



Medford Leas *Life*

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CHRISTMAS HASH by Ogden Nash

Tiny reindeer hoofs are drumming,
Listen, Santa Claus is coming!
See his tummy bulge and billow!
That is Mother's favorite pillow.
All her cotton, as she feared,
Has been purloined to make his beard.
Her lipstick sets his cheeks a-glowing,
His chest expands with Ho Ho Ho-ing.
That last Ho Ho was not too smart –
Santa Claus has come apart.



DECK THE HALLS FA-LA-LA-LA-LA LA-LA-LA-LA

Decorating Day for the Community Building will be Tuesday, December 8, from 9:00 am until about noon. Volunteers will hang greens and adorn trees in the Atrium, Lounge, Dining Rooms, Gathering Room, Holly Room, Theater and Poplar Room. Danish, scones and coffee will be available in the Atrium for Santa's helpers. Decorations will be taken down on Un-Decorating Day, Tuesday, January 5, 2016.

Renee Slemmer and Doris Murray, Co-Chairs



photos by Beth Bogie

TRIBUTE TO LOIS FORREST

1932-2015

by Betsy Pennink



photo by Margery Rubin

On November 1, our highly respected former executive director, Lois Forrest, died at Medford Leas. For those who knew her as executive director, she will be remembered as a dedicated and extremely competent leader. For those who came after she retired, she has become an emblem of the Quaker values that are integral to

Medford Leas. Without her vision and administrative skills during her 21 years in office Medford Leas would not be what it is today.

The list of Lois's accomplishments at Medford Leas is very long. During her administration the community doubled in size, as the Rushmore, Bridlington and Lumberton areas were added. She oversaw the development of the Library, the Auditorium (now the Theater), the Thrift Shop, the Gift Shop, the Coffee Shop, the Nature Center and tennis courts, plus more Court apartments. She recognized the benefits of offering a variety of living environments as the Medford Leas population expanded, all the while providing needed supportive facilities.

Lois was a pioneer. Before most other CCRCs realized the need, she saw to it that Medford Leas offered accredited assisted living facilities. She was a Master Gardener with a great love of nature. Together with Lewis Barton, one of Medford Leas' founders, and Paul Meyer, director of the Morris Arboretum, she worked tirelessly to establish the beautiful Barton Arboretum on the entire acreage. It was fitting then that a ceremony was held on May 16 this year to dedicate the Nature Center to Lois. (See *Medford Leas Life*, June 2015.)

Many committees benefited from Lois's expertise. She served on a number of New Jersey Governor commissions and panels. In 1992 she received the

Distinguished Service Award of the New Jersey Association of Non-Profit Homes for the Aging, of which she had been president. She was chair of the committee of the American Association of Homes and Services for the Aging that developed licensing and accreditation standards for the CCRC industry.

Always concerned about others, Lois and her husband Harry were continually involved in programs filling a perceived need, whether it was low-income children, teenagers or Boy Scouts (Harry). Before she came to Medford Leas in 1979, Lois worked for the YWCA in many capacities and in several locations. She was the executive director of the Philadelphia "Y" when she was offered the position here. Later she told her family that "coming to Medford Leas was like going to heaven."

Always, as a background to her busy life, was Lois's devotion to Quakerism. She was an active volunteer in numerous Quaker organizations, including being a board member and treasurer of the American Friends Service Committee. She was a member of Medford Monthly Meeting, where she served on various committees and as clerk. She was recognized as a strong presence and an informal spiritual leader.

Lois was also president of the Board of Friends Fiduciary Corporation for 12 years until her retirement here in 2000. The corporation provides financial services to Friends meetings, schools and organizations.

In the late 1990s Lois came to the aid of neighboring Camp Dark Waters when it was being put up for sale. She gathered a group of Quakers to buy it, then register it as a nonprofit organization and bring it back on its feet. She herself served as the clerk for the camp board of directors for several years. The camp continues to provide a healthy outdoor experience for children of all economic backgrounds.

A memorial service will be held in the Medford Leas Theater on Saturday, December 19, at 10:00 am.

HOLIDAY CRAFT FAIR

by Betsy Pennink

Hoorah! There will be a Medford Leas Holiday Craft Fair after all this year! There had been a certain amount of doubt when **Art Hartwig** decided he had been coordinator of the Fair long enough. **Maggie Heineman** and **Janet Jackson-Gould** jumped into the breach and became co-chairpersons of the Ninth Annual Medford Leas Holiday Craft Fair. The Fair will take place Saturday, December 5, from 9 am to 4 pm. As usual, the public is welcome. And, as usual, the proceeds will go to our Residents' Assistance Fund.

Maggie and Janet are grateful to Art for leaving such detailed records. Responsibilities have been divided, with Maggie acting as vendor contact. Janet and **John Speirs** have been collecting donations from residents to the Ticket Auction. They have received more than 30! You can buy as many tickets as you want. There will be a container in front of each item for you to put your ticket(s) in. The drawing will take place about 3:00 pm. You could win an antique tilt-top table, or Murano glassware bookends (shaped like a pear and an apple) or perhaps a work of art, among many other treasures.



Fran Webb and Joan McKeon at 2014 Fair

photo by M. Rubin

In order to have more room for the Craft Fair, Art Hartwig, **John Welch**, and **Jack Osborn** provided permanent dollies for the pianos in both the Holly Room and the Gathering Room so that they can be moved out.

There is now half again as much room for the quilt display. The six members of the Medford Leas Quilt Interest Group, founded by **Jeannette Muir**, will have delightful offerings of their own, including "mug rugs" for under your coffee cup with room for a cookie. In addition they received a great surprise this past summer when **Mary Barth** died and left behind dozens of lovely quilts that she had been sewing quietly in her Lumberton basement. The quilters are finishing them one by one and several of these beauties will be for sale.

The list of resident vendors and the table organizers are the same as last year:

- Resident Woodworkers – **Dick Randoph**
- Holiday Greens and Decorations – **Debbie Lux**
- Knitting and Sewing – **Helen Hamilton**
- Quilts – **Jeannette Muir**
- Photography – **Ralph Berglund**
- Hand-turned Bowls – **Art Hartwig**
- Model Boat Display – **Joe Jordan**
- Caricatures – **John Brzostoski**
- Notecards – **Vince Menzel** and **Barbara Zimmerman**

The number of outside crafters eager to return to the Fair is proof of the good reputation of the event. "Repeaters" from last year are:

- "Katherine Cheetham Glass"
- "Silverwood Shaker Oval Boxes" – Harry Silvers
- "Simply Posh Bags" – Sharon Turk
- "Clean Bean Soaps" – Karla Clark
- "Weavings by Diane" – Diane Snodgrass
- "Creatively Obsessed" – Selena Braunstein
- "Art and Porcelain Creations" – Janet Cebular
- "Doreen's Decadent Chocolates" – D. Tancredi
- "Red Dog Pottery" – Nancy Salvatoriello

There are two new crafters:

- Look for Karen Douglas's beautiful, and up-scale, "Spun Gold Jewelry" in the Gathering Room where the Ticket Auction is being held.
- Cookies and cakes from Estelle Orr's Happy Wanderer Bakery will be in the Gallery along with Doreen Dancredi's chocolates and Art Hartwig's bowls.

