



# Medford Leas *Life*

*VOL. XLIV, No.3*

*March 2015*

## THANK YOU, BOB

text and photos by Betsy Pennink

It was not an ordinary Wednesday coffee social. It was February 4, 2015, which was "Thank a Mailman Day," and Medford Leas has an out-of-the-ordinary mailman to thank for 25 years of service here.



Bob Wasson is everyone's favorite. He knows each resident by name and is ready to help in any way, even beyond regular Post Office transactions. He mails packages for us, but he will also open a difficult can or bottle. He is friends with every dog and always has treats for them in the bottom of his mail bag.

So, when **Gerry Stride**, director, Therapeutic Recreation, and her staff decided to honor Bob, they invited everyone to write him (what else?) a letter. They devised a box for the 150 letters, shaped like Bob's mail car, with a photo of him as "driver."



On February 4, the Activities Room was full of tables, with residents enjoying fruit and doughnuts. Finally Bob arrived to great cheers. Gerry presented him with his letters of thanks and asked if he would dance. And he did, winding around the tables and greeting one resident

after another. At first **Nan Hanslowe** at the piano played for him. Then the recording of "Please, Mr. Postman" brought back memories of that Holiday Show several years ago when he suddenly came down the aisle. As a finale, Bob made a dancing tour of the room again.

Gerry led everyone in a series of hip-hip-hoorays and Bob was off on his deliveries again.



## FITNESS CENTENARIAN CLUB



photo - Ken Roland

On January 29, Fitness & Aquatics held its annual celebration of 100-year-olds at Medford Leas who continue to participate in fitness exercise. This year, **Mae Lundin** was inducted into the Fitness Centenarian Club. Attendees in the photo are (standing, l. to r.) **Mark Labajo**, **Stephen Porter** and **Ken Roland** of the Fitness staff; Medical Director **Dr. Andie Iannuzzelli**; **Dana Jones**, Fitness staff; and (seated, l. to r.) Centenarians **Marion Burk**, **Gertrude Marshall** and **Mae Lundin**.

## OUR ANGEL RETIRES

text and photo by Betsy Pennink

When it was announced that **Angel Montes** would retire on January 30, residents began coming to the door of the Laundry Room to tell him how much they would miss him. No wonder! Angel was such a familiar sight, pushing yellow or blue laundry carts through the halls for almost 23 years. Everybody knew him.



Not everyone knew, however, how much Angel did down in the laundry. Coming in at 5 am every weekday, he would begin by putting all the “dietary laundry” (table linens) in the appropriate machines. Then he would make the first of three collections in the

medical units and go on to collect sheets and towels from the Courts.

Separating the laundry was the next job, followed by loading the machines. There are three commercial washers, two with a capacity of 150-pound loads and one taking 75-pound loads, and Angel had to choose the right detergent for each from the nine different chemical formulas. Luckily the dryers are large, four taking 75 pounds of laundry, while a giant one takes 100 pounds. Angel could often be seen on a stepladder, cleaning out the filters in the ceiling from these machines!

Angel was born in Puerto Rico 66 years ago. He came to the United States as a farmworker and spent 25 years working for **Coles Roberts** on his farm, Jersey Jerry’s Apple Farm. “I did everything to do with apples,” says Angel. He also did handyman work and so impressed Coles Roberts that he recommended Angel for the job at Medford Leas.

**Doris Wallace**, manager, Environmental Services, has also been impressed. “Angel has had perfect attendance,” she says. “He is always here. There is no job too difficult for him. We are all going to miss him.”

Angel lives in Vincentown with his wife. His son has a little boy of eight, and his daughter has a daughter of 16. Angel is going to stay active, working on his place and others’. He plans to go to Puerto Rico in November. He hasn’t been there for 15 years and he has a brother and six sisters to catch up on.

On his last day Angel, who said he didn’t want a party, turned up with refreshments, which were added to the large cake planned by his coworkers, and a real farewell party took place. Staff from all over Medford Leas came to say goodbye, including **CEO Jeremy Vickers** and **Bill Murphy**, director, Operations. Angel went home only after Doris refused to have him work after his usual quitting time of 1:30 pm.

### MLRA MEETING SPEAKER

An official of PNC Bank will speak on identity fraud at the MLRA meeting on Monday, March 16. MLRA meetings are held the third Monday of every month, except August, at 7:20 pm in the Theater.

**David Eynon, president, MLRA**

### MARCH MUSIC VIDEOS

Thursdays in the Theater at 7:10 pm.

- March 5 – Mendelssohn: Symphony #3, Piano Concerto #1
- March 12 – Mendelssohn: Symphony #4, String Octet in E-flat Major
- March 19 – Mendelssohn: Symphony #5, Piano Trio in C minor
- March 26 – Dan Levinson: Jam Session of the Millennium (part 2)

## “SNEAK PEEK” AT SURVEY RESULTS

by Beth Bogie

Last November, residents participated in a “Quality Improvement Program Survey” asking how satisfied they were with Medford Leas in such important areas as quality of life, quality of services, value received for their money, and willingness to recommend Medford Leas to a friend. There were many questions relating to their level of satisfaction in specific aspects of life here. Participants did not have to identify themselves and could express their views, both pro and con.

