



Medford Leas *Life*

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ORIGAMI AND ITS TRADITION AT MEDFORD LEAS

by Kathy Riley

Origami, popularly known as the Japanese art of paper-folding, has many practical applications in the 21st century, especially in engineering and mathematics, but it is also a craft that attracts people from all over the world. Japan, Korea, Australia, India, Israel, Italy, the Netherlands, Great Britain, Brazil, Colombia, Mexico, and the United States host international conventions where the common language is a pattern of folds. Teachers demonstrate their models with *kami*, paper colored on one side and white on the other. Participants translate for each other, and everyone shares the experience.

U.S. Headquarters

American folders can attend the Origami USA (formerly Friends of the Origami Center of America) convention, one of the largest in the world, held every year in June in New York City. OUSA grew from a group of dedicated folders centered in New York to a nonprofit, volunteer organization dedicated to cultural and educational arts. Alice Grey, a member of the staff of the American Museum of Natural History and an avid folder and teacher, arranged for the museum to provide office space for the organization, and early conventions were held there.

In return, the Friends decorated with origami an enormous artificial Christmas tree at the museum each year, and many of them also became museum volunteers, doing both origami-related activities and the regular duties of museum volunteers.

The support has been mutually beneficial for landlord and tenants since the 1980s.

The Iconic Crane in Origami



The best known origami model is the crane, a three-dimensional winged bird representing a Chinese Taoist symbol of long life and good fortune. Cranes appear in Japanese folk art,

and folding them has been popular for centuries. After World War II paper cranes became a symbol of peace when Sadako Sasaki, a girl orphaned in the bombing of Hiroshima, began folding them as she was dying from radiation sickness. She believed that folding 1000 cranes would bring her recovery. Although she died in 1955, her story was publicized first in Japan and then around the world. In 1958 Sadako was memorialized with a statue in Hiroshima Park, and peace-movement sympathizers continue to fold cranes and send them to be hung from the Peace Tower. President Barack Obama gave four paper cranes to the Hiroshima Peace Memorial Museum on May 27, 2016, before attending a memorial service.

The Medford Leas Tradition

Medford Leas has its own origami tradition. Among the decorations displayed during the December holidays, one in particular captures the peaceful spirit of the community and reflects its Japanese heritage. Resident **Steve Yanai** has

been decorating the small tree in the Atrium outside the library with miniature origami cranes in rainbow colors for more than five years. Each year he folds a new batch from 2-inch *kami*. Around the tree's base Steve displays more of his handiwork; this year a Santa Claus in blue boots stood out. The extra cranes find their way into other parts of the campus to the delight of staff and residents.



Steve Yanai folds for children photo- Beth Bogie

Steve learned origami as a child in his native Japan and later taught the art to generations of elementary school children in Syracuse, NY, where he worked. He became involved with the Medford tree tradition when **Mary Toda**, another resident, asked for his help. Mary, a friend of **Takashi Moriuchi**, one of the founders of Medford Leas, did not fold herself, but her family put up a small origami-trimmed Christmas tree each year for the residents to enjoy. When they were no longer able to do this, she enlisted Steve to help her. He does each tree in memory of Mary, who passed away in 2013.

A New Flock of Cranes

On December 1, another flock of over 200 cranes appeared, this time in the Community Center on the Lumberton campus. Made from 5-inch, 8 1/2-inch and 26-inch squares of white paper, they soared in the rafters and nested in residents' mailboxes on the night of the holiday gathering. Members of the Lumberton Social Activities Committee met and learned to fold the models from **Rumi Sinunu** and **Kathy Riley**; **John Speirs**, the mantelist,

and his assistants, **Anita Ringen** and **Judy Norcross**, oversaw the installation of the birds with the help of **James Emerson**, from Medford campus maintenance. Others donated craft and photocopy paper and offered useful suggestions. For over a month, all activities in the Great Room benefited from the sense of community and peace that the installation created.



photo- Joyce Koch

From its founding, Medford Leas has had connections with Japanese traditions that have enriched the entire community. In December 2016 residents continued and expanded them to bring a message of peace to us all.

LET'S TALK GARDENING

A special meeting on February 24!