As for payment, **Jane** and **Dave Bartram** will be the cashiers and will happily accept credit cards.

GET YOUR HOLIDAY SHOPPING DONE AT HOME

text by Joyce Linda Sichel, photos by Margery Rubin

Hanukkah is early in December (the dates change every year because it follows a lunar calendar) and Christmas (with its usual place on the solar calendar) will be coming soon. You may want to visit our bountiful homegrown shops brimming with gift merchandise and decorations for the holiday season.

Gift Shop managers **Jane Bartram** and **John Speirs** have gathered an amazing gift collection, shown first at the Holiday Boutique in the Atrium on November 4. I spotted attractive ornaments of imaginative types, door hangers, costume jewelry, soft pashmina shawls, colorful purses, high-tech wallets, an assortment of flashlights, picture frames, handsome long shoe horns, stuffed animals and many other items at reasonable prices. Boxed Christmas cards at a discount were featured too. Profits are donated to the Employee Appreciation Fund.

The best news about the Gift Shop offerings is that they are available in ample quantities through the month of December, with extra Saturday hours to accommodate you.



The Knitters and Sewers also outdid themselves this year at the Holiday Boutique with adult and children's garments and toys. They have

a supply of knitted and crocheted items, including petite Christmas stockings for money or gift cards, baby sets, children's sweaters and warm hats, adult vests, shawls, scarves and more. Like a "trunk show," you can request similar items be made for you (including adorable stuffed toy animals), since they produce their handiwork all year.

On the lower level behind the Wellness Center, the Thrift Shop's "Everything Christmas" offerings are

again available during Thrift Shop hours of 10:00 am until noon on Tuesdays until December 15. The organizer of this extravaganza for the past six years has been **Pat Heller-Dow**, assisted by her



husband **Walter Dow** ("we are a team") and many resident elves. Pat has devoted three to four hours each week for months to bring this bargain shopping to our community again. When I spoke with Pat and toured her areas, I

saw handsome Christmas sweaters and sweatshirts, wreaths, ornaments, cards, wrapping paper, candles, small Christmas trees and lots of other sparkly items. Pat says that they have more merchandise than ever and that "it seems to grow every year." Music was playing. Residents and employees were buying armfuls of gently used items at bargain prices.

Why not shop at home!

MEDFORD LEAS – A HELPFUL EXAMPLE

by Betsy Pennink

A couple from New Hampshire arrived on campus on October 23 to talk to **Jane Weston**, director, Development and Community Relations. It was not because Liz and John Bacon intended to become residents here, as they are happy in their CCRC, RiverWoods, in Exeter, NH. They came because of an article they had read in *Medford Leas Life* written 15 years ago by the late **Kitty Katzell** about our arboretum.

The Bacons were interested in knowing what steps to take for the accreditation of an arboretum of their own. Liz's pageful of questions also covered funding and maintenance, which Jane was able to answer from her arboretum experience. After a short tour of the Courts, the Bacons left with confidence in their goal and encouragement from our example. It was a compliment that they had come so far to see Medford Leas and its arboretum firsthand.

WOMEN'S CHORUS TO PERFORM A HOLIDAY CONCERT

by Joe Costanza



The Jersey Sound, an a cappella women's chorus singing four-part harmony in the barbershop style, will perform a special holiday program on Sunday, December 13. The concert is part of the *Guest Artist Series* of live concerts brought to Medford Leas by the Music Committee, chaired by **Marion Norcross**. The matinee performance will take place in the Theater and will begin at 2:30 pm. The program will include Christmas and Hanukkah favorites for chorus and quartets, as well as numbers by the Jingle Bell Group, who will join the chorus for this concert.

A member chapter of Sweet Adelines International, The Jersey Sound is a nonprofit organization made up of women of all ages and professional backgrounds from South Jersey and Pennsylvania. The Jersey Sound repertoire includes old-time classics as well as ballads, jazz, show tunes and holiday favorites. They perform at various venues and at charitable, cultural, and community events. Directed by Stephanie Bricton, the Jersey Sound recently performed a benefit concert for the Providence House in Willingboro and on the battleship New Jersey for the military unable to be home for the holidays. Known for its high level of performance, The Jersey Sound consistently wins awards at Sweet Adelines regional competitions. **Peggy Fiabane**, of Medford Leas at Lumberton, is an active member of the group.

Founded in 1945, Sweet Adelines International is a widely respected organization of women singers

with over 500 choruses, 1200 quartets, and 23,000 members in the United States and 14 other nations. Proceeds from performances are often shared among scholarships, health care and social services, and the arts and humanities. Sweet Adelines perpetuates barbershop music, a musical form native to the United States.



NEW YEAR'S EVE PARTY *Ring out the old and ring in the new!*

**Bring your friends to celebrate
in the Holly Room.**

**Music by Joe Pantano on the keyboard
for singing and dancing to begin at
7:45 pm.**

**The New Year will be welcomed
at 10:00 pm with
champagne and balloon-popping
revelry.**

**Questions? Contact: Dorothy Gehman,
Chair of the Recreation Committee,
x3011**

LEASMUSICAST: BACH'S BRANDENBURG CONCERTOS

by Beth Bogie



LeasMusiCast will present the much-loved Brandenburg Concertos by Johann Sebastian Bach in a program on Saturday, December 19, at 2 pm in the Medford Leas Theater. The six concertos will be performed by the Freiburg Baroque Orchestra, a chamber orchestra led by violinist Gottfried von der Goltz. They were recorded live in March 2000.

Written between 1711 and 1720, the collection of six lively instrumental works was presented by Bach to Christian Ludwig, Margrave of Brandenburg-Schwedt in 1721. The Freiburg Baroque Orchestra performed these works in the hall where Bach himself led his own orchestra, the Hall of Mirrors at the Palace of Coethen. Widely regarded as some of the best orchestral compositions of the Baroque era, they are:

- Concerto No. 1 in F major
- Concerto No. 2 in F major
- Concerto No. 3 in G major
- Concerto No. 4 in G major
- Concerto No. 5 in D major
- Concerto No. 6 in B flat major

Only Concertos 3 and 6 are traditional string concertos in which various groups of instruments perform together as equals. In Nos. 1 and 2, Bach contrasts the strings with a group of solo instruments, as influenced by his Italian colleague, Arcangelo Corelli. Nos. 4 and 5 are written for single instruments – violin and harpsichord. The Fifth in its opening movement is said to be the first harpsichord concerto in the history of music.

