



Medford Leas *Life*

VOL. XLIII, No. 9

November 2014

ESTAUGH REDEVELOPMENT DRIVES PERSONNEL PROMOTIONS

text by Suzanne Frank, photos by Margery Rubin

“Eventually Estaugh will operate under assisted living,” according to **Lisa Heinkel**, director of health services. Lisa, **Jeremy Vickers**, chief executive officer, and the Leadership Team decided it was high time to prepare for that future change by beginning with the most effective staffing:

- **Cathy Oechsle** has been promoted to director of assisted living, working closely with **Ashley Grazioli**, resident care manager of Estaugh.
- **Cathy Kissane** has been promoted to director of nursing, overseeing Woolman and Estaugh.
- A third position, director of clinical outcome, has been created for **Julie Smith**. With communicable diseases on the rise, the Leadership Team felt that there was a need to create a position for an experienced professional like Julie to focus on planning and education in infection control and emergency preparedness in all departments.

Here is what they will do:

Cathy Oechsle

Not only does Cathy Oechsle, RN, have the inherent qualities of a leader, but she has had the experience of resident care manager of assisted living for the last four years and staff nurse before that. Now, as director of assisted living, Cathy feels she is working toward achieving her personal goal of being in a leadership position.



Cathy’s new role entails mentoring and collaborating with staff, which she says she truly enjoys. She will supervise the overall day-to-day operation of assisted living in accordance with state and federal regulations. In addition, she will be responsible for oversight

of everything from resident care to budgets, to personnel issues within the assisted living areas.

“I like that it is more of a leadership role, because I enjoy working with other leaders and staff in the community,” she explained, “but I can also be a hands-on director working with residents and their families. I would like to build a team that provides an environment that makes residents feel comfortable in a home-like setting.

Cathy Kissane

A nurse for 33 years, and at Medford Leas for 11 of those, Cathy Kissane, RN, in her role as director of nursing, will oversee Woolman and Estaugh. She has been MDS (minimum dataset) coordinator, assessing residents for Medicare.

Everyone who is admitted to these skilled nursing units receives assessments according to state and federal regulations. Assessments include evaluation of residents’ physical and mental status, as well as the level of skilled care they require from both the nursing staff and the therapy department. Cathy also provided



data on Medicare requirements for the interdisciplinary team she worked with.

She will make daily rounds, introducing herself to the new residents on the skilled units and addressing any concerns. She will also participate in daily discussions related to activities and needs of residents. Another facet of the job will be to interview potential new staff and provide ongoing education to the nursing staff. Certified in wound care, she is part of the wound care team that sees patients once a week to measure improvement, to try other interventions and to consider nutritional changes. Cathy holds an associate degree from Rockland Community College in New York.

Julie Smith

The multi-talented Julie Smith, BS, RN, who previously was director of nursing, will oversee the entire quality assurance program for Woolman, Haddon and Estaugh.

Julie will be proactively monitoring for clinical trends and putting plans in place to prevent any adverse outcome. At the same time she will be monitoring falls, wounds, urinary infections, anti-psychotic medications and pain, looking for trends and then handling them proactively. "I want us to keep being a leader and keep our five-star Medicare rating in collaboration, of course, with other department heads," Julie said.



She will be responsible for infection prevention and control and for staff education, as well as new roles to play in the area of safety and disaster planning. "Our overall goal," she stressed, "is to increase awareness and knowledge for the improvement of health and safety in the community."

Julie previously has dipped deeply into all aspects of health services whether it was working with assisted living personnel and issues, or mentoring nurses on Woolman and Estaugh. She has a solid history of experience for her new role.

HEALTH CENTER NAME GONE!

by Suzanne Frank

With a view to the future when the Health Center area will be totally redesigned, Medical Director **Dr. Andie Iannuzzelli** announced its renaming as the Wellness Center. "It was decided that the Wellness Center would encompass all health services, including Options and Outpatient Apartment Care, and be accessible all in the same area." In addition, Dr. Andie revealed that she will now also be in charge of the Fitness and Aquatics Center, which also will be part of Wellness but remain in its present location.

The hub of the Wellness Center will now add to the full complement of resident services: **massage** for easing pain and improving mobility; **reiki** for decreasing anxiety and easing pain/tension; and **uroplasty** for treating over-active bladder, reducing nighttime urgency, and limiting incontinence symptoms and urinary urgency/frequency.

"We are hoping to focus on wellness and preventing residents from becoming ill. Once someone is unhealthy, we will try to bring him/her back to the restoration of their health. The primary aim is, of course, prevention," she stressed.



**MOVIES IN THE ACTIVITIES ROOM
OPEN TO ALL**

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

Movies for November are:

- Nov. 4 Citizen Kane
- Nov. 11 The Benny Goodman Story
- Nov. 18 The Palm Beach Story
- Nov. 25 Miracle on 34th Street

Sharon Conway, Therapeutic Recreation

*Life Lines***COUNTING COMFORTS**

by Marcy Webster

Years ago, our grandchildren latched onto the idea of going around the Thanksgiving table, each one in the circle mentioning some reason to give thanks. At first I thought it was a bit contrived, but, as it played out over time, it became a beloved tradition and, like Nanny's slaw and Sadie's grace, it was an essential ritual.

When it was my mother's turn, she always mentioned that she was grateful for her comforts. Not her growing chain of descendants, wound around the table, not another year of healthy life but, instead, her comforts.

