



Medford Leas *Life*

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October 2014

THE TANEY DRAGONS

by Betsy Pennink and Marcy Webster



The **Spragues** had a family reunion at their home in Bethany Beach, DE, in August of 2013. **Janet** and **Dick** remember seeing their son-in-law Leland Lott sitting on the couch with his son, Jared. The two were watching the televised broadcast of the Little League World Series from Williamsport, PA,

and they were mesmerized. No one suspected then that exactly a year later those two would be competing in Williamsport themselves, Jared playing and Leland coaching, representing the Taney Dragons, winners of the Middle Atlantic Conference.

In early September, we sat in the Spragues' Rushmore living room surrounded by publicity photographs and newspaper clippings and basking in the glow of the World Series experience. Jared Sprague-Lott was the star of the moment, but on the hearth were formal photos of all the grandchildren, including his sister, Sadie. We got the impression that there was plenty of love and attention to go around.

The year 2014 was a wild ride for the Taney Dragons, and for Janet and Dick Sprague too! Jared was the number-two pitcher on the team, which was having its first year in the Little League. By the end of the summer the Dragons were famous, nationally as well as locally, and their number-one pitcher, Mo'ne Davis, was

on the cover of *Sports Illustrated*. Janet and Dick were exhausted.

A year ago "nobody expected them to win the Pennsylvania championship," says Dick, much less get to the World Series. The team was put together by Alex Rice, manager, from players he had been coaching for years in the Taney League of Philadelphia, an inner-city organization. Jared, who is 12 and attends the prestigious Masterman School, has been playing baseball since he was six, according to Janet.

The Spragues' daughter Alison (Jared's mother) gave a description of how Alex chose the team members, quoted on Philly.com: "Alex picked kids who are talented, who love the game, and are willing to work hard." Also, says Janet, parents had to be committed to a year of support, coming from all over the city, forming car pools, and showing their love and care.

Dick and Janet got to know these families very well, as they attended game after game of the Taney Dragons. "We met such interesting people," says Dick. The Spragues were not the only grandparents. There were three other sets that were frequently present.



Margery Rubin

Janet and Dick

What devotion! Janet and Dick were at almost every game but two (which they watched on television).

This meant multiple trips to both Pottstown, PA, and Skippack, PA, where the Dragons won the

state championship. After that they traveled to Bristol, CT, to see the team win the regional championship.

Janet's brother, **John Speirs**, a resident of the Lumberton campus of Medford Leas, was there, too. Known to Jared as Great Uncle John, he says, "I had heard about the exploits of Jared's baseball team but not until I attended the final regional game against Delaware and saw for myself how great the team was and the tremendous outpouring of love and support, did I begin to get the Taney Spirit. I am so proud of what these kids have accomplished in such a short time in their young lives."

The team's victory in Connecticut meant that the players switched their Taney Dragons T-shirts for the light blue Mid-Atlantic ones. They were now on their way to the World Series as representatives of their region. (Janet and Dick traded their shirts too.)

Dick watched the first World Series game with 'a combination of anxiety and happiness.' More than 30,000 fans lined the green slopes of the Little League Lamade Stadium as, to his (and Jared's) great joy, Jared hit a three-run home run which, as he had hoped, resulted in a good game for Mo'ne, who was pitching.

Janet and Dick have fielded many questions about Mo'ne, the 13-year-old girl with the "incredible arm." The boys were both accepting and protective of her as a strong member of their team. The media were after her constantly, which brought a lot of publicity, but Janet makes it clear that "all 12 kids contributed to their victory."

Although the Taney Dragons did not win the Series, victory-hungry Philadelphia did everything to honor them, including a parade with floats. The Spragues were following on a double-decker bus, wondering if anyone would come out to cheer them. Dick gasped as they turned a corner and he could see a sea of people. This continued through all the neighborhoods on their way to the FDR Park for speeches.

The celebration continued at Citizens Bank Park, where the Little Leaguers and their families made an entrance to band music. Mayor Nutter paid a tribute to them in front of the crowd. Finally all 12 players simultaneously threw ceremonial first pitches to "catchers" from the 2014 Phillies.

Janet and Dick are left with some wonderful memories, among them the show of empathy by the Dragons to the other players. One newspaper photo showed Jared comforting a teammate who had just struck out. Other photos showed the team crying with the Delaware team they had just beaten. Altogether it was a magical summer.

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## WORLD RECORD GRANDSON

by Suzanne Frank

They aren't jumping up and down, but in their quiet way **Betsy** and **Frank Snope** are superbly proud of their grandson, Andrew, who broke the world record for a 24-hour-long distance race in which he ran barefoot! This one-of-a-kind 28-year old ran for 136.98 miles at the Six Days at the Dome competition in Anchorage, Alaska, the largest indoor track of its kind in the country. The previous record had been 131.43 miles. To put this in perspective, Betsy noted that "the distance he ran is equivalent to five marathons in a row and when he hit the world record, he still had an hour to go."

According to Frank, Andrew is "a free spirit who always listened to the beat of his own drummer. He's a kid who became impatient with formal education." Adds Betsy, "But he does an awful lot of reading on his own and was inspired by the book *Born to Run*, which is an ode to minimalist running, either barefoot or in sandals. They say that he has a simple life style and is really loving what he does when he is not running, which is being a waiter and bartender in Savannah, Georgia, where his parents also live." Exemplifying his original thinking and unconventional style is the fact that he cooked for the whole camp at the Dome in lieu of his entry fee for the race.

## KITTY KATZELL (1924-2014)

by Kay Cooley

How people influence places varies widely. Some personalities seem woven into the very warp and woof of a community. So it was with **Kitty Katzell**, a leader and driving force of Medford Leas for 25 years. She focused her energy on the Medford Leas Residents Association and Estaugh Board governance, the Arboretum, *Medford Leas Life*, Vid-U, MLRA Archives, and Sunday Vespers. Her vision and clear judgment helped to keep Medford Leas on track as a vibrant and innovative continuing care retirement community.

Kitty and her husband, **Dr. Ray Katzell**, moved from Glen Cove, NY, to Medford Leas in 1989. Kitty grew up in India, where her mother was principal of a Methodist-sponsored American school. She received her BA and MA from Syracuse University followed by a doctorate in Psychological Tests and Measurement from Columbia University. For years she served as director of evaluation at the National League for Nursing and as testing consultant for other organizations. She was a director of the American Psychological Association, where she managed the magazine, *Psychology Today*.

Kitty's leadership was recognized early. In 1992, three years after arriving at Medford Leas, she was elected president of the MLRA Council. From 2003 to 2005 she again served as president, the only resident to hold the office for three terms. In 2005, she was appointed to the Estaugh Board, where she served until 2010.

Kitty's leadership found another expression as editor of *Medford Leas Life*, a post she held nine years. Under her guidance the paper doubled in size and grew as a respected journal of life at Medford Leas.

