



# Medford Leas *Life*

*VOL. XLIV, No.2*

*February 2015*

## **SECURITY PATROL**

text by Suzanne Frank, photos by Marge Rubin

Everyone seems content with the very visible round-the-clock extra protection provided by the security crew that staffs the Reception Desk after the daytime receptionists have gone home and until the receptionists return in the morning. A resident now is free to call the Desk at any time of the night to obtain information or referral to a nurse from one of the four "protectors" guarding the entrance. (During the day, the receptionists refer emergency calls to experienced Maintenance employees or to medical personnel.)

We'd like to introduce our four new very able security guards, three of whom had previous experience working in other Medford Leas locations. They are:

### **KRYSTAL SPRAGUE**

Krystal hails from Brooklyn, NY, where she was a dance major at Erasmus High School and went on to Queens College for an associate degree in accounting. She was an insurance underwriter for about 23 years when she decided to move to South Jersey. At the time she was a single mother and wanted a better life for her daughter. So with the help of her sister, who is serving in the Air Force and lives in Willingboro, NJ, she settled in Medford.



Beginning in 2005, Krystal started working at Medford Leas as a housekeeper and went on to become a certified nurse's aide. After some time she went back to housekeeping and in July 2014 became one of the four security guards, a job she adores, which is evident in her smiling disposition. Krystal loves movies, hiking, flea markets, wineries and dancing.

### **JAMES HOWARD**

A special operations combat medic who retired from the Army as first sergeant in 2003, James has been in security at Medford Leas for ten years as a state licensed security officer. He was born in Charlottesville, VA, and received a BS in business administration online from Grantham University. After his Army stint, he worked in Florida for some years and then moved to Willingboro to be near his mother. He has two children and four grandchildren. He does a lot of walking and training animals and is a member of the VFW and the American Legion. Through these organizations, he says he is constantly fighting to prevent erosion of medical benefits for veterans and their children and for homeless veterans.



### **TOM LITTLE**

Not a stranger to Medford Leas, Tom first worked in the kitchen in sanitation and doing dishes while at Shawnee High School. Now at 23, and after beginning studies at Burlington County College,



he is finishing work on his BA at Rutgers New Brunswick, majoring in history. Asked why history, he replied, “My grandfather was a Korean War veteran, and he used to tell me cool stories.” Tom is one of four siblings, and his sister, Katie, was on

the wait staff here, paving the way for Tom. He recalled that while working in the kitchen he appreciated being allowed flexible hours that met the demands of his studies schedule.

**JOSEPH CAVANAUGH**

Joe comes from Madisonville, KY. He worked in many places until he met his future wife, Ashley, who lived in Tabernacle, and he decided to settle down with her there. Ashley works in the day care program at Kirby’s Mill Elementary School. Three months after moving here, Joe began working at Medford Leas as a sanitation attendant in the kitchen. He progressed to lead sanitation coordinator before joining the security team. He was chosen partly because he knew the campus very well and had loss prevention experience working at the Guitar Center in Greensboro, NC. He is studying human resource management online through Colorado Technical University. Joe has always been very interested in music and plays “lots of instruments but mostly guitar.” He enjoys reading about news, playing video games and gardening.



**CHANGING OF THE GUARD AT THE NATURE CENTER**

by Betsy Pennink

When was the last time you visited the Medford Leas Nature Center? Are you even a bit doubtful as to its whereabouts? The little building, with its attached greenhouse, sits on Medford Leas Way and has a special library with a wide variety of books pertaining to plants, birds, the ecology and the Pine Barrens.



photo by Margery Rubin

It’s time to come and look at the incredible work that **Joy Moll**, out-going head librarian, and **Virginia Mattice**, out-going associate librarian, have done in the last five years. When they took over in 2009, they found the library in disarray. It needed cleaning and total reorganization. Today its shelves hold neat rows of catalogued books – an invitation to browse or borrow.

Both Joy and Ginny brought impressive library skills to the job. Joy makes a special point of the importance of Ginny’s classification, cataloguing and processing ability in their adaptation of the Library of Congress Classification and Cataloguing System. As well as organizing the complete rejuvenation of the library, Joy has added recent and important books to the collections.

As Joy and Ginny retire from their stewardship of the Nature Center Library, the new team they selected is carrying on their work into the future. **Margaret Eysmans** sees herself as a “voluntary custodian of this wonderful collection” with a goal

**LIFE LINES**

**Marcy Webster**  
is currently on medical leave.

of “making it accessible to everyone.” She has a master’s in library science and worked for years as librarian in various law offices. At the Nature Center her goal is “collection development and maintenance.”

Margaret considers the creation of an online catalogue to be crucial for finding books without making the rounds of libraries. There are so many ways of using the information, such as looking for a book by its publication date.

**Bill Brown** is working with Margaret, recording every book in the Library in the online program called “Library Thing.” (Margaret has already catalogued the books in the Lumberton Library this way.) Bill’s teaching background and involvement in community gardens have given him experience in involving others, especially children, in gardens and in growing plants from seed.

**Marilyn Flagler** brims over with ideas for the use of the Nature Center in outreach and education. “That’s what an arboretum does,” she says. She has a bachelor of science degree and worked for SmithKline in their information library, dealing with drugs from plants. Gardening is one of her great interests. So are related activities, such as flower arranging. Keep tuned for Nature Center programs!



(l.-r.) Bill, Marilyn, Margaret  
photo by Betsy Pennink

Margaret, Marilyn and Bill honored Joy and Ginny at a tea party on January 23 in the Nature Center, a recognition of the Changing of the Guard.

## NICOLE GRAY WINS LOIS FORREST SCHOLARSHIP

by Kay Cooley

At the January MLRA meeting, **Nicole Gray**, of Dining Services was presented with the 2015 Lois Forrest Scholarship by MLRA President **David Eynon**. Nicole was selected from four applicants by the MLRA Lois Forrest Scholarship Committee (**Grace Blackburn, Bob deVry, Sally Klos, David Lewis, Julia Lyman and Jim McConville**). She was the 14<sup>th</sup> employee to receive this annual award.

