



Medford Leas *Life*

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THE BEST IS YET TO COME

text by Vince Menzel, photos by Margery Rubin

For over 40 years the Medford Leas Annual Holiday Show has become one of the most popular events on the Medford Leas calendar. This year's edition, as all before it, delivered great entertainment, eliciting plenty of applause and deep laughs from an enthusiastic "sold out" audience. This year's theme, "The Best is Yet to Come," was the last song Frank Sinatra ever sang publicly. Before the performance began, Sinatra music (including the theme song) filled the Theater to get the audience in the mood, while a photo slideshow of residents who waited in line (some for over 90 minutes) on November 22 for the highly sought-after event tickets was displayed on the screen. Residents in line that day sported hats and fake mustaches handed out by **Marcy Stevenson** to liven up the wait.



photo- Marcy Stevenson

As the audience filtered in, the buzz before the show was who would play Ol' Blue Eyes. Speculation abounded as the audience waited with anticipation to see who would step to the microphone. Would it be someone who physically resembled

Frank (very loosely speaking) or someone who sang like Frank (or more accurately someone who always wanted to sing like Frank, but never came remotely close)? **Bill Murphy's** name was mentioned by some people, even though he doesn't quite resemble Frank in appearance or singing skills. The audience's question was finally answered as the curtain rose to spotlight "Frank," ably portrayed by **Dr. James D'Amico**, who welcomed the audience and kicked off the program by introducing yet another "Frank" wannabe, **Mark Wick**.

Mark as Frank energetically sang one of Sinatra's signature songs, "New York, New York," while *Administration* staff performed a chorus line skit wearing distinctive gold hats and black suits. This rousing opening act perfectly set the tone for what was yet to come. As the curtain closed, Mark told us all that Medford Leas is our kind of place. On cue, **Dr. James** as Frank was back up, trying his hand (or voice) as Sinatra, belting out his rendition of Sinatra's "My Kind of Town"—"My Kind of Place (Medford Leas Is.)"

Dr. James next mentioned that the real Frank had a TV show in the late fifties that frequently featured Peggy Lee. Next up performing one of Peggy's songs were the staffs of Woolman and Health Services enthusiastically singing "Fever." They were quick to remind us, "We'll cure your fever,...Fever in the morning, fever will be gone at night." The audience was brought to a fever (pun intended) pitch with this number.

Tammy Gerhart then came to the microphone to mention that *Resident Services* has had no requests to go to the moon, at least not yet, but they

do try to accommodate all earthly destination requests. Just then, “Fly Me to the Moon” background music was heard, with Resident Services performing their rendition “Drive Me to the Mall” with unique lines such as, “We’ll drop you off at ShopRite; we will take you near and far.” **Barry Sherzer** and **Jen Mengel** then ambled down the center aisle driving big bus and car cutouts.



After the applause subsided, Dr. James reminded everyone that Medford Leas is serious about residents receiving flu shots. Again on cue, *Wellness Center* staff, wearing or carrying oversized “syringes,” brought the audience their adaptive version of Frank’s “I’ve Got You Under My Skin”—“We’ll Get You Under Your Skin.” **Janet Rumble** made sure performers were well protected by using her syringe numerous times on a

few of her colleagues, or more accurately her “patients.” Sinatra first sang his song in 1946 on his radio show, but 70 years later, this version became another hit—at least for one night. The staff then reminded us that if their treatments didn’t work, Dr. Andie had a cure-all for every situation. **Dr. Andie Iannuzzelli**, dressed strikingly as a bunch of large purple grapes, then proceeded to give us all good healthy advice to the music of “Love and Marriage” by capturing the essence of good eating in a “Fruits and Veggies” number.

The seemingly nonstop action continued with the Medford Leas rendition of “Let It Snow,” a creative “Please Don’t Snow” aptly performed by Dr. James and the *Maintenance Department*. Dr. James opened up with “Well the weather outside is frightful, and the fire is so delightful. But since we’ve no place to go, let it snow, let it snow, let it snow.” The Maintenance team then arrived and offered a retort to Dr. James, opening up with “He doesn’t care if it’s two below, he’s sitting inside by the fire’s glow. He doesn’t care about the cold and the winds that blow, he just says, ‘Let It Snow!’ But we say, “When the weather outside is frightful, gettin’ to work ain’t so delightful.” After continuing with songful reasons why they didn’t want it to snow, they peppered the audience with “snowballs.” As far as I could tell, only two were thrown back by “rowdy” residents, but most exhibited self-control—even after being provoked.

An informative narrative followed of Frank’s early days as a Jersey guy from Hoboken, a child of immigrants, attracting mobs of bobby-soxers swooning in the aisles when hearing his dreamy baritone voice. With Dr. James doing his best Sinatra impersonation, singing “That’s Life,” bobby-soxers (the *Options* team) were seen screaming with hearts aflutter in front of the stage. After the number, they ran onto the stage for autographs. Astonishingly, Frank had no bodyguards come to the rescue, but fortunately survived the female onslaught without a problem. *Therapeutic Recreation* staff were also seen coming down the aisle with “We Love Frank” signs, joining the lovefest on the stage.

Therapeutic Recreation staff members were up next with their lively rendition of “Get Me to the Program on Time,” followed by Mark Wick and **Gerry Stride**, performing a pleasant, easy-on-the-ears version of “Something Stupid.” *Environmental Services* followed next with their adaptive version of “High Hopes,” entertaining the audience with the miracles of “Lye Soap.”