Of all her pursuits, the Arboretum was perhaps Kitty's most cherished. In the spring of 2000, she and Ray made a gift of \$100,000 to the Arboretum Fund. This enabled several projects to be completed, not least of which was the creation of Katzell Grove, a small park next to Bridlington

where 45 native American hardwood trees have been planted, with more to be added.



Kitty with Jane Weston opening renovated Katzell Grove, 2013

Kitty made time to manage two routine but necessary jobs: Vid-U and the MLRA Archives. Vid-U gave residents the opportunity to watch Teaching Company video courses on Thursday mornings. The archives provided storage for the living history of Medford Leas.

For a long time, Kitty was the soul of Sunday Vespers. She solicited religious personnel to conduct the services, give homilies and, in the early days, have dinner following the service. A co-worker has said of her, "She was thoroughly knowledgeable, efficient, and reliable." Kitty, although not Jewish, also arranged for services on Jewish holidays.

Kitty's long-time companion, her cat Timmy, kept her company in her last days in Woolman. He misses her, as do we all, but has found a loving home with Cindy Fries, the former Medford Leas Companion who took care of him when Kitty was away.

A memorial service was held for Kitty in the Theater on Friday, September 19. Anyone wishing to honor her may make a contribution in her name to the Residents Assistance, Estaugh Redevelopment or Arboretum Fund.

*Life Lines***KEEPING COLLECTED**

by Marcy Webster

You 'get' collecting or you don't. You either have railroad memorabilia stacked in a corner of your basement or you shake your head in dismay at such a useless pile of clutter and go online to order the latest device from Amazon, while your friend, the train buff, makes room on the shelf for another vintage lantern. If you're a non-collector you can downsize without pain and move to a courtyard apartment bringing necessities, a frill or two, and no regrets. If you're the other kind of person, and there are plenty of us here, you gather your precious tokens, no matter how unwieldy they might be, and, against all logic, you bring them with you.



Margery Rubin

**Ellen Wiener's** collection of carousels and their accoutrements is less portable than most. When you enter her warm and charming living room, full of books, plants, and sunshine, you will be startled to encounter in one of the corners a full-sized carousel horse, painted silver and mounted on its

matching pole. In another corner, a nickelodeon glows with colored lights and throbs with familiar midway music. There are other artifacts in the house: circus posters, catalogues from carousel auctions, animal statues and, gleaming in the hallway, a magnificent silver carnival mirror. These are the collectibles that Ellen salvaged from the large, old farmhouse where she tended a sick mother-in-law, three children, and a thriving veterinary practice.

When she came here, she brought what she could, but she had to sell the full-sized children's

carousel from her backyard. (Fortunately, there's a brisk trade in such memorabilia and plenty of collectors' magazines and websites.)

Ellen's obsession dates to her girlhood near Willow Grove Park, but it wasn't until a walk down South Street revealed a store with a carousel horse for sale that she imagined owning such a thing herself. In the busy years since that discovery, she has traveled the country visiting fairgrounds and acquiring her treasures.

If Ellen's collection is a bit cumbersome, **Bob Hambleton's** falls at the other extreme. I was playing bridge in his living room when I noticed a framed cover from a *New Yorker* magazine on a nearby table and casually asked its significance. Bob mentioned that he saved such things and that there were others hanging on the walls. In response to my interest, Bob brought out a slim file containing more than 80 covers spanning more than 40 years. Taken together, they provide a fascinating look at the times they represent. They divide into subsets: the cartoons of Peter Arno, nostalgic glimpses into small town life and the familiar ghoulish art of Charles Addams. Bob's favorites are the frequent covers featuring the architecturally themed drawings of Gretchen Dow Simpson which, Bob says, speak to his engineer's mind.

Bob and *The New Yorker* are just about the same age. The magazine made its appearance in February 1925 with the classic, monocle-sporting gentleman, Eustace Tilley, on the cover. Bob was born in April of that year. I assumed that it was the coincidence in their chronology that inspired the collection, but, according to Bob, "it just gradually happened."

The objects that we collect have personal value that's hard to calculate. For instance, the first of Bob's *New Yorker* covers bears the price of \$.25 while the magazine that arrived in my mailbox today sells for \$7.99. I don't think Bob would make a trade.

## OCTOBER PATHWAYS: EXPLORING OUR WORLDS

by Beth Bogie

October is a beautiful month to get outdoors before the gray skies and colder temperatures set in. *Pathways to Learning at Medford Leas* offers both a wonderful trail walk on the Lumberton campus and two lectures to explore the world from indoor comfort. In its fifth season, *Pathways* is the brain child of **Jane Weston**, director, Development and Community Relations. She is supported by a committee of residents who oversee the selection of programs.



The Lumberton trails, developed and maintained by Lumberton residents, cover 40 acres of this 88-acre campus. The tour of the trails, led by the Lumberton Trails/Site Committee, will cover woodlands and wetlands – all part of the Barton Arboretum and Nature Preserve. (Saturday, October 11, 9:30 am at the

Lumberton Campus Community Center)

Participants will hear about the ways in which plants communicate with animals, in “The Secret World of Plants and Pollinators.” Jennifer Bulava, a park naturalist for the Burlington County park system, with a BS in natural resource management from Rutgers University’s Cook College, will talk about the strategies of plants, the colors pollinators see, and the ways in which both plants and animals help and deceive each other. (Wednesday, October 29, 10 am, in the Theater)

Leas Forum will present “The Wisdom to Survive: Climate Change, Capitalism and Community,” a one-hour film in which scientists and activists show how an industrial-growth society can threaten to destroy us. The film will be followed by a short discussion led by makers of the film and a specialist in climate change. (Saturday, October 25, 10:30 am to 12 noon)

Leas Forum will also present a morning and afternoon program, “Finding a Way through Aging and Illness with Creativity.” Wendy Miller, PhD, president of the Washington, DC Center on Aging, as well as sculptor, writer, and expressive arts therapist, will tell the story of how she and her late husband dealt with his terminal cancer. He was a physician, gerontologist and international expert on creativity in aging. Together they combined their years of theory and practice to use creativity as a catalyst for dealing with some of life’s most profound challenges. (Saturday, October 11, 11 am in the Theater)

In the afternoon, Wendy Miller will lead an arts-based workshop in the Medford Campus Art Studio. She will give participants a chance to explore their aesthetic responses to the materials of the morning session and give them a lens into the healing role of creativity in facing challenges. (Saturday, October 11, 1:30 to 3:30 pm)

Four workshop sessions will be held on the subject of “Genealogy – Who Do You Think They Are?” Lora Kline, genealogist with over 25 years of research experience, will lead the program. The workshops, all on Tuesdays at 2 pm, are:

- October 7 – Family History Research
- October 21 – Free Websites for Research
- November 4 – Fee-Based Websites
- November 18 – Resources within 50 Miles

Another subject of limitless interest – how to deal with household records, family documents and the distribution of one’s assets – will be discussed in two workshops, “Do You Own Your Stuff...or Does Your Stuff Own You?” The speakers are Patricia S. Morton, owner and CEO of Assistance for Seniors, Moorestown, and Jamie Shuster Morgan, Esq., vice president of the Estate and Financial Planning Council of Southern New Jersey. (Thursdays, October 23 and 30, respectively, at 10 am)

Please consult the *Pathways* Guide for more detail. Some programs require a fee; many will not.