Bach wrote these while Kapellmeister – music director – in the small town of Coethen, where he was composing music for the court. Bach biographer Christoph Wolff has written that Bach used “the widest spectrum of orchestral instruments...in

daring combination. Every one of the six concertos sets a precedent in scoring, and every one was to remain without parallel.”

German-Norwegian Gottfried von der Goltz specializes in the Baroque repertoire, including works of the 18th century and early 19th century. He is also artistic director of the Oslo-based Norwegian Baroque Orchestra.

Sources: Wikipedia, NPR online, Bach Cantatas Website, liner notes.

HALLELUJAH

On December 21, Medford Leas Singers will open the MLRA meeting by singing the *Hallelujah Chorus* and a South African praise song *Gabi Gabi*.

The meeting will close with the choir leading residents in singing *Joy to the World*, *O Little Town of Bethlehem* and *Silent Night*.



DECEMBER MUSIC VIDEOS

December 3 – Symphonic Jazz: George Gershwin *Concerto in F* with the Marcus Roberts Trio

December 17 – *Nutcracker Ballet*: Mariinsky Theater, Valery Gergiev conducting

ART SHOWS GALORE

THE LEAS ART GALLERY SCENE

text and photos by Joyce Linda Sichel

The Philadelphia Calligraphy Society's annual show in the Theater Gallery will open with a reception Tuesday, December 1, from 3:00 to 4:30 pm. This annual art exhibit of beautiful writing includes a dazzling display of varied styles of calligraphy. Maureen Peters and a colleague from the Society will personalize gift tags at the show.

On the lower level of Medford Leas, the new semi-annual Resident Artists show offers photographs, paintings, sketches, pastels and multimedia works. One striking piece, *Seasons*, is composed of hand-made tapestry rectangles in varying colors, by tapestry artist **Betsy Snope**.



In the photography section there is a range of beautiful work by resident photographers **Margery Rubin, Hannah Wilson, James Muir, Suzanne Frank, Terry Foss, Bill Rackin, Mike Podolin, and Ezra Shahn**. The photos feature the natural world of landscapes, seascapes, animals, flowers, trees, urban scenes, aircraft and abstractions. Here you see a stunning photograph by Ezra Shahn, entitled "Alaska 2015 – Hubbard Glacier."

In a third show, the watercolor art of **Marilyn B. Flagler** is on display at the Lumberton Campus Gallery in the Community Center and will continue through January. This is an awesome collection of landscapes at various times of year, weathered old wood buildings, flowers, plant life, and the Jersey Shore where, on Long Beach Island, she and her husband lived for many years.

TWELVE-HOUR NURSING

by Suzanne Frank

Change is challenging. But there are times it is welcome. There's been a quiet transition in Woolman to nursing care in 12-hour shifts instead of the traditional three 8-hour shifts. Director of Nursing **Cathy Kissane** explained that it had been challenging to cover the 11-pm-to-7-am shifts, because working that shift five days a week made it hard for staff to recover and enjoy their days off. "It was reported," she said, "that they mostly sleep on their days off, making it difficult to spend time with their families. This situation sparked conversation. So we talked about it.

"And the more we talked about it, the more we realized that the 12-hour shifts provided a better work-life balance for staff. It also gave us more flexibility in scheduling our staffing. By working three days we could ask a nurse for one more day and they would still have three days off."

One challenge seems to be the long hours. This is balanced, however, by the benefits to residents in more consistency of care, improved communication between shifts, and more time for reporting to doctors. By going to two shifts, nurses will only be required to provide nurse-to-nurse reports twice a day instead of the traditional three.

The change in shifts will also provide improved communication with families, as family members often visit in the late afternoon and evening. Nurses who have been caring for the residents all day will be able to provide more detailed information to families, as opposed to nurses just beginning their shifts.

As there are frequent late afternoon admissions, the 12-hour shift also allows for a smoother admitting process. It gives day-shift nurses additional time to complete the admission, rather than starting the process and then passing the majority of the work to the next shift. "We believe that 12-hour nursing shifts also provide residents with a more secure feeling, being cared for by the same nurse for an extended period of time. Nurses have the

ability to really get to know the residents and therefore can easily anticipate and meet their needs," Cathy commented.

"We retained all our nurses, who were happy to give it a try," she noted. "With this schedule, nurses would be able to switch days with each other to accommodate family needs, such as child care. This schedule also provides staff the opportunity to advance their education. As we go along, we do expect more challenges and perhaps some tweaking of the system. We will continue to utilize per diem staff to provide additional coverage and increase staffing, based on the needs of the unit."

It's good to know that nursing is constantly trying to improve the care of its patients, the grateful residents.

**PUT IT IN WRITING:
THE PROCESS IMPROVED**
by Betsy Pennink

"It's important for everyone to understand the PIW process," says **Geno Mori**, who has been working to improve the transparency of this useful method of communication among residents, the MLRA Council and the administration. Here is his explanation:

A PIW is not a work order. This is what it is, or can be:

- A request to fix something used by everybody
- A suggestion to benefit the community or group
- A complaint or compliment (!) to the administration

This is what it isn't and can't be: a request to fix something in your unit. A PIW, by definition, is on paper. On the other hand, a work order is given over the phone to #3018 or by email at workorders@medfordleas.net.

There's a new PIW form. It can be found on one of the parallel shelves next to the mail boxes in the Atrium. You will find some additions, including a

response section at the bottom and a description of the whole process on the back. These are the steps in the process:

- When you fill out the form, write your name legibly or it cannot be acknowledged. (Also, unsigned forms are not considered.)
- Drop off your form at Reception.
- Have patience. The receptionist will forward your form to the vice president of the MLRA Council (at present, **Barbara Trought**). Barbara will read it aloud, without disclosing your name, at the next Council meeting. This could be several days away, since the Council meets twice a month.

After comments, **Jeremy Vickers**, CEO, who is always present at the beginning of the meeting, will take your PIW to review and to write the name of the person who should handle the matter in the box "Referred To."

Executive Administration Assistant **Lori Jakelsky** will take your form, give it a number from her new tracking system, scan it into her database, and return it to the CEO. Meanwhile, the vice president will contact you to say your PIW has been read and you can expect a response.

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**MEET YOUR DISTRICT 3  
FIRST-TERM CONGRESSMAN  
TOM MACARTHUR**

**Tuesday, December 15 at 11 a.m.  
in the Medford Leas Theater**

Congressman MacArthur will speak on issues currently before Congress and take comments and questions.