Nicole’s association with Medford Leas started early in her life when she attended the day care center operated for a number of years for employees’ children. Her employment here began in 2006 when she was hired for an opening on the kitchen staff. She has accrued more than 10,000 hours of service.

In addition to working full time as a cook’s assistant, Nicole has been earning 12 credits a semester at Burlington County College and recently received her associate degree in liberal arts-/Science degree. She plans to continue her studies and earn her Associates degree in Applied Science to become a dental hygienist.

Nicole also has made time for community service. Among other activities, she has helped to plan, direct and participate in fundraising activities for the Orchard School, a K-12 Quaker school for children with developmental challenges.

Nicole is the last recipient of the scholarship. Funds have been donated through years of scholarships being awarded. It was decided to give Nicole all the money remaining in the account -- a sum of \$3,330 -- this year. Hopefully, she will, like the scholarship winners preceding her, turn it to good use in forging a successful career.

**EMERGENCY: CALL 3666**

## FALLING: A REAL PROBLEM

by Suzanne Frank

**Dr. Andie Iannuzzelli**, director of the Wellness Center, opened her January 16 symposium on falling, saying: "We have a very real problem. As summer and autumn have passed, there are many more residents falling, hitting their heads, breaking their pelvises. What is causing this, as there has been no ice or snow? People are falling in their homes. We find that a major factor for people is the threatening of their independence. People have no fear of dying, but they do fear losing their independence."

According to Dr. Andie, the leading cause of injury-related deaths in those over 65 can be the result of a sequence of events that may include being confused, having medication reactions which may lead to dizziness, and other cycles of problems. Many residents do not recognize their deterioration, leaving them vulnerable. "Under my stewardship, our job is to advise you, counsel and care about you. We are not here to strong-arm you but to be a friendly advisor."

She stressed that health issues not mentioned to the health provider, may lead to inevitable under-recognized symptoms. "If we don't know about your fall, we can't help prevent it from happening again."

Dr. Andie and her team are making rounds of those who fall to discuss individually tailored intervention. This might be fixing a heavy door of a bathroom for someone with a walker. Her falls committee assesses risk factors, such as medications and narcotics, standing up too quickly, not staying active or maintaining a high level of fitness, improper use of assistance devices, and use of a walker for purposes other than intended.

When a resident is in need of a medical evaluation, there is an assessment made as to hearing, vision, neurological and musculoskeletal problems. Particular concern is paid to the following:

- Exercise is underrated. Gait and balance, strength, flexibility and movement are checked

as are general physical activity, endurance, and muscles, which help against falling.

- Environmental issues: steps, rugs, shoes and socks, extension cords, uneven sidewalks and flooring. An occupational therapist will make a home safety assessment.
- Balance: A CT scan of the head would be ordered if there is a problem.

In closing, Dr. Andie said, "We care about you and sometimes it keeps me awake at night to try to figure out what we can do. I want to quote what a resident so appropriately said to me, 'We really need to take our time [to avoid falling].'"

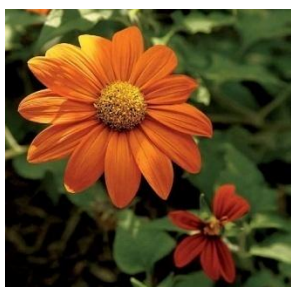
Next on the program, **Dexter Hebron**, manager of Tender Touch physical therapy, revealed that 10 out of 10 referrals he receives have a balance component. It is the number one source of hip fractures, which then lead to complications, pain, no movement and becoming bedridden. He cautioned that as we age our reaction time is less, so it is critical that we keep up the strength in our arms and legs to help guard against falling. When one is caught off balance, it is vital that our arms and legs can rescue us and bring us back to our normal standing position. Once the physical therapy component of your way back to health is over, he refers you to the fitness department.

**Ken Roland**, manager of Fitness and Aquatics, rounded out the symposium, saying, "As we age, our muscles are formed in a certain way. Did you know that we begin losing balance at 21 years? Our body compensates for weaknesses. We work on your strength, posture, flexibility and balance. At the minimum, one should do some balance work twice a week."

Ken recommends that this work can be done while waiting in line, like doing heel raises or standing on one foot. One can try to retrain muscles with very subtle repetition and strength exercises, which help to maintain balance. Ken claims that taking four or more medications can throw one's balance off. But most important is the sit-to-stand exercise, which will strengthen the body's core.

## PATHWAYS: PAST AND PRESENT

by Beth Bogie



### PATHWAYS

TO LEARNING AT MEDFORD LEAS

SPRING 2015 PROGRAM GUIDE

Medford Leas residents have long been interested in pursuing knowledge wherever it takes them. “That is a unique trait here,” says Community Relations Director **Jane Weston**. The Residents Association (MLRA) had a long-standing interest in educational programs to enrich the lives of residents. With this in mind, Jane brought

Elderhostel (now Road Scholar) to Medford Leas for the benefit of residents and the wider community in 2008.

But, in 2011, for economic reasons, Elderhostel decided to end its day programs and withdraw from Medford Leas and other CCRCs nationally. In response to this loss and inspired by the interest of residents in lifelong learning, Jane and **Marianne Steely** created *Pathways to Learning at Medford Leas* and invited the public to take part.

Medford U. and Leas Forum had already opened their programs to the public. Under the umbrella of *Pathways*, Jane and Marianne drew in those and other resident programs, such as Great Decisions and Specticast, now LeasMusiCast, giving them far greater visibility, and, thus, an increased ability to attract outstanding speakers and a wider audience.