Topic: Soil Preparation and Seed Swapping
led by Marilyn Flagler and Debbie Lux

Bring any seeds you would like to share!

Lois Forrest Nature Center
from 2:00 to 3:00 pm.
Light refreshments

Looking forward: there will be no meeting
in March, but on
April 7, the group will discuss
Raised Beds and Vertical Gardening

PATHWAYS' SPRING POTPOURRI

by Beth Bogie



A diverse and tantalizing collection of topics has been brought together for the spring season of *Pathways to Learning at Medford Leas*: immigration policy, collecting antiques, wellness for your pet, colonial brewing and Birding 101, plus a birding excursion to Brigantine, NJ. And much

more. Every one of the 22 topics is presented by an authority on the subject with a background as interesting as the topic itself. That doesn't count the five informative programs offered by the Leas Forum, or the additional world affairs discussions of Great Decisions, both of which are described in the guide book for *Pathways*.

Two programs will be sheer enjoyment. In one, Dr. Bruce Bogdanoff, a neurologist and pianist since performing with the Philadelphia Orchestra at age 12, will give us a Sunday afternoon of the music of George and Ira Gershwin. In the second, a return engagement, feature writer Sally Friedman will present "Reflections on an Ordinary Life." Says **Jane Weston**, creator of *Pathways* and director, Development and Community Relations, "This program will be like a terrific conversation with a dear friend." Sally brings humor and honesty to the table and the pleasure it gives us to recognize ourselves in her world.

"Collecting American Antiques" and the changing market over the past 70 years will be the topic of Brock Jobe, professor emeritus of American decorative arts at the Winterthur Museum and former curator at the Museum of Fine Arts, Boston, and Colonial Williamsburg.

"Making Sense of U.S. Immigration Policy and Politics" should provide a timely and thought-provoking program by Jan C. Ting, professor of law at Temple University, who teaches and writes in the areas of citizenship, immigration law and tax law.

The son of immigrants, he previously was an assistant commissioner of the Immigration and Naturalization Service and a tax attorney.

Medford University's topic this season will be "The Anthropology of Food – What's In Your Kitchen and How Does this Impact Your Health?" Alan Mann, professor emeritus of anthropology at the University of Pennsylvania and Princeton University, will explore our nutritional needs and how modern society has made our choices immensely wide and also potentially dangerous.

Nature is always a core component of the offerings of *Pathways*, most importantly, the annual Lewis W. Barton Arboretum Lecture, named for the founder of the Barton Arboretum and Nature Preserve. The topic will be "Native Wildflower Meadows: Let's Get Real," to be discussed by Larry Weaver, who, beginning in 2014, designed and directed the rejuvenation of the meadow on the Lumberton campus. **Jane Bartram** and **John Speirs** are creating an al fresco gift shop to be open in the Gallery after the Lewis Barton lecture.

Debbie Lux, Medford Leas horticulturalist, will provide two popular programs: Container Gardening and a tour of the Courtyard Gardens. She will also guide Daffodil Daze Walks along with Medford Leas residents.

Others from Medford Leas will be providing their expertise. Resident **Dave Bartram**, with 30 years of computer experience, will offer a workshop focusing on basic iPad tasks and applications. **Ken Roland**, Fitness & Aquatics manager, will discuss ways to manage the challenge of falling with balance training and body strengthening. Medical Director **Dr. Andie Iannuzzelli** will talk about the vital role that quality sleep plays in good health and well-being.

Still, we have barely scratched the surface of the valuable programs available to residents and the public in the months ahead through *Pathways*. For more detail about these programs and others, please consult your *Pathways* guide. Distribution will be by the end of February.

FEBRUARY LEAS FORUM AND A LOOK AHEAD

In February, Leas Forum programs will focus on the power and variety of personal stories.