## HOW THE LEAS FORUM BEGAN

by Helen L. Vukasin

Leas Forum, an MLRA activity, was initiated by a number of active residents in the early 1990s. **Ray Katzell, Bob Stebbins, Arthur Steitz and Dorothy First** were among those who believed we needed to have a series of programs that would serve the interests of the diverse residents at Medford Leas. The early series was a bit serendipitous. When **Ed Young**, then the MLRA sponsor of the group, recruited me in 2001 to chair the committee, the files I received were less than reassuring. Further, the wonderfully active group of old-timers quickly disappeared within 12 months, each for very good personal reasons.

However, Medford Leas has strong community feelings and commitment to the idea of going forward with whatever programs we agree to provide. Before many moons had passed, we had a succession of fine hard-working people such as **Jack McKeon, Fran Pray, Fran Lax** and many others who contributed as we moved forward with an organized annual schedule of programs, a steady budget and even funding from the New Jersey State Council for the Humanities.

## THE CURRENT LEAS FORUM

by Dorothy Cebula

When I was a child, I excitedly studied the *Sears Roebuck Christmas Catalogue* when it arrived in the mail. Now as a new resident at Medford Leas, I had a similar response when the *Pathways* catalogue arrived in my mailbox. I was aware of a buzz of excitement from many residents when they also saw the catalogue. Like many other residents, I was intrigued by the variety of programs offered here. I was especially interested in the programs presented by Leas Forum on two Saturday mornings each month. The range of topics offered in the series has recently included anthropology, physics, community art programs, history, current affairs and environmental science. The presenters were authors, researchers, historic interpreters and professors.

Later I learned that all of the some 90 activities at Medford Leas are organized by the residents, and funded by residents' contributions to the MLRA Activities Fund. There is no person from management with a budget who directs activities. Such an approach to programming is unusual among continuing care retirement communities.

Resident-based programming of the depth and quality presented by Leas Forum and other committees requires that residents provide support and participate in developing future programs. The Forum Committee is one of the more exciting committees as it reaches out for interesting and stimulating programs. Many ideas for prospective programs and speakers also are sent to the Forum Committee by residents not on the committee. Each member of the committee has the opportunity to contact and interact with one of these prospective presenters and then to see the program through to successful conclusion.

The committee welcomes all residents, especially newcomers, who would like to help by serving on the committee. For more information about the Leas Forum Committee, please call **Barbara Trought**, Chair, at 654-3045.

## THANK YOU

For all those folks who have been returning compostable dishware to the barrels in the Coffee Shop, we thank you very much. You are not only saving space in our landfill by keeping them out of the trash but you are also helping our environment by adding to the reuse of natural materials. But please no regular plastic bags.

One caution: if you collect your dishware over a few days, it is best to rinse them to prevent any contamination. However, if you bring back the containers in the green bags each day or so, you may also include such things as lettuce leaves, fruit peels, or any leftover food items that would be considered compostable. That's more food scraps kept out of the landfill.

The Resource Conservation Committee

## FALL FLOWER SHOW A HIT

text by Joan McKeon, photos by Margery Rubin

The 2014 Medford Leas Annual Flower Show, held on September 9 and 10, was distinguished from its predecessors by the beautiful quilts, created and hung by members of the Quilt Interest Group of Medford Leas. Chosen to complement the "Patchwork" theme of the show, the quilts ranged from innovative styles to traditional patterns, reflecting the show's varied design classes.

Both residents and staff participate in this enjoyable annual event, which offers a wide selection of flowers, plants in containers and vegetables. This year 37 participants competed in the Design division and 24 in Horticulture, which includes Vegetables.



**Debbie's squash**

**Debbie Lux** won Best in Show in Horticulture for a scarlet celosia grown experimentally on a hill created by the Estaugh reconstruction, as well as a Best of Vegetables award for her 20-pound, two-ounce Hubbard squash. Best in Show for Design went to **Joan McKeon** for her entry in the five-inch miniature class, called "Tree of Life."

Blue ribbon winners in the Design division were **Mae Lundin, Joan McKeon, Nancy Powell, Edie Pray, Gerry Stride** and **Betty Wakeley**.

In Horticulture blue ribbons were won by **Nancy Barclay, Len Cebula, Emma Cordek, Renee Dillon, Susan Dowling, Marilyn Flagler, Debbie Holcombe, Jean Lauer, Debbie Lux, Joan McKeon, Mary McKillop, Peg Scott, Rona Shahn, Marcia Shearer, Dick Sprague, Jane Weston, Ellen Wiener** and **Ro Wilson**.



**"Crazy Quilt" by Edie Pray**

In the Special Exhibits (non-competitive) division, **Shigeko Kawano** and **Jane Holben** again contributed striking, colorful arrangements, each from a different school of Ikebana. Another invitational (non-judged) display came from the Pinelands Preservation Alliance, offering information and photos of some of the rare plants growing in the Pines.

Many of the designs submitted resulted from Gerry Stride's flower arranging workshop for Assisted Living residents the day before the show.

Transferring the show from the Activities Room to the Holly Room for the second year was not an easy task for co-chairs **Cecile Hanley** and **Ro Wilson**, but the move has proved to be a successful one. This year the Holly Room never looked more festive. Quilts and flowers turned out to be a true winning combination.



**Quilt**

## DR. ANDIE EXPLAINS: HEARING LOSS

by Suzanne Frank

While reading this article on hearing loss, everyone is going to feel that it is addressed specifically to them personally. That's because **Dr. Andie Iannuzzelli**, our medical director, is adding a hearing test into every resident's yearly exam, based on a six-year study from Johns Hopkins Hospital on hearing loss and its association with serious health issues. "While taking their yearly medical exam, and choosing to say, yes, to the hearing test from all the wellness options available to them," she said, "residents will then be given the hearing test at a later date."

Quoting from the Hopkins report, Dr. Andie said that "it was documented that adults over 60 were found to have 30 to 40 percent decline in cognitive function, directly proportional to decline in hearing. People with hearing loss have a three-fold higher risk of falling and, not surprisingly, accelerated brain tissue loss."

The study surmised that among the "possible explanations for the link of falling with hearing loss are that people who can't hear well might not have good awareness of their overall environment, making tripping and falling more likely...and [they might have] cognitive overload, in which the brain is overwhelmed with demands on its limited resources." Dr. Andie stresses another quote which says, "Gait and balance are things most people take for granted, but they are actually very cognitively demanding."

As for brain tissue loss, another consequence associated with impaired hearing was an increased risk of dementia and diminished physical and mental health overall. The report also states: "Those whose hearing was already impaired at the start of the substudy, had accelerated rates of brain atrophy compared to those with normal hearing."

