



Medford Leas *Life*

VOL. XLIII, No.7

September 2014

LEASMUSICAST LAUNCHES 2014-2015 CONCERT SEASON

by Beth Bogie

On Saturday, September 27, LeasMusiCast, formerly the SpectiCast Committee, will introduce the first of 10 concerts in its new 2014-2015 season. This year for the first time this committee of Medford Leas residents has put together the year's program independent of SpectiCast, which is no longer presenting classical music.

The September concert is a Europa-Konzert, which has celebrated the founding of the Berlin Philharmonic Orchestra every May 1 since 1991 at a different concert location. This one was recorded live at the Hagia Eirene church in Istanbul, on May 1, 2001. Mariss Jansons conducts the Berlin Philharmonic, with Emmanuel Pahud featured on the flute. The program includes:

- Franz Joseph Haydn – Symphony No. 94 in G major, *The Surprise*;
- Wolfgang Amadeus Mozart – Flute Concerto No. 2 in D major;
- Hector Berlioz – *Symphonie fantastique*, Op. 14.



As an added bonus, after the concert there will be two short documentaries: *A Portrait of Istanbul* and *Behind the Scenes*.

The new season represents the fifth anniversary of live recorded concerts, opera and ballet presented in the Medford Leas Theater. Five years ago, in May 2009, **Gerry Stride**, then director of Community Life, now of Therapeutic Recreation, had just discovered the possibility of bringing performances of the Philadelphia Orchestra live to the Medford Leas Theater. SpectiCast was able to simulcast concerts through the Internet, making them available to theaters everywhere. Soon a demonstration concert was held in the Theater, which revealed the need for installation of a higher capacity Internet connection and improvement of the sound system.

After those improvements were made, residents gathered on Saturday, January 9, 2010, to witness a performance of the Philadelphia Orchestra, conducted by Bernard Labadie, recorded live from the Kimmel Center. For the first time, residents no longer wishing to make the trip to Philadelphia could enjoy a concert right here in comfort, Gerry's original goal.

By 2011, the Philadelphia Orchestra, experiencing financial troubles, no longer provided live recorded concerts. Under the

leadership of Medford Leas SpectiCast Chairman **Dave Bartram**, SpectiCast filled the gap with concerts from the world's great orchestras.

Now, with SpectiCast leaving the field of classical music, the LeasMusiCast Committee has put together its own classical music season using commercially available DVDs and Blu-ray discs, which have the same High Definition video quality and 5.1 Surround Sound as previously offered by SpectiCast.

LeasMusiCast celebrated the opening of the new series with a free concert in August featuring Eugene Ormandy conducting the Philadelphia Orchestra in 1977. "The committee," said Dave in his introduction, "thought it would be fun to go down memory lane and revisit the Philadelphia Orchestra from a time when we were younger."

Members of the LeasMusiCast Committee, in addition to Dave Bartram, are: **Jane Bartram, Gerry Stride, Alan and Linda Gaylord, Bob and Ruth Rosvold, Nan Hanslowe, Marion Norcross, Frank Snope, Elaine Eldred, Marc Mostovoy and Karin Sannwald.**

The name LeasMusiCast is a hybrid from two names suggested by Marion Norcross ("Musicast at the Leas") and **Doris Allenbach** ("Musicast.")

They have been invited to attend all concerts free. Source: "Medford Leas Presents...the Philadelphia Orchestra!" by **Kitty Katzell**, *Medford Leas Life*, February 2010.

MLRA MEETING SPEAKERS

Dr. Andie Iannuzzelli, medical director, and **Ken Roland**, manager, Fitness and Aquatics, will speak at the MLRA meeting on Monday, September 15. 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

NEW BOOKS IN THE LIBRARY

Fiction

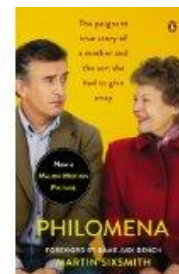
Binchy, Maeve *Chestnut Street*
Cohen, Paula Marantz *Suzanne Gets a Life*
Furst, Alan *Midnight in Europe*
Giffen, Emily *The One and Only*
Macomber, Debbie *Blossom Street Bride*
McMurtry, Larry *The Last Kind Words Saloon*
Quick, Amanda *Otherwise Engaged*

Mystery

Beaton, M. C. *The Blood of an Englishman*
Brown, Rita Mae *9 Lives to Die*
Brown, Sandra *Mean Streak*
Coel, Margaret *Night of the White Buffalo*
Finder, Joseph *Suspicion*
Hoag, Tami *Cold, Cold Heart*
Johansen, Iris *Sight Unseen*
Kellerman, Faye *Murder 101*
Kellerman, Jonathan *The Golem of Hollywood*
King, Stephen *Mr. Mercedes*
Maron, Margaret *Designated Daughter*
Nesbo, Jo *Cockroaches*
Patterson, James *Bum, No. 7*
Penny, Louise
The Long Way Home
Robb, J. D. *Festive in Death*
Silva, Daniel *The Heist*

Non-Fiction

Carson, Ben *America, the Beautiful*
Clinton, Hillary *Hard Choices*
Eyman, Scott *John Wayne*
Levitt, Steven *Think Like A Freak*
Piketty, Thomas *Capital in the 21st Century*
Roberts, Robin *Everybody's Got Something*
Sixsmith, Martin
The Lost Child of Philomena Lee
Warren, Elizabeth *A Fighting Chance*



*Life Lines***GREENPEACE**

by Marcy Webster

Home Depot claims that they have more than 800 shades of green paint for sale. That's great if you're decorating a problem bedroom but, for those of us at Medford Leas, it's no big deal. There are beautiful greens here, everywhere we look, certainly many more than 800 variations.

I'm writing this in midsummer when the trees outside my window seem to glow in the morning light, to rest in the afternoon as so many of us tend to do, and then to stir themselves in the evening for a final display. At times in the early morning, some trees are so brilliant that they are almost gold. Often, at twilight, the pines seem blue.

In the Art Studio, I watched **Pat Heller-Dow** begin a watercolor landscape with a pale green backdrop. As she prepared to apply darker shades, she talked to me about the visual impact of light. Nearby, **Alice Culbreth** spoke of the inspiring vista of trees that she sees from her third-floor window. Both artists stressed that painting was about "really seeing." They spoke again and again about shadow and about the importance of light. When I left them and walked home, I found myself looking at the trees in a different way.

Another artist, one who has transformed the iconic Medford Leas tree into fabric, is **Jeannette Muir**. Her masterpiece quilt hangs in the Atrium as a symbol, welcoming and sheltering those who pass. Here at my desk, looking at a reproduction note card of the quilt, I receive an impression of the Arboretum created by scraps of blues and greens, strongly imaginative, yet absolutely true.

After we experience the impact of the landscape, we can go into the Community Building, where a series of tasteful decisions by designers and resident committees over the years has made a retreat that uses the colors of the Arboretum to echo its atmosphere indoors. Every room features tones of green, but it is done in such a subtle way that the interior décor becomes part of the overall experience.