Jane and Marianne also utilized one of Medford Leas most important resources, the Lewis W. Barton Arboretum, creating an array of programs about gardening, nature and the environment.

With all of those attractive offerings, *Pathways* was able to pull in experts in many fields – for example, history, travel, technology, popular columnists, as well as art and creativity. The result is that last fall, the program’s fifth season, *Pathways* welcomed more than 700 visits from members of nearby communities and more than 1,000 visits from Medford Leas residents. Residents

benefit from a wider range of visiting experts than would otherwise be available, and the wider community gets to know Medford Leas and our residents.

Sometimes referred to as “soft marketing,” *Pathways* is also a program of outreach involving residents and our neighbors.

The new season that is about to unfold will offer an array of gardening perspectives. A Gardening Guru Series, will be presented by Bruce Crawford, director, Rutgers Gardens. The Annual Lewis W. Barton Arboretum Lecturer, Robert Cardillo, will talk about professional photography of plants and gardens.

There are two workshops on “Writing Your Life Story,” a discussion of “Facebook and Social Media for Older Adults,” and a Leas Forum lecture on “The Faces of Islam: From Sunnism to Wahhabism” by Rutgers professor Rafey Habib. And who can resist the Leas Forum talk on “The History of New Jersey Diners”!

The *Pathways* Guide, soon available, will provide detail on each of the many programs. Most will have no fee, but some have registration deadlines.

~~~~~

## GREAT DECISIONS BEGINS SOON

by Dorothy Cebula

The *Great Decisions 2015 Program* is scheduled to begin on Thursday, March 12. The eight-week program, which will be detailed in the March issue of *Medford Leas Life*, consists of discussions on critical international issues affecting U.S. foreign policy. Each week a Medford Leas resident will present details on the topic, followed by a video of an informative interview with an expert in the field. Audience discussion concludes each session.

For those who want to obtain an early reading of analysis on each topic, the program’s *Briefing Book* is available now at the Reception Desk at a cost of \$20. An additional copy is on reserve in the Library. *Great Decisions* is an MLRA program offered to the public as well as residents as part of *Pathways to Learning at Medford Leas*.

## LEASMUSICAST PRESENTS "RUSSIAN RHYTHMS"

by Beth Bogie



Once a year at the end of its season, the Berlin Philharmonic forsakes the concert hall and takes to the open air "Waldbühne," or Woodland Stage, an amphitheater in Berlin. It is tradition that the

Philharmonic goes, whether sun, rain or thunderstorms. All three took place during their concert of June 21, 2009, which will come recorded live to the Medford Leas Theater on Saturday, February 21, at 2 pm.

Since the 1980s, Berlin Philharmonic programs at Waldbühne have adopted national themes, in this case, "Russian Rhythms." Led by conductor Simon Rattle, the orchestra performs works by three Russian composers:

Pyotr Ilyich Tchaikovsky: *The Nutcracker*, Op. 71 (excerpts);

Sergei Rachmaninov: Piano Concerto No. 3 in D minor, Op. 30;

Igor Stravinsky: *Le Sacre du Printemps*

As storm clouds gathered, pianist Yefim Bronfman appeared on stage to play Rachmaninov's Third Piano Concerto, a performance made famous in a novel by writer Philip Roth in which he said, "Yefim Bronfman looks less like the person who is going to play the piano than like the guy who should be moving it. I had never before seen anybody go at a piano like this sturdy little barrel of an unshaven Russian Jew. When he's finished, I thought, they'll have to throw the thing out. He crushes it. He doesn't let that piano conceal a thing. Whatever's in there is going to come out, and come out with its hands in the air. And when it does, everything there out in the open, the last of the last pulsation, he himself gets up and goes, leaving behind him our redemption."

The heavens opened up during the second half of the program, for which Simon Rattle had chosen Stravinsky's *The Rite of Spring*, a modernist work that shocked Paris in 1913, but with which Rattle, a trained percussionist, is right at home.

~~~~~

## ARCADIAN TRIO TO OFFER WORKS BY BEETHOVEN, SCHUBERT

by Joe Costanza

A program entitled "Music That Broke the Mold" will be presented by the Arcadian Trio in the Theater on Saturday, February 28, at 7:30 pm. Works range from the Classical to the more expressive Romantic period. Thus, they will open with Ludwig van Beethoven's Trio in E flat Major, Op. 70, No. 2, considered in its time as advanced as his Ninth Symphony, and conclude with a contrasting work, Franz Schubert's Trio in B flat, Op. 99.

With a legacy of great piano trios by Joseph Haydn and Wolfgang Amadeus Mozart, it was left to Beethoven to develop the genre into virtuoso chamber music. Op. 70 is rivaled only by the last trio, the famous "Archduke" Trio, Op. 97. By Beethoven's time, the pianoforte had developed into an instrument of great dynamic and tonal range. No longer overpowered by the string instruments, the piano called for a new kind of music whose capabilities could be fully realized. Schubert's piano trios expanded the legacy into the 19<sup>th</sup> century with full melodic and harmonic expression.



Violinist Igor Szwec, concertmaster of the Academy of Vocal Arts and the Princeton Festival Orchestras, leads the Arcadian Trio. Cellist Vivian Barton Dozor is a graduate of the Curtis Institute

of Music; she has played in the Philadelphia Orchestra, the Pennsylvania Ballet Orchestra, and other distinguished ensembles. Pianist Diane Goldsmith, winner of the Mason & Hamlin Competition, has been hailed as a solo recitalist, chamber musician and vocal accompanist. She holds a master's degree from the Manhattan School of Music.