It was found that only 15 percent of those who need a hearing aid get one, leaving much of the problem and its consequences untreated. Therefore, Dr. Andie wants residents to know that they

can schedule a hearing test at any time, if they don't want to wait for their yearly health exam. To sum up how we are all touched by what we hear, Dr. Andie is fond of Helen Keller's wise words: "Loss of vision removed me from things; loss of hearing removed me from people."

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RUTH BUMP LOW VISION CENTER

by Dave Bartram

One of the short-term consequences of the Estaugh construction has been the loss of usable space in the existing buildings of Estaugh and Haddon where they will connect to the new additions. The employee lounge, some staff offices and parts of Physical Therapy are among the areas that have been temporarily lost. This loss of space has been compounded by the success of the Marketing Department, which has resulted in fewer and fewer unused areas left for storage or expansion.

Although the newly energized Low Vision and Hearing Loss Committee would like eventually to make use of the **Ruth Bump** Low Vision Center or a similar space, there is currently very little activity going on there, especially as related to low vision or hearing loss. There has been very sporadic and limited use of the recorded CDs, cassette books on tape and VHS movies which occupied the outer room.

So when CEO **Jeremy Vickers** approached residents involved with the Low Vision Center about the critical need for space, it seemed like a reasonable and mutually beneficial idea to make the space available.

On September 2nd, Jeremy and **Jane Weston** met with MLRA sponsors **B. J. Tetlow** and **Ellie Elmendorf**, **Joanne Greenspun** and **Bob Hambleton** from the Library and **Dave Bartram** from the Low Vision/Hearing Loss Committee. Joanne and Bob generously agreed to accept some of the recorded book material in the Library. It was agreed that the remaining books on tape would be stored with a final home to be determined in the future. The VHS movies will go to the Thrift

Shop. The two remaining CCTV Magnifiers will also be stored temporarily. Jeremy explained that once the construction is finished there will be sufficient space for everyone and the Low Vision/Hearing Loss committee can return to the Ruth Bump Low Vision Center area or a similar space somewhere else.

In the meantime, the Low Vision/Hearing Loss Committee will hopefully continue to grow, but without a physical space – much like most other Medford Leas committees.

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## MID-TERM ELECTIONS

by Barbara Trought

The election of either Democrat Cory Booker or Republican Jeff Bell, major party candidates for the U.S. Senate, will be decided by New Jersey voters Tuesday, November 4. At this General Election, registered Burlington County citizens also will vote for their member of the U.S. Congress and two freeholders.

Medford Township has no local election. Lumberton Township will choose two members of the Township Committee. Two Republican candidates are running unopposed.

Both Medford School District and Lumberton School District have three full-term seats to be filled. In each district, three persons are seeking the seats with no opposition. Lenape School District board has one open seat, and one person is on the ballot unopposed.

Voters will decide two public questions. Pros and cons prepared by the League of Women Voters will be posted on bulletin boards.

Vote by Mail ballots (formerly absentee ballots) are available for any registered voter for any election. You do not need to have a reason to request a Vote by Mail ballot, but you must complete an application, available at:

[www.co.burlington.nj.us/593/Election-Voter-Services](http://www.co.burlington.nj.us/593/Election-Voter-Services)

Voter registration forms are available online, at Municipal Clerks' offices, or at Motor Vehicle centers. The deadline for registration is October 14.

Sample ballots will be delivered to home addresses approximately one week prior to General Election Day. Sample ballots list the polling place and hours.

Medford Leas residents can access two Candidate Forums:

### Member of Congress, Third Congressional District

Date: October 2 Time: 7:30 p.m.

Place: William Allen Middle School, 801 North Stanwick Rd, Moorestown

Candidates: Aimee Belgard (D) and Tom MacArthur (R)

Sponsor: League of Women Voters of Burlington County

### Burlington County Freeholder

Date: October 7 Time: 7:30 p.m.

Place: Burlington County College Mount Holly Center, 1 High St, Mount Holly

Candidates: Bruce Garganio (R), Mary Ann O'Brien (R), Tom Pullion (D), Michael Schmidt (D)

Sponsor: LWV of Burlington County and Burlington County College

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MOVIES IN THE ACTIVITIES ROOM OPEN TO ALL

Movie classics on Tuesday evenings at 7:15
Complete with popcorn!

Movies for October are:

- Oct. 7 "Mr. Deeds Goes to Town"
- Oct. 14 "The Day the Earth Stood Still"
- Oct. 21 "Gaslight"
- Oct. 28 "ET"

Sharon Conway, Therapeutic Recreation

BEHIND THE CAMERA: MARGE RUBIN

by Beth Bogie

"I'd like you to smile a little. Relax. Don't look too serious." **Margery Rubin**, resident of Medford Leas since 2002, and staff photographer of *Medford Leas Life* almost since then, puts newcomers at ease for their photos, which will appear in the "Who's New" section of this newsletter. Over the years she has photographed literally hundreds of residents. "I don't really know many of the people, but everybody looks familiar," she remarks with a laugh.

Behind the camera is a photographer of great reliability and skill. In addition to her photos of residents and staff, Margery can be counted on to photograph all kinds of events or to produce a needed photo from her archive. Her greatest artistry, however, is found in her pursuit of personal photography. A few examples are often on display in the Photo Gallery near the Fitness Center, and many more amazing ones on her own website: www.margeryrubin.com/portfolio.html. She enjoys "street photography," which she has pursued in New York City and in Europe. "I like the gritty stuff – not pretty, but interesting."



NYC Third Avenue Subway Station

Margery's love of photography got its start in Brooklyn when she received a Brownie box camera at age nine or ten. By eighth grade graduation she had won a silver medal for art (drawing and painting). In high school she majored in art, while also attending the Pratt Institute and Brooklyn Museum art schools. A painting of hers hangs in

her living room, but, she says, "I think I'm a better photographer than painter."



George Rubin

While an art major at Adelphi University in Garden City, Long Island, in 1949, Margery married George Rubin, whom she had known when they were growing up in Brooklyn. While George received his medical

degree at the New York College of Podiatric Medicine, Margery left Adelphi and worked as an x-ray technician. Eventually, when the youngest of the five Rubin children turned five, Margery enrolled at Long Island University's C.W. Post College and earned a BA and MA in political science in 1975 and 1982, respectively. She considered law school, but photography won the day. During the Rubins' 19 years in Levittown, Long Island, and 21 years in Westbury, Margery had a studio and dark room and did weddings and portraits. Weddings and portraits were a source of income, and she enjoyed doing them, but she loved her street subjects, too.

In 1993, the Rubins moved to Roosevelt Island, part of the Borough of Manhattan that lies in the East River and is connected to New York City by cable car and subway. Margery attended The New School and The School of Visual Arts in Manhattan, both for photography. One project took her to London to photograph Wren churches, "beginning with St. Paul's Cathedral," she said. She had shows of her work on her return.