On January 30, at a Community Conversation, **CEO Jeremy Vickers** gave residents a “sneak peek” at early findings. Residents should expect full analysis of their responses over the next months. ProMatura, the organization conducting the study, continues to analyze the data in what they say is a larger-than-usual study with many lengthy written responses from residents. ProMatura handles many studies from member organizations of the American Seniors Housing Authority (ASHA), but most tend to be smaller and less varied in scope than the Medford Leas survey.

The first survey results Jeremy dealt with were response rates for five groups. Residential Living Residents had the highest response rate, as might be expected, with 403 surveys completed out of 471 distributed, resulting in a response rate of 86% and a margin of error of plus or minus 1.9%. Other response rates were:  
 Assisted Living Residents, 62%  
 Assisted Living Families, 34%  
 Skilled Nursing Residents, 17%  
 Skilled Nursing Families, 35%

Out of a total of 636 surveys distributed, 476 were completed, an overall response rate of 75%. Jeremy was especially pleased with the response of the Residential Living group. A much lower response from Assisted Living and Skilled Nursing groups was “disappointing,” Director of Development **Jane Weston** said, but understandable and still very valuable. “We wanted to be as inclusive as possible. Many organizations focus solely on

the residential component, but we thought it valuable to seek opinions from all residents.”

An “overall satisfaction” score resulted in three important findings:

- “The majority of Medford Leas residents are very satisfied with their lives, and are willing to recommend the Community to their family and friends.
- “More than nine out of ten Residential Living residents and 82% of Assisted Living residents are satisfied.
- “More than nine out of 10 residents in both levels of care are willing to recommend.”

A series of bar charts revealed the basis for these findings.

“Satisfied with my quality of life...”

- +Strongly agree: RL Res 45%, AL Res 41%
- +Agree: RL Res 47%, AL Res 41%
- +Total agree: RL Res 92%, AL Res 82%

“Satisfied with the quality of services...”

- +Strongly agree: RL Res 29%, AL Res 34%
- +Agree: RL Res 61%, AL Res 59%
- +Total Agree: RL Res 90%, AL Res 93%

“Offers me good value for my money”

- +Strongly agree: RL Res 28%, AL Res 38%
- +Agree: RL Res 52%, AL Res 41%
- +Total Agree: RL Res 80%, AL Res 79%

“Willing to recommend Medford Leas to a friend”

- +Strongly agree: RL Res 55%, AL Res 59%
- +Agree: RL Res 38%, AL Res 38%
- +Total Agree: RL Res 93%, AL Res 97%

A pie chart provided a breakdown in percentages of “Attributes and Services” that contribute to satisfaction of Residential Living residents, but Jeremy said these would require greater refinement.

The findings will be presented to the Estaugh Board, the Medford Leas Survey Committee and the staff; an action plan developed; and, finally, the full report presented to all parties with its follow-up.

*More detail can be found in the Private Section of the MLRA website.*

## PATHWAYS LAUNCHES 6<sup>TH</sup> SEASON

by Beth Bogie

Thirty-two separate programs in an array of fields – gardening, world affairs, history, religion, health, technology and writing – are being mounted under the umbrella of *Pathways to Learning at Medford Leas*, during its sixth season. That doesn't even include the five LeasMusiCast concerts and opera and the Art Gallery exhibits taking place during this period. A friend from Cherry Hill who came to see the LeasMusiCast ballet, *Coppélia*, and visit Medford Leas for the first time, was amazed to learn of the many programs available to residents, as well as those who live in nearby communities.

The month of March will provide a buffet of tantalizing offerings. **The Native Plant Society of New Jersey**, for example, will hold its all-day meeting in the Medford Leas Theater, with presentations on "Cranberries and Native Bees" and "Permaculture and Native Plants." A highlight of the day will be a virtual tour of Native Plant Gardens given by Edith Wallace, a member of Garden State Gardens, a consortium of New Jersey's Public Gardens. (Sessions on Saturday, March 14, will run from 10 am to 3:45 pm. The virtual tour will take place at 2:30.)



An extremely worthwhile program taking place on Wednesday, March 18, in the Theater and Gathering Room, is going to be a discussion of

**"Modern Hearing Instruments: What's Right for Me?"** One of the problems today for those with hearing loss is ill-fitting hearing devices, difficult to insert and remove from the ear, yet costing thousands of dollars. In the Theater, Debra A. Winters, an audiologist for 35 years and now a representative of Oticon, the oldest hearing instrument company, will talk about a range of hear-

ing devices that can be tailored to individual needs today and technology that may provide answers in the future. Participants will learn about Personal Sound Amplification Products (PSAP), which function like a hearing aid but cost from \$200 to \$500. The program will then move to the Gathering Room.

In the Gathering Room, several more expert audiologists will have displays set up at tables. Among them will be Traci Burton of the New Jersey Division of the Deaf and Hard of Hearing. Not an audiologist but very knowledgeable, she can discuss hearing devices that make a difference in various situations – with telephones, TVs, or meetings and lectures. (The talk will take place at 10 am, followed by the exhibits at 11:15.)

Rob Cardillo, whose prize-winning photographs are well known to gardeners and photographers, will deliver the **Annual Lewis W. Barton Lecture** on Saturday, March 28. A professional photographer of plants and gardens for over 20 years, he will share techniques that add depth and personality to garden photographs. Formally the director of photography at *Organic Gardening* magazine, he now works for major publishers, landscape designers and horticultural suppliers. His clients include *Fine Gardening*, *Horticulture*, *Country Gardens*, Chanticleer, Longwood Gardens, *The New York Times* and *Country Living*. (The lecture will take place at 11 am, to be followed at noon by a light lunch, Arboretum tours and an *al fresco* shop with floral gift ideas.)