The audience then enthusiastically participated in a karaoke sing-along of Frank’s famous “Strangers in the Night.” Gerry Stride next challenged the audience to a contest, singing “Doo Bee Doo Bee

Do,” the legendary climax from his “Strangers” song. Residents stepping up to try to win the “one million Frank Sinatra bucks” included **Jim Knapp, Bill Trucksess, Len Cebula, Alex Webb** and **John Sommi**. All performed well enough (a low bar was set over the years by Bill Murphy) according to Gerry’s ears to win the bucks.

Russ Nagy next came forward to read a letter from Bill Murphy sending his well wishes and regrets for not being able to attend. While “My Way” played, Bill had a rhythmic message for all residents to “Call Russ on Monday” with any problems.

After a narrative summary of Frank Sinatra’s marital history, *Assisted Living* stepped forward to perform their version of Frank’s daughter Nancy’s hit “These Boots are Made for Walkin’,” only with a twist—calling it “These Bells Just Keep on Ringin’,” with the message “Press the magic button and we’ll be there to assist you.”

Debbie Lux, award-winning horticulturist, was then introduced. Fittingly, Debbie, wearing a fanciful “tree” headdress, brought the audience her rendition, “The Best Things in Life are Trees,” with the audience joining in on the song’s title line lyrics.



A brief narrative followed on Frank’s movie career, with **Jeremy Vickers** (trying to be like Frank) and Dr. James as Frank then taking the stage for their slightly altered version of “Who

Wants to be a Millionaire?” from the Cole Porter movie, *High Society*—“Who Wants to be a CEO?” Dr. James peppered Jeremy with questions requiring either “I do” or “I don’t” replies. Key revelations were that Jeremy does want to be a CEO and keep Medford Leas at five stars.

Another narration followed about Frank’s career in the mid-’60s, including his being a founding member of the famous “Rat Pack.” With that said, Medford Leas’ own Rat Pack, the *Fitness Center* staff, took the stage and capably gave the audience their

musical take on “You Make Me Feel So Young,” crooning “We’ll Help You Feel So Young.”

Dr. James as Frank then mentioned that the first of the final two songs of the night was “Young at Heart.” It made him think of a late resident, Mr. Ping, who was given a choice after he turned 100 to take his evening heart medication or his evening cocktails. He chose the cocktails and lived to be 106. Dr. James posited that it looked like he made the right choice. Our seven centenarians were then recognized: **Marion Burke, John Rudolph, Dorothy Hull, Isabel Daly, Jean Henderson, Bettina Frost** and soon-to-be-100 **Edwin McVaugh** (on December 22). Marion and John are the elders of the group at 104. Congratulations to all!

The audience then participated with the entire cast in singing both “Young at Heart” and “Santa Claus is Coming to Town.” Another terrific event thus came to a close and became part of Medford Leas’ history and tradition.

To recognize everyone who participated in planning, organization and execution of this marvelous event is impossible, but to name some key contributors:

- Show writers Gerry Stride (the creative prime mover and shaker, as usual, behind the scenes), Dr. James D’Amico, **Susan DeJacom**, Tammy Gerhart, **Cathy Kissane**, Marcy Stevenson, Mark Wick
- Musicians **Joe Pantano**, Mark Wick
- Stage backdrop of Sinatra: **Jamie Carswell**
- Props: **Leah Beckett**, Marcy Stevenson, **Cathy Martin**, Tammy Gerhart
- Narrators: **Annie Mazur, Marge Sagett, Marianne Steely**
- Sound booth: **Marc Gold, Russell Pepe, Brian Reily**
- Tickets and Programs: **Lori Jakelsky**, Marcy Stevenson, **Jane Weston**, and *Dining Services* staff

Many thanks to people from all departments who made the event another entertaining success.

CRAFT FAIR A GREAT SUCCESS

text by Betsy Pennink, photos by Margery Rubin

The word was out. Get to Medford Leas early! This was the tenth Holiday Craft Fair and it has a well-deserved reputation as a spot to buy high-quality, attractive and unusual items. The crowds arrived.

They found an array of beautiful handmade creations and delicious edibles in an expanded space. Mothers with baby carriages could make their way easily among the vendors. Resident crafters were interspersed with new and returning vendors to offer an exciting variety of objects.

The Farmer's Daughter, here for the first time, had a run on chocolate chip cookies, reindeer crunch and decorated Oreos on a stick. Nick Kulina, of K G Bees, sold different kinds of honey from all over the United States and Brazil. He was new to Medford Leas, but his daughter and son-in-law, who were helping, felt at home. They had worked here together in the 1990s.

What an abundance of jewelry! Some was made from really old buttons by Selena Braunstein of Vintage Buttons Jewelry, a returning vendor. Some was made from glass. Newcomer Bill Watkins demonstrated how he melted glass onto steel wire and how he decorated his earrings with exotic glass figures.



An artist with glass, Katrine Cheetham made her corner glow with works hanging in the windows. She had also created fused glass jewelry. A regular at the Fair, she is the daughter of the late **Joseph DePalma**.

An interesting addition this year was the work of Linda Ammon. She described how she took spoons or forks and created bracelets, rings and earrings from "just the right silverware."

Kathy Riley, from the Lumberton Campus, had crowds around her origami jewelry and decorations display. She sold almost all her earrings and, as a first timer, was amazed at how "gracious and friendly" everyone was.

Among the returning vendors was Nancy Salvatoriello of Red Dog Pottery, whose objects were made of many different clays, including a stone-ware casserole. Clean Bean Soap was back with a variety of soaps and some new soap covers.