On Roosevelt Island, the editor of the community's newspaper, *The Wire*, saw Margery's work and asked her to become the paper's photographer, covering all the stories of a city room – fires, lost children, and, most terrible, the attacks on the World Trade Towers on 9/11, which could be seen from Roosevelt Island. She remembered the Island's Fire Department rushing to Ground Zero to rescue people trapped in the Towers.

She recalled emotionally that every member of the Roosevelt Island Fire Department was killed.

As Quakers, Margery and George were aware of Medford Leas. In the 1980s, Margery had been assistant to the general secretary of the New York Yearly Meeting. Retiring to Medford Leas in 2002 was a logical step. Soon Margery was taking pictures, and she shows no sign of stopping.



Play of Light, Providence Meeting

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**COMMITTEE FOCUSES  
 ON NEW RESIDENTS**

by Kay Cooley

Last year a group of residents intent on enhancing opportunities for new residents to learn about Medford Leas teamed up with **Tammy Gerhart**, director, Resident Services, and formed a committee to inaugurate such a program.

The New Resident Orientation Committee (N.R.O.C.) was born and approved by the MLRA Council. From February through July this year, monthly programs were presented, each spotlighting a few departments. Refreshments served at the beginning allowed newcomers to become acquainted. Some 30 or so recent arrivals attended the meetings and deemed the program a success.

The programs are being repeated; the first was held in September. Residents who will have

joined the Medford Leas community between August 2013 and December 2014 will be personally invited to attend. The schedule began with **Gerry Stride**, director, Therapeutic Recreation, and **Ken Roland**, manager, Fitness & Aquatics. Future programs are:

| <u>Date</u> | <u>Speakers</u>                                                                                                                                                                                                                   |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| October 22  | <b>Christe McGowan</b> ,<br>Dining Services<br><b>Susan Kensill</b> , Finance<br><b>Lisa Hartman</b> , Dietitian                                                                                                                  |
| November 19 | MLRA and Committees<br><b>Jane Bartram</b> , MLRA Treasurer                                                                                                                                                                       |
| December 10 | Health Services Team:<br><b>Lisa Heinkel</b> , Health Services<br><b>Mary Ann Flatley</b> ,<br>Residential Health & Wellness<br><b>Tammy Gerhart</b> , Resident<br>Services<br><b>Dr. Andie Iannuzzelli</b> ,<br>Medical Director |
| January 21  | <b>Jane Weston</b> ,<br>Community Relations<br><b>Marie Cox</b> , Human Resources                                                                                                                                                 |
| February 18 | <b>Bill Murphy</b> , Operations<br><b>Russell Pepe</b> IT<br><b>Doris Wallace</b> ,<br>Environmental Services                                                                                                                     |

Residents who are not newcomers, but who would like to attend, will find a sign-up sheet at the Reception Desk the week before a presentation. Space will be limited, so early sign-ups are encouraged.

Members of N.R.O.C. are **Mary Allen**, **Kay Cooley**, **Tammy Gerhart**, **Davis Henderson**, **John Speirs**, **Janet Sprague**, **Barbara Trought** and **Beth Wray**.

## STILL TIME TO JOIN!

The **Eighth Annual Golf Outing** hosted by Medford Leas will be held on Monday, October 6, at Deerwood Country Club, Westampton, NJ. At this time, the Golf Committee will do its best to accommodate last-minute registrants. Interested residents should register at the Reception Desk. The rain date is Tuesday, October 7.



Taryn Ericson

You don't need to be a golfer to enjoy this event. You may attend just for the dinner and the silent auction, or you may make a donation to the auction, **OR** you may contribute directly to the Medford Leas Residents Assistance Fund. This fund

benefits qualified residents of Medford Leas who have outlived their financial resources.

The Grand Silent Auction item is a week at Marriott's Grande Ocean Resort, Hilton Head Island, South Carolina, Saturday, November 29 to Saturday, December 6. The dates are fixed.

Other auction items include something of interest for everyone:

- Restaurant Gift Certificates
- Philadelphia Sports Packages
- Golf Packages
- Artwork

You may turn in donations or contributions to the Reception Desk. Personal contributions, which have ranged from \$10 to \$2,000 over the years, all make a positive impact on the Residents Assistance Fund.

There will be transportation to Deerwood Country Club from Medford Leas for 'dinner only' resident participants. Members of the Golf Committee are **Jane Weston, Lisa Branagan, Bill Murphy, Russell Pepe, Brad Mauger, Lefty Alderfer, John and Nancy Griffenberg, Jim McConville and Eve Robinson.**

Beth Birdie-Bogie

## LEASMUSICAST PRESENTS *PORGY AND BESS*

by Beth Bogie

George and Ira Gershwin's *Porgy and Bess*, recorded live in Blu-ray, will come to the Theater on Saturday, October 18 at 2 pm, in a 2009 performance by the San Francisco Opera Chorus and Orchestra from the War Memorial Opera House in San Francisco. The production features Eric Owens as Porgy and Laquita Mitchell as Bess, with Crown sung by Lester Lynch, Sportin' Life by Chauncey Packer, and Serena by Karen Slack.

Conductor John DeMain is largely responsible for restoring operatic portions excised for Broadway audiences in 1935 and 1942 when the opera was considered too long. The excised material was restored by DeMain at the time of the U.S. Bicentennial and has been deemed a success ever since. This became the 'operatic version' and has found a place in opera repertory following its beginnings in musical theater.

From the time George Gershwin read DeBose Heyward's novel on which the opera is based, he dreamed of writing an opera based on a great American story that fused folk, jazz and classical elements; in other words he wanted to invent a truly American language for opera. George died soon after the success of *Porgy and Bess*, ending such a possibility, which has never been realized in a work matching the stature of *Porgy*. A conflict exists to this day over what makes something an opera versus a musical.

*Porgy and Bess* has also survived another conflict. From its premiere in 1935 to the mid-1950s and the rise of the Civil Rights Movement, many African-Americans objected to what they saw as a racist and stereotypical portrayal of blacks. This debate may never be resolved. But today, this uniquely American opera occupies a place in musical history all its own.

Source: San Francisco Opera General Director David Gockley.

## WHAT HAS 14 ARMS, 7 BRAINS AND SMILES?

by Judy Kruger

Answer: Seven busy Medford Leas receptionists.



(Left to Right), Carmen Smith,  
Lisa Branagan, Taryn Ericson.

**Lisa Branagan**, administration services supervisor, is happy to explain the range of work that takes place at the Reception Desk. “No matter what happens, receptionists must be able to stay calm, learn and think quickly, and master hundreds of tasks. Being a receptionist is one of the most complex jobs at Medford Leas,” Lisa says.

**Ashley Leitner** and **Taryn Ericson**, receptionists, describe a typical busy morning: “The phone is ringing with residents plus outside callers wanting to be transferred to different departments and people. The emergency line is ringing with misdials and off-hooks. For off-hooks, we have to be on radio communicating with Maintenance to go check that those residents are okay. Learning our original 1970s phone system is a challenge for new employees.”

