



Medford Leas *Life*

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February 2016

RESIDENT SURVEY TASK FORCES REPORT

by Betsy Pennink

On December 14 the task force leaders of the Quality Improvement Program met to share updates since their last meeting. Their ongoing commitment is to review ideas for improvement in their areas, based on comments from the resident survey. This is a general overview of their report. Later there will be in-depth articles in upcoming issues with more specific recommendations.

In the words of our motto, "This is too good not to be better."

Health Care Accessibility: Dr. **Andie Iannuzzelli**, Medical Director, described this task force's concentration on four specific topics relating to patient-practitioner interactions – for example, the availability of a practitioner on weekends, nights and holidays. The Wellness Center is compiling a brochure to include accessibility information and to introduce each of the practitioners. They will communicate the same information on a regular basis in a variety of formats, including verbal and written.

Communication: **Jane Weston**, director, Development and Community Relations, reported for the group. With more transparency as a goal, they have been considering recommendations in several areas, including New Resident Orientation, the Friendly Visitor program, and additional "face time" with **Jeremy Vickers**, CEO. To this end, **Tammy Gerhart**, director, Resident Services, has already scheduled small "neighborhood" meetings with Jeremy for residents on the Medford Campus every month over the course of the year. The first

of these meetings has already been held. It was informal, and residents reported that they were satisfied that their issues were addressed.

Dining-Residential: **Jen Zdunczyk**, director, Dining Services, noted that the focus of this group thus far has been on improvements to the Coffee Shop. Recognizing that at some point the Coffee Shop will have to move to a new location, small changes are being made to create more room in the present facility. For example, the Poplar Room next door will be available for dining space at lunchtime, Monday through Wednesday and Friday.

Information Technology: Jeremy reported that this task force has been focusing on short- and long-term goals for the community. The first step of these improvements will be the installation of fiber-optic cable in the Courts, which will make possible many new services and high-speed WiFi, or wireless service. Once completed in the Courts, similar services will be brought to Rushmore and Bridlington. There will be a test of a Call-to-Aid system this winter in one Court. (For a detailed look at Information Technology, see page 2.)

Transportation: Tammy Gerhart and her staff have been considering suggestions from those residents who ride the bus. Aside from shopping, new trips will be added, such as a trip to PATCO's Woodcrest station and a trial trip to a Catholic church. The new lunch trip to a local restaurant has been very popular. **Jennifer Mengel**, our new bus driver, is enthusiastic about meeting residents' interest in getting off campus.

Customer Service: Pharmacy and Tender Touch: Jane announced that the Pharmacy staff recently

attended part of the New Employee Orientation program so that they could learn more about the “Medford Leas mission and vision, Quaker values, and dementia training.” The next Satisfaction Survey should help with the measurement of customer service improvement in these areas.

Socialization/Improved Quality of Life – Assisted Living: **Cathy Oechsle**, Resident Care manager, Assisted Living, and **Donna Coonley**, manager, Dining Health Services, have had a lot of feedback from Assisted Living residents, mostly about dining. Haddon Two and Haddon Three residents were particularly vocal about needed improvements in their dining arrangements. Socialization is the next topic on the group’s schedule.

LET’S TALK GARDENING resumes...

Topic: **What’s Up with Houseplants?**

Discussion led by **Debbie Lux**, covering their benefit to the environment, keeping them healthy, repotting them, taking cuttings, and conditioning them for transition to outdoor living.

Come with a houseplant
you would like to discuss.

February 19 – Lois Forrest Nature Center
2:00 pm
Light refreshments. Join Us!

ATTENTION: COLLECTORS!

The Display Case Committee is looking for residents who have collections they would be willing to have exhibited in the display case in the Atrium. Please contact **Gen Farnath** (x3677) or **Carol Eynon** (x3684).

STATE-OF-THE-ART TECHNOLOGY COMES TO MEDFORD LEAS

by Beth Bogie



In 1971, when the medical and Community buildings and Courtyard Apartments first went up at Medford Leas, technology as we know it did not exist. More than 40 years ago, telephone and television were basic and all there was. There was no Caller ID, no voice mail. Television was primarily broadcast, no cable. Copper wiring provided the highway for communication. There was no Wi-Fi, or wireless communication, few if any home computers and no Internet.

Today, the Information Technology Department under Manager **Russell Pepe** and his team of **Brian Reilly** and **Marc Gold** are engaged in a complete overhaul of communications infrastructure and the introduction of the latest devices and services it will support. He described the changes at a November MLRA meeting.

Fiber-optic cable, replacing the aging copper wire, will provide high-speed WiFi and wide bandwidth to handle much more data.

Many New Services

“This will allow us to do many more things,” Russell pointed out, ticking them off:

- A new fire alarm system,
- New phone lines permitting Caller ID and voice mail allowing for more phone rings,
- Wi-Fi to all residents with reliable high-speed connections,
- Cameras in courts adding to security, and
- Lights that will help emergency responders find you.

Wi-Fi already exists in Haddon, Estaugh (except the section under construction), Woolman and the Community Building.

Plans for this transformation got a big boost two years ago when construction began on the redevelopment of the Estaugh and Haddon medical buildings. It was a ready environment for introduction of fiber-optic cable and installation of a new telephone switch for the introduction of new services.

Wiring of Courts

The next step, to bring fiber-optic cable to the courts, is expected to be completed by December of this year. All apartments will be rewired and tested, with the rollout of a reliable Call-to-Aid system. The new system will reduce the number of false alarms and introduce an individual pendant for all residents that works both in and outside of apartments. It will be separate from the telephone system, which it depended on – a major problem.