The retail dietitians at ShopRite of Medford will present **Food for Thought** on memory-enhancing foods at the Medford Senior Center. An **Introduction to Quakerism** will be offered in the Medford Leas Theater by Drew Smith, executive director of the Friends Council on Education. **Great Decisions** will begin a series of eight talks on the most challenging foreign policy issues of the day (see story, page 5). And Ken Hutz, arborist for the Barton Arboretum and Nature Preserve, will demonstrate **Pruning in Your Home Garden**.

Please see the *Pathways* Guide for further details, including deadlines for registration. Leas Forum programs will return in April.

## GREAT DECISIONS 2015 BEGINS

by Dorothy Cebula

Want to learn more about the history behind current world crises? Do you have questions about evolving international situations and hot spots in today's world? Would you like to have a voice in making U.S. foreign policy?

**GREAT DECISIONS**  
2015 EDITION



If your answer is yes, come to this year's thought-provoking Great Decisions 2015 program, a national project of the Foreign Policy Association. A resident speaker will present the subject, show a DVD of an expert on the topic, lead

a discussion and answer your questions.

Upcoming programs will begin with:

Thursday, March 12, Russia and the Near Abroad with **Barbara Trought**

Thursday, March 19, Privacy in the Digital Age with **Dave Bartram**

Thursday, March 26, Sectarianism in the Middle East with **Len Cebula**

The program will continue throughout the month of April. Each week, the program will be presented in the Theater on Thursdays starting at 10:30 and concluding at noon. Plan to attend one or all of the programs to contribute your knowledge, share your experiences and offer your views. Please join us!

Great Decisions is among the resident-led programs presented by *Pathways to Learning at Medford Leas*.

## MEET DR. D'AMICO MARCH 9

Please join Wellness Services on Monday, March 9 in the Holly Room to welcome Dr. James D'Amico to his new position as a member of the medical staff at Medford Leas. The reception will be held from 2 to 4 pm, and there will be light refreshments.

Dr. Andie Iannuzzelli, Medical Director

**SAVE THE DATE!**  
**EVENING IN THE ARBORETUM**  
**April 25, 2015**

*In support of the Barton Arboretum and Nature Preserve at Medford Leas*

**ELEGANT EVENING**  
*Partake of luscious culinary creations.*

**SILENT AUCTION**  
*Bid on beautiful horticultural plantings, photographic prints, and decorative objects.*

**SUPPORT THE ARBORETUM FUND**  
*By attending the Evening: \$85 per person, or a donation to the Arboretum Fund – or both!*

**HOSPITALITY**  
*Bring family or friends  
Tour the Arboretum*

**THE CHRONICLE BY EMAIL**  
*The Lumberton Campus Chronicle Editors*

Approximately half of Lumberton Campus households and over 20 Medford campus residents receive *The Lumberton Campus Chronicle* by email, benefitting from speed of delivery and full color. All who don't, including both longtime and new residents, can sign up anytime by contacting one of the editors: **Ruth Gage, Herb Heineman** or **Vince Menzel**. Note that your computer must be able to read pdf files; most computers can do so.

## NEW SONG GROUP SINGING IN ROUNDS

by Walt Dennen



Dave Lewis conducts. photo by Margery Rubin

Under the guidance of co-chairmen **David Lewis** and **Dick Webster**, the Medford Leas Singers were formed last October and are busy, both recruiting to expand the new chorus and exploring new opportunities to present their varied singing programs.

Dave Lewis explained that the group has three main goals:

- Perfect the group's skills in four-part harmony,
- Perform before Medford Leas audiences that request them and
- Emphasize their performances in Assisted Living on a regular basis.

**Nannette Hanslowe** is both a singer and the primary piano accompanist for the group.

Within these broad goals, the singers are using rounds, which use simple melodies and sequence timing to produce pleasing harmonies and encourage active audience participation. The concerts will feature a cappella singing.

Chris Bass, choir director and voice teacher at Temple University, is the group's music director. She has a close relationship with the Medford Leas Singers, because her mother, the late **Gwen Crawley**, was a resident here. Rehearsals are normally held every Friday at 1:00 pm in the Linden Room.