Lisa adds, “We have residents at the desk asking questions and needing directories, forms and guest room reservations. At the same time vendors arrive who need to be directed to **Mary Calabrese** in the Supply Office; a call comes for **Walt George** in Maintenance; interviewees come for nursing positions; three residents need copies ordered; and a special event that day makes us ex-

tra busy.” Receptionists must respond immediately to fire alarms and, in case of an actual fire, notify all Medford Leas staff, as well as the Medford Fire Department.

The receptionist handles sales of meal tickets and cash cards, the posting of special charges for copying and faxes, requests for guest rooms, roll-away beds, and charging to credit cards using an iPad at the reception desk. Clerical work is done or delegated for the Administration Department and other departments as needed. Receptionists keep track of all keys, and update all mailbox changes for vacation mail, moves, and transfers from one home to another. They create the slides on the media board (the screen above the Coffee Shop door), collate daily, weekly and monthly calendars, and post the signs on the desk which keep residents informed of changes and special information.

If residents want area restaurant directions, suggestions for pet-sitters, or even names of accountants in town, probably the receptionists can help.

Referring to short chats with residents, Ashley says, “Even though my day can be very busy, I absolutely love being able to talk to the residents and see how their days are going.”

One of the many unusual events occurred when a pair of dentures was brought to the Reception Desk for the lost and found, eventually to be reclaimed by a rather embarrassed resident.

A new receptionist must be able to learn all of these skills within two to four weeks. Training is by hands-on apprenticeship and by use of the Receptionist Handbook.

Receptionists are Taryn Ericson (full time), **Carmen Smith** (part time), and per diems **Kim Wagner**, Ashley Leitner, **Sophia Stephen**, **Kim Mattson**, and **Jackie Pacheco**. Lisa Branagan and **Emily Chamberlain**, previously a receptionist but now in Finance, help cover breaks.

## CHECK YOUR SHOES

by Suzanne Frank

In his effort to help residents improve their balance and maintain healthy feet, **Ken Roland**, manager of Fitness and Aquatics, offers some possibly surprising suggestions.

First, he would have you concentrate on your gait when walking to make sure your heel strikes first, and then your toes. This is very important because “when you are tired, you tend to drag your toes down and this may increase your chances of tripping. While walking, be sure to swing your opposite arm and leg to keep proper balance.”

The next advice may raise some eyebrows. Ken suggests that people who do exercises, buy two pairs of athletic shoes at the same time to give each pair 24 hours to dry out from sweat. Also, people who don't wear socks are not good to their feet, because the stitches inside the shoes can cause wounds. Astonishingly, he not only advises purchasing two pairs of shoes to equalize the wear and tear on them, but he says that shoes older than six months “are no good inside, because they lose their integrity.”

Ken suggests wearing cotton or acrylic socks to avoid blisters, and he urges getting the proper shoe size rather than buying athletic shoes just because they are on sale. He is adamant about getting a salesperson to help with a proper fit. Residents also should cut their toenails straight across to avoid problems.

It is important to wear the proper shoes, he said, as there are many types of sneakers that are designed for different uses, such as tennis, walking and stability. For instance, when used for walking the trails, a shoe should have a bottom that has knobs and raised grooves. Cross trainers are pretty good for general use. But, Ken stresses, “hold onto the receipt when buying athletic shoes, because, if it turns out your feet are killing you, you should take the shoes back.”

## ART STUDIO FALL SHOW OPENS

OCTOBER 27

by Helen Vukasin

The Art Gallery event of the fall season is the display of new works by members of the Art Studio as well as an opening reception for residents. The exhibit will be on view beginning October 27 from 10 am to 12:30 pm. Several new artists will be showing their work: **Dorothy Cebula, Roberta Foss, Marilyn Flagler and Joyce Sichel**. In addition, there will be a special display of the works resulting from the August workshop led by nationally recognized watercolorist Jack Nolan, brother of **Eileen McConville**. A tradition at the opening reception each new season are the sweets made by members of the Art Studio. Come and enjoy the artwork and refreshments!

Newly hung works of resident photographers will also appear in the hall leading to the Fitness Center.



Terry Foss

“Wave,” an oil by Roberta Foss, was inspired by coastal Maine.

### IN MEMORIAM

|                                  |                     |
|----------------------------------|---------------------|
| <b>Katherine “Kate” Nicklin</b>  | <b>August 19</b>    |
| <b>Inge Wolf</b>                 | <b>September 5</b>  |
| <b>Mildred “Kitty” Katzell</b>   | <b>September 6</b>  |
| <b>Doris “Shammy” Shamleffer</b> | <b>September 14</b> |
| <b>Sheila Gallanter</b>          | <b>September 16</b> |

*Editor's Note: We are pleased to carry this professionally created crossword puzzle by **Joan McKeon**, who actually had three of her crossword puzzles appear in The New York Times under the famed crossword editorship of Eugene Maleska years ago. This one has a Medford Leas connection and was expressly created for Medford Leas Life and its readers. (Solution – page 19)*

**'THE NAME SOUNDS FAMILIAR.....'**

text by Joan McKeon

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| 23 | 24 |    |    |    | 25 | 26 |    |    |    | 27 | 28 | 29 |
| 30 |    |    |    |    | 31 |    |    |    |    | 32 |    |    |
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|    |    |    | 36 |    |    |    |    | 37 | 38 |    |    |    |
| 39 | 40 | 41 |    |    |    |    | 42 |    |    |    | 43 | 44 |
| 45 |    |    |    |    | 46 | 47 |    |    |    |    |    |    |
| 48 |    |    |    |    | 49 |    |    |    | 50 |    |    |    |
| 51 |    |    |    |    | 52 |    |    |    | 53 |    |    |    |

**Across**

- 1. Word with High Middle or Dark
- 5. Member of a rescue squad
- 8. Detective Chief Inspector \_\_\_\_\_ Tennison in TV's "Prime Suspect"
- 12. 1936 Oscar winner in a bio-pic title role
- 13. Drag; pull
- 14. "What \_\_\_\_\_ lurks ...?" ("The Shadow" knows)
- 15. Large-scale musical composition
- 17. Stack of hay
- 18. Street fight
- 19. Rutabagas in the UK
- 21. "\_\_\_\_\_ of newt" (Macbeth)
- 22. Kind of cap

- 23. ISP
- 25. All and sundry
- 30. Anger
- 31. Range
- 32. Word often used in wedding announcements
- 33. Effects of some eclipses
- 35. Supplement (with out)
- 36. Useful item at church suppers
- 37. \_\_\_\_\_ grass (Zostera Marina)
- 39. Method of sound reproduction
- 42. Pace; rate of progress
- 45. Old car (slang)
- 46. In "Seinfeld," unflattering term for one of Jerry's girlfriends
- 48. Leave a lasting impression
- 49. "\_\_\_\_\_ ramblin' wreck..." (Georgia Tech fight song)
- 50. "Tender Mercies" actress Harper
- 51. Site of an extinguished campfire
- 52. Director in a racing boat
- 53. Approximately