Well, she had lots of those. The comforts she referred to were sufficient means and an easy life, but she also had a devoted family, an active mind and plenty of energy. She had a warm place to live, good health, a driver's license, a large screen TV and a cruise with her sister every winter.

But she didn't have the kind of comforts we have here. She didn't have layers of caring people to check on her and provide support. Nor did she have the opportunity to meet all kinds of people from other parts of the world; to make friends with them, to share experiences, to keep growing.

She didn't have access to the games she loved and the daily challenges to her competitive flare. Thinking about her now, I can imagine her here, fiercely concentrating at the bridge table, counting her points.

She would have appreciated the mix of interesting residents here. She would have loved the conversation over coffee, the readily available challenges of games and puzzles, the ease of reminiscences and the immediacy of connections. **Beth Wray** talks of the chances to create here, the choices for change. Mother would have appreciated those opportunities, as Beth does.

She would have warmed to the kindness of our wonderful staff and appreciated the expertise of the professionals. She would have felt protected and safe. Surely safety is the greatest comfort of all.

When the newlyweds, **Sally** and **Jim Smith**, consider comforts this Thanksgiving, their lists will begin and end with the joy of finding each other. Recently widowed, they moved here alone and, after a Medford Leas courtship and a wedding trip to France, they are preparing to celebrate the season with grateful hearts.

The other night six of us at the Friendly Table went around the circle and, just like my family did in our dining room at home, each of us spoke of the things we were thankful for. **Lori Berliner** praised the activities and the concerts, **Carolyn Geiger** mentioned the contagiously friendly people and **Dene Mayer** told the story of her broken hip and the care and kindness that followed.

That same night someone spoke of the approach of winter, and the memory of my first Medford Leas snowfall flashed into my mind. On that January morning, I lay under a quilt in my bedroom and listened to someone shoveling the walkway in our courtyard. Complete comfort.

MLRA MEETING SPEAKER

Tammy Gerhart, director, Resident Services, will speak at the MLRA meeting on Monday, November 17. Each monthly meeting will have a different speaker who will be announced in *Medford Leas Life*. MLRA meetings are held the third Monday of every month, except August, at 7:20 pm in the Theater.

David Eynon, president, MLRA

A RECORD GOLF OUTING

by Beth Bogie

A record number of golfers, a record number of dinner attendees and a record number of sponsors! It was a beautiful day for the Eighth Annual Medford Leas Golf Outing at the Deerwood Country Club in Westampton, both in mild temperatures and in record attendance. Some 90 golfers got in more than five hours on the course after enjoying lunch in the Country Club dining room.

On the course, there were two competitions. In the putting contest, two players tied for first place: **Geno Mori**, Lumberton campus, and Charlie Nutt, son-in-law of **Bob Costigan**. Brian Gordon, son of **Ricki Rogers**, came "closest to the pin" on Hole #4, and Charlie Nutt on Hole #13.



(l. to r.) Jeremy Vickers, Charlie Kissane, Fred Heinkel, Charles Iannuzzelli, Rob Schleffler /Photo-Taryn Ericson

Around five o'clock, the non-golfers began to arrive for the lively evening of dinner and auctions. **Dorothy** and **Len Cebula** and **Ruth Bischoff** greeted guests, while **Taryn Ericson** (Reception), **Jane Bartram** and **Marge Sagett** registered guests and explained the bidding. **Kim Wagner** (Reception), **Diane Murphy**, **Bill's** wife, and **Emily Chamberlain** (Finance) helped with distribution of items to the winners. **Joe Costanza**, acclaimed wildlife photographer, was official photographer of the event, which was neither tame nor wild, but definitely exuberant.

After dinner, winners of various prizes were announced. The much-anticipated 50-50 competition split this year's raffle total of \$1,000 between Medford Leas and an individual participant. The winning resident was **Jan Foord**.

A silent auction was introduced at the Golf Outing for the first time, with the Grand Silent Auction item of a week on Hilton Head Island at the Marriott Grande Ocean Resort going to **Janice Saibel** for a value of \$2,400. This item was very kindly donated by a staff member who wanted to support the Residents Assistance Fund. A case of wine and wine glasses was won by **Pat Heller-Dow**, and a half day of pruning by arborist Ken Hutz went to Joe and Nancy Jones.

The Golf Committee worked diligently to come up with a spectacular array of 35 donated gift baskets and other items for ticket bidding. **Lisa Branagan** worked with department heads and staff to encourage their participation. This year, Medford Leas staff not only displayed their creative talents, but also showed a tremendous amount of support and generosity as they created baskets for the evening. The Lumberton Clusters also got involved by creating baskets. There were ten baskets from those groups. Among the winnings and winners of those gift items were:

- The Happy Hour Wine Basket with \$50 Wegman's gift card: **Margery Rubin**.
- The Movie Night Basket: **Penny Eynon**.
- Two tickets to the Walnut Street Theater: **Al Pfeiffer**.
- Breakfast basket with waffle iron: **Jen Zdunczyk**.
- A floral arrangement by **Debbie Lux**, plus \$25 Richardson Florist gift certificate: **Carol Neil**.

A record 43 sponsors contributed \$24,500 to the event. Special thanks were noted to Paetzold Construction, for their Gold Sponsorship at the \$4,000 level. Added donations were made by philanthropists ranging from \$10 to \$1,000.