Anyone wishing to join the Singers may do so by showing up at a rehearsal or phoning Dave at 3290 or Dick at 3662. Male voices are especially needed.

~~~~~

## THE LOIS FORREST SCHOLARSHIP: A LITTLE HISTORY

by Kay Cooley

At the monthly MLRA meeting in January, the Lois Forrest Scholarship was presented to **Nicole Gray** of Dining Services. She is the 14<sup>th</sup> employee to receive the scholarship and the last, because the funds have been used up. (See *MLLife*, February 2015.)

The scholarship was established in 2001 following the retirement of **Lois Forrest** from 21 years as executive director of Medford Leas. During those years she deeply influenced the quality and caring atmosphere of Medford Leas. She also became a nationally recognized leader in the development of the continuing care industry. Residents wanted to honor her contributions.

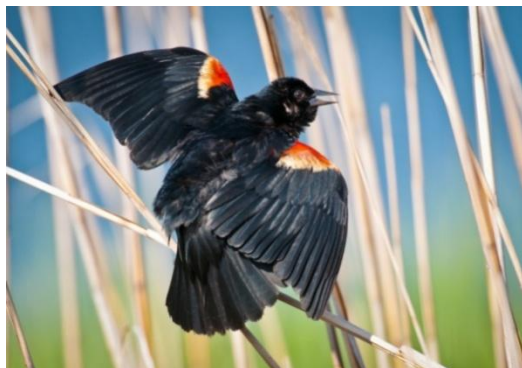
The majority of winners have come from Dining Services. They have used the money to help pay for tuition, books and fees at a variety of post-secondary institutions.

To win the award, they and applicants from other departments had to complete a demanding application. In addition to a transcript of their latest grades, applicants had to submit two recommendations and lists of their extracurricular activities, community service efforts, honors and awards. Finally, they had to include a one-page essay describing their educational goals. They had to have completed a minimum of a year of employment and three hundred hours of service at Medford Leas before applying.

Current staff members who have won the award, in addition to Nicole, are **Lisa Branagan**, **Janet Rumble** and **Marcy Smith**.

**NEW PHOTO NOTE CARDS  
AVAILABLE AT GIFT SHOP**  
by John Speirs and Vince Menzel

At the recent Holiday Craft Fair, the MLRA introduced six new designs of the popular note cards with photos by residents. Photos for the new note cards were graciously provided by Lumberton campus resident and expert photographer Joe Costanza. The cards feature photographs of four birds and two butterflies. Two of the six photos are shown below.



photos by Joe Costanza

These new cards, as well as the original series, are now for sale in the Gift Shop on the Medford campus. Stop by the Gift Shop to see them.

Emergency: Call 3666  
or 0 for Reception Desk  
or 9-911(outside Medford Leas)  
Obtain decal sticker for phone  
with emergency number  
at the Reception Desk.

**LET'S TALK GARDENING:  
From Pots to Plots**

The first in a series of conversations about gardening for non-gardeners to the more experienced.

March 20, from 2:00 to 3:00 pm

Refreshments will be served.

Join us at the Nature Center on the third Friday of every month for an interesting discussion!

Marilyn Flagler (x3155), Nature Center Committee



**TO COMPOST OR TO RECYCLE**

**COMPOSTABLES:** Non-plastic biodegradable food containers from the Coffee Shop are compostable. The green plastic bags from the Coffee Shop are compostable. Green collection bins for these compostable containers are located in the Coffee Shop **ONLY**. Please **DO NOT** put the green plastic bags and compostable food containers in the recycle bins or barrels.

**RECYCLABLES:** Recycle #1 and #2 plastic bottles **ONLY**, along with glass containers and cans, all of which go in recycle bins in the parking lots (Courts) or trash areas in Bridlington and Rushmore. Place paper (newspapers, junk mail and cardboard) on shelves in trash closets in the Courts, or together in barrels for paper in Bridlington and Rushmore. **DO NOT** place plastic bags in recycle bins; instead put them in household trash. DO NOT put other plastic items labeled #1 or #2 in the recycle bins. All plastic other than #1 and #2 plastic bottles goes in the trash, including yogurt containers.

**TRASH:** Do not place white yogurt or clear pie containers in recycle bins; they are trash. **Plastic bags are also trash!!!** Or if clean, return them to a store. Medford Leas pays for disposal of trash by weight, so please **keep recyclables and compostables out of the trash.**

## LEASMUSICAST: WAGNER AND BRAHMS

by Beth Bogie

A great musical celebration was staged for the 125<sup>th</sup> birthday of the Berlin Philharmonic as one of the orchestra's annual EuropaKonzerte recognizing its founding. For the occasion, on May 1, 2007, the Philharmonic performed works by Wagner and Brahms with particular meaning for the musical anniversary, and at a site symbolic of Germany's new industrial might in the last years of the 19<sup>th</sup> century when the orchestra was born.

Recorded live in HD, the concert, under the baton of Simon Rattle, is being presented by LeasMusiCast on Saturday, March 21, at 2 pm. in the Medford Leas Theater. The program includes:

- Richard Wagner, Prelude to *Parsifal*
- Johannes Brahms,  
+ Concerto for violin and cello in A minor, Op. 102  
(*Double Concerto*)
- + Symphony No. 4 in E minor, Op. 98



The Brahms *Double Concerto* features Georgian violinist Lisa Batiashvili and Norwegian cellist Truls Mørk. His exquisite emotional tone and her intensity and precision are said to complement each other perfectly. He in his 50s and she

in her 30s are often soloists playing with the world's great orchestras or with leading chamber ensembles. In 2012-2013, Truls collaborated with Lisa in performing the Brahms *Double Concerto* with the Rotterdam Philharmonic Orchestra, Deutsches Symphonie-Orchester Berlin and the Dresden Staatskapelle. Prepare for something special!



The music for the Berlin Philharmonic celebration is of the same vintage as the orchestra. The

Prelude to *Parsifal* was performed at the Philharmonic's first subscription concert in 1882, while Brahms' *Double Concerto* was dedicated to the memory of the great cellist, conductor and teacher Mstislav Rostropovich (1927-2007).