Residents **Art Hartwig** and his wife **Jean** stood behind a table with samples of his spectacular wooden bowls. Art could tell you where each tree he used had fallen and its associations. Special this year were bowls with cherrywood rims.

Behind a table and wall covered with quilts, members of the QIG (Quilt Interest Group) reported that sales were going well because they had more items to sell this year. **Jeannette Muir** described how many of the quilts are a result of "group work, with all taking part in an individual piece."

Other resident vendors were back again and doing well. **Barbara Zimmerman** and **Vince Menzel** sold 100 packets of MLRA notecards. Woodworkers **Jim Knapp** and **Dick Randolph** reported brisk sales. The knitting group, headed by **Wen Eby**, was pleased by the success of their baby sweaters. **John Brzostoski** was busy making sketches of anybody who asked for one.



During the Fair, several Red Apron Ladies roamed through the crowd, selling tickets to the auction of 28 articles donated by residents. **John Speirs**, with **Janet Jackson-Gould**, had worked tirelessly to assemble them. At 3:00 pm the drawing began, with **Len Cebula** calling the numbers and Janet as the scribe. (photo, l. to r.: Len, Janet, John)



Highlights of the auction: **Betty Preston** was thrilled with an antique silver dish, and **Jane Lange** won the only item she had her eye on: a turquoise and silver necklace.

Meanwhile, downstairs, **Debbie Lux**, our horticulturist, sold her lovely Christmas arrangements and poinsettias as always. Her wreaths were such a sensation that she was accepting orders!

Under the co-chairmanship of **Maggie Heineman** and Janet Gould-Jackson, the Craft Fair brought together a combination of resident and outside vendors to create a unique event. Maggie is also happy to report that it raised \$8,000, a worthy sum to go to the Residents Assistance Fund and the Activities Fund.

THE HAPPIEST HOUR

by Barbara Zimmerman, chair

By popular demand, a new concept for socializing before dinner is being introduced. Happy Hour (BYOB and snacks) will open in the Willow Room (Lounge) on Tuesday, January 17, from 4:30 to 5:30 pm. Happy Hour will then continue on most Tuesdays and Thursdays at the same time. The plan will allow residents from both campuses to gather before dinner to socialize.

The program has been vetted and approved by the MLRA, and was requested by **Marilyn Thomas**, sponsor of the Food Committee, on behalf of **Jen Zdunczyk**, director, Dining Services.

Bring mixed cocktails in a container or wine or beer. Medford Leas will provide ice and plastic glasses. Wear your name tag. The Willow Room must be vacated by 5:30.

Committee members are: **Judy Austermiller**, **Sonia Carr**, **George Rubin**, **Catherine** and **John Sommi**, **Jim Smith** and Marilyn Thomas.

HANDMADE WREATHS GRACED HOLIDAYS

text and photo by Joyce Linda Sichel

It was like Santa's workshop for two days in the Lumberton campus Community Center. Under the instructions of **Debbie Lux**, horticulturist, Medford Leas residents (25%) and folks from nearby communities (75%) were making holiday wreaths. Part of this year's *Pathways* program, the four workshops were so popular in past years that they were again easily filled. Many in attendance were old hands at the skill, having participated before.

The large airy room was suffused with the scents of evergreen boughs, which Debbie herself had cut



Nancy and Donna

during the five previous days so that everything was fresh and very green. There were also many trimmings on hand, including berries, raffia, beads, toy birds and puffy bows. First Debbie demonstrated how to use a circular wire frame as a base, to trim with pruners and to bundle fir boughs with wire and attach them to the frame in overlapping layers until the whole circle was complete. Then, using a glue gun, greens and ornamentation could be added according to the makers' tastes.

Pride in their work was obvious. **Nancy Steelman** and her daughter, Donna Woloshin, were working together and enjoying themselves greatly. Irene Kelly, who lives in the township of Medford, said that while she had made wreaths before, "never this way," and was happy to have learned something new. Comments were heard like "I love doing it" and "always a favorite." Students **Betsy Snope** and **Roberta Foss**, as well as instructor Debbie, were hard at work lending a hand. Beautiful wreaths from these classes were ready to grace many homes and contribute to good holiday spirits.

THRIFT SHOP – AN AMAZING GIFT

text by John Sommi, photos by Margery Rubin

The Thrift Shop has served a very useful and practical purpose since Medford Leas' early days. In so many ways it truly serves as a "gift" to residents, their families and the employees. "Recycling center" might better capture its major function, extending the use of still serviceable furniture, clothing and bric-a-brac. True to the Quaker belief in frugality, it permits everyone to make their money go further by offering very-well priced bargains.

Those who are especially "tightfisted" should wait for the periodic half-price sales, although that involves the risk of waiting too long and having the desired item disappear. In an added effort at fairness, pieces are often offered for open bids, with prospective purchasers simply listing what they are willing to pay for an item and submitting a bid in a sealed envelope.

The existence of the Thrift Shop permits residents facing the problem of downsizing their living space to dispose of furnishings which they cannot sell or simply wish to donate to such a worthwhile cause. Often new residents on both campuses, as they settle into their homes and discover they brought too much, will donate items to the Thrift Shop. Medford Leas will provide transportation for such things. Children of residents who have died often donate items they and their children do not desire because of taste, size, condition or distance to be transported.