There were a number of ways that residents and staff supported the Golf Outing this year, in addition to attending the event. **Eve Robinson**, a



(l. to r.) Nancy and John Griffenberg, Joan Alderfer, Margaret Mikuta, Lefty Alderfer /Photo-Joe Costanza

member of the Golf Committee, was instrumental in having the Thrift Shop dedicate the proceeds from a day of sales. In addition, Jane Bartram and **John Speirs** designated two days of sales at the Gift Shop to be donated to the Golf Outing.

Funds raised by the Golf Outing go to the Resident Assistance Fund to be used for qualified residents who outlive their financial resources. In opening the evening events, CEO **Jeremy Vickers** reported that Medford Leas currently provides more than \$700,000 in annual assistance from this Fund. At the time of this writing, the anticipated net proceeds from this year’s Golf Outing are approximately \$36,000, which includes \$1,200 raised by the Thrift Shop and Gift Shop.

The Golf Outing is a project of Director of Development and Community Relations **Jane Weston**, assisted by Lisa Branagan, administrative services supervisor. Members of the Golf Committee are: Bill Murphy, **Russell Pepe**, **Brad Mauger**, **Lefty Alderfer**, **John and Nancy Griffenberg**, **Jim McConville** and Eve Robinson.

IN MEMORIAM

William “Bill” Scull	September 27
William “Bill” Pickering	September 29
John Caughey	October 1
Margaret Lawson	October 12

NEW BUS! NEW DRIVER!

by Betsy Pennink

Welcome to the new bus! Due to arrive at the end of October or, at the latest, mid-November, the new bus has the features residents have been asking for: good suspension, softer cushions and “bonded” windows (flush with the sides of the bus, so no leakage). It has storage space for walkers by the entry and room for storage overhead. And, to make the drivers’ life easier, there is a back-up camera and the ability to adjust the side mirrors from the inside.

The bus holds 25 passengers. The schedule for trips to the supermarkets and the malls is printed on the back of the monthly calendar.

Welcome to the new driver! After several years of operating the bus, **Jack McGowan**, a good friend to regular riders, has changed his status from part-time to per diem. His replacement will have a formal interview in the next issue of *Medford Leas Life*.

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**MUSIC VIDEO -- CELEBRATING THE FALL OF THE BERLIN WALL**

November 9 is the 25<sup>th</sup> anniversary of the fall of the Berlin Wall. In December 1989, Leonard Bernstein went to Berlin and conducted Beethoven’s Ninth Symphony with an international orchestra and three choirs plus the Bavarian Children’s Choir. He changed one word so that the “Ode to Joy” became the “Ode to Freedom.” A video of the performance will be shown on November 6. Videos on the 13<sup>th</sup> and 20<sup>th</sup> are piano pieces studied in the Vid-U program, and a 2004 video of the Dave Brubeck quartet will be shown on Thanksgiving.

Music Videos, Theater, promptly at 7:10 pm:

- November 6: Beethoven’s Ninth Symphony
- November 13: Schumann – “Kreisleriana”
- November 20: Liszt – “Years of Pilgrimage” and Sonata in B minor
- November 27 (Thanksgiving) Dave Brubeck.

## DON'T FORGET TO VOTE: NOVEMBER 4

by Barbara Trought

Sample ballots have been delivered. Look for the polling place and hours printed on the ballot. Knowing where and when to vote is the easy part. Next, and more challenging, is selecting those we choose to represent us and deciding our position on Public Questions.

New Jersey voters can choose among many candidates standing for election as U.S. Senator. Historically major party candidates prevail; either Democrat Cory Booker or Republican Jeff Bell will be successful. Polls give the edge to Senator Booker over Mr. Bell, whose first run for the U.S. Senate was in 1978 against the winner, Bill Bradley.

Here, In New Jersey's Third Congressional District, where there is no incumbent, attention focuses on Democrat Aimee Belgard and Republican Tom MacArthur. Because in most House elections, incumbents are seeking another term or the political parties at the state level have gerrymandered the districts to preclude any real contests, this is one of a very limited number of seats in the entire nation to be decided by the electorate. Congressman Jon Runyan decided to retire at the end of this term. Moreover, neither major party has a lock on the seat through redistricting. Every voter makes a difference on this one.

Burlington County citizens will vote for two freeholders. No township council election will take place in Medford Township, but two committee members will be voted in Lumberton Township. School district members will be voted, too.

Voters will decide two Public Questions. Pros and cons prepared by the League of Women Voters are posted on bulletin boards on both Medford and Lumberton campuses. You will also find them at [www.lwvnj.org](http://www.lwvnj.org).

Study the sample ballot and be prepared to vote Tuesday, November 4.

## HOLIDAY BOUTIQUE

Wednesday, November 5, is the kick-off of the holiday season! The MLRA Gift shop and the Knitting and Sewing group are holding their second combined Holiday Boutique in the Atrium from 9:00 am to 3:00 pm.

Residents and staff can begin their holiday shopping by choosing from a variety of cards and decorations, as well as beautiful gift items, including handmade afghans, child and adult knitwear, handbags and jewelry.

Featured this year are special caps knitted with reflective yarn by members of the Knitting and Sewing group, as well as sculptured animal art made abroad from recycled materials.