The setting for the concert in Berlin is the Kabelwerk Oberspree (power and cable factory), a sprawling architectural monument to Germany's Industrial Revolution. In the 1990s, the cable and wire business collapsed. The buildings are being restored and are now home to the Berlin University of Applied Science, as well as an events venue for concerts and opera.

*Parsifal* was Wagner's final opera, which has a story line suggestive of the Holy Grail. The opera "remains controversial because of its treatment of Christianity, its eroticism, and its expression, as perceived by some commentators, of German nationalism and antisemitism." The Prelude to *Parsifal*, however, is often given as a concert piece, as it is in this Philharmonic presentation.

Unlike other composers, Wagner wrote both the libretto and the music for his operas. "He revolutionized opera with his concept of 'the total work of art,' by which he sought to synthesize the poetic, the visual, musical and dramatic arts, with music subsidiary to drama." His later works were sometimes referred to as "music dramas."

Brahms, too, was an innovator with "bold new approaches to harmony and melody." But where Wagner was considered a modernist composer, Brahms' music "is firmly rooted in the structure and compositional techniques of the Baroque and Classical masters," such as Bach, Beethoven, Haydn and Mozart. He was the great master of the symphonic and sonata style in the last half of the 19<sup>th</sup> century.

Symphony No. 4 in E minor, Op. 98 was the last of his symphonies, completed in 1885. The *Double Concerto* was his final work for orchestra, composed in 1887.

Sources: DVD liner notes, Wikipedia, biography of Brahms, *Visit Berlin*, *Bach Cantata website*, *AllMusic*, *Deutsche Grammophon*.



## GUEST ARTIST SERIES PRESENTS PIANO/FLUTE CONCERT

by Joe Costanza

The Medford Leas Guest Artist Series will present the internationally renowned piano and flute duo of Luba Agranovsky, pianist, and Dmitri Kasyuk, flutist, on Sunday, March 15. The program will begin at 6:30 pm and will include sonatas by J.S.Bach and Telemann, piano pieces by Chopin, as well as works of Enescu and Born.



Luba and Dmitri were born in Moscow and were students at the city's Gnessin Academy of Music. In 1990, they relocated to Jerusalem with their young daughter and won numerous international awards, includ-

ing the Israel Broadcast Authority Competition and the Carlo Soliva International Chamber Music Competition (Italy). In 1997 they moved to the United States, where they now continue their musical careers.

Luba Agranovsky is an active recitalist. Her honors include the Aram Khachaturian Competition and the Israel Radio Mozart Chamber Music Competition. She has made several recordings for Israel Radio and TV as soloist and chamber musician. In 1998, she became a member of the Rachmaninov Trio, performing with the Philadelphia Orchestra Chamber Music Series and as an accompanist at the Curtis Institute of Music. She has performed regularly with Mr. Kasyuk in many countries including England, Scotland, Germany, Russia and Canada.

Dmitri Kasyuk served as co-principal flutist with the Moscow Opera and Ballet Theater and as principal flutist with the Moscow Chamber Orchestra. In 1989 he appeared as guest flutist with

the La Scala Theater Orchestra, conducted by Ricardo Mutti. He has performed as soloist or featured performer with The Jerusalem Chamber Orchestra, The Milano Chamber Orchestra, the Ankara Symphony Orchestra, and at the Edinburgh and Spoleto Music Festivals.

The Guest Artist Series is a recurring program of live concerts administered by the Medford Leas Music Committee chaired by **Paul Ray**.

### A NOTE OF APPRECIATION

by Marc Mostovoy

The Lumberton Campus community is most appreciative that a resident from the Medford campus responded positively to our appeal for the donation of a piano for the Community Center's Great Room. This is another example of the generosity of our residents in response to a good cause. Medford Leas is the place to be!

*(Editor's note: The piano newly donated to the Community Center is a console – that is, a small upright acoustic piano.)*

### MOVIES IN THE ACTIVITIES ROOM OPEN TO ALL

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

Movies for March are:

- March 3 Seven Brides for Seven Brothers
- March 10 Sullivan's Travels
- March 17 Darby O'Gill and the Little People
- March 24 Fantasia
- March 31 Easter Parade

**Sharon Conway, Therapeutic Recreation**

**MULTI-MEDIA ARTISTRY  
THE LEAS ART GALLERY SCENE**

by Joyce Linda Sichel

Haddonfield artist Patricia Walkar will display her varied works in the Medford Leas Gallery, main floor, during the months of March and April. Her multi-media show, entitled "People, Places, Things: A Retrospective by Patricia Walkar" will include sketches, watercolors and oils, as well as examples of her abstract art. A reception will take place Tuesday, March 3, at 3 pm in the Gallery and will include a demonstration of her technique. Currently, a large example of her work hangs in the Anderson Center at Cooper Hospital, and she is working on a commission for the Burlington County Freeholders, honoring their program to conserve dedicated farmland in Burlington County. Her exhibition here is part of *Pathways to Learning at Medford Leas*.

In the Lumberton campus Art Gallery, Alice Kelly, who works in paint, fabric and paper, was given a well-attended reception for her show, which opened on February 6. She brings us a collection of works in cut and torn paper. The pieces range from a very large, detailed nature scene to houses, trees, florals and abstracts. (She follows the example of Matisse, whose "cut-outs" were recently the subject of a major exhibition at the Museum of Modern Art in New York City.)

At the reception, Alice demonstrated the creation of an entire work from start to finish. Tearing background paper and using botanical shapes in preparation for the demonstration, she arranged and glued them to form a picture of a tiger lily with greenery.