On Saturday, February 11, we will have an opportunity to view the Living History Project of the Armed Forces Heritage Museum through an online video presented by Col. Bob von Bergen and his team from the museum. This is a “virtual” museum with a traveling exhibit. It was developed in Burlington County on Joint Base McGuire-Dix-Lakehurst. Colonel von Bergen and his team will share the experience of Col. Olaf Holm, who served as a helicopter pilot in Afghanistan and recorded his inspiring humanitarian mission as part of the Project. Similar interviews have been detailed about other people, including at least three current Medford Leas residents: **Ernest Kaufman, Neil Hartman and Warren Sawyer.**

On Saturday, February 25, in a program called “Using Stories to Communicate,” former minister and recognized story teller Paul Basham will entertain with humor and wisdom about life in the slow lane. A resident at Wiley Christian Retirement Community in Marlton, Paul conveys ideas that demonstrate how stories can build confidence and open lines of communication among different people.

Looking Ahead, topics to watch for:
Saturday, March 11 – The Mad, Mad, Mad World in Political Cartoons

Saturday, March 25 – Buddhist Art and Meditation

Saturday, April 8 – Goats, Amazing, Incredible and at Times Misunderstood

Monday, May 15 – Inferno At Sea: Stories of Death and Survival Aboard the Morro Castle

Saturday, May 27 – Soldiers Without Guns: Women Defense Workers in World War II

The programs will be presented in the Medford Leas Theater at 11:00 am. All are invited to attend.

Dorothy Cebula, chair

COUNTDOWN TO GREAT DECISIONS 2017

by Dorothy and Len Cebula, co-chairs

Every year, critical changes throughout the world occur that affect and direct U.S. foreign policy. This year, however, outside forces, combined with recent changes in the political direction of Washington leadership, make for an extremely complicated pathway. Learn more during Great Decisions 2017 about the details behind federal policies and the implications of world developments that will impact life now and in the future.



The Great Decisions 2017 program will again give Medford Leas residents and visitors the opportunity to learn about the background and current status of critical issues around the world. Each week, an overview of a

selected topic will be presented by a resident moderator, followed by a professionally prepared, recently produced video featuring experts on the subject. The program concludes with a general discussion and with opportunities for comments from the audience. This year topics include “Brexit,” trade, nuclear security, petroleum and events occurring in the South China Sea, Latin America, Saudi Arabia, Pakistan and Afghanistan. Knowledge of policy options is critical to our understanding of the consequences of decisions made and actions taken by the new U.S. administration.

For eight weeks, beginning on Thursday, March 9, the Great Decisions programs will be held in the Medford Leas Theater starting at 10:30 am. A copy of the newly prepared *Great Decisions 2017 Briefing Book* is available for review in the Willow Room (Lounge). A limited number of copies are available at the Reception Desk for a donation of \$20.

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.

DR. JAMES EXPLAINS WHEN KEEPING YOU COMFORTABLE MAY BE THE BEST MEDICINE

by Joyce Linda Sichel

Dr. James D'Amico has had years of experience in hospital and rehabilitation medicine. He agreed to give our readers information about how he tries to help residents in declining health. Many of us still believe that maximum medical care will improve any and all conditions. But that is not right.

Dr. James explains that continuing active medical care to cure an advanced illness is often futile and may cause the resident discomfort (and confusion when they fail to improve). "Aggressive" treatment often means being given too much medication, causing too many side effects. Also some residents in advanced stages of illness are still being taken to unnecessary and tiring medical appointments with specialists who offer nothing new at each additional visit. They may be sent for repeated and useless hospitalizations.

When extreme treatments are suggested, family members may want any and all of them because they do not want to lose their mother, father or sibling. But such treatments may prove painful and inappropriate. The Medford Leas Wellness Center staff schedules meetings to help all concerned to agree on the best care plan, which may not involve the most medical treatment. There are papers that the resident, family or physician complete that will insure the desired follow-through by professionals outside our system, such as emergency medical technicians. Living wills, Power of Attorney for Healthcare, POLST forms (with healthcare choices spelled out by New Jersey resident/family and physician) are all helpful.

When a patient's life expectancy is six months or less, Dr. James explains, hospice care offers many valuable services, including special attention to adequate pain relief, family counseling, positive life review with the ill member, extra help from a clergy person, mental health specialist, massage therapist or many other possible therapeutic interventions. Medicare and all private health insurance provide a hospice benefit which is applied to the

cost of the services. Unfortunately, because it sounds so final, many residents and families will not utilize hospice services until death is imminent, thus losing out on most of the potential help. While the treatment of symptoms does not cure a serious disease, it usually makes the patient much more comfortable and at peace. Hospice care is often so helpful that patients' lives far exceed what was expected.