**Down**

- 1. Latin name for Cupid
- 2. Sanskrit term for "teacher"
- 3. Like much of Le Creuset cookware
- 4. "Don't just \_\_\_\_\_ and do nothing!"
- 5. To be, in Toulouse
- 6. Miss Piggy's favorite pronoun
- 7. Simple dance moves
- 8. Beatrix Potter's Mr. Fisher
- 9. Opposite of indifferent
- 10. Home of the Promenade des Anglais
- 11. They have a Grand Exalted Ruler
- 16. Hoagy Carmichael's "\_\_\_\_\_ Buttermilk Sky"
- 20. Silver or glass follower
- 23. \_\_\_\_\_ Jordan (basketball shoe)
- 24. Its state bird is the Western Meadowlark (abbr.)
- 25. Business related; fiscal
- 26. Part of some German family names
- 27. A Henny Youngman specialty
- 28. Eibrab's upwardly-mobile boyfriend
- 29. Hard-to-find shoe size
- 31. Painful
- 34. \_\_\_\_\_ bed (space saver)
- 37. Biblical verb suffix
- 38. Muse of exotic poetry and mime
- 39. Stadium replaced by Citi Field
- 40. Certain Vietnamese holidays
- 41. Pricing word
- 42. Short for lite bites
- 43. They extract, fill, and replace (abbr.)
- 44. International trade name for ExxonMobil
- 47. Verb in a beginner's Latin class

## MLRA MEETING SPEAKER

**Marie Cox**, director, Human Resources, will speak at the MLRA meeting on Monday, October 20. 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**

## WHO'S NEW - MEDFORD CAMPUS

photos by Margery Rubin

In late September, **Renee Dorosin Dillon** moved the short distance from her ranch house in Leisuretown to Apt. 164 at Medford Leas. She and her devoted daughters, Susan and Hildy, had decided it was time for her to live somewhere with health care and, after an exhaustive search, they decided on Medford Leas, which had been Renee's choice from the very beginning. She likes the feel of the Courtyard Apartments, similar to the setting of Leisuretown and reminiscent of the ranch house there that she loved.



Renee was happy at Leisuretown for 27 years. She was enormously busy; playing bridge often, belonging to clubs, taking courses and working tirelessly in her garden. She is a member of The Pinelands Garden Club and became friends with some Medford Leas

residents, and with our own **Debbie Lux**.

Renee is a graduate of Theodore Roosevelt High School in the Bronx and matriculated at The Henry George School and City College of New York. For years, she held responsible office positions in New York. She married Alan Dillon in 1949 and retired to Rockaway, Long Island, where their two

girls were born. The Dillons then moved to Seaford, NY, and lived there for 28 years before coming to New Jersey. It is Renee's great regret that Alan died four months after the move to Leisuretown and didn't share those happy years.

Her daughters each have executive positions in the health care field and fine husbands, and each has a son. With one living in Bryn Mawr, and one in Teaneck, Renee is now uniquely situated to see them both.

She's been enjoying dinner at the Friendly Table and welcomes the chance to meet new people. She already has won a blue ribbon in the flower show and is playing lots of bridge. Renee looks forward to becoming even more involved in activities here.

**Marcy Weber**

After more than 40 years, **Catherine (McDonald) Hegeman**, with more than a little sadness, left her memory-filled house in Mt. Laurel to make a new start here in Apt. 406.



Cathy met her husband, David, whom she described as very handsome, while studying home economics at Cornell University. He was involved in floraculture and worked in Cathy's dorm. "He was so creative in making a corsage for me that it was one aspect that won me over." They married one year after Cathy received her BS. For most of his life, David worked for Morton Salt. He died in 1994.

Cathy has been a teacher for many years, in Mt. Laurel schools and, most recently, 16 years at Shawnee High School in Medford. She has just lately resigned after 24 years from her volunteer job as supervisor of St. John Newman's social outreach program, which collects food for distribution to needy charities in surrounding communities. She is active in the Shawnee Retirement

Club, which she began with four of her colleagues. Over the years the group grew. At a recent event almost the entire faculty participated.

An inveterate traveler, Cathy says she has traveled over much of the world. She was flying home from the Fiji Islands when the 9/11 attack occurred and caused her plane to turn around and return to Fiji, without the pilot explaining anything. She spent four more days there until the airline reopened its flights.

Cathy has a daughter who is a teacher in Bryn Mawr, PA; a son who is an architect in Hoboken, NJ; and four grandchildren.

Suzanne Frank

**Robert and Nancy (Levering) Bowman** moved from Haddonfield to Apt. 222 in August. They had grown up in Haddonfield, and not only knew the Bartons (**Lew Barton** was the founder of our Arboretum), but also knew each other.



Nancy graduated from high school in Haddonfield, then went on to Wellesley College, where she earned a BA in botany. She attended Columbia Presbyterian Hospital School of Nursing in New York City, but left to work for the John C. Winston Publishing Company

in Philadelphia for four years as secretary to the editor of the Trade Books Department. The job appealed to her interest in literature and creative writing.

After several years, she took up part-time teaching while pursuing an MA in elementary education at the University of Pennsylvania. At this point Bob reappeared on the scene, and in 1958 they married. After a time in North Jersey, a job change for Bob brought them back to Haddonfield in 1965.

Always a gardener, Nancy developed a special interest in herbs and, with a friend, had a small

business selling herbs and herb products. In the late 1960s, Nancy was accepted in a three-year program at the Arboretum School of the Barnes Foundation in Philadelphia. As a member of the Haddonfield Garden Club, she served as horticulture chairman for ten years.

Bob also graduated from high school in Haddonfield and, in 1955, from Wesleyan University in Connecticut with a degree in economics. He



had always enjoyed sales, and he joined the Armstrong Cork Company as a salesman in their packaging container division.

After two years in the Army, "protecting the citizens of Philadelphia," he says with a grin, he returned from service to Armstrong in Philadelphia and New York City. He then joined Jackson Cross Company, a commercial real estate firm which, importantly for him, had the "same business ethics as Armstrong." Bob remained at Jackson Cross for 35 years, retiring as executive vice president and a principal owner in 1999.

While at Jackson Cross, Bob became vice president and president of the Society of Industrial and Office Realtors, an international trade association. He assisted numerous corporations with their real estate needs, including the CIGNA Corporation, in the consolidation of their offices in Philadelphia, the largest single real estate transaction in Philadelphia's real estate history.

Bob became particularly interested in the preservation of historic buildings in Philadelphia and for almost ten years served as board chairman of the Philadelphia Historical Preservation Corporation. He also was on the board for many years of the Sheltered Workshop Services, a job training and placement group for the disabled.

Since retirement he has become more active at the First Presbyterian Church in Haddonfield and helped establish their Senior Ministry program.

Now at Medford Leas, Bob is interested in helping people here and in the community. Nancy is delighted to have time to read and write, and to keep in touch with many friends. She is determined to relearn how to use her computer.

The Bowmans have two sons, two daughters and 12 grandchildren.