There will be a new show of resident art starting Monday, April 27. The Art Studio on the lower level of the Medford Leas Community Building is available for use by residents every day. Experience is not a requirement and beginners are encouraged to participate.



photo by V. Menzel

**NEWCOMER PROGRAM NOW OPEN  
TO ALL RESIDENTS**

by Kay Cooley

In 2013, seven residents (**Mary Allan, Kay Cooley, Davis Henderson, John Speirs, Janet Sprague, Barbara Trought** and **Beth Wray**) teamed up with **Tammy Gerhart**, director, Resident Services, to inaugurate a New Resident Orientation program. We planned a program of information sessions once a month in which department heads would speak about their activities.

In March, with the start of a third year, there will be two major changes: programs will be offered to all residents and will be scheduled only every other month. The sessions provide an excellent opportunity to learn about the departments and their services, many of which have had changes and require an updating of information.

Programs take place in the Holly Room from 10 to 11:30 am. Presentations are preceded by refreshments (at 9:45) and the opportunity for newcomers to get to know their fellow residents. To attend, residents who are not new arrivals should register with Tammy Gerhart at x3198. A program schedule follows.

| <u>Date</u>      | <u>Departments</u>                                                                               |
|------------------|--------------------------------------------------------------------------------------------------|
| March 25, 2015   | Therapeutic Recreation<br>Fitness and Aquatics                                                   |
| May 27           | Dining Services<br>Finance                                                                       |
| July 22          | MLRA "Job Fair"                                                                                  |
| September 23     | Health Services<br>Health & Wellness<br>Resident Services<br>Social Services<br>Medical Director |
| November 18      | Community Relations<br>Human Resources                                                           |
| January 27, 2016 | Operations<br>Information Technology<br>Environmental Services                                   |

## MEDFORD LEAS 28<sup>TH</sup> ANNUAL BIRD CENSUS

stories by Miriam Swartz  
with photos by Joe Costanza

**Joe Costanza, Dino Fiabane, Gil Goering, Robert Koch, Miriam Swartz and Louise Tompkins** met at the Medford campus Nature Center at 9 am, January 15. **Gil Goering** also participated from home, as did **Janet Jackson-Gould** and **Ro Wilson**.

It was a cloudy day with the temperature in the low 30s. In no time, two flocks of about 200 birds each were flying over us – a spectacular sight. The birds were white with black wing tips, and were quickly identified as Snow Geese, unusual to see in this locale. They generally like the marshes along the Jersey Shore.



We walked through The Farm area, then into the woods along Kriebel Way. What did we see there but six beautiful Bluebirds, the most exciting sighting of the day. They were flitting about in the oaks and evergreen

trees. I don't remember ever having Bluebirds on our Winter Bird Count on the Medford campus.

Hoping to add some waterfowl to the list, we went down to the Rancocas Creek. Men were removing leaves from the gutters of the two homes there. No birds! Our last stop was behind Bridlington along the Red Trail. Only under the Dawn Redwoods at the beginning of our walk did we see much bird life.

How do our sightings this year compare to last year's count? This year the total number of species seen was 24. Last year we sighted three additional species: Brown-headed Cowbirds, Great Blue Heron and a Red-breasted Nuthatch. The total number of birds was 608.

## LUMBERTON CAMPUS CONDUCTS 16<sup>TH</sup> WINTER BIRD COUNT

On January 21, **Ethel Cebra, Joe Costanza, Dino Fiabane, Robert Koch, Alvin Migdal, Miriam Swartz** and **Louise Tompkins** gathered at the Community Center on the Lumberton campus at 9 am. **Peggy Fiabane** watched from home.

The day was cloudy with the temperature in the high 20s. From the meadow there were no birds to be seen on the ground or on the rooftops. Our group hoped to see some ducks at Monarch Lake, a pond on neighboring property. The lake was covered with ice. Even the usually large gatherings of Canada Geese were absent, although we saw several flocks flying overhead.

We headed down the Rancocas Trail behind our swimming pool, on to the Kaydee Trail and then out to the end of the Rancocas Trail, where we began finally to see some birds! Across the Rancocas on a bare tree we saw two mature Bald Eagles. Dino Fiabane had seen an immature Eagle earlier in the morning. We then began to see two kinds of Gulls – namely, Ring-billed Gulls and Greater Black-backed Gulls.



There were several varieties of ducks, including Mallards, American Black, Common Merganser and Ring-necked. A lone Belted Kingfisher was perched on a tree across the water, and a Great Blue Heron flew by as it traveled downstream.

We then walked down the Red or Holly Trail to the Two Bridges Trail, where finally we began to hear and see some of the usual woodland birds. But there were not the usual numbers of birds we find at our feeders, such as Woodpeckers, Robins, Titmice, Carolina Chickadees, Northern Cardinals or Carolina Wrens. We counted 31 species and 390 birds in all.

## “THE BLIZZARD THAT WASN’T”

by Beth Bogie

January 26: Email alert to campus photographers to get their cameras ready for the expected historic snow the next day. Weather people are citing their computer models, and politicians in the Northeast are making their emergency plans, including banning cars from the roads.

January 27: At dawn, rush to kitchen windows to take in what nature has wrought. What!!! Couldn't be more than three inches of snow at most! It turns out the storm moved 50 miles to the east of its expected path. Medford and New York City had been saved!