The live concert is part of the *Guest Artists Series* presented by the Medford Leas Music Committee chaired by **Paul Ray**.

~~~~~

## HOW TO FIND MEANING IN LIFE

by Judy Kruger

Within 24 hours of moving into my new home at Medford Leas, I got a phone call from **Dave Bartram**. "We need you for the theater committee," he said. Startled, I asked, "Why me? I know absolutely nothing about theater." "Well," he said cautiously, "That doesn't matter. We noticed that you look like you are capable of climbing the three steps to the stage."

I didn't take Dave up on his invitation, but within a month or so there was another invitation. A dedicated reader, I often cruised our library. Sometimes when I saw books on the library cart needing to be put away, I would just shelve them. To my surprise, librarians **Bob Hambleton** and **Joanne Greenspun** had noticed. "Would you have time on Tuesdays to check books back in, shelve them, and straighten bookshelves?" they inquired. With pleasure I became the Tuesday library volunteer.

All new residents catch the eyes of committee members who could use another helper. Getting noticed and asked to volunteer is one way to take part in the ongoing functions of Medford Leas. But being invited is not the only way.

Medford Leas keeps a list, found in our white Resident Handbooks, of all committees. A resi-

dent who wants to volunteer for a committee may phone the contact person to learn more about what that group does and whether another person is needed. Trying out various volunteer activities to see what fits, including work that is completely new to you, is a good idea.

Of course, many resident volunteers have unique skills and interests. For years, **Inge Raven** fixed residents' broken jewelry at a table she set up in the woodworking shop. **Bobbie Murray**, among others, has an unusual calling to sit with residents at the last moments of their lives. Medford Leas is gifted with several retired professional calligraphers who have lettered many official notices and hallway signs. Think what those gifted in the arts have brought to the community.

Invisible volunteers are a special category. These include residents who habitually pick up trash from the grounds as they walk. They take non-driving residents with them when running errands. They walk a hospitalized resident's dog, or bring some soup to an ailing person in their court. There are the rare souls who are treasured as superb listeners. Mobility is not required for volunteering: some people hold others in their thoughts daily as their volunteer commitment.

No pay, no credits toward graduation, no one noticing, sometimes not even a thank-you. Why do it? Volunteers are the backbone of a truly caring community. Best of all, even the simplest act of volunteering gives meaning to life. What's more important than that?

### COLLECTIONS FOR DISPLAY CASE

The Display Case Committee is looking for residents who have a collection we could show in the display case in the Atrium. If you have a collection you would like to share, please call **Carol Eynon** (3684) or **Gen Farnath** (3677).

## NEWS FROM THE LIBRARY

by Mary Dennen

The Medford Leas Library is a 6,000-volume treasure with many gifts to delight all residents. Whether you seek reading pleasure, information, CDs or maps, it is all here. The library boasts a large Quaker collection, a group of books by resident authors, a New Jersey collection and many reference sources. Also located in the library is an index to all the people who have lived at Medford Leas, and on the shelf above, red binders with pictures of each resident.

Of course, the library's major draw is its fiction, paperback and hardcover, including an entire wall of mysteries. Also popular is the nonfiction section, particularly biographies and histories.

**Bob Hambleton**, chairman of the Library Committee, oversees all library operations. **Joanne Greenspun**, a former professional librarian who works with Bob, describes the selection process. Purchases are made from book dealer Baker and Taylor after a review of the yearly lists of notable books chosen by *The New York Times* and *Philadelphia Inquirer*, as well as best-seller lists. Some volumes are donated by residents. Here is a list of 29 recent acquisitions:

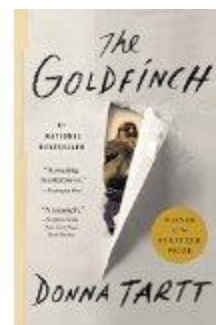
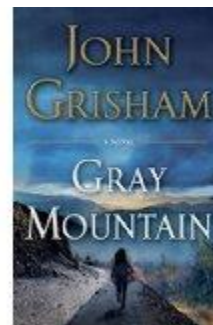
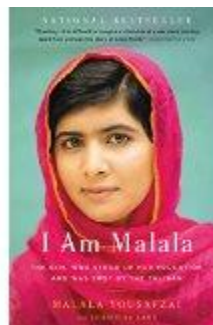
### Fiction

Baldacci, David: *The Escape*  
 Connelly, Michael: *The Burning Room*  
 Cornwell, Patricia: *Flesh and Blood*  
 Doerr, Anthony: *All the Light We Cannot See*  
 Ford, Richard: *Let Me Be Frank With You*  
 Grisham, John: *Gray Mountain*  
 Johnson, Bret: *Remember Me Like This*  
 Karon, Jan: *Somewhere Safe with Somebody Good*  
 Knausgaard, Karl: *My Struggle*  
 Mantel, Hilary: *The Assassination of Margaret Thatcher*  
 Offill, Jenny: *Department of Speculation*  
 Patterson, James: *Hope to Die*  
 Picoult, Jodi: *Leaving Time*  
 Tartt, Donna: *The Goldfinch*  
 Thomas, Matthew: *We are Not Ourselves*  
 Toibin, Colm: *Nora Webster*

Waters, Sarah: *Paying Guest*  
 Wyld, Evie: *All the Birds Singing*  
 Zink, Nell: *Wall Creeper*

### Non-Fiction

Bush, George W.: *41*  
 Elwes, Cary: *As You Wish*  
 Gawande, Atul: *Being Mortal*  
 Isaacson, Walter: *The Innovators*  
 Ivereigh, Auston: *Great Reformer*  
 Munroe, Randall: *What If?: National Geographic World's Best Cities*  
 O'Reilly, Bill and Martin Dugard: *Killing Patton*  
 Tobar, Hector: *Deep and Dark*  
 Yousafzai, Malala and Christina Lamb: *I Am Malala*



## MLRA MEETING SPEAKER

**Tammy Gerhart**, director, Resident Services, will speak at the MLRA meeting on Monday, February 16 about the work of her department. MLRA meetings are held the third Monday of every month, except August, at 7:20 pm in the Theater.

**David Eynon**, president, MLRA



**Books to Enjoy*****The Narrow Road to the Deep North***

by Richard Flanagan