Psychologists are divided about the effect of green walls and furnishings on the spirit. Some say they are energizing; others talk about the calming benefits. Perhaps both are accurate because each of our public rooms fulfills its purpose, providing the perfect background for whatever's happening: poetry reading, line dancing, spiritual discussions or games of pool. I've done extensive research on the restrooms, and they're green, as well.

Along those lines, don't forget that Medford Leas is green in that other, current and correct sense. The Resource Conservation Committee has made great strides in fulfilling that objective.

I rejoice in the greenness here. If I had energy and life span to spare, I would set out on an odyssey in the Arboretum, with the Home Depot color chart in hand, and I'm convinced that I would not only be able to match every single tint but to find some shades of green that the paint experts never imagined.

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**UPCOMING VID-U SERIES**

by Kitty Katzell

Vid-U is an acronym for Video-University. It is an educational program that presents DVDs obtained from *The Teaching Company*. Classes are held on Thursday mornings at 11 am in the Linden Room, and everyone is welcome. There is no charge.

The next series of lectures, *The 23 Greatest Solo Piano Works*, will begin on Thursday, September 4. The course is taught by the ever-popular Prof. Robert Greenberg, who has taught several of the music courses presented in Vid-U.

The 23 lectures deal with composers from Bach, Mozart and Beethoven, to Rachmaninoff, Prokofiev and Copland. Each session in this series will be 45 minutes in length.

## PATHWAYS TO ADVENTURE, CREATIVITY AND UNDERSTANDING

by Beth Bogie



### PATHWAYS

TO LEARNING AT MEDFORD LEAS

As *Pathways to Learning at Medford Leas* unveils its fifth season this fall, one feels the excitement of planning a trip to unknown destinations – exploring subjects we’ve always wanted to know about, visiting wildlife sanctuaries, finding opportunities for self-discovery, learning about the natural world.

Once again, Medford Leas brings together experts in varied fields, offers the beauty of its Arboretum, and shares an enthusiasm for putting on this 21-program show for both residents and the wider community. **Jane Weston**, director, Development and Community Relations, is the creator of *Pathways* and makes it all come together, along with a committee of residents who help shape the overall program. They are: **Barbara Trought**, **Kay Cooley**, **Jody Cardona**, **MaryLou Morrow**, **Frank Snope**, **Vince Menzel** and **Dave Bartram**.

*Pathways* reflects the interest of residents in lifelong learning and the influence of the Barton Arboretum and Nature Preserve in their lives. The goal is to provide programs on both campuses, such as trail walks and the popular Christmas wreath-making workshop, conducted by **Debbie Lux**, Medford Leas horticulturist.

Many programs have been developed by MLRA-sponsored organizations such as Medford University, Leas Forum and LeasMusiCast, which has replaced SpectiCast (see p.1). In addition, at least ten separate programs are new to *Pathways*, such as a genealogy workshop, a talk by columnist Sally Friedman about taking note of the sounds of “ordinary life,” and Willo Carey of WHYY speaking about the “Power of Public Media.” She will also show profiles of people exploring new avenues after retirement.

The diversity of *Pathways* programming is as evident in the month of September as throughout the fall season. In September, Medford University is offering classes on “The Psychological Approaches to Health and Illness” (see p.9). Woodford Cedar Run Wildlife Refuge in Medford will introduce visitors to 60 of the 4,000 injured animals that seek care there annually. Leas Forum will offer two interesting programs: one on Tibet, its art and culture, by **John Brzostoski**, consultant on the art of Tibet for the Smithsonian Institution, and the other, the story of a round-the-world trip by motorcar in a 1909 Locomobile a century ago.

Also in September, **Ken Roland**, manager, Fitness and Aquatics at Medford Leas, will provide balance training at the Medford Senior Center, an example of the way *Pathways* collaborates with other organizations and reaches out to other locations. Ken will review the importance of balance for older adults, and work with you to improve posture and lower body strength.

Healthy aging is a striking component of the fall season. Additional examples deal with coping with loss and change through grief healing, and finding a way to deal with aging and illness through creativity. After the lecture, the Art Studio will welcome the audience to explore artistic possibilities.

The Barton Arboretum inspires a whole range of gardening, nature and wildlife programs. Popular arborist Ken Hutz will return to lecture on the topic of arboriculture. Jen-



nifer Bulava, Burlington County Park naturalist, will focus on how plants communicate with animals in “The Secret World of Plants and Pollinators.” Leas Forum will bring us talks on the precious water resource of the Pinelands and the pressures from developers faced by this valuable ecosystem.

Please consult your Fall 2014 *Pathways* Guide for details. Some programs require a fee; many will not have a charge.

## BARTON ARBORETUM ACCREDITED

by Kitty Katzell

**Lewis W. Barton**, a horticulturist by education and lifelong experience, was one of the founders of Medford Leas. When Medford Leas was being constructed in 1970-71, he guided the landscaping around the campus. He advised what to plant to achieve maximum beauty year-round, and he contributed many specimens. The first landscape architect was charged with designing the court plantings so that each would be unique, and they remain so today. In 1981, the entire Medford campus was formally named the Lewis W. Barton Arboretum, and it now includes all of the acreage of both the Medford and the Lumberton campuses.

Since 2011, accreditation has been awarded by the ArbNet Arboretum Accreditation Program, under the sponsorship of the Morton Arboretum in Lisle, IL, and in cooperation with the American Public Gardens Association and Botanic Gardens Conservation International.

An arboretum becomes accredited by submitting documentation on its level of achievement of the following basic standards:

*-a plan that defines its purpose, its audience, the types of plants to be grown, provisions for the care and maintenance of the plants, and provisions for its continuing operation.*

*-an organizational group dedicated to the plan and its continuation.*

*-a collection with at least 25 labeled species of woody plants.*

*-staff or volunteer support.*

*-a public dimension with public access and annual public events focused on trees.*

Leading the Estaug's Arboretum Oversight Committee in the compilation of all that documentation was **Jane Weston**, director, Development and Community Relations, with the assistance of **David Bartram**, who was most helpful in crafting information on how we label our collections, information that was required by the ArbNet application procedure.

And now it has happened! There are four levels of accreditation that recognize different degrees of development, capacity, and professionalism. Medford Leas' accreditation is at the First Level.

In its press release about our accreditation, the Morton Arboretum said: "The Barton Arboretum and Nature Preserve of Medford Leas is a unique blend of accessible public gardens, collections, and preserved natural areas set amidst Medford Leas, a not-for-profit community, guided by Quaker principles, for those age 55+. Spanning more than 200 acres, the Arboretum offers visitors a diverse horticultural array of designed gardens, landscaped grounds, meadows, natural woodlands and wetlands, and extensive plant collections, including plants native to southern New Jersey."

As **Jane Weston** said, in her email informing the Arboretum Committee, residents and staff about this achievement, "This is a wonderful recognition for the time, energy and talents that go into making our Arboretum such a special component of our community!"