Sales volunteers will be available to help shoppers find that special gift for that special someone, or yourself! In addition, the residents from Haddon and Estaugh will have their own time to shop with "dollars" earned from many of their activities. Proceeds will go to the Employee Appreciation Fund.

**Jane Bartram and John Speirs  
Helen Hamilton and Wen Eby**

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HOLIDAY GREETING CARDS

The holidays are fast approaching. Traditionally residents have placed signed cards in a basket marked "Holiday Greeting Cards" at the Reception Desk in the Atrium. The Holiday Decorating Committee pins the cards to ribbons in the Atrium.

All who wish may place a signed card, without an envelope, into the basket beginning Friday, November 28. The cards will be hung any time beginning Decorating Day, Tuesday, December 2, and remain until Un-Decorating Day, Tuesday, January 6, 2015.

**SAVE PAPER AND TIME AND ADD TO THE
HOLIDAY SPIRIT!**

Valerie Cross and Gen Farnath

NOVEMBER PATHWAYS: PROTECTING OUR RESOURCES

by Beth Bogie

WHYY's Willo Carey speaking on the value of the public media, a photographic wildlife safari through Africa, and a field trip to spot migratory birds at the Forsythe National Wildlife Refuge in Brigantine on the Jersey Shore are just three of the November offerings of *Pathways to Learning at Medford Leas*.

Pathways is designed to provide both residents and the wider community programs of intellectual enjoyment and to suggest avenues of creativity. Created by **Jane Weston**, director, Development and Community Relations, it responds to the desire of Medford Leas residents for continued connection with developments in today's world.

Willo Carey, director of development at WHYY, will discuss the role of the public media in a changing digital environment and WHYY's strategies to compete by being more than TV and radio. As executive director of Wider Horizons, a service addressing the interests of the growing 50+ population, she will show profiles of people who are exploring new avenues after retirement. (Saturday, November 8, 11 am, Medford Leas Theater)



"An African Adventure" will unfold here through the camera work of Patricia Worley and Larry Lyons, both board members of the South Jersey Camera Club.

Their presentation will bring the audience close up to cheetahs and lions stalking their prey, lion cubs playing, buffaloes fighting, elephants dueling and giraffes necking. The overriding message is of the importance of conservation and management of game reserves on the African continent. (Saturday, November 15, 11 am, Theater)

Bird lovers should bring along their binoculars on the field trip to the National Wildlife Refuge in Brigantine, which protects more than 47,000 acres of coastal habitats, actively managed for migratory birds. The refuge's location in one of the Atlantic Flyway's most active flight paths makes it an important link in seasonal bird migration. Look for Bald Eagles, Atlantic Brant, Dunlin and Ring-necked Ducks. (Wednesday, November 19, 9 am to 4 pm. Self-transport and self-pay lunch)

Many *Pathways* programs have been put together by residents of Medford Leas. One of these programs is the Leas Forum, which is devoting two presentations, one this month and one in December, to the New Jersey Pinelands. This is coming at a most important time for understanding the value of this critical resource for New Jersey and the challenges it faces. Even if you are New Jersey natives, you may not be aware of the Pinelands' importance, and if you are from out of state, you may be amazed to learn of its 1.1 million acres protected since 1978 from development. That is more than 20 percent of a state that is this country's most densely populated. Medford Leas is situated on the western edge of the Pinelands.

This month, Dr. Amy Karpati, director for conservation science with the Pinelands Preservation Alliance, will talk about one of the valuable resources of the Pinelands, the 17 trillion-gallon freshwater aquifer lying beneath it. She will provide an overview of the ecology that makes the Pinelands unique and explain why water resource protection is one of the critical issues facing the Pinelands. (Saturday, November 22, 11 am, Theater)

Next month, Carleton Montgomery, executive director of the Pinelands Preservation Alliance, will discuss the pressures from developers and other players. (Saturday, December 8, 11 am)

Please refer to the *Pathways* guide for more detail. There is no fee for any of the programs described in this article.

GIVE A HOOT!

by Janet Jackson-Gould

I shot up in bed one night last November, shocked awake by the hoots of a great horned owl calling from a tree just outside my window. As I settled back to listen, I realized there were two owls calling, voices entwining as they “sang” a duet. How romantic – the male and female hooting together in the age-old courting custom of their kind.

Great horned owls (*Bubo virginianus*) breed widely throughout North and South America and are actually quite common in our area. They defend large territories with their deep hoots as well as using their distinctive calls in the mating dance. If we could see as well as hear them, we would witness the amazing sight of the male rearing back to stick out his white chest, bowing, fluttering his wings and snapping his beak. He may fly up and around her perch before landing on a nearby branch to begin his dance again.

The pair of GHOs (great horned owls) I heard occupies the woods between Rushmore and the main campus. My neighbor, **Ro Wilson**, has also heard them calling, although earlier in the evening.

At Medford Leas in Lumberton, **Joe Jordan** reports hearing three great horned owls on a recent evening walk. One was near the creek behind the community garden, a second near the Spotts’ farm and the third across Creek Road. That owl had a higher voice and Joe speculates that it was therefore a female. Since GHOs maintain territories of five to six acres, the woods on the Lumberton campus are large enough to host a number of pairs.

Miriam Swartz says that the number of GHOs seems to have diminished in the 14 years she and **David** have lived at Lumberton. She used to hear and see them at dusk, perched on rooftops, searching for prey in the meadow below, but the meadow restoration has changed that dynamic.