A new telephone system will replace the present one with a reliable and programmable system. Woolman has been entirely rewired for private, not shared, phones.

Work to bring the new services to Bridlington (opened in 1988) and Rushmore (opened in 1984) will follow work on the courts. Russell explained that the roads make the initial work more difficult. "Once past the roads, it will be easier. The later infrastructure is better. When running cable to those areas for television, new phone lines were introduced."

In the next two months, utilizing the new fiber-optic cable in the medical areas, IT will install access control on outside doors, starting with the healthcare areas, to increase security. It will require an electronic key, similar to, or in addition to, our resident ID/POS cards, which all residents and staff will have. Use of the access card at a push button panel will show the card holder on a screen at the Reception Desk. If the access key doesn't work, or you don't have your key with you, you can press the push buttons, which will automatically connect you to the Reception Desk. Reception will then remotely open the door. Once the healthcare area is secure around the clock, the Community

Building will receive access control, in off hours, this year.

To overcome the problem of losing TV signals by satellite, an Internet connection will be used to provide reliable service with many more digital and HD (high definition) programming options. "We're looking at Internet technology used by Dish network," Russell said. "The technology isn't quite there yet, but it's coming. FIOS is almost exactly what we're doing, but on a larger scale."

Updated Fire Alarm System

He reported that the new Estaugh and Haddon construction allowed IT to update the fire alarm system in the medical buildings and Community Building. "Now we can see on a panel exactly where the alarm is, even what room. The system emails Maintenance, alerts nurses, and Maintenance can see it on their smart phones."

In the future IT will roll out a communitywide email system for all residents. Every resident will have his or her own email account. The goal is to provide safe, reliable and free email to all residents, and subsequently to change all required communication to occur via email. Google, which offers free service to nonprofits, will provide the server for transmission of the emails.

On the Lumberton Campus (opened in 1999) about 95 percent of residents have services from Comcast or Verizon. "The telephone, Internet and TV services that residents already have," Russell said, "are very similar to those we are aiming to provide to the residents on the Medford Campus."

HEAD OF PINELANDS ALLIANCE TO SPEAK AT MLRA MEETING

Carleton Montgomery, executive director of the Pinelands Preservation Alliance, will speak at the MLRA meeting on February 15. **Joe Costanza**, MLRA president, served with Carleton Montgomery on the board of the Woodford Cedar Run Wildlife Refuge and promises the talk will be informative and of interest to residents. The meeting begins at 7:20 pm in the Theater.

PATHWAYS TO LEARNING: SPRING SEASON

by John Sommi



Director of Development **Jane Weston**, along with the Resident *Pathways* Committee, will be issuing the Spring 2016 Program Guide in late February. They expect another very successful series of

events and programs to raise our horizons, develop new interests and become better acquainted with our friends and neighbors.

The autumn 2015 programs – informative, educational and entertaining – saw wreath making draw heavy attendance from both campuses and from nearby community participants. The four-session calligraphy program conducted at the Lumberton Great Room left the attendants asking for more, while the Mindfulness Meditation session drew over 70 participants. Also quite popular were the several sessions on gardening. The vision program by Dr. Karen Fung Dante, and POLST (Practitioner Orders for Life-Sustaining Treatment) presented by **Dr. James D'Amico** of the Wellness Center, also drew interest from concerned residents and members of the local community.

Some of the survey comments from participants were:

- The program was inspiring and well worth attending.
- Thank you for extending yet another good lecture to us outsiders.
- Programs are great.
- The speakers are passionate about their topics and skilled at leaving you knowing more.
- This is the finest *Pathways* experience. It gave me a lovely sense of being valued.
- Thank you for inviting people not living in Medford Leas.

Pathways to Learning at Medford Leas began in 2012 after the Elderhostel program discontinued one-day events and staff, along with residents, decided they could create educational programs to supplement those already in place through the Medford Leas Residents Association (MLRA). They established the two-seasons-per-year format and reached out, filling in the growing void in adult education in the local community. This spring will mark the eighth season.

The 2016 *Pathways* programs will commence in early March and extend to the end of May, concluding with an all-day visit to the Morris Arboretum. The opening event will be the hosting of the Native Plant Society Annual Meeting on March 5. Medford University will conduct a five-session course in Ethics and Technology. As a result of their constant popularity, several gardening programs will again be offered, as well as a behind-the-scenes visit to Johnson's Corner Farm. There will be two programs on Brain Fitness, one on each campus, and a presentation on health concerns of older adults. These are but some of the 24 offerings contained in the full program.

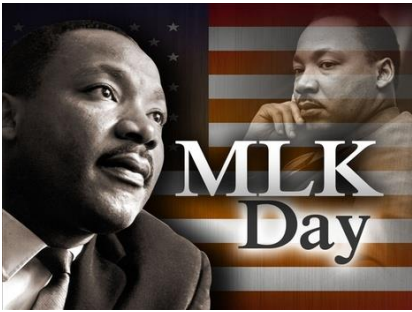
Pathways continues to grow and develop through feedback from attendees who provide suggestions for referrals for programs and speakers.



IN MEMORIAM

Sarah "Sally" Klos	December 24
Charles "Charlie" Watson	January 1
James "Jim" Irvine	January 9
Ernest "Terry" Foss	January 14
Helen Vukasin	January 16

MARTIN LUTHER KING DAY OF SERVICE



In recognition of the annual Martin Luther King Jr. Day of Service, the Diversity Committee spearheaded a number of events and opportunities for residents. Early

in January, the acclaimed film *Selma* was presented in the Theater. Later, on January 16, the committee hosted a presentation by Walter Naegle, partner of the Civil Rights leader Bayard Rustin. While these presentations reminded us about the past and the history of the Reverend King, other Committee activities focused on the call for service that invites Medford Leas residents to participate.

