



Medford Leas *Life*

VOL. XLVI, No. 3

March 2017

MLRA CELEBRATES ITS 500TH MEETING

text by Beth Bogie, photo by Margery Rubin

Medford Leas residents marked the 500th meeting of the Medford Leas Residents Association (MLRA) on Monday, January 16, with **Barbara Trought**, president, presiding. Barbara also had served as president from 2008 to 2009.

This calls for a little history. Construction of Medford Leas began in 1970. By Labor Day of 1971, there were 20 residents, and by November 21 of that year organizational needs were dawning. A Residents' Council was created and an Appreciation Fund started.

Medford Leas Life of November 1975 reports, "On September 5, 1972, with the adoption of a carefully thought out Constitution and related By-Laws, the Council began its own phase-out, with a view to being succeeded by the present Medford Leas Residents Association. The election of a first Board of Directors followed, and our community thereupon achieved full organization."

The first MLRA president, **Ira Schmidt**, in September 1973, after he had been here for nine months, stated in a message in the newly created newsletter: "During these months I have come to see Medford Leas not simply as a place for retired persons looking for relief from pressures, but as a community in a much deeper sense, a community where there is constant giving and receiving and an interplay of life-experiences as befitting a relationship between friends."



Front l. to r. Kit Ellenbogen, David Eynon, Kay Cooley, Allyn Rickett; back l. to r. Joe Costanza, Beth Wray, Lefty Alderfer, Barbara Trought

Now, 44 years later, at the meeting on January 16, 2017, eight past presidents attended and reminisced about major topics arising during their presidencies. For example:

Allyn Rickett (1996-1997) recalled the near uprising over the dress code for men requiring a jacket and tie at dinner. A certain male laxness had developed in the Garden Dining Room. Allyn was beseeched by women who dined there to hold the line on standards. When he asked the men to wear jackets at least, if not ties, there was an explosive male rebellion. Allyn observed how dress has changed.

Kay Cooley (2000-2001) said that developing structure for committees was a major goal, including requiring a budget and annual report for each committee, which today number 100 on the two campuses.

Beth Wray (2001-2003) faced one of the toughest challenges. She led the opposition to a plan by a new CEO to build 70 to 80 apartments in the Arboretum, cutting down trees, and to also build a rehab center in the Meadow. The plan eventually failed not because of the opposition but because not enough apartments were sold to provide financing. The result of the opposition was that changes were made in the board, lowering 100 percent Quaker membership to 51 percent. This resulted in a larger pool of candidates to draw from and a stronger board.

Kit Ellenbogen (2012-2013) formed the Rescue Assistance Fund and gathered items for victims of Hurricane Sandy on the Jersey Shore.

Joe Costanza (2015-2016) gave strong support to increasing the Activities Fund. Another important matter was passage of an amendment to the Constitution allowing one member of the Council to serve an additional two-year term if nominated by the Nominating Committee.

Other recent past presidents of the MLRA were:

- Kitty Katzell** (deceased), 2003-2005
- Jack Akerboom**, 2005-2006
- Chuck Woodard**, 2006-2007
- Wil Britten** (deceased), 2007-2008
- Sally Miller**, 2009-2011
- Lefty Alderfer**, 2011-2012
- David Eynon**, 2013-2015

There can be no doubt that Medford Leas will continue to be a community of “constant giving and receiving,” shaped by the MLRA and its presidents.

MASTER CHEF JOINS DINING SERVICES

by Suzanne Frank



It is droll that **Scott McMaster** was once named as “one out of five top rising stars of Philadelphia” by the Art Institute of Philadelphia where his masterly achievements led him to be second in his culinary degree class. Prior to coming to Medford Leas, Scott worked for

Virtua and Sodexo, was campus executive chef servicing Merck, and was the senior executive chef at the Wachovia Center.

In a benefit for Medford Leas, Scott has been classically trained in a system-oriented environment looking to improve the quality of food systems, helping kitchens function as effectively as possible in their food production and sanitation. Also, he is credentialed as a ServSafe instructor certified by the Restaurant Association, which addresses regulations pertaining to sanitation, the serving and handling of food safely in a clean and sanitary environment.

Now what is he planning to do for Medford Leas? He is working on a new vegetarian menu cycle, of which he is a big fan. “It allows us to be creative and offer a treat for residents. I am also looking forward to the Evening in the Arboretum, where I will try to switch it up and put some of my own recipes on the menu.”

After some weeks of orienting himself to his new surroundings, Scott finds “pleasure in walking the campus even in winter where I can see all the stuff blowing around.” To him it is a great, beautiful place, the very opposite of a high-rise. A big plus is that the folks he is working with have been welcoming and have helped him get acclimated.