There will always be novels that immediately grip your emotions. Such is the 2014 Man Booker Prize winner by the Tasmanian Author Richard Flanagan, who already has five other outstanding books to his credit.

I have not been so moved by a novel since reading Cormac McCarthy's *The Road*. In the Flanagan book you will enter into the life of Dorrigo Evans, an Australian surgeon. His story will shift from the present to the past and then back again, from childhood to his late 70s. You'll find that you are experiencing with Dorrigo his loves, marriage, wartime devastation and death. You will appreciate and fully understand the turmoil of his life.

The title itself has a double meaning. It is, first, from a Haiku poem by the great Japanese writer Basho. Second, it is the story of Australian Prisoners of War (POW) in 1943 who were forced to build a railroad line through the jungle, from Thailand in the south, north to Burma. The devastating horror of this enterprise by the Japanese will change Dorrigo forever. Every action in the present seems to stir up the memories of his captivity and the men he knew.

Each and every character, men and women, in this novel will come alive for you, their happiness, their needs, fulfilled and unfulfilled, and their sufferings. I know you will want to go back and read sections of this book.

Flanagan even penetrates the thinking and attitudes of the Japanese officers and soldiers who run the POW camp. You follow them into their lives in a postwar world and into the present.

Also of interest, this book is dedicated to Prisoner San Byaku San Ju Go (335), who is Flanagan's father. He was one of 60,000 Allied soldiers whose lives were used to build this railroad. Flanagan also will tell you this is a book that "I had to write."

*The Narrow Road to the Deep North* is built like a great Russian novel. It is a magnificent story and a powerful masterpiece of writing.

***Chronicler of the Winds***

by Henning Mankell

translated by Tiina Nunnally

I know that many of you mystery fans have read and enjoyed the Kurt Wallander stories, including the many cases that this brooding Swedish detective has had to solve, in print and on TV.

Then be prepared to enjoy a very different Mankell. This novel is set in Africa, in Mozambique, near the capital Mapito. Africa is a continent that Mankell knows well, having worked in Uganda with Aids victims.

José Antonio Maria Vaz is our *Chronicler of the Winds*, a vagrant and a former bread baker. He is a lonely man on a rooftop under a starry tropical sky, and he has a story to tell. His mission in life is to tell this story over and over, hoping that someone will listen. His tale is one you will not forget. He has placed Nelio, a 10-year-old street boy, on a dirty mattress. Nelio is dying of gunshot wounds, but he tells José that he will not die until he tells him his chronicle. For nine days and nights he carries out this mission. It is a story that defines Nelio's short life and will change José forever. How hard it is to watch and listen to this boy, to treat his wounds and feed him, whose very spirit seems to become that of an old man before his very eyes. At times this novel reads like a beautiful prose poem. Mankell is an excellent story teller and even as you know how it will end, you understand why it needs to be told again and again.

In interviews with *The Guardian* in London, Mankell explains why he feels that people need to know of the suffering that is taking place in Africa and how it is affecting the youth. He wants us to listen and be sure it is heard. His concerns come across vividly in this excellent novel. The translation is superb.

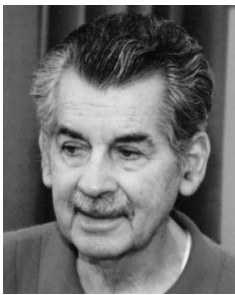
*These books are in the Medford Leas Library.*

George Rubin

## CROSSING PATHS

by Walt Dennen

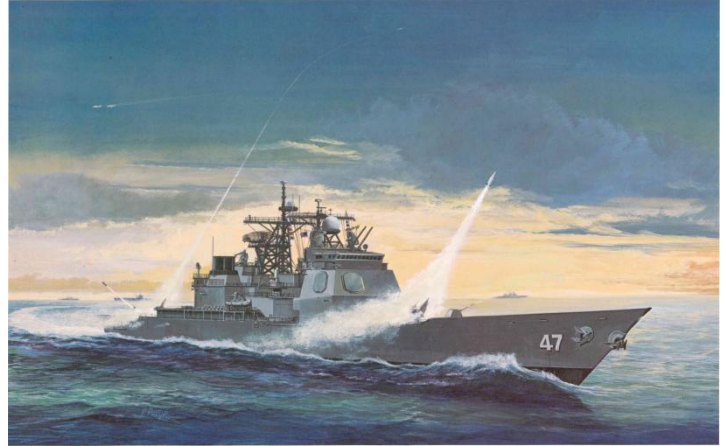
In 1975, Vince Piecyk joined RCA at its Moorestown plant as a technical illustrator, primarily to support the engineering writers and technical writers in their efforts to produce documentation for military contracts. At that time, there were about a dozen similar technical illustrators employed in the art department. Most of the employees were also committed artists of varying degrees of skill.



But it soon became apparent that one of the most gifted artists, standing out among his peers, was Vince Piecyk. Vince was an outstanding painter whatever his medium, be it watercolors, tempera or acrylics.

When RCA/Moorestown was awarded the major contract as the AEGIS combat system agent, someone at RCA had the infinite wisdom to ask Vince to create the first painting of *USS TICONDEROGA, CG 47*, the first – or lead – ship in this new class of guided missile cruisers. Creating the painting was not an easy task because neither photographs nor even sketches existed of the overall ship. Vince worked from shipbuilders' blueprints and produced the accompanying painting, which he called "Engagement at First Light." The painting depicts "Tico" firing missiles simultaneously from both its forward and aft launchers. The missiles could have been either surface-to-air missiles or long-range cruise missiles. In fact, they could have been one of each.

The Navy was ecstatic over the painting, so much so that when the second AEGIS cruiser, *USS YORKTOWN, CG 48*, had begun to be built on the ways at Ingalls Shipbuilding in Pascagoula, MS, Vince produced his second painting of an AEGIS cruiser at sea. Naturally, he followed with his renderings of *USS VINCENNES, CG 49* and *USS VALLEY FORGE, CG 50*.



By the time the last of the 27 cruisers in the *TICONDEROGA* class had gone to sea, Vince had finished his 27<sup>th</sup> cruiser painting and begun his paintings of the new class of AEGIS destroyers. The lead ship was named *USS ARLEIGH BURKE, DDG 51*, in honor of a WWII destroyer squadron commander who revolutionized destroyer tactics against the Japanese and later became the only admiral to serve six years as Chief of Naval Operations.