Miriam Feyerherm, chair of the Diversity Committee, reported that the committee has been encouraging residents to participate in the Project T.I.M.E. Mentoring Program, a student support activity in the Mt. Laurel Schools. The program matches volunteers with elementary school students to meet for one hour a week during the school year. The program itself has been active for more than ten years and school officials report that participating students have shown improvement in their grades and behavior over the years.

Resident **Jay Wilder** has been involved in this program and said he and his young second-grade student have become great friends. Jay helps the child with reading, a subject the child found difficult because of his family's limited English skills, and also with math, an area in which the student excels. Miriam hopes that additional residents will consider this or similar projects as a way to provide a caring and beneficial service in our community. Miriam and the committee encourage all residents who are interested in learning more about these opportunities to contact her or one of the members of the Diversity Committee.

LEAS FORUM – FEBRUARY

On Saturday, February 13, David Zallie will describe some of the changes in the supermarket industry in his program “Not Your Father’s Grocery Store.”

When David and Renee Zallie bought ShopRite of Medford from his father, it was a large but ordinary store. In the ten years since, they have transformed it into a trendy supermarket complete with the most modern amenities. David will discuss his family's history with the retail grocery business, local changes – including Medford Leas – and trends in the industry. He also promises to talk about the purchase of the Indian Chief Restaurant next door. David is a member of the Food Marketing Institute and the National Grocers Association and is on the board of the Wakefern Corporation, owner of the ShopRite brand.

On Saturday, February 27, Amy Gottlieb, of the AFSC, will speak on “Immigrants in Our Communities – a Perspective from the American Friends Service Committee.”

Amy Gottlieb, associate regional director for the Northeast Region of the AFSC Immigration Rights Program, will discuss the current state of the law, the realities faced by immigrant communities today, and perspectives of the AFSC involving a fair and humane immigration policy. With political debates about U.S. immigration policy and challenges, combined with global migration crises, current policies and procedures affecting immigration in this country will be covered in her presentation. She will also speak about private prison companies that are profiting by detaining immigrants, and proposals advanced that restrict entry of certain immigrants.

Both programs are open to all and will begin at 11:00 am in the Medford Leas Theater.

Dorothy Cebula, chair

NEW FACE IN RESIDENT SERVICES

text and photo by Betsy Pennink



Victoria (Tori) Stayton is always smiling at her window in the Resident Services office. She thoroughly enjoys her job as Resident Services administrative assistant and she particularly delights in developing close relationships

with residents and their families.

Everything Tori does is designed to be of help to residents. Her primary concern is the coordination of transport to medical appointments for those residents who cannot drive any more or have nobody to drive them. Drivers **Barry Sherzer** and **Bob Berman** check in with her. (Occasionally, and if it fits into the schedule, a resident may even be taken to a personal appointment, such as the hairdresser.)

Tori also helps **Joanne Gartenmayer**, our Admissions Liaison, who works with the hospitals, to organize the timing of pickups for residents being discharged after a stay.

Some of Tori's work does not involve transport. For instance, she makes "a welcoming phone call" two or three days after a new resident moves in. She introduces them to the Resident Services Department and explains its many functions. She also answers questions related to things like work orders, the emergency system, the availability of safe deposit boxes in the Poplar Room, and where the storage area is in a resident's Court. She has found that new residents are grateful to have someone to go to for answers to any questions they might have.

Tori is going to start helping **Tammy Gerhart**, director, Resident Services, with internal resident transfers by working with residents to complete

apartment profiles prior to their move. She will assist with contacting the vendors, such as carpeting or painting firms, with questions, and with making sure that Maintenance is alerted.

Other services Tori deals with are providing copies of advanced directives, tracking parking areas, and keeping car information up to date. She does the payroll for the department. She is also a notary public.

Tori helps with the assignment of the mailboxes on the Assisted Living unit and, with the addition of new rooms, has worked with Bob Wasson, our postman, to help ensure that mailboxes are now in numerical order. She forwards mail to the person with power of attorney for any resident who no longer handles financial affairs. She also alerts the Post Office of any internal changes of address.

The oldest of three siblings, Tori was born in Lumberton in 1993. She graduated from Burlington County Institute of Technology in Medford with a CNA certificate and came immediately to Medford Leas.

Tori began in Estaugh, but soon applied for temporary positions, first as staffing coordinator and then in accounts payable. Next she was a *per diem* unit coordinator. She moved directly from Woolman to Resident Services, when **Cathy Malsbury** turned her full attention to the scheduling of the companions and Tammy needed an extra hand.

There are very few resident names Tori hasn't learned in her year and a half in her new position and she has earned widespread admiration for the work she does.

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

ALL-ELECTRIC MOBILITY

by John Sommi

When my son recently appeared before my home in his new Tesla I was quite surprised and impressed. The all-electric car of the future, totally silent, with outstanding acceleration and maneuverability. *Avant-garde* comes to mind. It was weird to head on down the road without any sounds coming from beneath the hood. Pick up was instantaneous, no hesitation whatsoever.

Having moved to the Courts recently, I was equally surprised at how many of my fellow residents had enthusiastically joined the electric power movement. They are clearly part of the 21st century, evidence that Medford Leas is certainly keeping up with the latest trends. Scooters may not have the acceleration of their bigger brothers, but when it comes to cornering, they win hands down. Some I've seen can pivot on their center wheels and do a 360 within the confines of our elevators. Their drivers have no need for the mirrors hung in the elevators to help when backing out.