*Note: The total acreage on both campuses is considered the Arboretum. The Medford campus has 168 acres; the Lumberton campus, 88 acres. But buildings and parking lots occupy some of the land. Therefore, Medford Leas refers to "more than 200 acres" as its Arboretum.*

### IN MEMORIAM

|                        |          |
|------------------------|----------|
| Margaret Piecyk        | May 23   |
| Delores "Lori" Haworth | May 29   |
| Lillian Goldenberg     | June 6   |
| Helen Weinik           | June 13  |
| Norman Jones           | June 19  |
| Grayce Uyehara         | June 22  |
| Mary Cullen            | June 26  |
| Shulamith Weiss        | June 28  |
| Charlotte Berry        | July 29  |
| Hiroshi Uyehara        | July 30  |
| Ruth Anne Mengel       | August 9 |

## NEED A SUPPORT GROUP?

by Suzanne Frank

Isolation and loneliness can be suffocating. Relating to a spouse with dementia can be unbearably distressing. Recognizing a need in some residents for a respite from these daily burdens, Medford Leas resident psychologist **Dr. Loren Firstenberg** has formed two support groups, one for women and one for men.

First, the one for women was formed because a few people asked if there was a group where they could talk to other women who may also be without family or children or grandchildren to be involved with. In response to these inquiries, Dr. Loren, working with the Health Center – because the sessions are covered by Medicare – set out to identify women who might benefit. With this in mind, the Health Center may recommend residents, but there is absolutely no pressure for anyone to take part. As a result of this input, Dr. Loren invited 15 residents who had been screened in their ability and willingness to adhere to a strict privacy rule. About half responded positively, and Dr. Loren, who oversees these sessions, thinks, ultimately, about 8 to 10 women would make up an ideal group.

“It is a commitment to come (once a month), to share and not just to listen. The participants need to be thoughtful about the process and be respectful of what others are sharing,” Dr. Loren stressed. In leading the group she helps the women to find a balance in their interaction, as it is naturally not good for a single person to dominate. “If one person is going through a challenge at the moment, the others need to support that participant. The value of the group is peer support, which goes beyond the support I can provide in individual therapy,” Dr. Loren said.

“Participants need to want to come to this by-invitation-only group, to be there regularly and give it a chance at least three or four times to see if it will work for them. There is then the expectation that they are taking it seriously,” Dr. Loren added. Hopefully, when everyone is in sync, they will then enter what she calls the successful mode.

For the men, Dr. Loren created a support group for caregivers of wives who have dementia. Their need for help can be tremendous. There is a small niche of people who benefit from sharing their experiences. It also meets once a month under her direction and is open to any man who feels the need to share difficulties he is having in caring for a spouse.

Those residents interested in taking part can contact the Health Center or email Dr. Loren at [lorenfirstenberg@medfordleas.net](mailto:lorenfirstenberg@medfordleas.net).



## NEW MLRA TREASURER

On July 1, 2014, **Jane Bartram** assumed the duties of MLRA Treasurer, succeeding **Sandy Heath**. She will continue to follow Sandy’s procedures using his form for payment requests, and brown envelopes, which can be found in the Treasurer’s mailbox in the Atrium. Check requests, deposits or any other communication relating to MLRA finances [**not** Medford Leas finances] may also be put in the Treasurer’s mailbox. Although Jane lives on the Lumberton campus of Medford Leas, she is on the Medford campus frequently, and regularly checks the box. If you have any questions concerning the budget for your committee, please contact Jane at 267-7783, or at [jsbartram@mac.com](mailto:jsbartram@mac.com). She will get back to you asap.

B. Bogie



## LUMBERTON COUNCIL ELECTS NEW OFFICERS

by Kay Cooley

In June, the newly elected Lumberton Council of **Judy Aley, Conant Atwood, Bill Beitel, Joseph Jordan, John Speirs** and **Barbara Stiles** elected officers for the 2014-2015 year. They are: John Speirs, president; Bill Beitel, vice president; and Judy Aley, secretary. **Jane Bartram** was appointed treasurer.

## RESIDENTS ADD TO PLANNED GIVING PROGRAM

by Beth Bogie

As the result of a Planned Giving Information Program on May 28, which focused on the Charitable Gift Annuity (CGA), five residents decided to participate with agreements totaling \$61,000. Participants may receive up to 9 percent guaranteed interest for life, based upon the individual's age.

The Estaugh Board Development Committee hosted the program, encouraged by a number of residents who have had CGAs for many years, and who saw the need for an educational presentation to residents. **Jane Weston**, director, Development and Community Relations, welcomed residents, while Estaugh Board members **Davis Henderson**, chair of the Development Committee, and **Patricia Meller**, chair of the Finance Committee, spoke about the positive impact CGAs have on Medford Leas.

Bob Fogal, of Friends Fiduciary Corporation, which administers the Medford Leas CGA program, was present to explain how CGAs work.

Finally, during the program, **Joanne Greenspun**, **Jean Stratton** and **Bud Stratton** shared personal perspectives as to why they participate. They not only receive guaranteed income for the rest of their lives, they said, but also they have the satisfaction of making a gift to Medford Leas. The residual, or unused portion, of the CGA can be designated by the participant for support of the Residents Assistance Fund, the Estaugh Redevelopment Fund, or the Arboretum Fund. They also spoke about the benefit of the CGA to their tax positions.

**Jeremy Vickers**, CEO, closed the program, expressing appreciation for resident interest and participation in the CGA program and in the Medford Leas community as a whole, and he urged residents to contact Jane Weston for any additional information they may need.

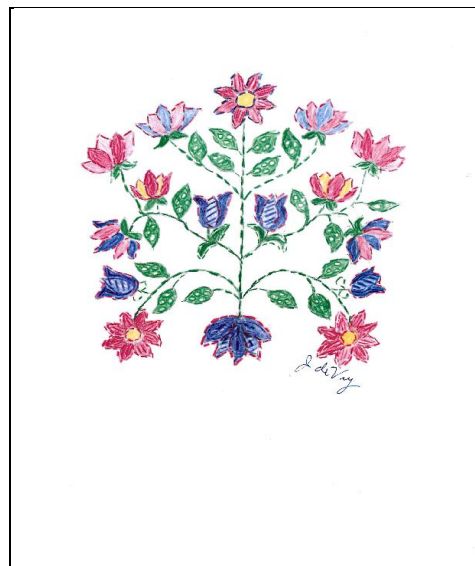
## 2014 FLOWER SHOW

by Kitty Katzell

What does the word *PATCHWORK* conjure up in your mind's eye? Certainly a crazy quilt, and maybe a quilting bee, perhaps quilts and flowers? They're among the categories in the Design Division at the 2014 Flower Show in the Holly Room on Tuesday, September 9, from 1:30 to 8 pm, and Wednesday the 10<sup>th</sup> from 8 am to noon. The Horticulture Division has 24 classes in its three groups: Plants in Containers, Flower Specimens, and Vegetables, Herbs and Fruits. There will also be noncompetitive special exhibits and educational exhibits.