Nicknamed “winged tigers of the woods,” GHOs will eat almost anything, from frogs and snakes to rabbits and skunks. They are immune to the spray of the skunks since they, like most birds, have little sense of smell. This flexibility in prey is undoubtedly what allows them to adjust to a variety of habitat across their range.

Great horned owls begin nesting in late January or early February, necessitating courtship in the fall. After an incubation period of about 33 days, their young are brooded in the nest for up to seven weeks. Fledglings may leave the nest and edge out onto nearby branches, but can’t take wing for another two weeks until their juvenile molt is completed.

GHOs make a number of chortles and grumbles in addition to hoots, so if you are strolling a wooded path at dusk, don’t be alarmed. It won’t be a ghost or goblin, just a neighborhood owl getting ready for its nocturnal pursuits.

Editor’s Note: Janet was for three years president of the New Jersey Audubon Society.



Great Horned Owl/ Photo-Joe Costanza

WHY AREN'T CARDINALS GREEN?

text and photo by Joe Costanza

You are what you eat is just as important to birds as it is to humans. With birds, it has to do with the color and health of feathers, their most distinctive physiological feature. A bird's diet pretty much determines the color of its plumage. So, why are cardinals red, bluebirds blue, and yellow warblers, well, yellow? The colors we perceive in birds are formed chiefly either by the pigments they digest or from the refraction of light. The pigments in a goldfinch's yellow feathers reflect yellow light and absorb all non-yellow wavelengths.

Pigments that influence the color of feathers are carotenoids, melanins, and porphyrins. Plants, and the insects and animals that eat plants, contain all of the pigments necessary for the color and maintenance of feathers. When you refill your feeder with sunflower seeds, you are offering your goldfinches a healthy dose of carotenoids, which contain the pigment that gives the goldfinch its distinctive color.

How birds process pigments is very complex. Not all birds react the same way to the same pigment. And not all plant pigments affect the color of feathers. For example, birds that eat green plants do not get a green pigment transferred to their feathers. Green feathers are the result of blue refraction of light with a yellow pigment, just like mixing paints. The feathers of black, gray or brown birds are produced by melanins, the same pigment that affects the skin color of humans. Carotenoids produce yellow, orange and red feathers and are present in seeds and berries. Some birds acquire pigments indirectly. For example, Roseate Spoonbills get their carotenoids when they feed on brine shrimp, which in turn get their carotenoids from algae.

There are no pigments that make blue feathers. The blue we see in a Blue Jay is caused by light that is reflected and scattered in a very special way due to the molecular structure of its feathers. This can be observed if you have a Blue Jay feather. Backlight the feather and it will appear gray because you are seeing the melanin pig-

ment. However, if you hold the feather with the light falling directly on it, it will appear blue. Do the same with a Northern Cardinal's feather and it always will appear red.

Iridescent feathers are the result of complex arrays of minute reflectors within the feather structure, working like crystals in a chandelier and arranged to reflect different wavelengths. The feathers of grackles, starlings, and hummingbirds create iridescence. The throat of a Ruby-throated Hummingbird will appear either red or black depending on the light and your viewing angle.

Scientists tell us that birds perceive colors much more vividly than we do, and that color differentiation is an important factor in species recognition and mating. Birds can see a wide spectrum of colors, some into the ultraviolet range. When one considers that there are more than 9,000 bird species throughout the world, each with its own distinctive plumage pattern and colors, recognition by sight and sound must have to be extremely acute.



Northern Cardinal

HELP WANTED!

by Betsy Pennink

One of the great features of Medford Leas is the enrichment of our lives by the work of volunteer residents. Today's message is a loud call for more volunteers! There are openings in every kind of field.

The Health Volunteers provide services in a wide range of activities. Some are very visible, such as wheelchair pushing or helping with special events put on by Therapeutic Recreation. (This includes piano playing, but any form of music will do.) Some volunteers bring their pets; some go on trips with a group. Other services are more behind-the-scenes: "one-on-one" visiting of residents in Assisted Living and Estaugh, including those at the end of life; delivering mail; reading aloud or writing letters for a resident.

Needed: cheerful volunteers with patience! Bring along any kind of talent you have! There's a job that meets your gifts and talent.

Marcy Smith, the recently appointed director of volunteers, is asking for new volunteers for Therapeutic Recreation (ext. 3529). She often works with Health Volunteers, the committee chaired by **Janet Sprague** (ext. 3611), who also needs new volunteers for her group. Janet's back-up is **Jean Stratton** (ext. 3104).

Gerry Stride, director, Therapeutic Recreation, has a request as well: "We are looking for a resident coordinator for Vespers, the service held every Sunday at 3:00 pm in the Activities Room. A committee is already working behind the scenes to ensure Vespers continues, but they are looking for someone interested in coordinating the committee and working on getting weekly speakers." Please contact **Doris Brown**, the Council member who is sponsor of Vespers, if you are interested in volunteering as a coordinator. Her extension is 3430.

The volunteers' work is rewarding and so very much appreciated. Over and over again those involved express how much more they receive than

they give. There are even studies showing that "productive activities," especially volunteering, are good for your heart. Won't you consider joining our wonderful corps of volunteers?