Scott is married to Allison and has three daughters: twins Emily and Olivia who are 11 and Kate who is 7. There is a sixth member of the family by the

IN MEMORIAM

Dorothy Grant	January 19
Helen Flynn	January 20
Ila Jane Stiles	January 28

name of Alvin, a rescue dog from Georgia who was in a litter named for the film series, *Alvin and the Chipmunks*. A local, Scott grew up in Berlin and went to St. Joe's Prep in Philadelphia. Regarding the latter, he surely deserves a medal for perseverance in having to take three different modes of transportation to get there every day.



NEW ESTAUGH BOARD MEMBER: MARIANNE JOHNSTON

by Betsy Pennink

The Estaugh Board, the governing body of Medford Leas, has welcomed a new member, **Marianne Johnston**. She brings with her years of legal experience and a desire to help older adults. She and **Anne Matlack**, president of the Estaugh Board, graduated in the same class from Lafayette College and when they met at a reunion, Anne suggested that Marianne should consider a position on the board.



After graduating from George Washington University Law School with honors, Marianne spent 22 years as a corporate litigator with the Philadelphia-based law firm Stradley Ronon. In the spring of 2009, she decided that her work was no longer fulfilling. She always loved working with people and was drawn to an area where she realized that there was a great need. Her usually independent mother was failing and Marianne was discovering for herself how much paperwork and organization were involved in the care of an older person.

She was delighted to join Price and Price LLC in Haddonfield, NJ, a practice specializing in Elder Law. She is a member of the Elder Law Section of the New Jersey Bar Association.

As an Elder Law attorney, Marianne works with estate planning documents, such as wills and living trusts. She is passionate about the importance of

a power of attorney. She says that everything becomes "terribly complicated and expensive" if the older person has not created one. She also includes a health care proxy in her counseling.

Marianne lives in Haddonfield with her husband Michael Poisel, who works at the University of Pennsylvania, creating businesses around new research. They love watching sports. Now that their daughter, Bridget, is a freshman at UCLA, Marianne misses going to all those high school sporting events. The family is facing "an empty nest" next year, when their son, Connor, goes off to college to study film production. Meanwhile Marianne loves to walk, and to travel, even if it only reaches the planning stage.



CAN YOU GUESS...

How many meals were served at the Medford campus during fiscal 2015-16? It was a staggering 277,000, according to **Jen Zdunczyk**, director, Food Services.

Accomplishing this herculean effort are a total of 200 staff members composed of 37 full-time and 163 part-time, or per diem, personnel. Scheduled from 5:30 am to 9:00 pm, 60 staff members are needed each and every day.

What this breaks down to is the serving of approximately 23,000 meals per month. In order to create their multiple-choice menus, they are supported by more than 15 different vendors who have been screened through regulations as reputable vendors.

Of these 23,000 meals per month:

- 47% are served in the Coffee Shop, and 33% of all those transactions are take-out.
- 35% are served on Assisted Living and Woolman.
- 16% are served in the Colonial and Garden dining rooms.
- 2% are served through catering functions.

Suzanne Frank

LARGE PRINT LIBRARY RECEPTION

text by Kathy Riley

Mark your calendars for March 8, 2017, 3:00-4:30 pm, and join **Miriam Feyerherm** and other members of the Large Print Library Committee for a reception in the library's new location within the entrance to the redeveloped Estaug. Refreshments will be served, and residents can see the results of the committee's latest efforts. After relocating this past fall, the collection and furniture have undergone further changes to enhance residents' reading experiences.

David Bartram has installed two low-vision reading machines on a newly constructed counter that is chair height and easily accessible to all. One of the library's two iPads is also there, permanently mounted at eye level for seated patrons. The other iPad in the collection can be held by readers or mounted on a wooden stand created by woodworker **Jack Osborn**.

The traditional stacks still line both sides of one entryway, but a new, smaller circulation desk makes access to the catalogue on the desktop computer beside it much easier. The online catalogue is not password protected, and a resident has only to click on its icon to see all of the library's holdings.

More space in the central area accommodates a table and four chairs providing a gathering space for small groups. On February 2, **Steve Yanai** presented an origami workshop for interested residents, using it as a folding space. **Nan Hanslowe** conducted a sing-along on the same day, accompanying the singers on her autoharp. Miriam also uses this area for her monthly reading of children's literature to residents of the memory unit.

The March 8 reception is a perfect opportunity to come and see these changes, meet the committee, and try out all of the available equipment. Your suggestions for additional activities or questions about the existing ones will be welcomed.