The program is open to Medford Leas residents and the public.

Contact: **Barbara Trought** x3045



**YOUR HEALTH PORTAL OPENS**  
by Suzanne Frank

For some folks, dealing with their health records is a bit like Dante descending into the netherworld without his guide Virgil. In this instance, the guide and driving force is Medicare.

As many of you now know, the Wellness Center is beginning a new service called “patient health portal” to better communicate with those who know how to use a computer. For those who are not computer-literate, the Center will be glad to print out your most recent visit information. So relax!

What is a portal anyway? According to **Mary Ann Flatley**, director, Resident Care, “A patient health portal is a secure online website that gives residents convenient 24-hour access to some of their personal health information from anywhere with an internet connection. Using a secure username and password, patients can view health information, such as summaries of their recent doctor visits and their most recent medication lists.”

The portal also gives you another way to communicate with the Wellness Center staff. If you have a non-urgent question, you can send it through your portal account and a staff member will respond to you. You will receive an email back from the portal to your regular e-mail inbox.

Mary Ann says reassuringly, “We have to grow into this system. Residents and staff need to get used to using the basics. We know that many residents have computers but some choose not to use them. For those who don’t have computers but would like to access this service, the use of the computer room is available.”

According to **Dr. Andie Iannuzzelli**, medical director, “If not enough residents use the portal by the end of the calendar year, our reimbursement from Medicare will drop by a small yet significant amount. That’s how serious they are. If it seems that we don’t have enough participants as December 31 approaches, we’ll reach out to individual residents, and even help them use it if necessary.”

It is important to note that for non-urgent matters, the Wellness Center will be available to print out your previous visit information.

**REDISTRICTING IMPACT SEEN IN ELECTION RESULTS**  
by Barbara Trought

Election Day analysis shows little movement of the partisan needle in New Jersey governance. Republicans and Democrats in the executive and legislative branches will continue their deadlock over several issues including how to fix the public employee pension system and how to restore the Transportation Trust Fund.

In Legislative District 8, the fallout from redistricting following the 2010 census contributed to the absence of Democratic candidates. When district lines were drawn favoring Republican dominance in Burlington County, party strength led to success on Election Day. Two Republicans will represent us in the Assembly.

Within the county, dominance prevailed in the Republicans’ defeat of incumbent Democrats. An all-Republican Board of Chosen Freeholders will be seated beginning January 1.

Non-competitive districts present a current challenge in representative government. Redistricting will be revisited after the next census. Meeting the interests of the two major parties and simultaneously ensuring opportunity for individual voters to elect candidates of their choice will continue to call for the proverbial Wisdom of Solomon.

**IN MEMORIAM**

|                             |            |
|-----------------------------|------------|
| E. Frank “Bart” Bartholomew | October 25 |
| Lois Forrest                | November 1 |
| Robert Becker               | November 3 |
| Constance “Connie” Bacha    | November 6 |

*Estaugh Board Changes*

**ANNE MATLACK NEW BOARD PRESIDENT**

Anne Matlack joined the Estaugh Board in October 2013 and began serving on the Leadership Development and Long-Range Planning Committees of the Board. In 2014 she was named vice president.



photo by Margery Rubin

Professionally, Anne is director of marketing for Flaster/Greenberg, PC, a regional law firm. She brings to the role over 20 years of experience as a professional services marketer. Prior to joining Flaster/Greenberg, she was a marketing consultant and executive coach for ten

years, working with area accounting firms such as Bowman & Company and PricewaterhouseCoopers.

Anne obtained her Executive MBA from the LeBow College of Business, Drexel University, and holds a BA in economics from Lafayette College.

She has a long association with Medford Leas. Her great aunts and uncles, **Libby** and **Bernie Haines** and **Ed** and **Hannah Hendrickson**, and her grandparents **Betty** and **Bob Matlack**, all lived at Medford Leas. Anne says "My interest in serving on the Board is a way to give back for years of care that the staff bestowed on my family members and help Medford Leas continue to grow as a caring community."

Anne lives in Riverton with her husband and son Ted. She is a lifelong member of Moorestown Monthly Meeting.



**KATE DUNLAP JOINS BOARD**

At its Annual Meeting on October 28, the Estaugh Board welcomed **Kathryn Dunlap** as its fifteenth member, filling a vacancy that had been open for several years until just the right person materialized.



Kate grew up in Moorestown and is a member of the Moorestown Meeting, where she serves on the library committee. She also attended Moorestown Friends School from kindergarten through 12th

grade and graduated from the University of North Carolina with degrees in business administration and psychology.

Her career began with Construction Consultants in Maple Shade, for whom she managed Maplewood Apartments, then Spring Hill Apartments (now Fox Meadow), a 1500-unit garden apartment complex.

From there she migrated to CCRCs, working first at Cadbury in Cherry Hill, where she filled management positions culminating in chief operating officer and administrator. After 13 years there she joined The Evergreens, where she served as chief operating officer/administrator for another 13 years.

Meanwhile, she became a certified acupressure therapist specializing in Shiatsu and developed her own practice, an outgrowth of her interest in integrative medicine.

Kate serves as a volunteer in the chaplain's office of Virtua Memorial Hospital in Mt. Holly and makes her home in Delran, She has two children and three grandchildren.

She will serve on the Long-Range Planning committee of the Board.

**Kay Cooley**

## PATHWAYS AND LEAS FORUM INTRODUCE TWO STORYTELLERS

by Jayne Bodner

Winter weather can make you want to stay inside, and holiday activities can certainly make you feel busy enough! But two offerings, both appearing under the umbrella of December *Pathways to Learning at Medford Leas*, are likely to lure you out for the enjoyment of storytelling. Both programs will be held at 11:00 am in the Medford Leas Theater.

### Pathways

On Saturday, December 5, in "**My Life as a Storyteller**," Michael Vitez, journalist and author, will describe his view of the role and importance of stories in our lives and in our culture. He will share many of his favorite stories from 30 years as an award-winning journalist. He is best known as the 1997 Pulitzer Prize winner for a series of stories



called "Final Choices," in *The Philadelphia Inquirer*. Most often, his stories are about everyday people who do extraordinary things. From his career sharing the goodness he finds in others, he hopes to inspire the audience to pursue their own dreams, large and small. After the

talk, he will offer his two books, *The Road Back: A Journey of Grace and Grit* and *Rocky Stories*, for sale.

### Leas Forum

Another storyteller will appear on Saturday, December 12, with a decidedly different topic. Paul Evans Pedersen, Jr., the author of "**The Legendary Pine Barrens – New Tales from Old Haunts**," will be telling stories and performing music from this work.

