret Six*  
 Krauthammer, Charles *Things that Matter*  
 Offit, Paul *Do You Believe in Magic?*  
 Walker, Johnny *Code Name: Johnny Walker*  
 Whitelock, Anna *The Queen's Bed*

**MAY CRYPTOGRAM**

by Herb Heineman

YO L ZP GYVC QZ WT HZNTU, AYNT  
 HZNT B FCBDF T WL FZDVQBDQHL BDU  
 FZDVYVQTDQHL WTYDA L ZPJVT HO.

Underline the name of the author.

**UBDYTH AZQQHYTW****BDPJBA IJBRBVC JBL****BHICZDVT ABWJYTH FBIZDT**

Below is the solution to the April cryptogram.

THIS IS THE DAY UPON WHICH WE ARE  
 REMINDED OF WHAT WE ARE ON THE  
 OTHER THREE HUNDRED AND SIXTY-FOUR.

GEORGE BERNARD SHAW  
MARK TWAIN  
 HENRY LOUIS MENCKEN

The correct solution was received from the following readers:

Catherine Barry, Ruth Blattenberger, Marion Burk, John Caughey, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Liz Dill, Barbara Fiala, Neil Hartman, Barbara Heizman, Pat Heller, Sue Isaacs, Jean Jordan, Joan McKeon, Doris Q. Murray, Helen Peterson, Betty Preston, Doris Salati, Millie Salvaterra, Peg Scott, Anita Solomon, Louise Stiles, Miriam Swartz, Joanne Thomas, Ellen Wiener, Barbara Zimmerman. Nineteen 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 May 10.

**MEDFORD LEAS LIFE**

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*Recorder:* Betty Taylor

Medford Leas Life is published monthly, September through June, by the Medford Leas Residents Association. Copies are distributed to all residents and administrative staff. Subscriptions are available to others at \$15.00 a year for ten issues by writing to Medford Leas Life, One Medford Leas Way, Medford, NJ 08055. Medford Leas can be reached by phone 609-654-3000; FAX 609-654-7894; or email [information@medfordleas.org](mailto:information@medfordleas.org). When using FAX or email, specify the name of the person to receive the message. The Administration website is [medfordleas.org](http://medfordleas.org). The Residents Association website is [mlra.org](http://mlra.org).

**Deadline for submissions:**  
 10<sup>th</sup> of the month preceding publication



Printed by Minuteman Press, Berlin, NJ