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## LEASMUSICAST MOZART PROGRAM

by Beth Bogie

The second Europa-Konzert of the LeasMusiCast season will be a Mozart program performed by the Berlin Philharmonic under the baton of Daniel Barenboim. The concert will be held on Saturday, November 15, at 2 pm. Recorded live at the Theatre of the Estates, Prague, on May 1, 2006, it features Barenboim on the piano, and Radek Baborak on the horn in separate concertos.



Founded on May 1, 1882, the Berlin Philharmonic holds its Europa-Konzert every year on May 1 in a different European city of cultural significance. Prague was chosen to celebrate the 250<sup>th</sup> anniversary of the birthday of Wolfgang Amadeus Mozart, who had some of his greatest musical triumphs in that city and was received there with unquestioning affection. His works written especially for Prague were performed in this theater.

The all-Mozart program includes:

- Symphony No. 35 in D major "Haffner"
- Symphony No. 36 in C major "Linz"
- Horn Concerto No. 1 in D major
- Piano Concerto No. 22 in E flat major

The first number was written as a festive piece requested by the mayor of Salzburg, Sigmund Haffner, whose son was to be raised to the nobility. The "Linz" Symphony, considered a masterpiece, Mozart wrote "at breakneck speed," he told his father. He completed it in six days, including copying out the parts for the orchestra in Linz, where it was to be performed.

Mozart was one of the greatest keyboard virtuosos of his day. He wrote his piano concerto in E flat when there were few keyboard concertos in existence. The *andante* movement, written in a minor key rare for Mozart, brought down the house when performed at Vienna's Burgtheater in 1785.

Hans-Ludwig Feldgen, in writing the program notes for this Europa-Konzert recording, says of the horn concerto that "horn players are particularly fond of [this one] on account of its tuneful melodies, and they admire the composer's skill in coming to terms with the still limited number of notes at the disposal of the valve-less natural horns of the day."

Daniel Barenboim's artistic association with the Berlin Philharmonic dates back to the 1960s. In addition to his international career as a pianist, he has served as principal conductor of the Orchestre de Paris and music director of the Chicago Symphony, and is conductor for life of the Deutsche Staatsoper, Berlin.

Radek Baborak, the 33-year-old horn soloist, became the principal horn player with the Czech Philharmonic at the age of 18, and has had a similar position with the Berlin Philharmonic since 2003.

After the concert, a film, "A Cultural Portrait of Prague," will be shown.

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**GREAT DECISIONS 2015
 PREVIEW**

Interested in current affairs? Want to hear comments from other residents or voice your own opinions? Want to learn more about foreign policy and its possible effects on future generations? Find out what *Great Decisions* topics will be presented in the spring.

Attend the **Great Decisions Preview** on Friday, November 14, in the Holly Room at 3:30 pm. Light refreshments will be served.

Dorothy Cebula

Art Gallery News

**WELCOME
 SOUTH JERSEY CAMERA CLUB**

by Helen L. Vukasin

It is November and the traditional month for an exhibit of photos by members of the South Jersey Camera Club in the Medford Leas Art Gallery.

How did this tradition come about? The South Jersey Camera Club was conceived in 1976 by Dr. J. Krauss in Short Hills, Evesham Township. For a number of years members met in the Cherry Hill Library. Early closing and other reasons left them out in the cold and in 2001, the group made a connection with Medford Leas.

This has been a win-win situation for Medford Leas and the South Jersey Club. The Club provides a remarkable exhibit each year, free membership for Medford Leas residents and an exhibit in the halls of Woolman, changed every six months. Medford Leas provides a meeting space on the third Tuesday of each month at 7 pm in the Medford Leas Theater. Each meeting has a speaker and two judged contests on digital photos and on prints. The next meeting is on Tuesday, November 18. All Medford Leas residents interested in photography are invited to attend and encouraged to join the group.



Photo-Mike Pillows

The grand opening of the Art Studio Gallery is on October 27; the paintings and photography by resident artists will be displayed until a new show of their work goes up in the spring.

At Lumberton, the work of Alice Kelly, paper collage artist, will be shown in November-December.

EMERGENCY LIGHT WITH FLU SHOT

by Beth Bogie

Three years ago, after a power outage, **Marion Norcross** found that some residents had been afraid to get out of their recliners in the dark. They had no flashlights and, of course, were afraid of falling. Marion promptly bought a flashlight for each resident in her Courtyard.

Then, recently, there was a lengthy power outage, going from 9 pm to 6 am. This time there was the same feeling of fear on the part of residents left in the dark. Marion went to Director of Health Services **Lisa Heinkel** to let her know of the fear of residents without power. There was need for some kind of emergency lighting.

Lisa took Marion's suggestion to CEO **Jeremy Vickers** and the Leadership Team. They immediately came on board. **Mary Calabrese** in Purchasing researched emergency lighting and found that the best light would remain bright for eight to nine hours and at a dim level for two more hours. The Estaugh Board agreed to buy 800 of the lights, and they are now being distributed through the Wellness Center, free with each flu shot. The extras will be for sale in the Gift Shop probably by mid-November.

The light is simply plugged into the wall at all times. When the power goes out, the light goes on. No one has to get up to turn it on or find it buried in a drawer or cabinet. It's on! When power returns, the emergency light goes off and is recharged at its place plugged into the wall.

Mary Ann Flatley, director, Residential Health and Wellness, reports that so far 333 flu shots and emergency lights have been distributed to people living independently, with 152 more awaiting those residents. Distribution will follow to Estaugh, Haddon and Woolman.

Thank you, Marion Norcross and Medford Leas!