There seem to be many models, some with small batteries visible, powering equally visible electric motors which give them life. Newer models completely hide the operating components, providing a sleek, streamlined appearance. I wonder if Medford Leas has had to retrofit electrical outlets in the courts to permit overnight charging.

Choice of color might be an issue to some, since red and blue predominate. I suppose red for hot and blue for cool. No greys or greens and certainly no yellows. Thus far I have only spied one black scooter.

The model names I've noticed are Amigo, Companion, Pivot, Pronto, Revo, Rascal, Lite Rider and Yazy. Three-wheelers seem to be preferred.

Can't help but wonder if in the not-too-distant future we might see a course laid out through the campus with friendly competition conducted based on timed runs. More zing to life, you might say, with competition between selected age groups, and suitable prizes awarded. But please, none of those participation trophies. Not for our generation. We win or lose.



Can you imagine Medford Leas when the self-driving car currently under development by the automobile industry is marketed and those features are installed on scooters!

DR. ANDIE EXPLAINS: BIOPUNCTURE

by Suzanne Frank

What's been in use in Germany for over 30 years, and has caught on in the United States only in the past five? One answer, according to **Dr. Andie Iannuzzelli**, director of the Wellness Center, is biopuncture. She and her staff are using biopuncture, a homeopathic injection, to treat muscle spasm as well as knee and hip arthritis pain. "There are no side effects," she reports, "and it is administered in a step-by-step treatment of eight sessions. The sessions first address decreasing the inflammation and then promote succeeding layers of healing."

A Botox needle is used, and discomfort is kept to a minimum. "If the injury is new, this treatment tends to get results more quickly, while an old injury tends to take longer to respond. Most people will see a 20 to 25 percent improvement in the first week or two," says Dr. Andie. She describes the injection as a mix of homeopathic ingredients, such as Echinacea and belladonna, as well as novocaine to help a patient obtain some instantaneous relief. It is good to know that a person on blood thinners may undergo these injections. However, the injection cannot be administered anywhere near the location of metal in the body. But, if you have had a right hip replacement and now have pain in the left hip, it is okay to get the shots. Also, good to know, insurance is billed for the treatment.

Biopuncture is gaining in popularity in the U.S. and is being used in large institutions like Johns Hopkins and Harvard. "The gentleman who taught me was from Johns Hopkins." Dr. Andie commented.

SHOWING OF BILL MOYERS' ON OUR OWN TERMS RETURNS

by Beth Wray



Twelve years ago a highly regarded program produced by journalist Bill Moyers, *On Our Own Terms*, dealing with end-of-life issues from health care to cultural attitudes, was shown here at Medford Leas. The DVDs have been acquired once again for

presentation during the month of February. They will be shown on February 4, 11, 18 and 25 in the Theater from 10:30 am to noon. They may be of interest to many residents.

The four-part series “examines the ethical, medical and economic forces that often drive a person’s choices about death, allowing patients from many cultures and backgrounds to speak about their wishes and beliefs....” The four parts are:

Episode 1: Living with Dying

A pediatrician who becomes a patient. A sufferer of Lou Gehrig’s disease, communicating her treatment wishes with eye movements. Through frank interviews, Moyers exposes the complicated forces behind choices about death.

Episode 2: A Different Kind of Care

As medical advances extend life, even for those with terminal conditions, patients find that pain becomes their greatest enemy. Palliative-care physicians hope to change attitudes toward suffering to make dying less frightening and less painful.

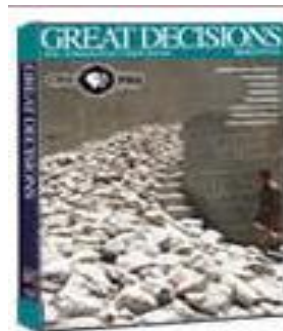
Episode 3: A Death of One’s Own

This episode turns an eye to the caregivers, both professional and personal, as they weigh a terminal person’s wishes against their own beliefs and responsibilities.

Episode 4: A Time to Change

The Balm of Gilead project puts the comfort and care of a hospice into a hospital setting, providing dignified, loving treatment for destitute patients. There, the caregivers help find financial resources for the uninsured and support family members.

GET READY FOR GREAT DECISIONS



With so many reports of alarming crises in the world today, it is challenging to understand the underlying reasons for tensions and disruptions. One way to learn more about the competing concerns in the Middle East and other areas of conflict will be available to you again this year through the Great Decisions programs.

The series of topics this year focuses attention on problems with shifting alliances among countries on the Arabian Peninsula, the rise of ISIS, migration from war-torn countries like Syria, and developments in the emerging region called Kurdistan. Other subjects include the ongoing conflict on the Korean Peninsula, the role of the United Nations in achieving its stated goals, the implications of global climate change related to recent commitments from developing and developed nations, and the evolving relationship between Cuba and the United States as the nations try to resolve 50 years of tension.

Residents and our neighbors from the community are invited to attend the Great Decisions presentations on Thursday mornings in the Theater starting in March. Detailed times and topics will soon be announced. Each week, one of these topics will be explored in detail with a resident moderator. A DVD produced by the Foreign Policy Association will be shown. To get more detailed information on the topics, residents could refer to the [Great Decisions Briefing Book 2016](#). One copy is available to read in the Lounge and a limited number of copies are available for purchase at the Reception Desk for \$20 each.

Great Decisions is the largest world affairs discussion program in the country. It has been in existence for more than 60 years and was developed by the Foreign Policy Association in an effort to help citizens become better informed.