He will describe some of the characters and places, real and imagined, associated with the Pine Barrens. He will share some of his unconventional takes on popular legends and offbeat explanations of natural phenomena in the area. After the talk, you will know something more about Piney

towns and taverns, about the Jersey Devil, Joe Mulliner, the Blue Hole of Winslow, and early glass-making in our state. And he will talk about the several ways in which much of the Pine Barrens region was almost lost through the ages.

Mr. Pedersen has appeared on The Discovery Channels' *Monsters and Mysteries in America*, The Science Channel's *Bogeymen*, and just recently CNN's *Anthony Bourdain Parts Unknown – New Jersey*.

There are no fees for the two events, and they are open to the wider community as well as Medford Leas residents.

## ENJOY THE HOLIDAYS THIS YEAR!

by Joyce Linda Sichel

In all of the years that I practiced psychology, I saw the most stressed-out people in December and January. It's meant to be a happy time of year, so here are some suggestions to help you have more enjoyable days ahead.

Don't overdo it! You get to choose which holiday activities you want to continue or start in your retirement. Take advantage of where we live. At Medford Leas and on the Lumberton Campus you can send only one greeting card to all of your friends here by putting a signed card in the designated place. Other card-sending can be stopped or done sparingly.

Don't bake up a storm or cook things to order for family members unless that is a real pleasure for you. If you celebrate with relatives, don't feel obliged to continue attending the same stressful gatherings where there are clashes of personality or an unpleasant history. Don't be afraid you will disappoint people too much; these are your golden years to choose with whom you will spend your time. Make plans to be with people you enjoy. Many Medford Leas residents who have outlived or are not close with (or far from) remaining family choose to have lovely, upbeat celebration dinners together in the dining rooms.



Speaking of eating (and drinking), you will feel better if you don't over-indulge. Maybe bag up half of your dinner portion for tomorrow. If you don't normally drink, you really don't need to drink, even on New Year's Eve. It may no longer agree with you and alcohol often interacts with medications. A clear head will feel good on New Year's morning.

Limit your shopping trips, energy and spending. Don't promise to make gifts that require exhausting work (unless you gain real satisfaction from it). The Gift Shop and the Thrift Shop offer holiday specialties with nice variety and ease of shopping. If you can use a computer, there are many online shopping sites, including many trustworthy ones that do not charge for shipping. You can get gift cards for various stores and services, an easy present that allows the recipient to choose what they want. If yours and your family's budgets are very limited, perhaps you can persuade your family to each buy only one gift for the family member whose name they draw.

If there are too many events for you to attend and you know that you will get too tired or frazzled, again pick and choose. Don't be afraid to decline some and don't be afraid to chat up friendly people at the ones you decide to attend. Try to keep up your usual healthy habits. Go to fitness classes or aquatics, stay away from ill people, stick with an early bedtime, take your usual nap (if you can still sleep at night), enjoy breaks for a cup of your favorite hot beverage. Take some deep breaths, look at the beautiful outdoor winter scenes. Volunteer to help someone else – good for them and for you.

The greatest problem for many of us seniors is missing loved ones and good friends with whom past holidays were shared. If you feel sad about this, you are normal. Grief can resurface at holiday time and you may get emotional. Push yourself to think about the happy times shared with them in the past. Above all, focus on what you still have and make plans that will contribute to your enjoying this time of year.



## BIRDING ON BRIGANTINE

text and photo by Joe Costanza

Not many avocations compel one to rise before dawn and drive 50 miles to a remote destination. However, 23 participants did just that for the *Pathways to Learning* birding trip to the Edwin B. Forsythe National Wildlife Refuge (Brigantine) on October 30. It was the largest Medford Leas Birders field trip group, and all were rewarded with a cool, sunny, and otherwise spectacular day of birding.



**Black-crowned Night Heron-immature**

Our first birds of the day were waiting for us at the refuge parking lot. A Blue Jay greeted us with its piercing call while Yellow-rumped Warblers,

House Finches, and Goldfinches eagerly searched the cedars for berries. Later, egrets and waterfowl seemed to be everywhere as our seven-car caravan meandered through the eight-mile loop road. Ospreys and a Bald Eagle soared overhead as Northern Harriers hovered over the marshes in search of prey. Hundreds of Northern Pintail ducks, dabbling bottoms up in the shallows, brought a few chuckles, and an immature Black-crowned Night Heron close to the roadway offered a thorough study.

The refuge offers a variety of unique habitats. Two water-managed impoundments contain fresh and brackish water, while the peripheral areas hold the salt marshes and the bay. The upland locations offer walking trails through wooded environments. At this time of the year, many types of waterfowl congregate in their preferred habitats to feed and rest. Ten species of waterfowl were present in the impoundments as well as related species in the bay, such as the uncommon Horned Grebe. Due to the high water levels, shorebirds were sparse, but

Greater Yellowlegs and a small flock of Black-bellied Plovers were present. In all, the group identified 41 bird species before ending the tour with a warm, delicious and congenial lunch at Shea's Cafe.

## GOOD BEEHAVIOR, AN AVIARY UPDATE

by Betsy Pennink



photo by Dorothy Cebula

Turning into the Rushmore area and going alongside Beaver Meadow, the small golf driving range at Medford Leas, you'll find something has changed. The beehives have been moved! Our beekeeper, Corey Melissas, who had put them up at the end of the driving range in April 2011 (see *Medford Leas Life*, June 2011), has now moved them to a better spot, some distance to the right.

The reason: "The bees were madder and madder every time I went to inspect," says Corey. The cedars behind them had grown, and in spite of her struggling with them, so had the weeds. Corey realized the sprinklers were coming on late in the afternoon and aimed right at the hives. "So the bees had been in the shade since 2:00 and getting wet," she explains "No wonder they were mad!"

Corey, with **Debbie Lux**, horticulturist, "in the driver's seat," chose a new area where there is "lots of sun. The sprinklers don't reach there and the grass hardly grows in front."

The hives Corey set up on the Lumberton campus in 2009 are doing well. She reports: "One is a show-off, an over-achiever, and residents were

concerned that a lot of the bees were hanging around outside [the hive]. Tom Schuler, the state apiarist, described it as a summer afternoon with a big family and no air-conditioning; you wouldn't be inside either, you'd be on the porch in the shade!"

Corey is keeping her fingers crossed for the Medford campus hives. They are happier in their new location, "but one last inspection will determine whether we can keep all three, or perhaps merge the weakest one with the other two."

No matter the season, Corey is busy. In the winter she spends hours cleaning, repairing and replacing equipment. As the weather warms up she is available to answer "swarm calls," when an entire colony leaves its hive. She answered over 25 calls last spring, but only one for honeybees. It was from **Miriam Swartz** in Lumberton about one of Corey's own hives! Half the bees had left the hive with a second queen. Miriam was in awe of the way Corey brought them down from the tree, scooped them up and took them home to another hive.