Nevertheless intrepid photographers **Ralph Berglund** and **Dave Bartram** managed to do very well with the three inches. Here is our postcard of “The Blizzard That Wasn't,” so identified by *The New York Times* and Dave.

**Ralph blogged:** “I went to bed last night anticipating a loss of power by morning. Well, we lucked out again.... I wasn't too enthused about going out. It was still snowing, but my camera insisted. (Photos by Ralph Berglund)



The Nandina bushes caught my eye.



Through the Courtyards I found this scene.



**Dave reported** from the Lumberton campus: “It was amazing to see the deer running through the meadow. I just happened to look up and see them out my sunporch window. I went out there and pulled out my iPhone and was able to get a couple of long distance shots before they were out of sight.” (Photos by Dave Bartram)



The annual Blizzard Party at Pete Obbard's house.



more effective in addressing their needs with new movement targets involving muscle groups that were previously underutilized. "I know a lot more about the physiological impact of water which allows for an accelerated healing process."



**WHO'S NEW**

photos by Margery Rubin

**Jay Wilder** moved into Apt. 287 on January 17 with the help of his brother, who lives with his wife in Sonoma, CA, and with a welcome from his aunt, **Cynthia Mott**. In recent years, Jay has lived in Plainsboro, NJ, outside Princeton.



**TWO FITNESS INSTRUCTORS GAIN CERTIFICATION**

by Suzanne Frank

Those who make use of the pool and the Fitness Center may be very pleased to know that two staff members have taken the time and effort to improve their skills in interacting with residents.

**Dana Jones**, Fitness and Aquatics instructor, recently became a certified health coach through the American Council of Exercise. This new certification enables her to advise residents on nutrition using psychological skills she acquired. According to Dana, she learned how to "read" people so that she can more effectively speak to them according to their personalities. "I definitely learned things that I already used with residents here, but I did it primarily for those in the Melt-away meeting."

**Stephen Porter**, also of Fitness and Aquatics, completed his studies to become a certified aquatics fitness instructor through the Aquatic Exercise Association. "It changed my pool classes a lot as I could offer new activities. It also increased my ability to help people on a one-to-one basis as many folks are looking for restorative care with more content." Stephen feels he has become



Jay was born in Lincoln, NE, where his mother was living while his father was serving in the Army during World War II. Thereafter, his family began a somewhat nomadic life resulting from his father's career as an academic librarian. The most memorable assignment was the

three years the family spent at the American University in Beirut, Lebanon. Between his father's career and Jay's personal European travels, he became very familiar with England, Greece and Italy. Perhaps his most enjoyable European sojourn was his year-long sabbatical in Durham, England.

Jay earned a history degree from Hiram College, Hiram, OH, and followed it with a master's from the University of Wisconsin/Madison. Soon Uncle Sam beckoned, trained him as a combat medic but promptly assigned him to his duty station in Hawaii. Following completion of his military service, he stayed on in Hawaii and found employment as a social sciences teacher and swimming coach at a private co-ed school on the Big Island, which he enjoyed for 40 years.

Jay retired from teaching in Hawaii and moved to New Jersey to be near his father **Dave**, who was living at Medford Leas. While living in Plainsboro,

he became involved in volunteer projects in the Trenton area. He also found he was able to audit selected courses at Princeton University, which he continued until he moved to Medford Leas.

Since moving here, he has approached Burlington County College about volunteer work in Burlington County. He anticipates a continued active life and is anxious to test the canoes and kayaks on the Rancocas Creek, Medford campus.

Walt Dennen



**George** (just call me **Tom**) and **Marilyn Lowden Thomas** moved into 685 Bridlington on 15 January and are very pleased with their transition from Beach Haven, NJ. Their first impression is that everyone is very contented here, and the Thomases certainly are. Although Beach Haven, on Long Beach Island, is not far away, it was a major move for them because they and their parents have enjoyed summer homes at Beach Haven since prior to their marriage some 52 years ago. In fact, much of Tom's courtship of Marilyn was at the Shore.

Tom attended Muhlenberg College and then Philadelphia Textile (now Philadelphia University) while Marilyn completed her education at Hood College in Maryland.



After their marriage, the Thomases settled in Summit, NJ, where they raised their two sons, young George and Ted. The two boys with their parents summered at the Beach Haven home, enjoying sailing, swimming and fishing. Although they are now raising their families in California and Washington, they continue to use the Jersey Shore home for summer vacations. And it gives the grandparents extended time with their two grandsons and two granddaughters.

Tom spent his career in sales in the textile indus-

try and was based in New York City while commuting from Summit, except for several years when he was based in Pittsburgh. His career in sales naturally entailed frequent travel while Marilyn looked after the boys and tended her gardens.



Marilyn's career after college began as a lace designer. She and a friend later started a business recording home inventories for homeowners, insurers and lawyers. She also spent a number of years working for H & R Block, assisting people in pre-