Obviously, there's something for everyone. So get your plants ready to exhibit and yourself ready to visit the show. Schedule booklets for the show were distributed in July, but extras are available at the Reception Desk. Pick one up to find all the rules and procedures. Registration of entries is from 8 to 9:45 am on Tuesday, September 9, in the Holly Room.

Co-chairs are **Cecile Hanley** (3660) and **Ro Wilson** (3621).



## HEATHER OESTERLE AT YOUR SERVICE

by Suzanne Frank



Many folks have discovered **Heather Oesterle**, CNA, CHHA, sitting at the left window in the Health Center. She has been appointed to serve as a Wellness Coordinator whose job it is to field questions from residents either on the phone or in

person and also to be an accurate record keeper. In addition to her secretarial experience, she has a medical background that allows her to assist the nurses by weighing patients and taking their vital signs before they see a practitioner. In short, her duties are flexible, as the patient numbers ebb and flow.

Heather is not new to Medford Leas, having worked for five years in various per diem secretarial capacities in Estaugh, Woolman and Assisted Living, when needed. She attended Burlington County Institute of Technology and completed an adult nursing program there.



## SUMMER DAYS...SUMMER DAYS...

...on the deck with coffee...watching the boats leave for the races...

by Ralph Berglund

## SPOT RECOGNITION 2<sup>ND</sup> QTR

Thirty-three employees have received Spot Recognition Awards, which recognize single acts deserving immediate recognition and appreciation. The program is in addition to the annual 5-Star Award program. Winners in this quarter are:

Administration: **Mary Calabrese, Susan DeJacom, Ashley Leitner.**

Dining Services: **Aubrey Bodine, John Czarnik, Christian Emig, Kathy Fish, Nicole Gray, Connor Heine, Florence Heisler, Linda Kleer, Marilyn Loftus, Maureen Mushinski, Justin Parker, Lorraine Phillips, Brianna Werosta.**

Environmental Services: **Colleen Conine, Julia Ward.**

Health Services: **Nancy Eble, Veronika Lawson, Amilia Morales, Anna Ocasio, Jessica Perez, Denise Zaugra.**

Operations: **Ron Kleer.**

Resident Services: **Jack McGowan.**

Therapeutic Recreation: **Lea Beckett, Marcy Smith, Linda Wills.**

Wellness: **Rebecca Castellanos, Emily Phillips, Janet Rumble, Teresa Williams.**

Winners have often gone above and beyond their normal duties. For example, Julia Ward did an exceptional job of cleaning 1<sup>st</sup> Floor Assisted Living, plus cleaning the nurse's station and washing down wheelchairs, all with a winning personality. Lea Beckett, Marcy Smith and Linda Wills throughout May posted on a board outside Estaugh photos of Estaugh residents from their past and present for National Nursing Home Week. Teresa Williams on short notice stayed overnight with a resident whose spouse was unable to care for her. Emily Phillips with little warning came in at 4 am to sit with a private resident in Woolman.

Congratulations to these individuals for their contributions.



## MUSIC IN THE AIR

text and photo by Betsy Pennink

Do you find you are tapping your toes to the rhythm of a song? Does the strain of a melody bring back memories? In recognition of the power of music in our lives, **Gerry Stride**, director, Therapeutic Recreation, and her staff have centered many of their activities this summer around music for all units.

First, there were three outdoor concerts by three different bands (jazz, string band, and country and western). Instead of the former 12 small concerts on the Back Porch, there were three large concerts. Residents occupied all the chairs, which took up a big chunk of the main parking area. There was great enthusiasm, with the audience clapping, singing along, and even dancing to the music.

In addition, **Danielle Peterson**, a music therapy student, joined the staff for the summer. Gerry knew that she played both the piano and the guitar and suggested new ways she could use her talents. As well as providing music for the regularly scheduled coffee socials and sing-alongs in the Activities Room for all Assisted Living and Estaugh residents,



Danielle also worked with **Nan Hanslowe** on the piano and a group of independent living residents, doing a variety of musical genres. She also brought her music to the individual floors of Haddon, each visit attracting small groups of interested residents.

One late afternoon on Haddon Three, six intrigued residents tapped and beat on two drums. They also rattled gourds and other “shakers.” The drums were the idea of **Doris Curley**, and Danielle was able to borrow both an African and a South American drum. The participants followed different rhythmic patterns with and without accompanying music.

Danielle goes to Estaugh on Fridays. She finds her music evokes many happy responses. “It’s beautiful,” she says. She sees music as a “form of self-expression, or communicating through singing together, or simply feeling the pleasure of listening intently.” Danielle would love to continue to work at Medford Leas when she graduates.

Gerry has also noticed how joyful residents become when listening to the particular music that they love. “We have iPods available to download music specifically for certain residents,” she says. It can be opera, or jazz, or old favorites, but “it has been found that listening to music designed especially for a particular resident can lessen anxiety and have a soothing effect.” She hopes that family members will help to identify the residents’ special “own music.” This is a part of the main goal of Therapeutic Recreation: “person-centered care.”

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MED U. FALL FOCUS: HEALTH PSYCHOLOGY

by Jody Cardona

Medford U. is offering its fall course on Health Psychology, taught by Dr. Kristin August, assistant professor of psychology at Rutgers Camden. Sessions will be held on Mondays, September 8 through October 6, from 3:30 to 5:00 pm, in the Theater.

Health psychology is a relatively new field that applies a wide range of psychological principles and research methods to the understanding of health and illness. Health psychology is approached from a multidisciplinary perspective, through a complex interplay of biological, psychological and social factors.

Dr. August received her BS in psychology from Michigan State University and her PhD in psychology and social behavior from the University of California, Irvine. She did her post-doctoral training in the Department of Medicine at UC Irvine.

JAPANESE KOI POND REBUILT

by Judy Kruger (resident)
and Dennis Mason (staff)

If you are up shortly after dawn, you might find **Dennis Mason** or other maintenance staffers working at the koi pond in Court 7. Ever since he asked Operations Director **Bill Murphy** two decades ago if he could redesign the pond, Dennis has taken primary responsibility for the fish and their habitat, with assistance from other maintenance workers.

Each day in warm weather, koi and goldfish are fed with a dry pellet mixture of wheat germ, corn meal, soy and other nutrients. Then the filters in the pumps must be cleaned. In winter, the food mix is changed or completely stopped because the fish cannot digest food well in cold water.

During the coldest months, the fish hibernate in their PVC house, which looks like a square cement block under the water. Staff members remove the water pumps and put a special heater into operation. That allows gases caused by decomposing plant matter to escape from the pond through a 12-inch hole in the ice-covered pond.



Margery Rubin

Traditionally treasured in Japan, koi are often passed down generation to generation. Koi commonly live 20 to 30 years, although, astonishingly, some have been documented to live 200 years.