FAMILY GIVES CONCERT IN MEMORY OF VIRGINIA DREBY

by Rebecca Thompson, daughter

On Sunday, March 12, 2017, at 2:30 pm, cellist Peter Lewy and pianist Richard McIntyre will perform works by Johann Sebastian Bach, Max Bruch, César Franck and Ralph Vaughan Williams in the Medford Leas Theater. The concert is sponsored by the five children of **Virginia Sykes Dreby**, who died at Medford Leas on November 29, 2016. All of Medford Leas, residents and staff, are invited to attend the concert and a reception immediately following.



Virginia and her husband Ed were long-time residents of Medford Leas and among the first to reside in Bridlington. Though not a musician herself, Virginia called herself a "great appreciator" of music. She and Ed held season tickets to the Philadelphia Orchestra for many years. They were active on the Music Committee, and during the years Ed chaired the committee, a young violinist, Hilary Hahn, played several recitals for Medford Leas audiences.

During her later years, when walking was difficult, Virginia took every opportunity to attend concerts and hear recorded music; though she could no longer dance, she moved her feet in time to the music. Late in her life, she often said, "Music is the most important thing in the world."

Her children believe that Virginia would be truly pleased to know a concert was being performed in her memory.

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

PATHWAYS TO LEARNING: WHAT TO CHOOSE!

by Beth Bogie



Do you want to learn how to use your new iPad? Or do you immediately salivate at the thought of an entire hour's talk on glorious chocolate? Do

you love the music of the Gershwins and want to spend a Sunday afternoon in their musical company? And if you are interested in our natural environment, would you like to hear the Annual Lewis W. Barton Arboretum Lecture on designing native wildflower meadows, like the one recently completed on the Lumberton campus? These and other programs will take you through the first month of *Pathways to Learning at Medford Leas*. Perhaps we can help you choose.

If you have acquired an iPad but have little idea of how to use it, you will want to sign up quickly for the three *iPad Workshops*, on Wednesdays, March 15, 22, and 29, led by technologist with a human touch **Dave Bartram**. He will take only 10 registrants who sign up by March 10. Dave, who has 30 years of experience in the computer field, a degree in Computer Science and a past in information technology, enjoys helping others learn to use the new technologies, such as the iPad that requires no computer experience. (The workshops will be held from 10 am to noon in the Community Center on the Lumberton campus.)

If you are now hungry after studying the new guide book, you might try *Chocolate – Give in to that Craving and Learn the Basics*. Melissa and Charles Crandley have turned their love of chocolate into a small business, MECHA, and bring to it a background in culinary arts in restaurants. They will talk about many aspects of chocolate, including its benefits, especially of dark chocolate. At the end of the program samples will be available! (Friday, March 24, at 10 am in the Medford Leas Theater.)

If you have a thirst for history, try *Beer – Colonial Brewing Practices in the 17th and 18th Centuries*. This program will explore the transition from British brewing styles into beer that became a staple of Colonial-era American living. Colonial inns and taverns became social and political centers, with breweries becoming an engine for economic development. Bob Grossman, the speaker, who has a passion for home brewing, is also well known and spoke here not long ago as the principal librarian of the Philadelphia Orchestra. While on concert tours in Europe, Asia and the United States, he visits local pubs and breweries and gathers history on beers and ales. He enjoys brewing with plants and herbs from his large organic garden that is recognized as a certified wildlife habitat. (Monday, March 27, at 10 am in the Medford Leas Theater.)

What could be more fun than an afternoon of the 1920s and 1930s music of George and Ira Gershwin, whose works have long been a component of the American consciousness. George was not just part of an experiment to fuse jazz idioms with the classical tradition; he actually showed Americans how it was done. With Ira, the lyricist, the Gershwins in the 1920s sometimes opened two and even three shows on Broadway each year. You are invited to enjoy this upbeat performance to celebrate the breadth of the Gershwin legacy. (Tuesday, March 26, 2:30-3:30 pm in the Medford Leas Theater.)

On Saturday, April 1, the Annual Lewis W. Barton Arboretum Lecture, a centerpiece of spring *Pathways*, will feature Larry Weaner, principal and founder of Larry Weaner Landscape Associates, on *Native Wildflower Meadows: Let's Get Real*. The talk will deal with misunderstandings about the creation of increasingly popular meadows and how to achieve results that reflect the ecological character of a location. His work spans more than ten states and is pictured in national publications. (The lecture will be held from 11 am to 12 noon in the Medford Leas Theater, followed by a light lunch and al fresco shop outside the Theater from noon to 1:30 pm.)