Dr. James is a specialist in the umbrella field called "palliative care," within which hospice care is one type and the best known. Palliative care may be appropriate for patients of any age and any expected life duration. When a chronic illness is present, palliative care is a philosophy that focuses more on symptom treatment and quality of life, rather than curative therapies and potential lengthening of life. The main difference between palliative care and hospice is that you can still pursue curative treatment while undergoing palliative care. Under hospice care, all curative treatment such as chemotherapy, radiation therapy, dialysis and repeated hospitalizations are usually stopped because they are inconsistent with the goal of allowing natural death in maximum comfort.

Medford Leas uses three among many local hospices most frequently. Dr. James is one of the medical directors at Caring Hospice in Mount Laurel, and he feels it allows the "most seamless transition" to hospice because there need be no change in physician. The other hospices are Samaritan and Visiting Nurse Service of Moorestown.

Medford Leas staff and consultants most involved with these kinds of care are: **Cathy Martin** (full-time social worker) as well as additional social work staff, **Dr. Loren Firstenberg** (full-time psychologist), **Dr. David McComb** (on-call geriatric psychiatrist) and **Barbara Taylor** (on-call geropsychiatric nurse practitioner). There are resources on the internet for learning more about when symptom treatment is recommended, such as <https://getpalliativecare.org/>. But Dr. James is a great resource right at home and his insights for this article are much appreciated.

LEASMUSICAST: PROKOFIEV'S *ROMEO AND JULIET*

by Beth Bogie

In 1935 in the Soviet Union, composer Sergei Prokofiev wrote the music for the ballet *Romeo and Juliet*, based on Shakespeare's play. It was first performed by the Kirov Ballet (the Soviet name for the Mariinsky) on January 11, 1940, and was an instant success. This is a ballet recognized as the crowning achievement of Soviet dramatic ballet. And it has made history through the years.



On Saturday, February 11, at 2 pm in the Medford Leas Theater, residents and the public will have the opportunity to view a second historic interpretation of Prokofiev's *Romeo and Juliet*, this time by Kenneth MacMillan, a young choreographer with the Royal Ballet in 1965, whose artistry has made it one of the most important ballets of the Royal Ballet of London and immensely popular worldwide. The Kenneth MacMillan choreography, to be presented by LeasMusiCast, will be danced by Lauren Cuthbertson and Federico Bonelli, both principal dancers of the Royal Ballet. This production was filmed in 2012 in HD and Blu-ray.

Historically, the 1965 gala premiere is also remembered for the internationally renowned couple who danced it – Rudolf Nureyev and Dame Margot Fonteyn. It was an exciting performance for all who loved ballet. Rudolf Nureyev had the world in his grasp as a dancer, but he also had sought political asylum in the West in 1961, a dramatic act in those days of the Cold War. His Juliet, Margot Fonteyn, was a famous international ballet star with the

Royal Ballet, and the chemistry between the two was electric.

That was the first full-evening ballet by Kenneth Macmillan, a Scot whose family had no background in the arts. He became artistic director of the Royal Ballet from 1970 to 1977 and principal choreographer from 1977 until his death in 1992.

Although the Royal Ballet has performed his *Romeo and Juliet* more than 400 times, each pairing of different dancers brings subtle change to the performance. In addition to colorful crowd scenes, where servants of the rival Montague and Capulet families go about their business, Romeo (Montague) and Juliet (Capulet) take center stage to perform four famous *pas de deux*: their meeting in the ballroom, the balcony scene, the morning after the lovers are secretly married, and the final heart-breaking tomb scene.

Lauren Cuthbertson has had leading roles in classical ballets and in works by other choreographers – Frederic Ashton, George Balanchine, Jerome Robbins and Wayne McGregor. The latter has called her “a dance dynamo. She is a 21st century ballerina: elegantly confident and deeply moving in her classical repertoire as well as being a choreographer's dream in creating new work. Open, fast, curious and above all, an artist of deep integrity.”