The pond has both a waterfall and a stream. In May, Dennis rebuilt the slate stream. Why? "Fish need a lot of oxygen," Dennis says. "I wasn't happy with the angle of the stream, so I rebuilt it higher so the splashing water would create more air bubbles."

In typical busman's holiday style, when Dennis goes home he tends his own koi pond, which he built almost 20 years ago. But when he really needs a break from the care of fish and ponds, Dennis and his wife Cindy head far away on their Harley Davidson motorcycles.

Art Gallery News

TWO ARTISTS RETURN FOR FALL SHOWINGS

by Helen L. Vukasin

Two is the magic number for viewing art at Medford Leas this fall. Two artists have been invited to return in September and share their talents with us. Janet Cebular, who amazed Lumberton campus residents with the demonstration of her cloth collages, will provide an expanded show of the collages and her pottery in the Medford Leas Art Gallery during September and October. There will be an opening reception for meeting Janet and hearing about her work on Tuesday, September 2, at 3 pm in the Art Gallery in the lobby of the Theater.

Working with handmade paper and fabric inspired Janet to begin creating in clay. She has developed a unique style of pottery using white earthenware. Each creation, starting with a bowl, includes small mermaids, roses or fairies. She views her little people as living in their own world within her pottery.

The second returning artist, Mary Ann Nordal, displayed her work on the Medford campus and will now share her talent with the Lumberton campus. Mary Ann has lived in a number of states with access to diverse scenery and lighting. Watercolor is her favorite medium, which she uses for still lifes, landscapes and portraits. There will be an opening wine and cheese reception from 4 to 5:30 pm, Friday, August 15, in the Art Gallery of the Lumberton Community Center.

The Art Studio Gallery resident exhibit on the ground floor of the Arts and Social Wing continues through September. The Art Studio resident

artists are hard at work on producing a new show to open in October. They did take time out in August for a stimulating workshop with a nationally recognized watercolorist from Florida, Jack Nolan, brother of **Eileen McConville**.



Jack Nolan

Eileen McConville

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## OPERA ON THE HIGH SEAS

by Skip Wells

A cold, rainy day in March when in comes a colorful brochure from the Metropolitan Opera Guild offering passage on a week's cruise on the Adriatic Sea in mid-May. One of our travelling companions was to be Deborah Voigt, America's leading soprano, who would sing two recitals. Given that we're opera buffs and neither Mary nor I had been to the Adriatic, something special was in order for our 50<sup>th</sup> anniversary year and we signed up.

The journey aboard the *Corinthian*, a 100-passenger ship, outfitted beautifully, began in Dubrovnik, Croatia. We arrived the day before sailing and spent the first night in our snug cabin. The next day we had a guided tour of Dubrovnik and the pattern of our trip was set. Sail and tour, sail and tour. Our guides were enthusiastic, thorough and often humorous. Dubrovnik has medieval walls around an old city and in many places we overlooked lovely vistas of the sea, small forested

islands and numbers of small sea-going craft sailing or moored in big marinas up and down the coast.

We came away from Dubrovnik and the other towns we toured thinking that they would be wonderful places to stay for a couple of weeks. We saw cathedrals, churches, theaters, museums, beautiful public plazas, gardens and lots of stores offering local goods. We harbored in Kotor, Montenegro, Korcula Island, Hvar Island, Split and Rab Island. All these towns seemed to rise up and out of the rocks and hills surrounding them, clean, well-washed and solid. The people were kind and enjoyed talking about their towns, the ravages of recent war, from which they were now pretty much recovered, and the future of their society and culture.

The terrain throughout our trip, as we sailed north from port to port, was hilly. There were wine grapes growing and all kinds of farming activities and vegetable cultivation. Produce was sold in outdoor markets. The weather, which was warm with bright sunshine, did not change much as we sailed on. The sea was placid and a deep, dark blue. Breakfast and lunch were offered on a large open upper stern deck, dinner in a formal dining room and there was a bar with a piano player. The food was wonderful.

Yes, Deborah Voigt did sing two recitals, one from an old church and one from an ancient theater. She also made herself available for a long, but very enjoyable, question and answer session. Since there were only about 70 passengers, some opera fans like us, but also archeological savants and others just along for an interesting and scenic cruise, by week's end we were a kind of family.

The cruise ended in Venice, from which we flew to Philadelphia the very day we disembarked. We had visited Venice before, and it was time to get back to Medford Leas after a most enjoyable experience.

### MUSIC VIDEOS

In the Theater, every Thursday at 7:10 pm

*The 23 Greatest Solo Piano Works* is the Vid-U program for the next six months. During this time the Thursday evening Music Video program will include some, but not all, of the pieces being studied in Vid-U. The last Thursday of the month is always a jazz program.

- September 4 – "The Trout" A film about DuPré, Barenboim, Perlman, Zuckerman, and Mehta performing Schubert's Quintet.
- September 11 – César Franck: Symphony in D minor
- September 18 – Mozart: Piano Sonata in C Minor; Beethoven: Appassionata Sonata
- September 25 – Dave Brubeck Trio with Paul Desmond and Gerry Mulligan

Maggie Heineman

### HEARING LOOP UPDATE

by Helen L. Vukasin



Medford Leas is benefiting from the experience of other CCRCs that have installed the Hearing Loop technology. It is possible to have the Loop installed and wind up with less than 100% effectiveness. This is partly because the infrastructure

of the room or building complicates the sound production. We are learning that what appeared to be simple installation can be significantly more complicated. Our technicians have been attending workshops to assure that whatever we do will achieve the most effective use of the technology.

The Linden Room provides a place to try out the Loop. In the fall it is planned to install the Loop in another venue. If you are upgrading your hearing aids or buying new ones, be sure to get the copper coil installed. The Loop is often available in such places as museums and theaters.

The new committee on Low Vision and Hearing Loss is planning to survey residents to get an informed picture of how many residents with hear-

ing loss or low vision can be helped with educational programs, and which programs might be useful. Please help by filling out the survey form and returning it so that we can help you.

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CONSTRUCTION UPDATE

text and photos by Beth Bogie

Construction on Estaugh is moving right along (see photos). On the Haddon redevelopment portion, it was discovered, while digging for installation of a basement elevator, that some additional shoring will be needed.

Campus improvements continue apace: outdoor painting is completed on the north Courtyard apartments and will continue in September and October on the south Courts. One new Courtyard entrance has been installed, and a few more will be added next year. Indoors, the Private Dining-room will be renovated; and on the Lumberton campus, the three-year process of redoing the Meadow is underway, planned by Larry Weaner, meadow specialist. An anonymous donor is enabling the project to move forward.



July



August

WELCOME TO THE COURTS

Marjean (Armitage) Ingalls moved to Apt. 223 in March from her home in Bridlington, where she had lived since 2008. "I'm a porch person," says Marjean. "This apartment has a lovely porch, which is worth the move in itself."