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## SHOP TALK

### PART TWO: TALES FROM THE SHOP

by Judy Kruger



photo by Jim Knapp

No, this photo does not show an outhouse. A resident had asked if the Shop Wizards would build a tall kitchen cabinet. Of course they would. But one of the Wizards couldn't resist adding a temporary black cardboard moon to it.

The Shop Wizards are co-chairs **Dick Randolph** and **Jim Knapp**, **Andy Moll**, **Alex Webb**, **Tom Roberts**, **Bud Stratton**, and **Walter Dow**. Until recently, **Inge Raven** kept a table and tools for jewelry repair.

Very few things that people bring are turned away. For example, a huge ancient pressure cooker had just been opened in the shop with a crowbar to access it.

“We don’t have the ability to repair or test sophisticated electronic equipment,” say the Wizards. Or a part might be way too expensive or completely outdated. However, they have repaired CD players, radios and toaster ovens. The Wizards suggest that you carefully save the instructions for your electronic or mechanical purchases. Not surprisingly for today’s complicated products, the most frequent request when appliances are brought in is “How do I turn this thing on and off?”

If you need batteries replaced and can’t do it yourself, that can be done in the shop.

“We get up to ten lamps a year that supposedly don’t work,” a Wizard says. “Sometimes there’s a one-way bulb in a three-way socket. Often they just need a new bulb. The puzzled resident relates that a new bulb was put in when they first moved to Medford Leas...seven years ago.”

“Sometimes people come in with a bag of tiny porcelain pieces of something that dropped, hoping that we can piece it together again,” sighs a Wizard. More productively, “We have bolts for scooters, and we can sharpen scissors, shears, and tools.”

“Whatever we fix,” the Wizards say, “when it comes in broken, it leaves here with a 60-minute guarantee!” Don’t believe them.

Alex Webb says, “Once I had a beautiful table to refinish. I knew it was especially nice so I really put a lot of time into it. After it was returned to the resident, I learned that the table was worth at least four thousand dollars. If I had known that before, I probably would have chickened out!”

Occasionally the shop does work for Operations Director **Bill Murphy**. “We built eight of the small benches that are outside residents’ doors,” note the Wizards. Just rescued are the old maple handrails from the hall remodeling project. They will be planed and reused. Much of the shop lumber is

second hand. New resident **Jack Knapp** just donated lumber from the Knapps’ Medford Lakes home.

Items repaired or built from scratch upon request include cabinets, cutting boards, a coat rack, jewelry boxes, cat scratching posts, pet ramps, dog or cat houses, and a huge shallow box that horticulturist **Debbie Lux** will use for wheelchair-level gardening.

Residents sometimes order catalog furniture that comes in pieces in a box and ends up assembled in the shop. Newlywed residents have requested a wood sign with their names on it to hang outside their door. The most remarkable piece of furniture done by the Wizards was **Jean Cronin’s** chair. Say the Wizards, “We can’t describe it; you just have to see it.”

Speaking to the variety of work done, Jim Knapp (not related to Jack Knapp) says, “I worked as a handyman before moving to Medford Leas. Alex then took me under his wing and taught me how to carve birds.”

Walt Dow is a self-taught caning and rushing expert. “If you have your chair fixed commercially, it can cost up to three hundred dollars. We can do it in the shop for about sixty or seventy dollars, including materials.”

At four dollars per hour for any work, this year the shop will gross about five thousand dollars by the end of 2015. Proceeds from repairs and the Craft Fair are split between the Employee Appreciation Fund and the Residents’ Assistance Fund. “We rescued a gate-leg table from the Thrift Shop, re-built and repaired it, auctioned it off, and raised over two hundred dollars for the Appreciation Fund.”

What do the Wizards think about having regular fifteen-hour per week jobs post-retirement? “We have so much fun every day!”





**Books to Enjoy**

**ON THE MOVE  
A LIFE**  
by Oliver Sacks

Between the book's covers, what a wonderful life Oliver Sacks had! This personal memoir will give you the chance to experience it with him. His gifts as a storyteller will make you feel that he is seated in an armchair next to you describing his fascinating adventures.

Oliver Sacks was born in England to Orthodox Jewish parents. His mother was one of the first female surgeons in England. During the War Years, and because of the bombings of London in 1943, he was sent to a boarding school away from home. This was a horrific time for him. It left him with permanent emotional scars. As he entered adulthood, he developed a love for speed, movement and power. He owned and drove one powerful motor bike after another.

His constant questioning about the workings of the human mind led him to become an outstanding neurologist. When he eventually moved to the United States, he did a large amount of his clinical studies in New York City. He was always interested in people's stories, especially the oddest neurological conditions, which he described in his book, *The Man Who Mistook His Wife for a Hat*.

His research, and especially his gift as writer, would lead him to meet some very important people: W.H. Auden, the financier Jay Gould, and the actor Robin Williams, who starred in the film version of his book, *The Awakening*.

He was always a risk taker who truly believed that all of life is an adventure. As the title suggests, he was always on the move, but his achievements and accomplishments will always be remembered. Oliver Sacks faced his own death with a moving Op-Ed in [The New York Times](#) on February 19, 2015.

This was a life you will want to read about and you won't want to miss a single page.

**THE WRIGHT BROTHERS**

by David McCullough

"Wings on the brain. Mad to fly and walk the sky. For they had wings on the brain. To be Airborne."  
(Symphony: *The Airborne*, by Marc Blitzstein)

David McCullough has written many books that bring history to life. He does it again in this story of Orville and Wilbur Wright. It is amazing that these two men, without a college education and never trained in physics or engineering, were able in the end with tenacity, intense observation and persistent testing, to "walk the sky, to be airborne." What they both possessed was genius.

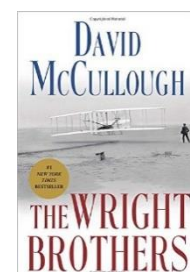
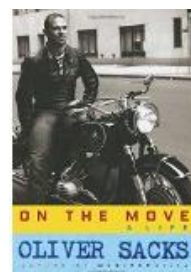
From their bicycle shop in Dayton, Ohio, to their first manned flight at Kitty Hawk in 1903, this is an exciting adventure of discovery and ultimate success. At first, even after this accomplishment, their first flights went almost completely unnoticed. Yet, in only a few years, air flight would change world history forever.

This is not a biography in the ordinary sense. It compresses the last years of their lives, including their sister Katharine and her marriage, into a very short part at the end of the book. This being said, it is the whole story of these two men and what they accomplished that we take so for granted today. To quote the comic Louis C. K. to those who complain about the inconvenience of air travel today, "You're sitting in a chair in the sky.."