Dorothy Cebula, co-chair

FOUR HANDS, HAPPY HOLIDAYS

text and photo by Betsy Pennink



The delightful duo, **Nan Hanslowe**, resident, and **Danielle Peterson**, Therapeutic Recreation, exhibited their musical talents again in a piano recital in the Theater on December 30. Entitled “Four Hands 4 [For] Happy Holi-

days,” their program included many old Christmas favorites, such as *Silent Night* and *Joy to the World*.

Proof of how sharing the love of music brings older and younger generations together, Nan and Danielle sat together on the piano bench and played light-hearted four-hand arrangements of a variety of well-known pieces.

(This was the pair’s third recital for Therapeutic Recreation, with the difference that here they played on one piano.)

The two pianists changed positions several times. Nan played the lower part during *Sleigh Ride* and excerpts from *The Nutcracker Suite*. She and Danielle switched for the seven other pieces, including their bouncy finale, *Maple Leaf Rag*.

Nan has been sought after for her piano playing ever since she arrived at Medford Leas in 2002. She caught the attention of Gerry Stride, director, Therapeutic Recreation, because she could easily transpose songs to fit Gerry’s low register in sing-a-longs.

Nan began serious musical training at the age of eight and had a two-piano playing partner all through high school. Later she picked up many of the songs which are now a part of her repertoire. Nan delights in playing four-hand duets. “Part of the excitement is to make the other person sound good,” she says.

Danielle, a music therapy major, has been a part-time member of the staff of Therapeutic Recreation for six years, often playing for Estaugh and Assisted Living. Although she started piano lessons when she was seven, she didn’t really think about pursuing a career in music until she discovered “what a joy it was to share music with the residents.” Since beginning her studies for music therapy, she’s taken up singing, playing the guitar and learning the cello.

Danielle is now at Medford Leas *per diem* until June, when she begins an internship at Seasons Hospice. She looks forward to graduating from Montclair State University in December when her internship is complete.