During the course of the cruiser program, the Navy and RCA jointly honored Vince with an AEGIS Excellence Award, which comprises a plaque and citation specifying outstanding performance, usually over an extended period. The award is presented to the recipient at a major AEGIS program review, held periodically in the Moorestown plant, with senior Navy and RCA (now Lockheed Martin) personnel in attendance. The recipient's co-workers are also invited to attend the presentation.

I retired from the company in 1992 and lost track of Vince, not realizing that he and his wife Marge had moved to Medford Leas in 2007. When my wife Mary and I moved here last year, we learned that Marge had died in 2013, and Vince was in nursing care. Mary and I saw him several times at the Catholic Mass celebrated monthly in the Gathering Room. As I sat at Mass I would say a prayer for that marvelous talent that was fading away. Vince died on January 4.

**IN MEMORIAM**

|                      |             |
|----------------------|-------------|
| Marjorie Zimmerman   | December 22 |
| Wilson "Wil" Britten | December 23 |
| Virginia Darlington  | December 31 |
| Marie Mullen         | January 3   |
| Ruth Huysman         | January 3   |
| Edith Joseph         | January 3   |
| Vincent Piecyk       | January 4   |
| Elizabeth Wakeley    | January 23  |
| Isabelle McVaugh     | January 24  |



**FROM PHOTOS THROUGH PAPER ART  
THE LEAS ART GALLERY SCENE**

by Joyce Linda Sichel



Don't miss the exhibition of photographs of Burma by Joanna Patterson on display in the main Medford Campus Art Gallery through the end of February. They are large color photographs of traditional rural life among a few of the many ethnic peoples. Some are genre scenes of adults and children. At the well-

attended reception, Joanna wore the sarong, called a *longi*, that is the attire of women and men in the cities and rural areas throughout the country.

Joanna will also be presenting a Leas Forum slide show (see page 12) about the changing character of Burma/Myanmar, entitled "By Hand and By Foot in Burma." It will be held in the Theater on Saturday, February 14, from 11 am until noon. Joanna is a member of the South Jersey Camera Club and has photographed on seven continents. For those interested in her photographic method, she used a digital Nikon D7000, 16 pixel, SLR camera. Beyond cropping the photos, the finished pictures were only lightly edited.

The February show at the Lumberton campus Art Gallery will display paper art by Alice Kelly, a Moorestown resident. After experimenting in various media, she has been working with paper for three years to create pictures of beauty and interest. Using all kinds of papers and techniques of manipulation, she has created scenes of local villages, gardens and animals. There will be an opening reception at the Lumberton Community Center on Friday, February 6, from 4 pm to 5:30 pm.

The Leas resident artists' exhibit continues in the Art Studio gallery on the Medford campus. There are paintings in a variety of media handled very creatively.

*Photos: (Top left) Great, great grandmother, 102, with child; (below left) Buddhist novice with cats; (above) Fishermen's afternoon respite.*

## LEAS FORUM IN FEBRUARY

Leas Forum talks usually take place on two Saturdays each month at 11 am in the Medford Leas Theater. (There will be no Leas Forum programs in March.)

### February 14: "By Hand and By Foot in Burma"

Joanna Patterson is an award-winning photographer who has traveled to all seven continents. Her passion for travel and photography become apparent through her exhibitions as she focuses on capturing the essence of life in her work. Her most recent trip abroad was to Burma/Myanmar in December 2013, where she photographed the people and their culture. She felt compelled to visit before the ancient ways were lost to advancing mechanization. Know some of the time-honored ways of a little-known culture through photographs and stories as Joanna shares her personal experiences.

### February 28: "Batsto Village, Jewel of the Pines"

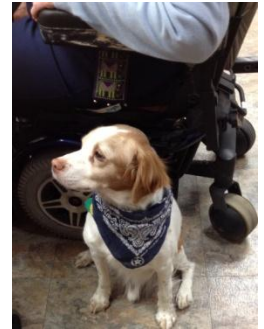
Barbara Solem, popular Pine Barrens speaker and resident of Shamong, immerses her listeners in the story of Batsto, an early iron town and glassworks at the heart of southern New Jersey's Pinelands. From its modest beginnings as a sawmill in the 1760s, Batsto grew into a thriving industrial community through the Revolutionary War years and beyond, its fortunes rising and falling for two centuries as a succession of owners and speculators brought their visions and schemes to bear. Located along the Mullica and Batsto Rivers, Batsto's ironworks became a vital arms supplier to Washington's army and nurtured a "nest of rebel pirates" that would confound British forces and help turn the tide for independence. Today's Batsto Village is a loving recreation of a Pine Barrens industrial village – an open air museum that brings history alive.

**Barbara Trought, chair**

## YAPPY HOUR

text and photos by Betsy Pennink

All the dogs and dog owners at Medford Leas received an invitation from the Therapeutic Recreation staff to come to a "Yappy Hour" in the Activities Room. The staff had discovered Browser Beer for Dogs, a non-alcoholic drink, sold as a six-pack in two flavors, chicken or beef. It was a good excuse for a party. So that the humans could socialize too, there were wines, Merlot and Riesling, brought out by **Gerry Stride**, director, Therapeutic Recreation.



**Ann Campbell's Owen and friend Sally Klos**

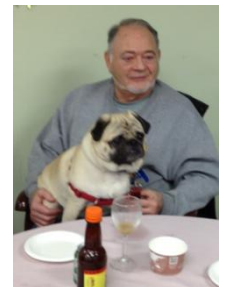


**Linda Schultz's Lily**

The Activities Room was crowded with at least 30 residents seated at tables. About 11 dogs, wondering what in the world was going on, were on leashes held by their owners. Some