Federico Bonelli is an Italian ballet dancer who became a principal of the Royal Ballet in 2003. Like Lauren, he has won many international prizes. His repertory includes all the classical ballets as well as some of his own creations.

When the American Ballet Theater was performing *Romeo and Juliet* at Lincoln Center in 2016, the Metropolitan Opera wrote: “Kenneth MacMillan's masterful interpretation of Shakespeare's enduring romantic tragedy has become one of ABT's signature productions. Against a sumptuous setting in Renaissance Italy, MacMillan weaves a dance tapestry rich in character, nuance and sensuality, and Sergei Prokofiev's instantly recognizable music underscores the lyric beauty and passion of the beloved ballet's star-crossed lovers.”

Sources: *Liner notes, Wikipedia, my own attendance at a 1965 performance by Nureyev and Fonteyn.*

GUEST ARTISTS SERIES FEATURES QUATTRO BASSI

by Joe Costanza

Music lovers who attend the February *Guest Artists Series* concert are in for something special. The program will feature *Quattro Bassi*, a quartet made up of two tubas and two euphoniums. The euphonium is a brass instrument similar to the tuba, but smaller and with a more mellow sound. It is considered the tenor voice compared to the tuba's bass. The live concert will take place in the Theater on Sunday, February 19th, at 2:30 pm, and will include a wide variety of musical genres.



(l. to r.) Greene, Salotti, Shidlowksi and Leiby

Quattro Bassi can be imagined as an instrumental barbershop quartet. Performing a wide variety of music ranging from the Renaissance to the 20th century, the virtuosity of the four players debunks any stereotype associated with their instruments. The highly regarded group has performed in the Philadelphia and South Jersey areas for over 15 years.

Euphonium player *Bob Greene* is a member of the Wind Symphony of Southern New Jersey, and he plays the trombone and piano, as well as being a church organist. He is also in his 42nd year teaching instrumental music at high school and grade school levels. He is a past president of the South Jersey Band and Orchestra Directors' Association.

Andrei Shidlowksi, also a euphonium instrumentalist, is a graduate of Northern Illinois University with a master's degree in music. He has performed with

several symphony orchestras, including the Rockford (Illinois) Symphony, the Illinois Chamber Orchestra, and the Tulsa Philharmonic, and currently is with the Philharmonic of Southern New Jersey and the Wind Symphony of Southern New Jersey.

Harry Salotti, tuba player, has toured Italy several times with the Atlantic City Jazz Band. His 2006 CD, *Full Swing Ahead*, was nominated for an award by the International Tuba Euphonium Association (ITEA), and his composition, *Etudes with Style*, won the 2003 ITEA competition. His credits include The Seacoast Brass, The Mann Music Center and the soundtrack of the PBS documentary *Prisoners Among Us*.

Tuba performer *Art Leiby* is a graduate of the Philadelphia College of the Performing Arts. He also holds a master's degree from the University of Miami in jazz composition. Mr. Leiby is a member of the Midiri Brothers Orchestra, the Wind Symphony of Southern New Jersey, The Seacoast Brass Quintet and the Philharmonic of Southern New Jersey.

Brought to Medford Leas by the Music Committee chaired by **Marion Norcross**, The Guest Artists Series of monthly concerts is supported by the MLRA Activities Fund. Looking ahead, the March concert will present a return engagement of the acclaimed Arcadian Trio.

THE ORANJ TREE

People wishing to subscribe to the ORANJ newsletter, *The Oranj Tree*, may send a request to oranjnewsletter@gmail.com.

CORRECTIONS – JANUARY ISSUE

Craft Fair story: Helen Hamilton is head of the knitting group, not Wen Eby, who is in charge of finance for the group.

Thrift Shop story: substantial annual contributions go solely to the Employee Appreciation Fund.

We apologize for these oversights.

Beth Bogie, Editor

SAFETY CORNER

by Julie Smith, BSN, RN,
Director of Quality & Clinical Outcomes

Happy Winter!