paring their income tax returns. She obviously enjoyed the latter work from the changed expression on her face as she described it. Her enthusiasm for gardening also became obvious as we talked. It won't take Marilyn long to find her way as a volunteer to **Debbie Lux** and to the Nature Center. Marilyn also noted she had been treasurer for several years at the Garden Club of Long Beach Island and the Mordecai Land Trust. Meanwhile, Tom enjoyed playing golf and sailing on Barnegat Bay, as well as repairing clocks in friends' homes.

Walt Dennen



**Eileen Dunker Danielenko** moved into Apt.135 on January 16 after living in Medford Commons for more than 50 years. She was well aware of



Medford Leas, because she and her husband, Vincent Danielenko, had come to a presentation in 1995 and joined the waiting list 10 years ago. But Vincent required extensive back surgery over the years and eventually entered the veterans facility

in Vineland, NJ, where he remains today. They have been married 37 years. They talk by phone daily, and she visits him often.

Eileen was born in Chicago in 1931, one of three sisters whose father had a successful oil distribution, heating and appliance business. He was a "tough father" who did not believe in college for girls, so after high school she attended business school. She then worked for her father, performing bookkeeping and payroll duties. Earlier, in grade school, she had attended a summer program at the Art Institute of Chicago, the beginning of a lifelong interest in the decorative arts.

Eileen and her first husband, Don Johnson, were childhood sweethearts, marrying in 1952. He was a manufacturers' representative who was eventually transferred to York, PA, and then Philadelphia. They ultimately settled in Medford and had three children, two boys and a girl. Both boys live in California, and Lori (a former Miss New Jersey) lives in Maryland. There are five grandchildren.

Eileen's marriage to Don ended in divorce after 24 years. She met Vincent when they shared a divorce lawyer. Vincent had studied engineering at New York University and worked at the Lakehurst Naval Air Engineering Station. Eileen worked for 20 years at Sears in Moorestown as a custom decorator.

By far, Eileen's major interest has been in the field of mental health. She has been a volunteer for more than 30 years, mainly with the National Alliance on Mental Illness (NAMI) for which she is executive vice president of the Burlington County organization. She has taught courses in mental health and is particularly interested in crisis intervention involving the police. She also works with Human Services of Burlington County and would like to mentor young people interested in the field of mental health.

Over the years she and Vincent have travelled, particularly to various slopes with the Jersey Skiers Club. She has been active in Questers, the Medford Historical Society, and she is a member of the Daughters of the American Revolution. She also plays bridge. There seems to be little this accomplished woman has not attempted and achieved with considerable success.

**Mary Dennen**

## WELCOME TOTHE COURTS

**Lucile** and **Warren Reeves** are happily ensconced in their new home, Apt. 23, in the Courts. They moved over from Medford Leas at Lumberton on February 5, and, with the help of two daughters, were settled in two days!

The Reeves were among the original residents in the Lumberton community. When they decided to leave Haddonfield in 1999, they opted for Lumberton as there was no available unit in Bridlington, their original plan.

Lucile and Warren were old school friends in Montclair, NJ, where they grew up. Then their paths went in different directions. Lucile studied at Katie Gibbs Secretarial School and worked for the former Hahne & Co. department store in Montclair, selling cosmetics. Warren went on to Dartmouth College and a job with Brockway Glass Company, a glass container manufacturer. He worked in New York and East Orange and was finally sent to Haddonfield as Philadelphia district sales manager. He retired in 1992.

Meanwhile both Lucile and Warren had been widowed. They were married soon after Warren's retirement, creating a family of seven children, Warren's four daughters and Lucile's three sons.

Until recently Warren has practiced his craft as a magician. He began at the age of 12, and, with the exception of his years at college, he gave many shows, mostly for birthday parties of 10 to 20 children. During the early days at Lumberton, Warren gave shows for the children who came there to visit. Now these children are grown, and the units are filled with adults, so he no longer performs.

Life is quieter now. Warren doesn't play tennis anymore, and this is the first year he and Lucile haven't rented a house in Florida for three winter months. The move to the Courts has preoccupied them, but they are content.

**Betsy Pennink**

**MARCH CRYPTOGRAM**

by Herb Heineman

**RA GYU WIX WQ ANWUX CYMTN LYZU  
GNXI ANX UEI UNRIXU NWA YIL ANX  
GRIL PKWGU TWKL: GNXI RA RU  
UECCXM RI ANX KRFNA, YIL GRIAXM  
RI ANX UNYLX.**

Underline or flag the author's name.

**XCRKZ PMWIAË  
TNYMKXU LRTDXIU  
XCRKZ LRTDRIUWI**

Below is the solution to the February cryptogram.

AWAY IN A MEADOW ALL COVERED WITH  
SNOW THE LITTLE OLD GROUNDHOG LOOKS  
FOR HIS SHADOW. THE CLOUDS IN THE SKY  
DETERMINE OUR FATE IF WINTER WILL  
LEAVE US ALL EARLY OR LATE.

DON HALLEY  
HALLE BERRY  
BARRY GOLDWATER

The correct solution was received from the following readers:

**Catherine Barry, Ruth Blattenberger, Jody Cardona, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Barbara Fiala, Roberta Foss, Linda Gaylord, Neil Hartman, Barbara Heizman, Pat Heller-Dow, Sue Isaacs, Jean Jordan, Joan McKeon, Doris Q. Murray, Betty Preston, Doris Salati, Florence Sawyer, Peg Scott, Joanne Thomas, Ellen Wiener, Barbara Zimmerman.** Eighteen 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 March 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:* Ruth Podolin, manager; Gladys Metz, Marion Norcross, 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