chose to stay close, some sat on laps and others enjoyed a stroll around the room to make the acquaintance of other dogs. There was considerable nose-to-nose communication and much tail-wagging, with the occasional show of incompatibility.

The "beer" was served in cardboard cups. Several dogs enjoyed it, others were less interested. Residents were served little hot dogs in pastry. The dogs were given dog biscuits, made the day before by the staff. Most of the dogs were small, some purebred, some mixtures, and a number were "rescued" dogs. All of them were devoted to their owners.



**Mike Podolin and Miggs**

## NJ – HOW WE COMMUNICATE

by Maggie Heineman



Recently I was appointed the chair of the ORANJ Communications Committee, a job held by **Kitty Katzell** a decade ago when she asked me to establish a website for ORANJ. The acronym stands for the **O**rganization of **R**esident **A**ssociations of **N**ew **J**ersey, and MLRA is one its 25 member resident associations.

I am delighted to report that in the last two years other residents with technical skills have come along and I am no longer responsible for the ORANJ website, or the coding of the MLRA website, or the layout of *Medford Leas Life*. Thank you, Adam Gaus, **Ann Campbell**, and **Dorothy Cebula**; you have given me time to take on a new and different job, which I'm quite excited about.

In my book, face-to-face meetings and getting to know people remain the strongest form of communication. ORANJ, which has two statewide plenary meetings a year, is organized into five regions that provide for additional personal contact.

**Helen Vukasin** is the vice president for the Southwest Region, which includes six other resident associations: Friends Village, The Evergreens, Cadbury at Cherry Hill, Wiley Christian, Lions Gate, and the Fountains at Cedar Parke. I've heard good things about the quarterly regional meetings that Helen organizes, and I will be writing an account of the regional meeting that was held here at Medford Leas on January 15.

The story of the SW Regional Meeting will be the topic of a coming issue of *ORANJ Leaf*, a new 2-page electronic publication which, starting this month (February 2015), will be published occasionally to supplement our 4-page quarterly newsletter *The ORANJ Tree*. The first issue of *ORANJ Leaf* is a summary of the talk given by New Jersey Ombudsman James McCracken at the November 2014 ORANJ plenary meeting. The second issue of *ORANJ Leaf* is about NaCCRA, the National Continuing Care Residents Association. I am so tickled with the lovely email from

**Barbara Trought** that I'll quote her: "*ORANJ Leaf* offers short, punchy whet-the-appetite temptations to the reader who can then explore those subjects that interest him most."

So here's the pitch to those of you with computers. Let us keep you informed about ORANJ. Make a request to [oranjnewsletter@gmail.com](mailto:oranjnewsletter@gmail.com). Send us your name and email address and we'll add you to the list of subscribers to our publications, *The ORANJ Tree* and *ORANJ Leaf*.

For those of you without computers and for those who would like to know something, but not too much, about ORANJ, here are a few highlights from the January issue of *The ORANJ Tree*.

🍊 In his president's report Ron Whalin of Fellowship Village announced that the Ombudsman's Office has published a brochure covering the new CCRC Independent Living Bill of Rights. (Copies of the brochure are available at the table in the Atrium near the mailboxes.)

🍊 Lantern Hill is a new Erickson Community. It is very "high end" with deluxe large open-style apartments and top-of-the-line appliances, free underground parking, and three eating venues "with enough choices to appeal to the most demanding palate."

🍊 An article "Expanded Resident Education" described both the Medford Leas Pathways program and the "Academy" at Meadow Lakes.

🍊 The "Setting Priorities" article listed a number of suggestions from recent events and provided the newsletter editor's email address so readers could let her know which suggestion they considered the highest priority. Examples:

- Expand health and medical services including wellness centers
- Provide more options and amenities to attract younger residents.
- Carry out surveys on how different CCRCs welcome new residents and supply them necessary services
- Study and enhance policies and programs at CCRCs to protect residents who have run out of funds.

Phone me (Maggie Heineman) if you want to know more and don't have email. 518-8906.

**WINTER SIGHTS**  
from blog by Ralph Berglund

Last week I received an email from a friend here on the campus, telling me that there was a white flower blooming outside her apartment. What!?! How could anything be blooming in this nasty cold weather? I walked over and found it, a Hellebore, or Christmas Rose, an evergreen perennial flowering plant in the ranunculus family. I was on my tummy to capture it, and pleased that I could get up without calling campus security. I didn't stay long because in witchcraft it is believed to have ties with summoning demons.



Saturday I returned to a familiar site overlooking the East Point (of the Maurice River) Lighthouse. This visit's view was made dramatic by the ice and the shadows created by the low-hanging sun. Beautiful, but oh, with a sharp wind from the northwest, it was colddddd.

**“WHO’S NEW” ARTICLES ARE ONLINE**  
by Maggie Heineman

Want to know more about the resident you just met in the Colonial Room? Or looking for a resident who has certain capabilities needed on your committee? Or do you want to know about a staff member or Estaugh Board member? If you know how to Google doctors, then the private, password-protected part of the MLRA website offers some of the same capabilities.