As we anticipate cold temperatures and a beautiful snowy landscape, it is important to consider some winter safety tips:

Dress for the Weather – Make sure you are aware of the windchill and temperature when venturing outdoors. Dress for conditions. Frostbite and hypothermia are very common among older adults during the winter. Dress in layers and make sure you cover any exposed skin by wearing gloves, hats, scarfs and warm socks.

Preventing Falls – Wear shoes or boots that have rubber soles. Shoes with a nice tread provide for the best traction when walking in icy or snowy conditions. Pay close attention to entering and exiting your car and home – be aware of black ice. Additionally, clear clutter in your home and minimize use of throw rugs as these present a significant tripping hazard.

Space Heaters – Medford Leas discourages their use. If you have any difficulty keeping your home warm, please contact Operations at x3396.

Power Outages – We can occasionally experience power outages during a winter storm. Please make sure you have Medford Leas-provided flashlights plugged into the wall and charging. These lights will last approximately 12 hours if fully charged. If you do not have one, please contact Environmental Services at x3249.

Illness – Make sure you receive your *flu vaccination* and please remember to wash your hands frequently. Hand sanitizers are available in most locations throughout Medford Leas, especially close to entrances of the dining areas. Hand sanitizers are a nice substitute for hand-washing, but are **not** effective at killing many organisms such as the *stomach virus!*

Have a Safe and Healthy Winter Season!

WHEN YOUR BIRTHDAY IS ON NEW YEAR'S DAY

text and photo by Betsy Pennink

Imagine the surprise of the staff of Therapeutic Recreation when they discovered something special about their January celebration of birthdays in Assisted Living! Two of the residents were born on New Year's Day!



Carolyn Berger

The odds of two people in a small group sharing a birthday are minuscule. **Carolyn Berger** and **Laura Farr** turned the statistic upside down when they celebrated their common January 1 birthday in the Gathering Room on January 9 at a pizza, salad and cake luncheon.

It was Carolyn's 96th and Laura's 91st birthday. Two others at the round table, which was decorated with party hats, were celebrating January birthdays as well. **Pete Peterson** was looking forward to his 93rd birthday on January 13, while **John Bersch** had just turned 90 the week before.

It turned out that the two men had more in common than January birthdays. During the conversation John and Pete reminisced about the years they had built floats together for the Canoe Carnival in Medford Lakes.

John's wife, Jane, joined the group in time for the singing of "Happy Birthday to Everyone" as **Marcy Stevenson**, coordinator, Therapeutic Recreation and Volunteers, placed the birthday cake in front of Carolyn (the oldest) so that she could blow out the candles.

The party ended on a high note, with **Terry Tuffnell** and **Lea Beckett**, staff of Therapeutic Recreation, serving extra helpings of cake and coffee to finish off the meal.

LOCAL ARTIST DRAWS CROWD

THE LEAS ART GALLERY SCENE

text and photo by Joyce Linda Sichel

Medford Leas' Main Gallery outside the Theater was so crowded in the afternoon on Tuesday, January 3, that extra chairs were needed for people to hear our new visiting artist and to see his exhibition. He is Dr. Jay Taylor, a very popular, retired Medford dentist who has devoted himself to oil painting in his retirement.

Dr. Taylor is an artist who is comfortable with many different subjects. While landscapes predominate, there are beautiful still lifes and a striking portrait of singer-songwriter Jerry Garcia. His most recent works were painted this past summer at Batsto in the Pinelands, many of them done in the open air. He painted the major historic buildings like the mansion, the sawmill, gristmill, post office and horse stables. "Batsto Grist Mill" is shown here.



Also very interesting are his paintings of fishermen netting shad (the fish having come from the Atlantic Ocean to spawn in the Delaware River). His many arresting paintings will be displayed through February.

Resident art shows will also continue for viewing in the Medford campus Art Studio Gallery and at the Lumberton campus Community Center.

COSTANZA PHOTO EXHIBIT

Joe Costanza will have an exhibit of his nature photographs at the Palmyra Cove Education Center during the month of February. He will exhibit approximately 30 framed images, such as the fox shown here, including wildflowers, landscapes and wildlife with the emphasis on images of birds. A reception is scheduled tentatively for Saturday, February 11.