Marjean moved to Medford Leas from Nutley, NJ, where she had lived for 78 years. She is a 1952 graduate of Brown University and a former securities analyst specializing in electric utilities for several brokerage houses on Wall Street. She and her late husband, Jerry, who died before she came to Medford Leas, had enjoyed traveling widely, including to Kenya and Tanzania, where they pitched a pup tent under the stars and felt no danger. She had taken more than 30 trips with Elderhostel.

An avid bridge player, Marjean continues to play every Wednesday and Friday. She is also a quilter and a member of the Garden State Quilters and of the Speertown Quilters in Montclair, NJ. Marjean continues to enjoy the many lectures and programs at Medford Leas, as well as attending meetings of such organizations as P.E.O.

Beth Bogie



Dene (Stern) Mayer moved to Court 17 from the Lumberton campus, where she had lived since 2004 after a temporary stay in the Courts in 2003. She knew about Medford Leas because her parents, **David** and **Edith Stern**, had been early residents, having moved here in the second year of Medford Leas' existence. Her father used to contribute light verse to *Medford Leas Life*. Dene was very pleased with her parents' care.

Before moving to Medford Leas, she lived in Chappaqua, NY, when her late husband, David, worked for IBM. Before that they lived in Cherry Hill, when David was working for RCA. Dene served on the school board in Cherry Hill and in Chappaqua worked as a teacher's aide in the lo-

cal schools and later for the Department of Social Services on employment and training programs. David died in 1990. Their son is a neurosurgeon in Sarasota, FL, and a daughter lives on Long Island, NY.

At age 82, in 2008, Dene was considered one of the most athletic residents on either Medford Leas campus. That year she appeared working out in the Fitness Center in the *Philadelphia Inquirer* and the *Burlington County Times*. Now she enjoys walking on the many Medford Leas walkways, and when it rains, she exercises and sometimes attends a 9:30 am class in the Fitness Center. She is pleased with her apartment, which is decorated with carefully selected artwork.

Betty Taylor



Richard (Dick) and Janet (Rhead) Shepherd moved to Apt. 214 in the spring from their home of 13 years on the Lumberton campus. They are pleased to have been made to feel so welcome by other residents in Court 21 and are happy with the convenience here.

The Shepherds are native New Jerseyans, Dick from Lambertville and Janet from Lawrence Township. Dick holds a PhD in the psychology of reading. He taught in public schools and later at Trenton State College, where he was director of the graduate program in his field. He served in the Navy during WW II, and for two years during the Korean conflict, retiring as a commander.

They have three sons, including a set of twins. Dick and Janet share a birthday, so in their family of five, there are only three birthdays. After raising the children, Janet worked in Trenton for the New Jersey Board of Higher Education as an administrative assistant.

The Shepherds have spent summers on Nantucket and spring and fall weekends at Cape May, and they have been ardent theatergoers. Dick is

a Yankee fan whose childhood idol was Joe DiMaggio. Janet hopes to join the stretching class. They especially enjoy the magnolia tree and butterfly bush outside their windows.

Betty Taylor

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**Benjamin (Ben) and Shirley (Clark) Paradee** moved from 186 Woodside Drive on the Lumberton campus, to Apartment 37 in the Courts on June 22.

Ben grew up in Merchantville. In November 1942, during his sophomore year at Villanova, he enlisted in the Navy's V-12 program. At the end of the war, he returned to Villanova, graduated, and then did graduate work at the University of Pennsylvania while waiting to get into medical school at Thomas Jefferson. He interned at Cooper, then maintained a family practice with Ed LaVoice in Cherry Hill for 30 years. There his next door neighbor was **Law Barton** who persuaded Ben to interview for the job of medical director at Medford Leas, a post he held from 1980 to 1991.

Shirley's family lived in Collingswood. After high school, she completed a laboratory technician course at West Jersey Hospital and got a job in the transfusion unit of Jefferson University Hospital. There she met Ben, who came in regularly to donate blood, for which he received \$10/pint.

Ben and Shirley have two sons and a daughter; they lost one son to pancreatic cancer. They also take pride in their nine grandchildren, who are accomplishing great things in their various educational and occupational pursuits.

Kitty Katzell

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After having lived in such places as Indonesia, Denmark, Holland, Belgium and Austria, **Betsy (Barclay) and Karel Pennink** finally got on their magic carpet and quietly made a soft landing in Rushmore. They liked it so much, they stayed for 15 years before making a move this summer to Apt. 27 in the Courts.

One can say they know the campus and have acquired many friends as they immersed themselves in activities such as Betsy's mapping of Courtyard gardens, which she claims have to be redone after constant changes in the plantings. Having learned to garden while in Connecticut for 15 years, she loves it and its attraction for butterflies, birds and bees.

Karel, you might want to know, has a collection of music recorded from the radio while they were in their various postings in Europe and the United States, driven by his obsession with American jazz as a teenager in Holland and his lifelong interest in classical music. Readers of this publication know that Betsy has written some fine, informative interviews over the years and has reported on-the-spot observations of current activities to enlighten us all.

Betsy was born in Manhattan and so was Karel, even though his family returned to Holland when he was young. Betsy went to Vassar (classmates were **Betty Preston** and **Beth Wray**). She and Karel met at an engagement party in New York City, got married and had three daughters and three grandchildren.

Karel served in the U.S. Army in its counterintelligence corps, but operating as a civilian. He acted in Australia as a liaison between the Dutch army in exile from the Dutch East Indies (now Indonesia) and the American Army under General Douglas MacArthur. Back in the States, he went to Columbia University, continuing at night school when he joined General Motors.

While living in London from 1974 to 1982, Karel was secretary of the General Motors European Advisory Council. Betsy taught English to foreigners at International House language school there.

Reflecting on having moved around the world so much, Karel declared, with Betsy nodding in agreement, "We always were very lucky with our housing." Surely that includes Apt. 27.

Suzanne Frank

WHO'S NEW - MEDFORD CAMPUS

photos by Margery Rubin

Philip and Marilyn (Buzby) Flagler moved into Apt. 155 from Beach Haven, NJ; they have also lived in Medford, Moorestown, and Summit, so they have been familiar with Medford Leas over the years. In fact, Phil's mother lived here in the 1970s and 1980s, and Marilyn's sister-in-law is now living in Haddon.

Both Phil and Marilyn were born in Pennsylvania, he in Stroudsburg, she in Philadelphia. Phil attended Wesleyan University in Connecticut, where he majored in English. Marilyn earned a BS in chemistry from Penn State.



Phil worked in the pharmaceutical industry, initially with Smith Kline & French in Philadelphia and more recently with CIBA-Geigy (now Novartis) in Summit. There, he was director of medical education and publisher of the *CIBA Collection of Medical Illustrations*, *Clinical Symposia* and *Atlas of Human Anatomy*, all illustrated by Frank H. Netter, MD, whose works are known by physicians and medical students the world over.