Eve Robinson



Jan Durbin

More than 20 resident volunteers labor each Monday to sort, appraise and set aside items worthy of resale. The team is led by **Jan Durbin** and **Eve**

Robinson, assisted by **Loretta Strassler** in charge of linens, **Carmen Kunyczka** controlling the men's department, **Marilyn Tillman** the women's section, and **Berta Numata** the kitchen shop, while **Pat Heller-Dow** and **Walter Dow** manage the popular Christmas sale, and **Lynn Immen-dorf** conducts the furniture sales. The group gathers again to conduct weekly sales on Tuesday mornings and on some Wednesday evenings, setting items on display with prices marked. The annual Christmas sale, from November 15 to December 20, is conducted with an exciting variety of items, and, with the exception of large trees, practically anything you might desire.

Quite often some of the furnishings skip a generation, much to the pleasure of grandparents. Quite a few items make their way to college campuses. I can attest to this personally, for several Thrift Shop pieces are now located in a dormitory at the University of Virginia, making one student quite content.

Many members of the staff have also taken great advantage of the many bargains available. Some have literally furnished their homes and acquired very high-quality clothing, a nice fringe benefit from their employment. Knickknacks, a wide variety of glassware and a range of garments, some hardly used, are offered in abundance.

Sometimes I cannot help wondering, as I walk around the campus, if a sharp-eyed student of fashion will take notice that I have extended the life of a former possession of perhaps a friend or, more intimately, a personal donation. Truth be told, the current issue of *Pathways* contains a photo of me wearing a Thrift Shop bargain.

Have some items seen second or third lives, particularly if they bear designer labels? No doubt. Some of these items are often new or have seen little use and so remain in good condition. Many shoppers have been so proud of these purchases, they have bragged about them to friends. "Look what I got," is their gleeful cry. "Can you believe it. I only paid...."

The Thrift Shop is truly an amazing gift to our community. The residents who cheerfully donate time on a weekly basis deserve high praise for their

work. The results of their efforts and the donations of items by all parties permit Thrift Shop annual contributions of substantial sums to the Appreciation Fund and the Residents Assistance Fund. A major thank you to all who make this activity what it is, a blessing to Medford Leas.



NEW CONIFERS JOIN THE PINETUM

by Betsy Pennink



Lacebark Pine

Without noticing it, we pass one half of the Pinetum every time we come along the entrance drive to the Main Parking Lot. On the right side of the road is a row of very tall conifers (cone-bearing trees), leading up to our icon, the American Holly tree.

The holly tree was on the property when the farmland was bought from Roy Mickle nearly 50 years ago. He had planted it in 1930 beside a water tank and a windmill on the highest spot on the property, 65 feet above sea level. Now well over 40 feet tall, it has been carefully tended ever since. Even its original lightning rod has been extended.

For **Lewis Barton**, a founder of our Arboretum, the holly tree was the spot to start a pinetum, the term for a collection of conifers. The Arboretum Committee solicited contributions and, over the years, many new trees were planted in the area between the holly tree, Court 19 and the Estaugh Building. In 1986 the Arboretum Committee distributed a "Guide to the Pinetum," a list of about 40 cone-bearing trees, with brief descriptions.

Fast forward to 2016. Due to the redevelopment of the Haddon and Estaugh wings, Court 19 had to be removed and several trees in the Pinetum transplanted. Enter Henry Depenbrock of Depenbrock Design, who brought with him a longtime fondness for Medford Leas and an eagerness to design the

restoration of the Pinetum. He was able to secure and install 16 new trees along the path behind the Rogers Residence.

It's worthwhile to walk along this path to enjoy the newcomers to the Pinetum, noticing the surprisingly different colors and shapes of the trees and the different textures of the needles. You may recognize pines, cedars, and firs. It's also easy to see which the newcomers are, as they do not have their name boards yet. The larch stands apart since its needles turn a rich brown and fall off.

The Pinetum contains a collection to be excited about. Certainly Lew Barton would be proud of it.



JANUARY LEAS FORUM

by Dorothy Cebula, Chair

After the holidays are over and the cold winter approaches, take the opportunity to enjoy two stimulating programs this year.

On Saturday, January 14, Leas Forum will offer a glimpse into the long-unfinished manuscript "*My Eye's Mind: Looking at Art – Thinking of Science*" by Medford Leas resident **Ezra Shahn**. The program will examine the science existing at the time of classic works of arts. Rather than simply telling an audience about the discoveries in science over the years, Dr. Shahn will present artistic examples from different points in history to demonstrate awareness of the knowledge base in the sciences that existed at the time. Dr. Ezra Shahn has an extensive background in physics, computational biophysics and genetics. He was a professor at Hunter College, New York, for 46 years.

On Saturday, January 28, the Forum will partner with the Diversity Committee and The Dr. James Still Center for a presentation on the history of the Still Family by Samuel Still. Look for poster and flyer details in the weeks ahead.

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



DECORATING DAY
photos by Beth Bogie



Hanukkah Table, prepared by Marion Raindorf; Steve Yanai arranges origami decorations on tree; Atrium tree; Lounge – Beth Wray decorates a small tree; Garden Room – tree decorated by Barbara Zimmerman and Marilyn Thomas; Doris Murray, co-chair of Decorating Day, winding down with cup of coffee. A job well done!
UNDECORATING DAY- JANUARY 3

CALLIGRAPHY AND NEW ARTIST THE LEAS ART GALLERY SCENE

text and photo by Joyce Linda Sichel

As is the custom at Medford Leas each December, the Philadelphia Calligraphers' Society provides a show of "beautiful writing." The Society was founded in 1976 by a group of calligraphers including resident retired calligrapher and teacher of calligraphy **Harry Forrest**. Many of the members reside in southern New Jersey and it is their work that is being shown here through December.