The Palmyra Cove Education Center is located at 1300 Route 73 North, Palmyra, NJ, at the base of the Tacony-Palmyra Bridge.

Joe Costanza

IN MEMORIAM

Virginia Dreby	November 29
Edwin "Ed" McVaugh	December 12
Bettina "Frosty" Frost	December 21
Patricia "Trish" Mori	December 21
Stanley Brush	December 29
Arabelle Pennypacker	December 31
Alan Gaylord	January 5
Richard Gervase	January 11

DIVERSITY COMMITTEE FOCUSES ON RACE AND SERVICE TO OTHERS

by Dorothy Cebula

Jay Wilder, interim co-chair of the Diversity Committee, recently discussed some of the group's activities that focus on service to others and raising awareness between different people.

On January 9, the 2016 biographical film, *Race*, about famed athlete Jesse Owens, was shown in the Theater, hosted by **Sandy Heath**. Sandy introduced the program with reflections on the "Jim Crow era" in which Jesse Owens lived. Jay also shared a few thoughts about Dr. Martin Luther King, Jr., and the state of racial justice today.

Later in the month, **Janet Jackson-Gould** coordinated a morning of conversation termed "Talking Across the Racial Gap." Medford Leas residents and community members from Burlington County met in order to expand understanding between people. The program ended with Samuel Still speaking about The Still Family History in South Jersey, co-sponsored by the Leas Forum.

Jay shared updates about the committee's service project, the T.I.M.E. Mentor Program in the Mt. Laurel Schools. Currently, five Medford Leas residents have agreed to spend one hour each week mentoring a child at their lunch hour. **Kay Roberts** has two students she sees each week – one in elementary school and another in middle school. She reported that mentoring is not like tutoring, but an opportunity to get to know a young person who needs a supportive adult role model willing to commit the time and effort to be there when they agree to do so. She enjoys having fun and talking to each student every week. Other mentors include Jay, **Vince Menzel**, **Jane Roeser** and **Marie Gleason**. Any Medford Leas resident interested in learning more about this mentoring program should contact Jay.

The Diversity Committee is looking for new members. The group meets on the second Wednesday of the month at 10:30 am in the Linden Room under the MLRA sponsorship of **Harry Forrest**.

PHOTO EXHIBIT TO RECALL WARTIME EXPERIENCES OF JAPANESE AMERICANS

by Dorothy Cebula



From Saturday, February 18, through Thursday, March 9, the Friends Center in Philadelphia will host the acclaimed photography exhibition *UPROOTED: Japanese American Farm Labor Camps During World War II*. The series of black and white photographs by Russell Lee tells the story of life for some of the more than 33,000 Japanese Americans who chose to work as farm laborers rather than live in the barbed wire barracks of internment camps.

This exhibit is offered in recognition of the 75th anniversary of the Day of Remembrance, when President Roosevelt signed Executive Order 9066 authorizing the military to designate civilian exclusion areas. As a result, more than 120,000 people of Japanese ancestry, the majority of whom were citizens, were removed from the West Coast homes and placed in internment camps elsewhere.

Because of the loss of farm workers due to the war effort, the Farm Security Administration (FSA) attempted to recruit replacement workers among the Japanese Americans who were subjected to the forced relocation. FSA assigned photographer Russell Lee to document life in the farm camps in July 1942, where he saw the hardships and the dignity and spirit of the people attempting to survive this change in their lives.

The *Uprooted* photo exhibition will be at the Friends Center, 1501 Cherry Street, Philadelphia, PA, from February 18 to March 9, between 11:00 am and 3:00 pm, on Tuesday, Thursday and Saturday. The *Day of Remembrance* reception will be held on February 18 between 2:00 and 5:00 pm. RSVP by February 13 at 215-248-5544 or jalabor-camps@gmail.com. Reception fee is \$5.00. Check with **Tammy Gerhart** for details on bus transportation for the reception.

NEW SMOKING POLICY

by Suzanne Frank

Although we live in a non-smoking environment, Medford Leas finds it beneficial to the community at large to make some slight adjustments to its resident smoking policy.