Read this book and again soar with Orville and Wilbur. It is worth the journey.

*These books are in the Medford Leas Library.*

**George Rubin**



## WHO'S NEW – MEDFORD CAMPUS

photos by Margery Rubin

**Balfour Cohen**, a man who seemingly never sat still, moved into Apt. 127 in the Courtyards in October and promptly injured his knee. "Once I complete a couple months of rehab, then I can concentrate on my new environment," he says. In his youth Balfour loved to play tennis and was on a football team "that was as bad as the Eagles!" He skied in Vermont and New Hampshire.



A loyal Navy veteran who still participates in reunions with his shipmates, Balfour served on a communications ship during WWII that functioned to command other ships. His military locations included Algeria, Italy, France, Russia and Sevastopol. Sometimes the

ship was visited by people such as Roosevelt, Churchill and King George of England.

After the war, Balfour's ship sailed through the Panama Canal and to Honolulu. He spent six months sailing around China, where once Communist soldiers fired rifles at the ship.

Civilian Balfour lived in Miami, Key West and Palm Beach, selling paper products for Georgia Pacific. He and his late wife Lorraine had two sons, one of whom lives in Marlton and the other on the Outer Banks of North Carolina. Although Lorraine had severe health issues, the couple traveled as much as possible. "We visited state parks out west about fifteen times," he relates. They settled in Cherry Hill, not too far from the Strawberry Mansion section of Philadelphia, where Balfour was raised. Medford Leas is new territory to be explored once Balfour gets his "ship legs."

Judy Kruger



**Miriam Bisbing** moved into Apt. 204 in September, having lived in Erial in Gloucester Township, NJ, the previous 15 years. She loves her apartment and the activity on the Medford campus. Miriam was born and raised in North Camden, with a much older sister and two brothers, now deceased. She graduated from Woodrow Wilson High School in 1951.

Her first job was as a secretary for Fisher, Bruce & Co., importers and wholesalers of china, earthenware and glassware, at 2<sup>nd</sup> and Market Streets in Philadelphia. After three years she joined the district office of Cities Service in Philadelphia as a secretary and remained for nine years. Finally, she took a secretarial position at Sun Oil headquarters (now Sunoco), also in Philadelphia, until retiring in 1989.

Miriam has many interests, including music. She began piano lessons at the age of five. In 1965 she moved to Maple Shade and attended St. Michael's Lutheran Church in Cherry Hill. Eventually she became interested in playing the organ. At age 65, she began 15 years of organ study under **Helen**



**Carrell**, who was teaching at Haddonfield School of Performing Arts. She then played the organ at Holy Trinity Lutheran Church in Maple Shade for nine years while keeping her membership at St. Michael's. In 2000, while studying organ, she moved to Erial.

Her love of music extends to Dixieland Jazz, which became an interest during a trip to New Orleans. She has a passion for old movies, "from the Lana Turner-Alan Ladd era." Another favorite activity for 25 years was playing tennis year-round, even "shoveling snow off the courts when necessary." She enjoys military history and genealogy; her great-grandfather was a Union soldier out of Philadelphia in the Civil War, and she is a member of

the Ladies of the Grand Army of the Republic, an organization of female descendants of Civil War veterans. She also served for three years on the Board of the Animal Welfare Association and has an abiding interest in the protection of animals.

At Medford Leas she “might try art again.” In the past she did some work in watercolors, which she loves. She also looks forward to some Short Trips. She has six living nieces and nephews whom she keeps in touch with. One niece is in Mt. Laurel. All in all, she is very happy with her move to Medford Leas.

**Beth Bogie**



**James (Jim) Nystrom** moved into Courtyard Apartment 82, on October 2. Jim came to Medford Leas from a 55+ community in Richmond, VA, where he lived for six years after his wife died in 2009. His son, who lives in Richmond with his family, helped Jim find that community. Jim’s younger of two daughters lives with her husband in Mt. Holly, and they have been helping Jim resettle at Medford Leas.

The older daughter works in Costa Rica, which she first saw as a Peace Corps volunteer in 1976.



Jim grew up in northeast New Jersey. His parents opened a family restaurant there in 1937 and ran it for 20 years, closing the business in 1957. Jim helped in the restaurant and while in high school played the alto sax. After high school, he enrolled in Hobart College, Geneva, in upstate New York.

Jim had met his future wife when they were both in junior high school. They became friends in high school and married while Jim was in college. After graduating with a degree in economics, and taking a six-week crash course at Cornell University in the restaurant business, Jim returned with his family to his parents’ restaurant in New Jersey.

When the decision was made to close his parents’ restaurant, Jim relocated his family to Arlington, VA. He went to work for J. Willard Marriott at the first Marriott Hotel, in Arlington. This hotel grew into a wide range of businesses which became Marriott International.

After next earning a master’s degree in economics at the American University, Jim went to work for the Federal Reserve Bank in Washington, D.C.

Jim and his family moved back to New Jersey over 50 years ago to be near his and his wife’s parents. Jim went to work at the engineering firm Foster Wheeler, first in long-range planning and then, during the last 14 years, in sales, before retiring in 1995.

Jim has ten grandchildren and one great-grandchild. In less than two months here, he has tried out one of the Medford Leas canoes with his daughter from Mt. Holly. He has also discovered the Thursday evening music videos in the Theater and has attended the most recent Trails Committee meeting. He is looking forward to enjoying the trails and to helping with the ongoing maintenance to keep them open and safe. And, he has two trips scheduled to Costa Rica and Florida to visit family and friends!

**Jayne Bodner**



**Bonnie (Barrett) Corrigan** moved to 643 Rushmore in September. She had lived in a large four-bedroom home in nearby Shamong for 25 years with her late husband Patrick. He passed away after a long illness three months before their 50<sup>th</sup> wedding anniversary in 2013.



Bonnie was the youngest child in her family and the surviving premature twin. She was raised and attended school in Jersey City before taking a position in New York City. Bonnie has an older brother who lives in Barnegat and a sister in upstate New York.



Bonnie met her husband after seeing him walking down the street in New York. When she commented on his distinctive red hair and good looks, a friend offered to introduce her to him. They met, dated and married shortly afterward.

As a banker with PNC, because of work assignments, Patrick moved with Bonnie to apartments in North Bergen and Parsippany before relocating to Schooley's Mountain near the Delaware Water Gap, where they lived for 25 years. They had no children but opened their home to parents and other family members for weekends and holidays. Later, they were transferred to South Jersey and settled in Shamong. In 1990, Bonnie's mother moved in with the couple.