Maureen Peters is the informal head of the New Jersey artists, having given a four-session class last fall and a year before as part of the *Pathways* program. She also leads a workshop (open to those who have gone through the class) on the first Saturday of each month in the Linden Room at Medford Leas. It is free of charge and offers the opportunity to create many unusual projects.



In our Main Gallery this year the calligraphers have an outstanding selection of work. Besides lettering in many different styles, illustration is a frequent part of their

creations. Maureen told us that calligraphers may work on many drafts before arriving at a final product. She and Harry Forrest, who was also present at the show's opening, discussed the problem of preventing or correcting errors. Shown here is a work from the exhibit, "Joy," by Veti Vasilon of Marlton.

Coming to the Main Gallery for January and February is artist Jay Taylor, whose work has not been shown here before. A retired dentist, Dr. Taylor has had the time to pursue his art avocation. His paintings include varied landscapes and foreign scenes, still lifes, portraits and animals. A reception will take place on January 3 from 3:00 until 4:30 pm outside the Theater.

Resident artists will continue to show their work at the Lumberton campus Community Center and in the Art Studio Gallery in January.

DEBBIE LUX RECEIVES AWARD

by Betsy Pennink

In the same week that **Debbie Lux**, horticulturist, sold wreaths and arrangements at the Craft Fair, led four Christmas wreath-making workshops, and practiced for the Holiday Show, she accepted an award from LeadingAge New Jersey at their Annual Awards Ceremony.

LeadingAge New Jersey is the state-wide association of not-for-profit senior care organizations, of which Medford Leas is a member. Every year they give out awards in five different categories. One of these, Excellence in Care, goes to an "individual in a staff position who has enhanced the lives of residents through exceptional care and service, personal commitment, and contributions to resident life." This was the award given to Debbie.

Of the eight people recognized this year in the category, Debbie was the only horticulturist. **Jane Weston**, director, Development and Community Relations, attested to Debbie's "serious commitment to our residents and their improved quality of life through interactions with nature."

The ceremony took place on December 7 in Monroe, NJ, and a group from Medford Leas was there to applaud the presentation. Aside from Jane and Debbie herself, **Russ Nagy**, director, Operations, attended, as did **Jennifer Mengel**, Resident Services. **Susan Cunningham**, chair, and **Miriam Swartz** represented the Arboretum Oversight Committee.



Debbie (l.) and Susan
photo-Jane Weston

A montage of pictures of Debbie on campus interacting with residents was shown as the award was presented. Afterward a glowing and grateful Debbie thanked the organization for the award and spoke of the importance of nature in people's lives.

Here at Medford Leas, residents are grateful year round for all that Debbie gives us and we are delighted that she has won this well-deserved honor.

THREE NEW YEAR'S RESOLUTIONS

by Beth Bogie

I am about to tackle a subject almost no one wants to deal with, and that is to discuss how to prepare for medical emergencies and even for the end of life with respect to information that will protect you and your family. If we feel good now, we feel no compulsion to jump on the End of Life train, or even say how we want our lives to be handled on a medical Short Trip to an emergency room and back to Woolman. We don't want to talk about it; we don't want to think about it. I know the feeling.

But it may be very important for you to do so. For example, you may not want your children, grandchildren – even a spouse – who could have strong opinions diametrically opposed to yours expressing their views to doctors and medical staff without your input. Even if they are supportive, you may still want to be heard, and there are different ways today, such as a Living Will, to make yourself heard. Moreover, others may not want the responsibility of saying how our lives should end, without some supporting evidence that we agree.

It is also very important to have a power-of-attorney established in case you can no longer handle your financial and other business affairs. It is now, when you are capable, that you need to approach an individual you trust, and a backup to that person, to take care of important matters if you can't. You need to have someone who can pay your bills, your insurance premiums, your taxes and your Medford Leas monthly fee!

I cared for my parents for the last 12 years of their lives. There was a point where my dad got a year-and-a-half behind in taking care of his health insurance and asked me to take it over. That was the first such request and not so difficult for him because he still had his health but was tired from keeping 24-hour nursing going for my mother in our home. But things became more difficult for him, and so a trusted nurse and I had to wean him from his checkbook. He was making small contributions to everybody who asked for money! My dad and I were close, but, at the same time, he was accustomed to having control and losing it was difficult.

He occasionally expressed feelings that people closest to him were in a conspiracy, a not uncommon feeling in this situation. I smile remembering. It was not until he was headed to the operating room to have his lower leg amputated and was more seriously losing his memory from the trauma, that he was willing in his hospital bed, at the age of 84, to give me power-of-attorney. I had no siblings, nor did he, and I had essentially been taking care of his business all along. I understood how difficult this was for him, but the lesson in this was that the longer we resist doing what could be needed, the harder it is for the folks around us and for you down the road.

And just so you don't think I'm giving advice I'm not following myself, I have my own documents and End-of-Life team, and have for some time. There are two very close friends of mine on the team, the closest on Long Island where we grew up together, and the other a close college friend in Cherry Hill. The third is my only relative left in my generation, who lives in New Mexico! They all have my documents, as does my lawyer and **Tammy Gerhart**, director, Resident Services. Knowing this information is in other responsible, caring hands lightens a burden for me.

Many of you have already made necessary arrangements, but there is concern that some have not. So, for those who haven't, I propose that you make three New Year's Resolutions, not to be broken!