- As of January 1, Marketing will be communicating with prospective residents that we are truly a smoke-free campus in that residents and staff cannot smoke anywhere on the Lumberton and Medford campuses, including inside their homes, according to **Lisa Heinkel**, director, Health Services.
- Those residents who still smoke on both sites will be grandfathered in. However, they will be offered smoking cessation options (a patch, etc.). E-cigarettes and vaping are included with cigarettes/cigars in what is prohibited along with smoking.
- Medical marijuana will be permitted with a doctor's prescription.

At present, the Resident Handbook advises that a resident may smoke but in his/her home only. This will be updated to reflect the new policy. It is hoped that this new policy will help Medford Leas take a small step toward offering a truly smoke-free environment.



WHO'S NEW – LUMBERTON CAMPUS

text by Barbara Zimmerman, photos by Joyce Koch

John and Catherine (Kitty) Welding Walsh moved to 57 Woodside Drive in December from Avalon, NJ. Previously, they had lived for 17 years in West Chester, PA. That house sold in one day! So it was a quick move to their shore property in Avalon, where they stayed for three years before the move to the Lumberton campus of Medford Leas.

John and Kitty had looked at a lot of senior living properties. The dual campus concept was appealing and seemed to suit their needs. They had already begun downsizing. And this was the

perfect size. They love sitting inside and enjoying the meadow outside their living room and sunroom. "It feels like we are on vacation!"



Kitty grew up in Philadelphia, attended West Catholic High School and then worked in a real estate office. John started life in New York City, worked at N.W. Ayer & Son advertising agency in Manhattan, and then joined N.W. Ayer in Philadelphia (the first advertising agency in America). He was one of their creative chieftains working on many national accounts, including Pan Am, GM, AT&T and U.S. Army Recruiting.



Kitty and John met on a blind date in Philadelphia. After marriage they moved around a lot, living in Center City Philadelphia, Bucks County, PA, Winnetka, IL, then back to the Philadelphia area and finally to Ridgewood, NJ, when John rejoined the New York office. John retired from Ayer in 1991 as executive vice president and managing director of Creative Services, but had his own consulting business for a time.

Their three children, David, Patrick and Elizabeth, kept them busy and Kitty volunteered in all the "mom activities." She was very active in support of school music programs and Scouting Auxiliary. She did find time to knit and sew (even making some of her own and Elizabeth's clothes). All three children live in New Jersey. Patrick and wife Michele have the only grandchild, Henry, age nine.

Kitty had done extensive gardening at their Avalon home. She is interested in bridge, knitting, genealogy and music. John is interested in art programs, canoeing/kayaking on the Rancocas as well as fitness and outdoor opportunities at Lumberton.

FEBRUARY CRYPTOGRAM

by Herb Heineman

VI STMYK YDNE KGT CNPUS'W WKFLT
 NZZYPPTS NE JTMPYFPI KCTEKI-WXO,
 TXLGKTTE GYESPTS JNPKI-JXQT, XE
 KGT WKFKT NJ XNCF.

Identify the author:

HNGE CFJET
 HNGEEI ZFPWNE
 MYJJFUN MXUU

Below is the solution to the January cryptogram:

MAY THE NEW YEAR BRING YOU COURAGE
 TO BREAK YOUR RESOLUTIONS EARLY! MY
 OWN PLAN IS TO SWEAR OFF EVERY KIND OF
 VIRTUE, SO THAT I TRIUMPH EVEN WHEN I
 FALL!

ALISTAIR SIM
 GWENDOLYN CREWLY
ALEISTER CROWLEY

The correct solution was received from the following readers:

Anonymous, Catherine Barry, Bart Bartle, Ruth Blattenberger, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Larue Evans, Sandra Holl Evans, Harry Forrest, Roberta Foss, Neil Fowser, Yolanda Guastavino, Jean Jordan, Jane Mahorter, Robert Morrow, Doris Q. Murray, Betty Preston, Deedy Roberts, Miriam Swartz, Joanne Thomas, Ellen Wiener, Barbara Zimmerman. Fifteen correctly identified the author.

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

MEDFORD LEAS LIFE

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