Marilyn worked for a number of years as a literature scientist at Smith, Kline & French, and also obtained a real estate license and a broker's license when the children were in high school. But much of her time was devoted to raising their three sons, who have now provided them with five grandchildren. Two of the three families live nearby, but the other lives in Arizona.



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Phil and Marilyn were avid boaters. In fact, they met as rival sailing instructors on Long Beach Is-

land. They have also shared the pleasures of horseback riding, bird-watching, and cruising, including visits to England, Scotland, Ireland, Spain, Alaska, and the Virgin Islands.

land. They have also shared the pleasures of horseback riding, bird-watching, and cruising, including visits to England, Scotland, Ireland, Spain, Alaska, and the Virgin Islands.

At Medford Leas, they look forward to renewing acquaintances with the many people they already know, and they have met many others since their arrival. Marilyn is an organic gardener, so she'll be going out to the Farm to do her gardening in addition to what she can grow in pots on her patio. She also needs time to paint. Their apartment is decorated with many of her works and she hopes to improve her skills through association with her next-door neighbor, **John Brzostoski**.

Kitty Katzell



Pauline (Meyer) Hand moved into Apartment 202 from Mays Landing, NJ, in April. Pauline's husband, Walter, had died in 2009. Encouraged by a daughter, she recently left the house she and her husband bought in 1956, in order to come to Medford Leas.



Pauline grew up in Minotola, NJ, near Vine-land, and graduated from Vineland High School in 1947. She soon went to work at Atlantic City Electric Company. In 1951, she and Walter married. Walter was in the Naval Reserve after being called up during the Korean conflict. He served on a ship that was involved in doing the geodetic survey of the North Pole. He left the Navy in 1952 and became owner of N. E. Hand and Son Hardware store in Mays Landing.

Pauline worked in the store, too, after their three children started school. She and her husband sold the store and retired in 2007. Their children include a daughter who lives in the Mimosa Lakes section of Medford, a daughter in Barnegat, NJ,

Pauline worked in the store, too, after their three children started school. She and her husband sold the store and retired in 2007. Their children include a daughter who lives in the Mimosa Lakes section of Medford, a daughter in Barnegat, NJ,

and a son in South Carolina. She enjoys her eight grandchildren and five great-grandchildren.

Pauline has been active in the Eastern Star for more than 50 years and expects to make a connection with the Medford chapter. She has also been part of the American Legion women’s organization, visiting patients in the Veterans Hospital. Here at Medford Leas she has enjoyed trips to the Constitution Center and to the opera. She likes to play pinochle and bingo, and is looking forward to finding more activities.

Betty Taylor



Ernest (Terry) and Roberta (Hanser) Foss, with their devoted dog Rusty, moved into Apt. 612 in June after 27 years in the Mount Airy section of Philadelphia. They were attracted to Medford Leas because they had friends here and because they knew the campus with its woods and its proximity to the Rancocas Creek. (Both their canoes are already stored on its bank.)



Roberta grew up in southern Illinois, attended Denison University in Ohio, but graduated from the University of Michigan with a BA in social psychology. She and her first husband spent five years in Tokyo, where she learned Japanese and taught English to Japanese and Indonesian students.

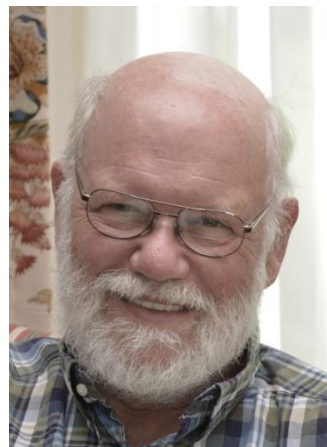
She also worked for NHK, the Japan Broadcasting Corporation.

Afterwards, Roberta earned an MA in East Asian Studies at the University of Michigan and returned to Japan for a year, this time to Osaka, as a bilingual guide at Expo 70, the first World’s Fair held in Japan.

Her year up, Roberta contacted the American Friends Service Committee, which was offering a

special program: an assignment to her area of special interest – Japan – with work for the AFSC half the time and activities of her own choice the other half. Under their auspices, she was in Japan when Okinawa was returned to Japan after 27 years of U.S. administration. Currency in Okinawa changed back to the yen from the dollar, and cars returned to the left side of the road from the right.. Roberta wrote articles about this transition, including the plight of biracial children.

Back in Philadelphia, she became co-director of the Asia program at AFSC, retiring in 1992 to devote herself to painting. It was during this time that she met Terry. They were married in 1985. Roberta enjoys swimming. She does laps all year round and has joined the water volleyball team.



Terry was born in Ithaca, NY, but grew up in Wyncote, PA. He was raised a Quaker. He spent his high school years at Westtown School as a boarder. At Dartmouth College he majored in engineering at first, but changed to sociology. However, his great enthusiasm was for photography. He was editor of

the yearbook, had his own darkroom, enjoyed creating photo-essays, and found that his true field was photojournalism.

After graduation, Terry became the official photographer of AFSC, traveling around the world to small communities, taking pictures for fund-raising and educational purposes. Also, using his computer training from Dartmouth, Terry became the original webmaster at AFSC and has since worked on several websites related to the Friends.

When he retired in 2009, Terry volunteered at the Morris Arboretum, digitalizing old photos, some of them glass lantern slides dating back to the early twentieth century. He and Roberta have had several joint exhibitions of paintings and photos.

Terry has had "a longtime interest in woodsman stuff," and has joined the Trails Committee. He is a bicyclist and motorcyclist. He owns a BMW touring bike, perfect for the back roads around Medford Leas.

Betsy Pennink



Thomas and Jeanne McCallum moved into Apt. 125 on April 22 from Cherry Hill. They are very happy with their extended, expanded, bright, and cheerful new home.



Jeanne was born in Pittsburgh, PA, and graduated from Mount Lebanon High School. She attended the University of Pittsburgh, majoring in history, and then worked for the Pittsburgh Junior Chamber of Commerce and for Ketchum Inc., a public

relations and fund-raising firm.

Tom was born and raised near Pittsburgh and graduated from Pennsylvania State University, with a major in business. He joined the Navy during the Korean conflict and, after separation from the Navy, he returned to Pittsburgh and worked for Joy Manufacturing Company, an innovative coal mining machinery firm.

Tom and Jeanne met on a blind date and were married on December 28, 1957. Tom's job took them immediately to St. Louis, where they spent four years before the Joy Company transferred them to Chicago. While living in Chicago, Tom left Joy and took a job with RCA in their data processing center. After three years, that division

was sold and the McCallums were transferred East and bought a house in Cherry Hill.



One more job change took Tom to Rohm and Haas, a Philadelphia chemical company, where he stayed for the next 25 years. With his office across the street from Independence Hall and the Liberty Bell, both Tom and Jeanne were swept up in the Bicentennial celebra-

tion and particularly in the Friends of Independence National Historical Park. Tom became chairman of the board, and Jeanne became a volunteer guide in the Park buildings, most notably in Independence Hall. She later began Philadelphia City Hall tours.