When Danielle gave her graduation piano recital here last July, Nan joined her on stage at the piano for a four-hand duet. Ever since, the two of them have been finding time to practice together whenever possible. They plan to present another program on February 12, this time love song duets to mark Valentine’s Day.

~~~~~ FEBRUARY MUSIC VIDEOS



Thursdays in the Theater at 7:10 pm. Leonidas Kavakos, who played the Sibelius Violin Concerto with the Philadelphia Orchestra this season, is the soloist for three violin concertos in our February Music Video schedule.

February 4: Sibelius Violin Concerto;
Mozart Piano Concerto #14

February 11: Korngold Violin Concerto;
Mozart Piano Concerto #27

February 18: Beethoven Violin Concerto

February 25: Jeff & Joel’s House Party #5

Maggie Heineman

GUEST ARTIST SERIES PRESENTS THE BROAD STREET BRASS

by Joe Costanza



(l. to r.) Pete Reichlin, Mike Green, Bill Myers, Jim Penkala, and Debbie Crow.

In a concert labeled "Passion and Patriotism," the *Guest Artists Series* of live concerts will present the **Broad Street Brass** on Sunday, February 14, at 2:00 pm in the Theater. The repertoire of the quintet spans many musical periods and styles, from the Renaissance and Baroque to Contemporary eras, as well as show tunes and jazz.

The Broad Street Brass is a brass quintet of accomplished area musicians based in Washington Crossing, PA. Named after the street location of their first rehearsal (in a member's living room), the Broad Street Brass was established in 1997 and has since been frequently in demand for area performances. Members include Mike Green, trumpet; Bill Myers, trumpet; Debbie Crow, French horn; Jim Penkala, trombone; and Pete Reichlin, tuba/bass trombone.

The brass quintet in American music is a relatively recent ensemble form, having been established only halfway through the 20th century. The Chicago Brass Quintet appeared at the end of the 1940s and was followed by the Eastman Quintet in the 1960s. The brass quintet became a major hall attraction and a legitimate member of the chamber music repertoire with the founding of the Canadian Brass in 1970. The Canadian Brass established the popularity and the legitimacy of the quintet ensemble by performing more than 5000 concerts worldwide and creating a library of over 600 compositions and arrangements.

This concert is part of a series of monthly live performances presented by the Music Committee chaired by **Marion Norcross** and brought to Medford Leas by residents' contributions to the Activities

Fund. Upcoming concerts include the Wind Symphony of Southern New Jersey in March, and a special performance in April entitled "April in Paris," featuring songs for soprano and bass voices with piano accompaniment.

Source: Wikipedia.org

JOE COSTANZA'S NATURE PHOTOS

THE LEAS ART GALLERY SCENE

by Joyce Linda Sichel

The Community Center Gallery on the Lumberton campus will be devoted to the photography of our own **Joe Costanza**. Joe is a talented, experienced naturalist and a very well known nature photographer whose work is in great demand. He has recently finished showing at the Palmyra Cove Nature Park, and previously exhibited at the Perkins Art Center, the Cherry Hill Public Library, the Woodford Cedar Run Wildlife Refuge, the Center for the Arts in Marlton, The Crofts Farm Arts Center in Cherry Hill, and the Memorial Community Center in Medford. While his work includes plants and landscapes, Joe's fame is greatest for his bird photographs, and he is an extremely accomplished birder. He has won prizes and been published in *Birders World Magazine* and numerous others.



This will be Joe's second show in the Lumberton Gallery. An example of what you will see is a photo (left) of "Romance." An opening reception will be held Friday, February 19, at 4 pm, and the show will run through the end of April.

Last month, *Medford Leas Life* reported on the posthumous show just arriving at the Medford Leas Theater Gallery for the months of January and February. There is still time for you to view the work of the prominent New Jersey artist Thomas Kimball. His widow, two sons and grandson were on

hand at the reception to explain the artist's particular interests.

Last but not least is a reminder to see the Art Studio Gallery show of residents' art and photography at Medford Leas on the lower level. The collection of pieces is very varied and shows the artistic ability we nurture here at home.

LEASMUSICAST: *CARMINA BURANA*

by Beth Bogie



Carmina Burana, performed by the Berlin Philharmonic under Sir Simon Rattle, will be presented by Leas-MusiCast on Saturday, February 13, in the Medford Leas Theater. This production was recorded in Blu-ray on December 31, 2004.

Carmina Burana in this concert is a cantata, although written by German composer Carl Orff as a "scenic cantata" for the theater, involving dance, visual design and other stage action.

Featured artists are established opera singers: British soprano Sally Matthews, American tenor Lawrence Brownlee, and German baritone Christian Gerhaher. They are supported by two world-class choirs: Rundfunkchor Berlin and the Knabenchor des Staats- und Domchores Berlin. These performers lead their audience on a journey from the Middle Ages to modern times in an unusual work that is humorous, melancholy and bawdy in its celebration of life.

The work was written in 1935 and 1936 and was first performed in 1937. It is based on 24 poems from the medieval manuscript collection, *Carmina Burana*, dating from the 11th, 12th and 13th centuries. Orff's work organizes these poems into a libretto, mostly in Latin verse, and divided into three sections: first, the joys of spring; second, a tavern with drinking and gambling; and third, devoted to

love. These are framed with prologue and epilogue, *O Fortuna*, representing a wheel of fortune turning joy to bitterness and hope to grief.

The years in which it was produced were years in Germany of great artistic creativity, ushering in modernism, as, for instance, exemplified by the Bauhaus in the field of design. They were also years of pressure from the Nazi regime. Many artists left Germany in this period, but Carl Orff is said to have espoused Nazi ideology and to have betrayed colleagues in order to maintain his favored position with the Nazi regime. Nonetheless, *Carmina Burana* over time has been embraced by both pop culture and the classical repertoire.

Although the program is almost entirely devoted to the music of *Carmina Burana*, it opens with *Leonore No. 3*, one of four possible overtures Beethoven wrote in 1806 for his opera *Fidelio*.

Sources: Wikipedia, DVD liner, biographical files.

A WINTER INVITATION

Too cold to travel on Sundays?

You are invited to attend the Quaker worship group at Medford Leas, whether currently a member or attender of a Quaker meeting, another faith community, or not affiliated. Leas residents, family, and friends are warmly welcomed.

We hold Meeting for Worship in the Holly Room every Sunday. You may arrive either at 9:30 am for an hour, or at 10:00 am for a half-hour. Worship ends at 10:30 am. The Holly Room is especially conducive to peaceful meditation, as the morning sun pours in.

As you may know, Quakers worship in silence. Those who feel led to share a brief spiritual message speak out of the silence to the group.

If you would like to find out more about Quaker worship and practice, books and pamphlets are available in the Medford Leas library.

The Medford Leas Worship Group