One: Provide Tammy Gerhart with a Living Will/Advance Directive, Power-of-Attorney and Emergency Information form, listing people you would like notified in case of an emergency. I would also include a HIPAA document called "Authorization to Disclose Protected Health Information" to list those individuals who may receive your medical information. It's important to keep all of this up-to-date. Both Tammy and Cathy Martin, social worker, can help. If Tammy has this information, it is automatically available to the Wellness Center. You will want a lawyer to help with these documents.

Two: Burlington County has a voluntary program to ensure that medics coming to you in an emergency have some basic medical information about you. Tammy Gerhart has the information packets you will need, which contain a Burlington County Medical Information sheet to be filled out with current medications, allergies, etc., and contacts. You are encouraged to make six copies for your wallet, your car and immediate relatives and contacts. Tammy will provide you with further details about how it should be made readily available to emergency personnel when they respond to a call from you or the Wellness Center. The county also offers such a program to 55-and-older communities.

Three: At the time of your annual physical exam, the Wellness Center will update your medical record, including your medical history, allergies, medications, POLST (Practitioner's Order for Life Sustaining Treatment) and emergency contact information. If you see an outside primary care physician, bring information from your annual visit, a list of all current medications and any changes in your emergency contact information to the Wellness Center. The Wellness Center will provide you with a packet in a plastic sleeve containing your most recent health and medical record. Tape the sleeve to the inside of your front door or to the side of your refrigerator. This helps the medics who come to your unit in an emergency.

Note: For all who live independently on the two Medford Leas campuses, after you dial 9-911 in an emergency, dial x3666, which gets you to the Wellness Center. By their having your medical information in your file in the Wellness Center, the Wellness staff can immediately provide information needed to medical personnel outside of Medford Leas, whether in the ambulance or the emergency room. Those living in the Courtyard Apartments, just dial x3666.

I wish you all a healthy, well-documented 2017!

LET'S TALK GARDENING

Will be on vacation
until March.

GUEST ARTIST SERIES TO FEATURE ELEGANCE STRING QUARTET

by Joe Costanza

On Sunday, January 8, the well-regarded Elegance String Quartet will return to Medford Leas for another Guest Artist Series concert. The Philadelphia-based ensemble has performed throughout the United States and internationally at venues such as the New York Radio City Music Hall and the Moscow Tchaikovsky Concert Hall. Their unique sound and repertoire range from works by Bach to classical and popular works. The concert will begin at 2:30 pm.

Although compositions with just four musical instruments were not uncommon during the Baroque music period, it was not until the Classical era that the string quartet developed into a new and important musical genre. The amazingly prolific 18th century composer Joseph Haydn created, in addition to 106 symphonies, 68 string quartets, and is credited with developing the string quartet into a major musical form. Later, Mozart and Beethoven refined the genre, and the late quartets of Beethoven are said to be the finest compositions of this type.



Members of the Elegance String Quartet include cellist Ray Bicolli, who began international tours as a rising young artist at the age of 15 and has since traveled Europe as a soloist and orchestra principal. He is a member of the Allentown Symphony and the Symphony in C. Aisha Dossuomova, violinist, is currently an adjunct professor at Temple University and performs regularly with the Philadelphia Virtuosi Chamber Orchestra and Symphony in C. She has toured and performed in many countries as a soloist and concertmaster.

Violinist Alfi Latypova, first prize winner in several international competitions, was invited to perform at the prestigious Mozarteum Academy in Salzburg. From 2009 to 2011 she performed with iPalpiti at its annual Festival of International Laureates in Los Angeles, San Francisco, and Philadelphia. Violist/Violinist Set Rodriguez is also a winner of European competitions. He currently performs with several orchestras in the tri-state area. In 2000, with the Symphonic Orchestra of Cervera, he was a featured soloist for the Beethoven *Triple Concerto* and Mozart's *Violin Concerto No. 3*.

The Guest Artists Series of live concerts is brought to Medford Leas by the Music Committee chaired by **Marion Norcross** and is funded by the MLRA Activities Fund. The February concert will feature Quarto Basso, a quartet of a different sort that includes four tubas.

BEETHOVEN'S TRIPLE CONCERTO AND STRAUSS WALTZES

by Beth Bogie

The audience is in for a treat – a two-part program of Ludwig van Beethoven's *Triple Concerto* and *Choral Fantasy*, followed by Johann Strauss waltzes in a tribute to Vienna. The afternoon of live recorded concerts is being presented by Leas-MusiCast on Saturday, January 14, at 2 pm, in the Medford Leas Theater.

Beethoven's *Triple Concerto for Violin, Cello and Piano in C major, Op. 56*, with orchestra, brings together three prestigious performers: Daniel Barenboim on piano, Itzhak Perlman on violin and Yo-Yo Ma on cello. Barenboim is again featured on piano for the *Choral Fantasy in C minor for Piano, Chorus and Orchestra, Op. 80*. He conducts the Berlin Philharmonic for both of these works from the keyboard. These performances were recorded live in 1995. We think of Barenboim primarily as a conductor, but he is an outstanding pianist.

The two works coupled in this recording played a vital part in the genesis of some of Beethoven's finest music. Barenboim considers *Triple Concerto* "first of all a great cello concerto – the cello part is

so difficult, so important. And the fact that you have a chamber music group, a trio in this case, in juxtaposition with orchestra is a very interesting sound experiment."