When Tom retired in 1992 from Rohm and Haas, he became an avid gardener. He was also a member of the Cherry Hill zoning board and Historical Commission, while continuing to serve on the boards of Mozart on the Square, Concerto Soloist in Philadelphia, and the Nationalities Service Center. Jeanne continued giving tours for tourists and visiting dignitaries from around the country and the world.

The McCallums have a daughter in Philadelphia, and a son who lives in Stone Harbor, NJ, where the family has had a home for many years.

Betsy Pennink



I'm reading a book about anti-gravity. I just can't put it down.

I stayed up all night to see where the sun went. Then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.



On campus since April, **Charles Perrone**, at Apt. 15, has found people here very welcoming and friendly and has received lots of dinner invitations. He can use this “coming together” because, sadly, he lost his wife, Margarite née Ridge,

in May. Margie’s loving wish was for Charles to make a home and be safe here at Medford Leas.

The Perrones had lived in Moorestown since 1971, allowing Charles to commute easily to Burlington County College, where he was acquisition librarian and bibliographer until 1994. His wife took the bus to Philadelphia to her job at the Eisenhower Exchange Fellowships. “Margie (who was from Philadelphia) was my Quaker connection,” Charles said. “She was a graduate of Friends Central and Swarthmore College.”

He received a BA from Temple University in 1951 and an MS from Drexel in 1960. In between degrees, he served in the Air Force during the Korean conflict as a clerk typist. After his discharge, he studied in Italy on the GI Bill, first at the University of Perugia for six months to learn Italian, then at the University of Rome to study political science without taking a degree. He was in Rome for 18 months, “living by my wits, badly” he confessed. While in Italy, he visited relatives in Sicily, where he was warmly received by family of his parents, who had immigrated to the United States in 1912.

Back in the States, Charles met Margie when she was getting a lift home from his car pool. Within a year they married and made their home in Philadelphia. From 1962 to 1970 he served as acquisition librarian for the Philadelphia Library, purchasing books for the entire city system.

Charles has two children, and he loves to walk and read. Asked how he was adjusting to his new

surroundings, Charles replied, “The campus is lovely and the staff kills us with kindness.”

Suzanne Frank

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## WHO’S NEW-LUMBERTON CAMPUS

photos by Barbara Degler



**Margaret Eysmans** arrived at her new home, 15 Woodside Drive, on April 1. New Jersey is quite a change from Scottsdale, AZ, where she had previously lived for ten years.

Margaret is not a stranger to New Jersey, however. She was brought up in Edgewater Park and Moorestown and graduated from St. Mary’s Hall in Burlington. She earned her BA from Defiance College in Defiance, OH. She then moved on to receive her master’s in library science, specializing in law, from the University of North Carolina, Chapel Hill.

Margaret started her career as a librarian with the law office of Morgan, Lewis & Bockius in Philadelphia. She then worked for law firms in San Francisco in the areas of library and records management. After retiring from the field of legal information management, she widened her career into property management and caring for a disabled adult in a fiduciary way. She has also overseen the building and/or renovation of homes in the San Francisco Bay area, Philadelphia, and Arizona.

Margaret and her husband amicably divorced some 20 years ago. She has a singer/songwriter son who still lives in Arizona.

Margaret attends Moorestown Trinity Episcopal Church with her dad, **Julien**. She had become well-acquainted with the Lumberton campus of

Medford Leas when her parents, **Mary** and Julien **Eysmans**, lived there. She returned to care for her mother before she died, and then Julien moved to the Medford campus.

Margaret enjoys working with textiles and has already made window treatments for her living room and bedroom windows. She loves the space in her new home and the great view of the meadow from her deck. The people who play bridge here have already welcomed her warmly and she also plays duplicate at the South Jersey Bridge Club in Cherry Hill.

**Barbara Lewis**



**Joyce (Silka)** and **Robert Koch** moved into 191 Woodside Drive in June. Joyce loves computers and scoured the Internet until she found Medford Leas. The Kochs have been married for almost 50 years and made their homes primarily in New York, New Jersey and Virginia.

Robert was born in New York City and raised in Yonkers, NY. He received his BS and MS in geology at New York University. His PhD was earned at Rutgers University. He spent most of his career (26 years) teaching earth science at Somers High School near their home in Mahopac, NY.



Joyce was born and raised in Iowa, and received her BS from Iowa State Teachers College. After her marriage to Robert in 1965, she taught seventh and eighth grade English in Yonkers. She then left the workforce to raise their two daughters.

Eventually she worked as a psychology technician in a hospital's mental health unit, earned an MSW at Fordham University in NYC, and subsequently worked in the mental health field as a counselor before becoming the director for 12

years of an anti-poverty program in Putnam County, NY.



In 1997, Robert retired and they moved to Belle Haven on Virginia's Eastern Shore. Not being as ready for retirement as Robert, Joyce worked for five years as executive director of the literacy program.

Daughter Rebecca, the older one, lives in Lafayette Hill, PA. She works as a commissioner of buildings. Rachel lives on Long Island, NY, is married to a New York City lawyer, and is a school psychologist. She and her husband have two children, Jonathan and Justin.

Robert's hobbies include a fantasy baseball league with retired teachers from Somers, NY, birding and some short- and long-distance biking. Joyce, a drama major in college, enjoyed working for 20 years in all aspects of community theater. She also enjoys photography, reading, singing, improving her "limited" piano playing skills, and writing – short stories so far, and perhaps a novel in the future.

**Barbara Lewis**



**SEPTEMBER CRYPTOGRAM**

by Herb Heineman

**KTT TKUQP ZCKZ SBTXOZN  
 CSVKJXZR CKN YXMJXZR KJY  
 XVBQPZKJWL KJY NCQSTY UL  
 SJYLPZKHLJ GXZC BKXJNZKHJXJM  
 LFWLTTLJWL.**

Underline or flag the name of the author.

**DQCJ O. HLJJLYR, DP.**

**WSUK MQQYXJM, DP.**

**VKPZXJ TSZCLP HXJM, DP.**

Below is the solution to the June cryptogram.

**A THOUGHT FOR THE SUMMER:  
 "WHEN MEN SPEAK ILL OF THEE, LIVE  
 SO AS NOBODY MAY BELIEVE THEM."**

**MOSES  
 PLATO  
 BUDDHA**

The correct solution was received from the following readers:

**Helen Anderson, Catherine Barry, Ruth Blattenberger, John Caughey, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Barbara Fiala, Roberta Foss, Neil Hartman, Barbara Heizman, Pat Heller-Dow, Sue Isaacs, Mary Mason, Doris Q. Murray, Helen Peterson, Betty Preston, Doris Salati, Florence Sawyer, Peg Scott, Anita Solomon, Louise Stiles, Joanne Thomas, Ellen Wiener, Barbara Zimmerman.** Seventeen 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 September 10.

**MEDFORD LEAS LIFE**

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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**