Judy Kruger

**WHO'S NEW –
MEDFORD CAMPUS**
photos by Margery Rubin



Doris (Giles) Gould moved to Apt. 121 in November after 43 years in Cherry Hill, NJ. She was born and brought up in Hewlett, NY, on the South Shore of Long Island, where she was just a few minutes from the water and enjoyed the beach and sailing.

Doris graduated from Ohio Wesleyan University, earning a BA in English, with a minor in art. She had several jobs in New York City, the longest of which was with the Celanese Corporation. She was in advertising and sales promotion, and the company was active in many areas, including fashion and home furnishings. "It was enjoyable work," she remembers.

In 1960 Doris married Ronald Gould, an engineer. They lived in East Williston, NY, until Ron changed jobs in 1972 and they left Long Island for Cherry Hill. There Ron worked for RCA in Moorestown, and Doris, having taken early retirement when they moved, often went with him on business trips. They also traveled a lot, mostly around the United States. When she was at home she volunteered at a cancer center, but also at the Barclay Farmstead, a nineteenth-century farmhouse, now a museum. Doris was particularly interested in the herb garden, doing historical research for it and "helping to keep it going."

Gardening has been another of her interests. Doris was a member of the Barclay Garden Club in Cherry Hill. She plans to do container gardening here. It's better for the back and hands. She says she "likes the idea of a campus, where it is so easy to be outdoors."

After Ron retired, he did some consulting and Doris helped him with his paperwork. But soon she became a caretaker, when the after-effects of a much earlier accident began to take its toll on him. This continued until he died two years ago.

The Goulds came to several events at Medford Leas over time and Doris knew this was where they would like to move one day. "We should have done it ten years ago," she says. "There are so many activities here." She especially wants to start going to Fitness. The Art Studio sounds wonderful too.

Betsy Pennink



If you think there are two J. Mahorters at Medford Leas, you are correct. New resident **Joan (Kiefer) Mahorter** (Apt. 267) married **Jane Mahorter's** (Apt. 178) brother Bob Jr., whom she met when they were students at Audubon High School, Audubon, NJ. After Bob died in 2014, Joan decided to relocate to Medford Leas, settling into the Courts in mid-January. Before moving in, Joan spent two months with her two daughters in Nevada and Alabama. Her son is house-sitting her Evesham Township home until it is sold.

Born in South Philadelphia, Joan lived in Lansdowne, PA, for eight years. Her father died young. Joan's mother remarried, and the family moved to Mount Ephraim, NJ. In college Joan trained as an elementary school teacher. Bob became a metallurgist, working as a civilian for the Navy to evaluate cracks in planes and their engines. He was sent to UCLA for graduate work. In Los Angeles, Joan obtained a "go-fer" job working for Donald Douglas of Douglas Aircraft Missiles Division. "For some reason," she says, "quite a few male movie stars came by our office. I suppose they had Navy connections in 1959." Witnessing the famous Thor engine as it was being built, she became interested in outer space. Next, the family was transferred to Oak Ridge, TN, under a contract with General Electric School of Reactor Technology.



After another transfer, this one to New Jersey, the Mahorters lived in the Lake Pine section of Medford, and Joan began her teaching career. After substitute teaching for seven years, Joan took a

full-time job in Evesham Township, where she taught second and third grades. The family then lived on a township farm complete with pony.

Joan has a great and abiding interest in space exploration. She even attended a space camp in Huntsville, AL, with other teachers. She loved the zero-gravity experience and the centrifuge spin. She joyfully undertook a mock-up spacewalk outside a shuttle. "While hanging in space," Joan says, "I was given a power drill to take bolts out, change a part, and put it all back together."

"During school vacations," Joan relates, "we liked to roam. We camped all over the United States and Canada, and explored Mexico." Joan and Bob enjoyed river cruises in China, Europe, Russia, Scandinavia and Japan. Her favorite trips were a safari in South Africa, a cruise to the Falkland Islands and Antarctica, and roaming wild Alaska. Would she travel again? "Oh, definitely! Once my house is sold...I haven't gotten to Iceland yet. We tried cruising there, but bad weather kept the ship away from port. I'd love to try again."

Joan is hoping to join a book club at Medford Leas. She enjoys historical novels, biographies "especially about Royals of the past," she says, "and I like gentle – not gruesome – mysteries."

Judy Kruger



Mary R. (Shelton) Drumheller arrived at Apt. 233 in November with Pixi, her pal and beloved calico cat. They moved from Ark Road in Mount Laurel, where Mary had lived since 1977.



She is the financial secretary at Prince of Peace Lutheran Church.

Born in Los Angeles, CA, she and her brother moved almost every two years as her geologist

dad took on increasing responsibilities in management with Marathon Oil Company. They lived in California, Washington, Utah, Colorado, Wyoming, and ultimately, Ohio, where she attended Wittenberg University, majoring in chemistry. During her sophomore year she met David, her future husband, a physics major. After getting her degree she worked briefly at Eastman Kodak in Rochester, NY, as an x-ray spectroscopist. David and Mary married in Rochester, NY, in 1969, and moved to Syracuse, where David was a second-year graduate student at Syracuse University, planning to obtain a Ph.D. in physics.

Shortly after her marriage her brother was killed in Vietnam. Less than a year later in 1970, the U.S. Defense Department instituted a "lottery" whereby a number was drawn for each day of the year to determine who would be drafted and sent to Vietnam to fight. Because November 11th, David's birthday, received a 42, it meant he would soon be drafted. Education deferments were also no longer allowed in 1970, so David had to quit his schooling. Within a week, Mary and David moved to Hainesport, NJ, where David obtained a deferment by working for RCA in Moorestown. He did computer programming for the AEGIS radar development contract. They rented an apartment until their special-needs son was born in 1977, then moved to Ark Road. David retired in 2002 from Lockheed Martin.

She notes that David was a computer maven. For her, computers are a necessary evil.

A year after retirement, David developed progressive supranuclear palsy (in the same family of diseases as Lou Gehrig's disease). When his condition worsened they moved to Sunrise Assisted Living in Mount Laurel until his passing at age 62 in 2009.

Each Friday, Mary enjoys a visit with her 93-year-old mother, in independent living at the Fountains in Atco, NJ.

Mary is delighted to be in Medford Leas, and live "...in such a beautiful community. So many birds, animals, plants, all in a natural setting. Lots of lawn and trees to view from my apartment. "Pixi," she

happily notes, "likes it as well." She is eager to become involved in Medford Leas activities and looks forward to becoming a volunteer.

Her immediate focus is selling her Ark Road home and continuing to help her son.

John Sommi



WHO'S NEW – LUMBERTON CAMPUS