Of the *Choral Fantasy*, he explains, "It's really like a study for the *Ninth Symphony*. The introduction, which is huge, is for piano alone, really like a great piano sonata. And then the orchestra comes in – little by little, it gets bigger and bigger, and when you think it's going to explode, at that point the choir comes in, giving you this completely different dimension."



Next you are transported to the Café Sperl, a famous Viennese coffee house, where musicians of the Philharmonics, an ensemble founded by members of the Vienna Philharmonic Orchestra, are giving visitors a concert of sounds of traditional Vienna, waltzes composed by Johann Strauss II, arranged by three famous Viennese composers: Arnold Schoenberg, Alban Berg and Anton Webern. The performance was recorded live in Blu-ray on March 9, 2011.

In addition to six Strauss waltzes, numbers include Leopold Godowsky's *Alt Wien*, a few Fritz Kreisler beauties, and a new piece by the ensemble's leader Tibor Kováč, based on traditional Jewish melodies and Mahler themes, called *Yiddische Mame*. The waltzes were arranged and performed in May 1921 to raise funds for the pioneering "Society for Private Musical Performances." The aim of the society was to educate audiences to listen to and understand new music in a private context.

Sources: DVD liners, Wikipedia, LVB website, San Francisco Symphony, "All About Beethoven," ArkivMusic, Naxos, medicitv.

TRANSITIONAL THERAPY ROOM

by Suzanne Frank

A new room with brand new equipment awaits residents who need some quiet and private therapy while transitioning to Fitness. This room is located across from the exercise room and "was created four months ago for the main purpose of having an extra place for only Medford Leas residents who need a more individualized approach and additional space," according to **Dexter Hebron**, Manager of Tender Touch Rehab Services, which administers the service.

Having this room so close to Fitness aids the therapists in slowly moving residents to fitness and eventually designing a program using heavy equipment for upper and lower extremities and balance. The room's proximity also aids the therapists and residents in making it easier to address any exercise modifications that are needed in their program.

"Two private cubicles divided by a curtain allow for having two patients at a time, perhaps for more hands-on manual treatment, and when they are finished, they move next door to Fitness for other exercises," Dexter added. "This area is of great significance in our growing rehab population as it gives us extra space outside of the more populated therapy area, and it offers a one-on-one therapeutic experience."



FOREVER FIT

text by Suzanne Frank, photo by Margery Rubin

Little did **Sylvia Keay** realize the vital benefit of her exercising in her 9:30 am Forever Fit program offered by Medford Leas Fitness and Aquatics. The last exercise every day was "sit to stand" without holding on to anything.

This summer at her Cape Cod house in Chatham, Sylvia was working for an hour in the heat in her garden. When she finally went into the house, she didn't feel well. What no one would have expected, she ended up in the hospital undergoing triple bypass open heart surgery.



At the hospital after surgery, Sylvia was not permitted to use her hands or arms to get out of bed. Bingo! She could do the "sit to stand" exercise! "It never occurred to me when I took this class that it would (she felt) save my life." Sylvia went to rehab on Cape Cod for a prescribed 10 days. But after only two days, the occupational therapist said there was nothing more for Sylvia to learn!



VID-U: THE BROADWAY MUSICAL

by Beth Wray

Beginning on January 5, VID-U will present a new series of Great Courses programs; the topic is *Great American Music: Broadway Musicals*. The DVD programs will be held in the Linden Room every Thursday at 11 am from January 5 through March 2. The lecturer is Professor Bill Messenger from the Peabody Institute in Baltimore.

Topics and dates are shown below:

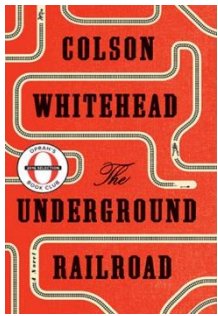
- Jan 5 The Essence of the Musical
- Jan 12 The Minstrel Era (1828-1900)
- Jan 19 Evolution of the Verse/Chorus Song
- Jan 26 The Ragtime Years (1890-1917)
- Feb 2 The Vaudeville Era (1881-1935)
- Feb 9 Tin Pan Alley
- Feb 16 Broadway in its Infancy
- Feb 23 The Revue versus the Book Musical
- Mar 2 Superstars on the Horizon

Broadway Musical programs will resume on May 4 at 11 am in the Linden Room. See the May *Medford Leas Life* for a list of programs in May and June.

Books to Enjoy

THE UNDERGROUND RAILROAD

Colson Whitehead, author



The headlines and news stories scream at us daily about another act of racism. Many of us say, I'm tired of reading and seeing stories about this. I know all about slavery and its effect on us. But stop for a moment and sit down quietly and read the new novel by Colson Whitehead, *The Underground*

Railroad. It will reawaken you to the injustice, the brutality, the pain of slavery here in America in the early 19th century.

Enter into Cora's life, a young slave on a Georgia plantation. Her mother has escaped and disappeared. Cora then makes the decision to leave this life of hell and find freedom. She is able to find the ingenious network of the Underground Railroad as she constantly moves north. Using imagined symbolism of engineers and conductors on real trains, you follow her journey. Along the way her capture by bounty hunters working for slave owners, and her escapes, lead her to encounters and destinations she never imagined.

In this novel, Whitehead attempts to get us to see slave history through his eyes, in a brave new way. *The Underground Railroad* has won the National Book Award and was selected by Oprah's Book Club. It reaffirms that through art we can learn and feel the horrors of American slavery.

As you travel with Cora you will find you are in a world that needs to be remembered so that it never, never happens again.

The book is in the Medford Leas Library.