WHO'S NEW - MEDFORD CAMPUS

photos by Margery Rubin

Murray and Carolyn (Myers) Simmons moved into # 690 in Bridlington in August and are enjoying the views across meadows and woods. They moved here from Cherry Hill, where they knew many present residents of Medford Leas, including **Ralph Berglund, Ruth Bischoff**, and recent newcomers **Tom and Jeanne McCallum**. They looked at several CCRCs and "found Medford Leas not only convenient but a lovely place to be."



Carolyn was born in Connersville, IN, a town that received waves of the first German migrations to America in the 1800s, among them her forebears. Carolyn and her family eventually moved to Indianapolis, where she attended high school before earning a degree in English at Wellesley in 1955.



"After graduation five of us went to New York City and got jobs for two and a half years," Carolyn remembers with a smile. They lived near Central Park, an experience that was great fun for young twenty-somethings on their own. "My best job was working for John Cameron Swayze of NBC-TV News," she recalls.

Murray was born and raised in Milton, MA, attending high school there and Northfield Mount Herman Preparatory School before graduating from Yale in 1951 with an engineering degree. In 1953 he received a degree in marketing from Babson College. Soon he entered the paper and plastic field (packaging), joining a national paper converter, Sherman Paper Products, in Newton Upper Falls, MA. He worked in sales up and down the East Coast.

Both Carolyn and Murray had first marriages, had children by those marriages, and eventually both

made their way to Cherry Hill. Murray started his own paper and plastic business, Simmons Supply Co. in Cherry Hill.

Carolyn and Murray became very much involved in Friends of Independence National Historical Park in Philadelphia at the time of the Bicentennial celebration. While they knew each other as neighbors, their friendship grew through their shared interest in historic Philadelphia. They were married in 1987.

They enjoy visits from their children and grandchildren: Carolyn's son, who teaches at Rutgers, lives with his wife and two daughters, ages 13 and 16, in Upper Saddle River, NJ. Murray has two daughters, one a lawyer with Olympus in Allentown, PA, and the other a fifth grade teacher in Glen Springs, CO. Carolyn and Murray look forward to opportunities for new adventures at Medford Leas.

Beth Bogie



"I'm a Sunday child. In Germany that means I'm lucky. I've gotten into a lot of scrapes, but so far I have gotten out of all of them," says spirited new resident of Apt.14, **Dieter Gosda**, whose home of 50 years in Mahwah, NJ, is being sold. One of his

scrapes was escaping from the Russian army in 1945 while he was in what is now Poland. So unusual were his life experiences that his story was taped for a Ramapo College oral history project.

Born and raised in Germany, Dieter learned the family tradition of horticulture and completed a four-year nursery apprenticeship. This master gardener knows how to grow roses, orchids and other flowers, vegetables, and trees, and is expert as well in landscaping. With his wife Vera, Dieter emigrated to this country in 1955. The ship they came on, the S.S. United States, was the fastest ship in the world, "but now it is a rust bucket in the Philadelphia harbor."

"I worked 50 hours for 50 dollars a week in my first jobs. Vera took housekeeping jobs for wealthy families, and became an excellent cook and housekeeper." (Once, she worked for a family related to the Lindberghs and met Anne and Charles.) "We had a wonderful marriage, one helping the other."

After decades of garden work "using chemicals without wearing a mask, which I believe caused my Parkinson's, I did a switcheroo and became a TV, tape and radio repairer. I made house calls around Englewood." The handy couple did their own reupholstering, electrical work, house painting, and terrace and flower box construction. "We both worked hard, days, nights, weekends, whatever it took," Dieter says. "I stopped working on my house recently, because I had fallen. But I hated to watch others mowing my lawn and running over my flowers."

Dieter also was a research technician for 27 years for CELCO Engineering Labs in Mahwah. He volunteered at the Mahwah library for 28 years and at Skylands Botanical Garden for 30 years.

The Gosdas raised two daughters, one of whom died at age 51. Vera passed away in July 2013, after 58 years of marriage to Dieter.

Dieter's daughter Kirsten, a Hainesport, NJ, resident, saw an ad for Medford Leas and encouraged her father to visit for a few days and explore life at Medford Leas. "I chose to live here because the food was good, the people friendly, and because it is an arboretum," Dieter says. Once he is settled, Dieter's expertise will be most welcome.

Judy Kruger

WHO'S NEW - LUMBERTON CAMPUS

photos-Joyce Koch

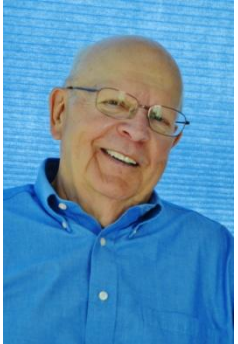
In July, **Paul and Jacquelyn (Junginger) Manko** moved to 10 Woodside Drive from Moorestown, where they had lived for 48 years. Friends had recommended the Lumberton campus of Medford Leas for its congenial community, the intellectual stimulation available and only self-appointed gardening.

Never mind the doubts of workers, their “Dapper Tan” colored living room ceiling is wonderful! Jackie and Paul love the floor plan, the kitchen, the ample space, and, coming from a one-car garage, they appreciate the two-car arrangement.



Jackie was born in Frankfort, PA, and moved early on to Maple Shade, NJ. She attended Moorestown High School before graduating in 1958 from Trenton State Teachers' College (now the College of New Jersey) with a degree in elementary education. Library credits followed at a later time.