**Betsy Pennink**



"I heard that there are canoes here somewhere," mused new resident **Carolyn (Lyons) Geiger**, who moved into Apt. 151 on August 4 at the suggestion of her Medford son after he toured the campus. Carolyn was born in

Elizabeth, NJ, and raised in Cranford, NJ. Naturally, she started canoeing at an early age on the river that runs through Cranford. With that skill, she said, "I later enjoyed being a Girl Scout leader."

An outdoorsy person, Carolyn also played tennis and was happy to find the Medford Leas tennis courts behind the Nature Center. She is wondering which residents play. In addition, Carolyn was president of the nine-hole ladies' golf association at one of her prior senior communities, Rossmoor, in Monroe Township, NJ. Peripatetic, she has also lived in Manasquan, NJ, and at Four Seasons at South Knolls, Jackson, NJ.

Carolyn met her future husband Ed in high school in Cranford. They married in 1950. "Ed and I always considered our six children our greatest accomplishment," she said. They live in Medford, Hillsborough, Manasquan, Sarasota, FL, and Texas. (Now there are ten adult grandchildren and one baby great-granddaughter.) Once the kids were old enough, Carolyn took classes at her local community college and went to work at Warner-Lambert in Morris Plains as an administrative assistant for the director of sales. "I loved

working there. It was a great time of my life," she added. After Ed retired, they began spending winters in Sarasota/Bradenton. Ed died in 2002.

You will probably find Carolyn walking, bicycling (currently she can pedal up to three miles), or browsing the Medford Leas library. 'I'm an avid reader,' she said, 'especially biographies, historical mysteries, and stories that end happily.' Knitting and crocheting also appeal. Carolyn quickly located the Fiber Arts Studio during her first weeks here.

Although not a Quaker herself, two of Carolyn's grandchildren graduated from Moorestown Friends School.

When Carolyn visited Medford Leas, 'The first day I was here I was taken with it. This place is marvelous. I felt it lacked for nothing. I put down a deposit right away. So far, I've loved every minute.' By the end of her first month, Carolyn had already invited three sets of friends to visit.

**Judy Kruger**

## WHO'S NEW-LUMBERTON CAMPUS

photos by Barbara Degler

**Alvin and Joyce (Sichel) Migdal** moved to 210 Woodside Drive on July 2. They had previously lived in Dallas and Grapevine, TX, for almost 30 years. They moved to Texas from New York for their job opportunities. Having retired from work (Al in 2012 and Joyce in the spring of this year), they planned on moving back east where they have family.



They had researched retirement communities for two years, and after a visit last year to Medford Leas' Lumberton campus, felt it was the right future home for them.

They have two sons, both married and each with three children. One son's family is in Princeton, NJ, and the other in Newton, MA, both now relatively nearby.

Al was born in the Bronx, NY. He graduated from City College of New York, majoring in biology, and received a master's from New York University. Instead of continuing in his major field, he felt the calling to teach children with special needs. He became director of special education for the Board of Cooperative Educational Services, serving 27 school districts and headquartered in Westhampton Beach on Long Island, NY, and he lived in nearby East Moriches. He finished his 20-plus-year career as superintendent at The Children's Village in Dobbs Ferry, NY. He moved to Dallas with Joyce in 1986.

Joyce was born in New York City. She is a psychologist, licensed in New York, Texas and New Jersey. She earned a BA from Cornell University, an MA from Vassar College, a PhD from the City University of New York Graduate Center, and a post-doctoral degree from NYU in clinical psychology. She worked for ten years for a non-profit as a research psychologist in the New



York City criminal justice system, an interesting experience, she found. This was followed by a clinical practice in rehabilitation and health psychology for almost 30 years in Dallas and Grapevine, including serving as staff psychologist for Baylor University's regional medical hospital located in Grapevine.

When they moved to Texas, Al made a change in career direction. He enrolled and graduated in two years from the University of Texas School of Allied Health. He became an administrator of nursing homes for his next 22 working years and retired in 2012.

While it was very satisfying for both of them to make their careers in human services, it was time to leave the heavy daily responsibilities of their work. Joyce and Al are rapidly learning how to be retired, are meeting friendly and talented people, and checking out the many activities that are offered here. Joyce likes fitness classes, book

clubs, and sketching (which she had little time for until now), and is a fan of mysteries, puzzles and games. Al enjoys the beautiful outdoors, trying out sports and other active recreation. He is the family cook for the mostly vegetarian meals they prefer. They hope to build enriched lives here and already love the community.

Barbara Lewis

MUSIC VIDEOS

In the Theater, every Thursday at 7:10 pm

Music Videos on October 9 and October 23 are pieces that are being studied in the current Thursday morning Vid-U program. The last Thursday of the month is Jazz.

- October 2 -- Mozart Flute and Harp Concerto: Mozart Clarinet Concerto;
- October 9 -- Beethoven Diabelli Variations, Op. 120;
- October 16 -- Chamber Music at Verbier Festival 2011 -- (Martha Argerich, Joshua Bell, Vadim Repin, Yuja Wang, and other well-known soloists perform as chamber musicians);
- October 23 -- Schubert Piano Sonata no. 21 in B-flat Major, Chopin Preludes, Op 28; Chopin Ballade in G minor Op 23;
- October 31 -- Chick Corea Freedom Band.

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**OCTOBER CRYPTOGRAM**

by Herb Heineman

**DXHU XWGLQPPXNQ GLSSE SV BZZ  
 PXCQP SE WBJVXEXAQVH GLSJLQPP,  
 VS SVQ ABV LXJUHZF CQVF HUQ  
 ERVCBWQVHBZ ASLLQAHVQPP SE SRL  
 QASVSWXA PFPHQW.**

Underline or flag the name of the author.

**UQLYQLH USSNQL  
 BZQIBVCQL UBWXZHSV  
 HUQSCSLQ LSSPQNQZH**

Below is the solution to the September cryptogram.

ALL LABOR THAT UPLIFTS HUMANITY HAS  
 DIGNITY AND IMPORTANCE AND SHOULD BE  
 UNDERTAKEN WITH PAINSTAKING  
 EXCELLENCE.

JOHN F. KENNEDY, JR.  
 CUBA GOODING, JR.  
MARTIN LUTHER KING, JR.

The correct solution was received from the following readers:

Helen Anderson, Nancy Barclay, Catherine Barry, Mary Barth, Ruth Blattenberger, John Caughey, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Barbara Fiala, Neil Hartman, Barbara Heizman, Ariel Hollinshead-Hyun, Sue Isaacs, Jean Jordan, Mary Mason, Doris Q. Murray, Helen Peterson, Betty Preston, Ruth Quackenbush, Doris Salati, Florence Sawyer, Peg Scott, Anita Solomon, Dick Sprague, Louise Stiles, Miriam Swartz, Joanne Thomas, Ellen Wiener, Barbara Zimmerman. Twenty 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 October 10.

**MEDFORD LEAS LIFE**

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

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