photos by Joyce Koch

Frank and Christine (Steinmetz) Smolka moved to 226 Woodside Drive in October from Bellmawr, NJ. Since 1989, when they were impressed by a resident they met, they have had Medford Leas in mind. Other recommendations along the way encouraged their original thoughts about living in the Medford Leas environment.

They love "everything" about their new home. This includes the bright interior, the ability to bring a lot of their possessions and the answers to all of their questions.

Chris was born in Jersey City and then moved to a farm in Buena Vista, NJ. Her education was at the Minotola School, Vineland High School (where she and Frank met), then nursing at Chestnut Hill Hospital School of Nursing. Her first job out of school was at Children's Hospital, where she learned the practical side of patient care. She worked at Underwood-Memorial Hospital (now Inspira), Woodbury, NJ, for 20 years. Her career eventually led her to IV therapy and home infusion – a new field which she loved.



Frank started life in the Port Richmond section of Philadelphia and then moved with his family to

Buena Vista. He spent four years in the Navy and served in the Canal Zone of Panama during the Cuban Missile Crisis. The base was one that was unified with Army, Navy and Air Force services monitoring the crisis as well as Central and South American countries.

The two married after Frank's discharge, and he



went on to pursue work with Houghton Elevator, first in the office and later doing elevator installation. His territory included the tri-state area with many of the major malls and buildings. Later, when he worked as an elevator inspector/subcode official for the State of New Jersey, he covered portions of North and South Jersey, including all state office buildings.

The Smolkas have four daughters living in Pennsylvania, Virginia and Africa. Their three grandchildren are in Pennsylvania.

After one of their Labrador Retrievers died, they became interested in training Seeing Eye puppies through the Burlington County 4H Club. They raised 26 puppies between 1987 and 2015. They may continue this interest by fostering Seeing Eye puppies with medical issues.

Residing at their Woodside Drive home with them are 4 Koi and 2 Comets (goldfish) living in a huge (3100 gallon) tank in their basement. And a cat, too!

Chris is interested in gardening and they have brought several plants from their previous home. Frank loves the outdoors, especially fishing and playing golf. He is a volunteer on the Battleship New Jersey and says he's learned from the best – one of the original sailors of this vessel.

Barbara Zimmerman



WELCOME TO THE COURTS

by Joyce Linda Sichel

Dr. John (Jack) Gallagher moved from the Lumberton campus, where he resided for over ten years, to apartment 95 in the Courts on December 5. His wife of over 50 years, **Jeanne Griesser Gallagher**, passed away in 2008. Both at Lumberton and in his new apartment, he is very engaged with his six children, who all live nearby and keep him from being lonely, he says, as well as his 15 grandchildren.

He retired in 2003 from his practice of obstetrics and gynecology, when he and his partners sold Rancocas Valley Hospital (which they had built 40 years before) to the Lourdes system.

Two years ago he took up bridge, which he says he finds "very stimulating," and is now competing with far more experienced players in duplicate games, which he sometimes wins! He also enjoys working at the computer in his second bedroom office, which he has equipped to his taste and comfort. After such a disciplined career, he allows himself to sleep late and make himself a late brunch. Dinners and suppers are frequently spent in the company of his family who visit with him back and forth. He can sometimes be found at dinner in the Colonial Dining Room.

He says there has been a great deal to adjust to on the Medford campus, but that he is a man with very few regrets who is generally happy with the quieter life he has these days. He is looking forward to a dinner later this week during which he will meet the neighbors in his Court, and to a 90th birthday party to be thrown by his family for him in the near future.

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**Alan and Linda (Gorwood) Gaylord** moved from the Lumberton campus to Apt. 224 on December 18. They were active at Lumberton, having lived together there almost five years. Both served on the Lumberton Residents Council, and Linda was president during her term. Linda also served as secretary of the Social Committee and chair of the Community Center. Both Linda and Alan were on

the Trails and Site Committee. Alan also served a two-year term on the MLRA Council. Both Linda and Alan enjoy various kinds of music and are current members of the LeasMusiCast Committee.

Alan said that while their new home is smaller, "it's cozy," and that both he and Linda like it. They have plans to add a sunroom in the spring. Linda observed that they have beautiful plantings in Court 22 and friendly, caring neighbors.

Both had been widowed and were very happy to have another chance for married life. Alan has four grown children, all married, with his first wife **Beverly (Roderick) Gaylord**, who died in 2011, after a life full of musical accomplishments, including membership in London's Royal College of Organists. (Beverly was a "killer" bridge player too!) Linda became an instant mom and grandma, with Alan's four grandchildren joining her bevy of nieces and nephews.

Alan was a noted Chaucer scholar, author and professor of Medieval English Literature at the University of Michigan and Dartmouth, having earned his Ph.D. at Princeton University. He chose a career in teaching and scholarship over the family tradition of ministry in the Congregational Church. He loved reading Chaucer in Middle English onto CDs to accompany his professional writings.

Linda is active in the Lumberton United Methodist Church, where she is the flower coordinator and chair of the Finance Committee. She is also involved with community outreach programs.

Many Lumberton residents remember when Alan read a Dr. Seuss book aloud, and the time the couple jointly revived the Abbott and Costello classic, "Who's On First," as part of a talent show in 2015 at the Lumberton Community Center. Currently Alan continues reading aloud to Linda in their new home, alternating between the classic Oz books and Simon Winchester's *Pacific*.



**FEBRUARY CRYPTOGRAM**

by Herb Heineman

SRMZPC VWNP EUSM ZU UQC KUNP  
 UMP MRDKZ GQRPZHO LRCUQPZZRMD  
 RM UM FRHXPCO-ZUPE FHLLPCF  
 UY FMUS, WME SP, SP SPCP VKRHECPM  
 UMVP WDWRM.

Identify the author:

PNRHO ERVBRMFUM  
 JRHH NUCDWM, IC  
 VKCRFZRMW CUFFPZZR

Below is the solution to the January cryptogram.

A SNOWFLAKE IS ONE OF GOD'S MOST  
 FRAGILE CREATIONS, BUT LOOK WHAT  
 THEY CAN DO WHEN THEY STICK  
 TOGETHER!

MOHANDAS GANDHI  
 NELSON MANDELA  
NEITHER OF THOSE

The correct solution was received from the following readers:

**Helen Anderson, Catherine Barry, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Barbara Fiala, Harry Forrest, Linda Gaylord, Neil Fowser, Yolanda Guastavino, Neil Hartman, Barbara Heizman, Sue Isaacs, Jane Mahorter, Doris Q. Murray, Betty Preston, Peg Scott, Joanne Thomas, Ellen Wiener, Barbara Zimmerman.** Sixteen correctly stated that neither of the names was that of the author.

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

**MEDFORD LEAS LIFE**

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