In the private section of mlra.org there's a page with 989 links to *Medford Leas Life* stories about residents, staff, and Estaugh Board members. The breakdown is 602 “Who’s New” bios, 54 “Welcome to the Courts” articles, 99 about staff, 25 about Estaugh Board members, and 192 stories in the category “Something Else.” Ask a receptionist if you need to learn the username and password to access the private section.

Because the *Medford Leas Life* online archives go back only to the year 2000, it is necessary to go to the library to look up “Who’s New” articles that were published before 2000. Binders of back issues of the newsletter are on a shelf on the back wall of the library. Below, a card catalog, currently maintained by **Betty Taylor**, tells when a person moved to Medford Leas and, thus, in which issue the “Who’s New” story appears. It would be great if the newsletter archives and the links to “Who’s New” articles extended back in time before 2000. That’s a scanning job waiting for a volunteer!



**FEBRUARY MUSIC VIDEOS**

Thursdays in the Theater at 7:10 pm.

- February 5 - Beethoven Emperor Concerto #5 – Glenn Gould
- February 12 - Beethoven Violin Concerto – Itzak Perlman
- February 19 - Beethoven Piano Concerto #1 – Leonard Bernstein pianist and conductor
- February 26 - Count Basie at Carnegie Hall

**CALLING ALL GARDENERS!**

The Farm is our community garden here at Medford Leas, just behind the Nature Center. While it may be winter, it's never too early to start thinking about gardening! If you don't already have a plot at The Farm and would like one, please contact Perry Krakora (3694) or Susan Dowling (3672). Plots of all sizes are available, including small ones perfect for growing a few tomato plants or a patch of zinnias. So start looking through those seed catalogues and give us a call.

**Perry Krakora**

**WHO'S NEW - MEDFORD CAMPUS**

photo by Margery Rubin

We all hear the same comments: as people age, they get more stubborn, unwilling to change. The comments obviously don't apply to Medford Leas recent arrival **Dean Bassett** in apartment 115. Dean arose in his Jupiter, FL, home on December 29 to a typical Florida east coast temperature of a sunny 85 degrees. In no time at all he was ensconced in his partially furnished apartment here, awaiting imminent delivery of his remaining furniture, seemingly unconcerned by the subfreezing New Jersey temperatures.



Dean was born in Derby, CT, but spent most of his formative years and beyond in Scarsdale, NY. He graduated from Columbia University with a liberal arts degree and immediately began working for the Federal Reserve Bank of New York as a bank examiner. He then joined the County Trust Bank, in White Plains, NY, which was acquired by the Bank of New York (a commercial bank unrelated to the Federal Reserve Bank of New York). The Bank of New York promptly sent him to Rutgers'

Institute of Banking for specialized training. He ultimately retired from the Bank of New York as a vice president and takes great pride in the magnificent grandfather's clock the bank gave him upon retirement.

Dean's banking career was interrupted by three years as a naval officer during WWII, where he had a slightly unusual naval career. Except for a trip on a Liberty ship to reach his duty station in Panama, he never set foot on a naval vessel. All of his duty stations were land-based, domestic or in Panama.

Dean was married and widowed twice. He has two daughters, Dorothy and Barbara, both of whom are married with children. Dorothy and family are in Austin, TX, and Barbara and family live in Haddonfield. Obviously, the daughters were influences in encouraging their dad's move to a retirement community, and Dean is pleased to be near daughter "Bobbie" and her husband and son.

Dean is now anticipating the arrival of his remaining furniture, especially his computer. Dean's living room is dominated by a large breakfront, in which he will display his prized collection of colorful ceramic birds such as goldfinches, bluebirds, robins and white doves. Some of the birds are antiques that have been passed down through generations of his family.

**Walt Dennen**

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

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

Movies for February are:

- Feb. 3 *Ninotchka*
- Feb. 10 *Casablanca*
- Feb. 17 *The African Queen*
- Feb. 24 *My Man Godfrey*

**Sharon Conway, Therapeutic Recreation**

**FEBRUARY CRYPTOGRAM**

by Herb Heineman

**BPBX ZM B KGBRCP BVV FCTGQGR  
 PZIW EMCP IWG VZIIVG CVR  
 LQCNMRWCL VCCDE HCQ WZE  
 EWBRCP IWG FVCNRE ZM IWG EDX  
 RGIGQKZMG CNQ HBIG ZH PZMIGQ  
 PZVV VGBTG NE BVV GBQVX CQ VBIG.**

Underline or flag the author's name

**RCM WBVVGX**

**WBVVG AGQQX**

**ABQQX LCVRPBIGQ**

Below is the solution to the January cryptogram.

EVERY NEW YEAR PEOPLE MAKE RESOLUTIONS TO CHANGE ASPECTS OF THEMSELVES THEY BELIEVE ARE NEGATIVE. A MAJORITY OF PEOPLE REVERT BACK TO HOW THEY WERE BEFORE AND FEEL LIKE FAILURES. THIS YEAR I CHALLENGE YOU TO A NEW RESOLUTION. I CHALLENGE YOU TO JUST BE YOURSELF.

ANN LANDERS  
AISHA ELDERWYN  
 CARL JUNG

The correct solution was received from the following readers:

**Anonymous, Ruth Blattenberger, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Barbara Fiala, Roberta Foss, Linda Gaylord, Neil Hartman, Barbara Heizman, Pat Heller, Sue Isaacs, Joan McKeon, Doris Q. Murray, Betty Preston, Florence Sawyer, Peg Scott, Miriam Swartz, Joanne Thomas, Ellen Wiener, Barbara Zimmerman.** Fifteen 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 February 10.

**MEDFORD LEAS LIFE**

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

*Editorial Staff:* Beth Bogie, editor; Dorothy Cebula, Mary Dennen, Walter Dennen, Suzanne Frank, Judy Kruger, Betsy Pennink, Marcy Webster

*Staff Photographer:* Margery Rubin

*Proofreaders:* Mary Chisholm-Zook, Herb Heineman, Virginia Mattice, Florence Sawyer, Betty Taylor

*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](http://medfordleas.org). The Residents Association website is [mlra.org](http://mlra.org).

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