Bonnie takes deserved pride in the comfort of her home here at Medford Leas. She has an extensive collection of Bradford Exchange plates that primarily focus on themes of nature. She also has a large collection of Hummel figurines. Bonnie enjoys knitting and related needle crafts and is looking forward to finishing several projects she began years ago. She is interested in birding and is a member of the Pinelands Garden Club. Bonnie anticipates many winter afternoons in our Library or Lounge reading novels from some of her favorite authors.

Bonnie is a member of St. Mary of the Lakes Roman Catholic Church and is a Eucharistic Minister. She expressed delight at the many activities here at Medford Leas and the opportunity to meet more residents.

**Dorothy Cebula**



**Neil and Ann (Foard) Fowser** (Rushmore 645) met at the University of Delaware, where they both played saxophone in the band. They married when Neil graduated in 1959.

Ann's father worked for the DuPont Company's construction division, helping build new chemical plants. Ann says she lived in many places "east of the Mississippi" while growing up, because they moved every 18 to 24 months. After completing a



two-year secretarial studies program at the University of Delaware she worked for DuPont in Wilmington, DE. Ann stayed home for a few years after the children were born, then returned to the university and completed her bachelor's degree in psychology. She then attended the School of Allied Medical Professions at the University of Pennsylvania and received a post-graduate certificate in occupational therapy. For the next 20 years she practiced OT in schools in South Jersey.

Ann enjoys travel and has visited about 25 countries. She is active in two quilt guilds, a sewing guild and the Medford Lakes Garden Club. She retains her enthusiasm for music, being a regular attendee at Opera Philadelphia performances. She and Neil are subscribers to Philadelphia Orchestra concerts. She gave up saxophone for viola, which she now plays in the South Jersey Pops Orchestra.



Neil was born and raised in Salem, NJ. He graduated from the University of Delaware with a degree in accounting. Then, after six months in the US Army, he spent his career as a CPA audit partner in the Philadelphia office of international accounting firm Ernst & Young. Since he retired in 1994 Neil has volunteered with AARP's Tax-Aide program, preparing income tax returns, free of charge, in Medford Lakes as well as for residents of Medford Leas and LeisureTowne. An enthusiastic Philadelphia Flyers ice hockey fan, Neil has been a season ticket holder for 48 years. He also enjoys crossword puzzles.

The Fowsers have three children. The oldest son Mark is news director of radio station WXDE in Milford, DE, and also broadcasts traffic reports on Philadelphia station KYW. Son Scott is a rocket

scientist for Aerojet Rocketdyne Holdings Inc. in Chatsworth, CA, near Los Angeles, helping design rocket engines. Daughter Lori plays clarinet and saxophone (she has seven of them) with several orchestras and groups, and has her own studio for private lessons. She and husband Glen live in Laurel, MD.

Neil and Ann lived in Claymont, DE, until 1981, when they relocated to Medford Lakes, NJ. They spend a great deal of time in Ocean City, NJ. During their summers there Neil volunteers as a guide for Ocean City's beach walk program, leading folks along the oceanfront while providing modest commentary about the critters and other stuff found there.



### WHO'S NEW – LUMBERTON CAMPUS

photos by Joyce Koch

**Jack and Rumiko (Taki) Sinunu** wanted to downsize and chose to move to the Lumberton campus of Medford Leas because of its reputation and proximity to Moorestown, where they quickly sold their home. Rumi and Jack were pleased that they were able to move in by the end of August. They feel the layout of their new home is just the right for their needs.

Jack was born a Palestinian Christian in Jerusalem, Palestine, a British Mandate at that time. He attended the German Evangelical School until World War II broke out and then transferred to St. George's, an English school. This was followed by the American University of Beirut, Lebanon, and a degree in economics.



Rumi was born in Hokkaido, the northernmost island of Japan, and then moved with her parents to Tokyo. After high school, she studied to become a bilingual business associate and worked for different American companies, one of which was the joint venture company

of Scott Paper. Her last employment was at Sophia University in Tokyo.

Jack came to the United States in early 1948, started work as a salesman and then joined Campbell Soup Co. in their sales department in New York City. Moorestown became home in 1954, when he was transferred to the Camden headquarters, and for the next 35 years he was responsible for marketing Campbell's products all over the world.



Jack was widowed with two young children to raise. He was single for six years and then, by coincidence, was introduced to Rumi during one of his business trips to Japan. A brief courtship of seven dates, including a quick change of travel itinerary, led to a proposal and marriage four months later. Now, 40 years later, both agree that it was the perfect match. They have two daughters and nine grandchildren, all boys except the youngest.

Jack has, in the past, volunteered for the American Cancer Society, Tender Care, the Red Cross and Virtua Hospital. He played golf regularly and bridge occasionally. Rumi is interested in traditional Japanese art (lovely artwork graces their walls) and classical Japanese dance. She enjoys cooking, cross-stitching, knitting, reading and social bridge.

Both are elders at the Presbyterian Church in Moorestown. They are looking forward to making new friends at Lumberton and getting involved in campus activities.

Barbara Zimmerman



Emergency: Call 3666  
or 0 for Reception Desk  
Obtain decal sticker for your phone  
with emergency number  
at the Reception Desk.

**DECEMBER CRYPTOGRAM**

by Herb Heineman

RHHACNJHM'W UYWA XOYDAHAW  
 ZHDH ZDPAAHM RV Y BHYI  
 SYM YMB WCNOUB NMUV RH  
 UPWAHMHB AN RV Y BHYI SYM.

Flag the author's name:

**WPD ACNSYW RHHTCYS**

**JUYBSPD CNDNZPAL**

**WPD VHCOBP SHMOCPM**

Below is the solution to the November cryptogram.

DIGNITY DOES NOT COME FROM  
 AVENGING INSULTS, ESPECIALLY  
 FROM VIOLENCE THAT CAN NEVER BE  
 JUSTIFIED. IT COMES FROM TAKING  
 RESPONSIBILITY AND ADVANCING OUR  
 COMMON HUMANITY.

POPE FRANCIS  
 NELSON MANDELA  
HILLARY CLINTON

The correct solution was received from the following readers:

Helen Anderson, Catherine Barry, Maryann Beitel, Ruth Blattenberger, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Harry Forrest, Neil Fowser, Yolanda Guastavino, Neil Hartman, Barbara Heizman, Pat Heller-Dow, Sue Isaacs, Jane Mahorter, Doris Q. Murray, Betty Preston, Florence Sawyer, Peg Scott, Joanne Thomas, Ellen Wiener, Barbara Zimmerman. Twelve correctly identified the author.

Please send your solution via campus mail to **Herb Heineman**, 121 WSD, Lumberton, or by email: [hsheineman@gmail.com](mailto:hsheineman@gmail.com) by December 10.

**MEDFORD LEAS LIFE**

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



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