Paul started life in Beaver Meadows, PA (near Hazleton) and received his undergraduate degree from Bloomsburg University in 1960, before attending Glassboro State Teachers' College (now Rowan) and Temple University for his master's in elementary education.



Paul and Jackie met while both were teaching at the Hillside School in Mt. Laurel. They were married on a “really hot” day in August 1961 in Maple Shade. After adoption of their two children, Maria and Greg, Jackie stayed home for 11 years. Maria, her husband David Fanning, and son Sam are

in Ohio, while Greg and his wife, also Jackie, live in the Outer Banks of North Carolina.

Travel aficionados, the Mankos have been to the Holy Land, Egypt, France, Belgium, England, Italy, Alaska, Canada, on land and river excursions, as well as on Road Scholar trips.

The Manko home shows lovely needlework pieces of Jackie's. While she had always been fascinated with quilting, Jackie only started doing her own after retirement. She has also volunteered for various agencies, including Interfaith Care. Past interests have been singing in a choir and tennis. She currently bowls with the Moorestown Field Club women.

Paul, who has served as a Eucharistic Minister to nursing homes, loves golf, bowling and exercising. He is not yet ready to give up his “Locker Room Group” (developed originally during eight years of football) at LA Fitness. He is also a fly fisherman and, in the true spirit of the sport, makes his own flies and releases his catch.

When asked what they especially enjoy about life at Lumberton, both replied that they appreciate the follow-up from Medford Leas – that nothing seems to be too much trouble

Barbara Zimmerman

WELCOME TO THE COURTS

Tom and June (Martinson) Krainik, spent 14 years on the Lumberton campus before coming to Apt 404 in the Courts. Tom is one of the scattering of former Campbell Soup Co. executives at Medford Leas, and, during their 52 years in Moorestown, June was the very first director of volunteers for Samaritan Hospice.

While in Lumberton, Tom, who is from Wisconsin, was in charge of the Trails Committee, the community garden and reservations for the Community Center. He is also known for the trivets he creates out of cork, which he donates to raise funds for the welfare of residents.

June, born in Minnesota, was on the Library Committee and the Social Activities Committee, which plans social events every month. She also helped collect Christmas gifts for Crossroads, Burlington County's group homes, after consulting with them as to the needs of the disadvantaged children in their charge.

June and Tom have three children and six grandchildren. Surely not alone, June is very happy not to be cooking.

Suzanne Frank

READERS' SURVEY

Please take a few minutes to read this and answer thoughtfully. Tear off the page and place it on the *Medford Leas Life* shelf in the Atrium next to the mailboxes.

Circle your answer(s)

I read *Medford Leas Life*

always

sometimes

never

My favorite topics

health/fitness

nature

art

puzzles

nostalgia

travel

food

activities

culture

residents/staff

crafts

music

volunteering

services

books

I'd like to see less.....

I'd like to see more.....

Thank you! No need to sign your name.

NOVEMBER CRYPTOGRAM

by Herb Heineman

**HXFO LXF YFUGF LEFULS BV VBWOFM,
LXF HUE BVO'L NJFE ZNE LXF
JFLFEUOV, NE LXF ZURBAS. BL'V CTVL
VLUEL BOW.**

Underline or flag the name of the author.

QUEA RUEAUOL FV

IEUGQ NIURU

HNNMENH HBAVNO

Below is the solution to the October cryptogram.

WITH IMPRESSIVE PROOF ON ALL
SIDES OF MAGNIFICENT PROGRESS,
NO ONE CAN RIGHTLY DENY THE
FUNDAMENTAL CORRECTNESS OF OUR
ECONOMIC SYSTEM.

**HERBERT HOOVER
ALEXANDER HAMILTON
THEODORE ROOSEVELT**

The correct solution was received from the following readers:

Catherine Barry, Ruth Blattenberger, Jody Cardona, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Barbara Ann Degler, Roberta Foss, Linda Gaylord, Neil Hartman, Barbara Heizman, Sue Isaacs, Jean Jordan, Paul Manko, Doris Q. Murray, Helen Peterson, Betty Preston, Ruth Quackenbush, Florence Sawyer, Peg Scott, Miriam Swartz, Joanne Thomas, Ellen Wiener, Barbara Zimmerman. Fourteen correctly identified the author.

Please send your solution via campus mail to **Herb Heineman**, 121 WSD, Lumberton, or email it to hsheineman@gmail.com by November 10.

MEDFORD LEAS LIFE

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Production: Dorothy Cebula, Dave Bartram

Distributors: Lois Lindeman, Gladys Metz, Gloria Pinto, Fran Walker, Fran Werrell, Ro Wilson

Recorder: Betty Taylor

Medford Leas Life is published monthly, September through June, by the Medford Leas Residents Association. Copies are distributed to all residents and administrative staff. Subscriptions are available to others at \$15.00 a year for ten issues by writing to Medford Leas Life, One Medford Leas Way, Medford, NJ 08055. Medford Leas can be reached by phone 609-654-3000; FAX 609-654-7894 or 609-257-0050. When using FAX, specify the name of the person to receive the message. The Administration website is medfordleas.org. The Residents Association website is mlra.org.

Deadline for submissions:
10th of the month preceding publication



Printed by Minuteman Press, Berlin, NJ