George Rubin

IN MEMORIAM

James "Jim" Cox	November 5
Martha Palmer	November 17
Eleanor Horner	November 20
Beatrice "Bea" Smolens	November 22
Gordon Clift	November 26
Mary Denworth	December 3

WHO'S NEW

photos by Joyce Koch

Richard and Nancy (Manger) Brail "weren't really ready," but moved to 234 Woodside Drive in September. The appeal of independent living and the beauty of the Lumberton campus were compelling draws to the community. They moved from Long Beach Island, where they had beach and water, but no arboretum.

The Brails love the sense of community at Lumberton – the ability to meet others is present, but not forced. They have found both residents and staff to be helpful and friendly. Both love the fitness area and the many opportunities for walking within the grounds.



Richard grew up in nearby Oaklyn, NJ, and attended Collingswood High School. He did his undergraduate work in philosophy and mathematics at Rutgers, New Brunswick. He then received a master's in City and Regional Planning and PhD in urban planning at the University of North Carolina. He

was a professor and department chair at Rutgers, teaching urban planning for 38 years. He specialized in transportation and computer applications for urban systems. Richard was instrumental in the creation of the National Transit Institute at Rutgers.



Nancy hails from Cranford and Mountainside, NJ, in Union County. She attended Jonathan Dayton Regional High School, then majored in sociology at Douglass College. After meeting in their senior year at Rutgers (their first date was on Valentine's Day!), Nancy and Richard were married six months later. They both moved to Chapel Hill, NC, where Richard attended graduate school. While in Chapel Hill Nancy obtained her master's in education and taught

primary grades. After their return to New Jersey, Nancy received a master's in social work at Rutgers. She has been both a teacher and a social worker, employed at Princeton Family Service and the University of Medicine and Dentistry of New Jersey, as well as the Edison, NJ, school system.

Nancy and Richard have a son, Gregory. He and his wife, Linda, live in Palo Alto, CA, with their two boys, William, 9, and Alexander, 3. The elder Brails' daughter, Samantha, is developmentally disabled and lives in a group home in Somerset County, NJ.

Nancy and Richard are avid travelers and have been to many countries. More trips are in the planning stages. On the Lumberton campus they enjoy hiking and biking and may try out the canoes. They are interested in the book group. Richard will be involved with his soon-to-be model train layout upstairs in their home.

Barbara Zimmerman



June Patrylak Neff moved to the Lumberton campus in October 2016 from nearby Mount Laurel, where she was a resident for 38 years.



Prior to her time in Mount Laurel, June also lived in Chalfont, PA, and Philadelphia. She grew up in Wilkes-Barre, PA, and attended Hanover High School and Wilkes College before starting work for Robert Morris Associates and Fidelity Bank. While at Fidelity, she met her future husband, Dennis, and after being married in 1967, they

founded a professional association management company together. The company provided office staff and event planning to local and regional associations of professionals who gathered for educational and social purposes. The company is now in its second generation as a family business. Dennis died unexpectedly in 2013.

In addition to her career, June served as PTO (Parent Teacher Organization) president and

traveled extensively, including visits to 40 of the 50 states as well as Mexico, Spain, France, Canada and Ireland. She and Dennis developed a special affinity for the basenji hound, known for being a "barkless" dog. They had four different basenjis over the years.

June has two daughters: Denise, who lives in Mount Laurel with husband, Kevin, and daughters, Erin, 5, and Caitlin, 3; and Andrea, a Wilmington, DE, resident who is mother to 9-year-old Kyle and twins Jackson and Ella. June is an active grandmother and spends time with all five of her grandchildren, who keep her plenty busy!

June is excited to be at Medford Leas and has already made several new friends in addition to joining her longtime friend and Medford Leas resident, **Gretchen Betz**. She has enjoyed decorating her new residence and loves cooking in her new kitchen. Other hobbies include knitting, travel and making pierogies for St. Michael's Ukrainian Catholic Church in Cherry Hill.

Barbara Zimmerman
(with assistance from Kevin Downing, son-in-law)



Origami decorated tree

JANUARY CRYPTOGRAM

by Herb Heineman

XJB VTY SYP BYJL RLOSC BGM
 IGMLJCY VG RLYJQ BGML
 LYFGNMVOGSF YJLNB! XB GPS HNJS
 OF VG FPYJL GZZ YEYLB QOSU GZ
 EOLVMY, FG VTJV O VL OMXHT YEYS
 PTYS O ZJNN!

Identify the author:

**JNOFVJOL FOX
 CPYSUGNBS ILYPNB
 JNYOFVYL ILGPNYB**

Below is the solution to the December cryptogram:

MEN OCCASIONALLY STUMBLE OVER
 THE TRUTH, BUT MOST OF THEM PICK
 THEMSELVES UP AND HURRY OFF AS IF
 NOTHING EVER HAPPENED.

**GEORGE SANTAYANA
 BETTY FRIEDAN
WINSTON S. CHURCHILL**

The correct solution was received from the following readers:

Catherine Barry, Bart Bartle, Ruth Blattenberger, Mary Chisholm-Zook, Alice Culbreth, Doris Curley, Larue Evans, Neil Fowser, Barbara Heizman, Sue Isaacs, Joseph and Jean Jordan, Jane Mahorter, Joan McKeon, Doris Q. Murray, Betty Preston, Deedy Roberts, Florence Sawyer, Miriam Swartz, Joanne Thomas, Ellen Wiener, Barbara Zimmerman. Thirteen 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 January 10.

MEDFORD LEAS LIFE

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