Please check your *Pathways* guide for full details.

A MARCH FILLED WITH ART

THE LEAS ART GALLERY SCENE

by Joyce Linda Sichel

The Main Gallery at Medford Leas will feature an artist we have not hosted before. Her name is Maria Payer, a watercolorist who paints people, still lifes and landscapes in a “loose, but representational” style. On this page you see a photo of her



painting titled “Breakfast at Mt. St. Michel,” a still life of country items. She recently received an award for “best portrayal of the wetlands,” and it will

be very enjoyable to see local subjects in her work. Her paintings will hang on the Gallery walls during March and April. The artist’s reception is to be held on March 7, from 3 pm until 4:30 pm.

In the Lumberton campus Community Center Gallery, another artist not previously known to us has been showing prints of her watercolor paintings. Joyce Gagen is a well-known painter of nature – natural scenes, water habitats, wildlife and wildfowl. She has been painting from the 1970s until the present, receiving numerous honors and awards for her work. She still shows her prints at about 15 outdoor shows each year now, and she paints originals on commission. The prints will remain on the Lumberton walls through April.

Also there will be a unique demonstration of making art using alcohol ink and a plastic product called Yupo (instead of paper), as well as special tools. It will be given by Sandy, the head of Sandarosa Studio in Tabernacle. She is a former watercolorist who changed her preferred media in 2013-14 because of the spontaneity and vibrance of color she can achieve. She welcomes all residents and people from the community who wish to become familiar with these new art materials. She will have limited free samples. The demonstration will take place in the Holly Room on Tuesday, March 21, from 11 am until noon.

The seasonal show of resident art and photography on the lower level outside the Art Studio in the Arts and Social Wing will change next month, so this will be your last opportunity to see (and perhaps purchase) some of your favorite pictures.

FOREIGN FILMS

by Beth Wray

A small committee of residents has been organized to review and select foreign films to be shown on the 2nd and 4th Tuesday of each month at 2 pm in the Medford Leas Theater. The movies for this spring are the following:

- March 14 *Walkabout* (Australian)
- March 28 *Mon Oncle Antoine* (French)
- April 11 *Motorcycle Diaries* (Spanish)
- April 25 *Talk to Her* (Spanish)
- May 9 *Together* (Chinese)
- May 23 *Amélie* (French)

Y’all come!

SAVE THE DATE! **EVENING IN THE ARBORETUM** *Saturday, April 29, 2017*

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

ELEGANT EVENING
Enjoy delectable culinary creations.

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

SUPPORT THE ARBORETUM FUND
*By attending the Evening at \$90 per person,
or by a donation to the Arboretum Fund – or both!*

HOSPITALITY
*Bring family or friends
Enjoy the Arboretum*

AN EXCELLENT ALTERNATIVE TO AMAZON

by Kathy Riley

With winter upon us, we will be doing more reading but may find it harder to visit a library. Before resorting to the 1-click purchase button on the computer screen, consider using the Burlington County Library System's bookmobile instead. Many residents at both campuses of Medford Leas have been enjoying this service, avoiding expense and additions to their own intentionally downsized libraries. When the well-stocked Main Library at Medford Leas does not have something you are looking for, the bookmobile is able in most instances to get it for you. For those new to the service, it is easy to get started.

Library cards are issued on site at the Burlington County Library branches, but Stan Zalinka, the bookmobile driver, can issue cards to residents on the spot if they have identification. The library's website <http://www.bcls.lib.nj.us/> is on the front of the card, and the patron's barcode is on the back. You will also have a PIN, which you can reset online if you have forgotten it. This is all that is necessary to browse the site and request materials.

Because it has interlibrary lending, the BCLS can locate items not in their extensive catalogue, though it may take a bit longer to get them. Borrowers receive notice when their choices are located and scheduled for delivery. They are also notified when their books are due to be renewed or returned.

At present, Stan makes his rounds in a van and acts primarily as a delivery service because there is little extra space for carrying additional books. (The previously familiar, large, bus-size vehicle broke down in the fall and is being replaced.) He does have a carton or two of recent fiction with him and urges borrowers to look through them and check out any that appeal. He knows his regular patrons and will have their orders ready once he spots them approaching.

Nancy Breece, coordinator of adult services, anticipates a new bookmobile's being in use in four to

five months. This vehicle will be smaller than the original one but will have shelves and carts of books so that residents can climb aboard and make selections. BCLS has also arranged with the Large Print Library at Medford Leas to bring a rotating collection of 50 large-print volumes, both fiction and nonfiction, that will circulate through Medford Leas for a month or so before being replaced by another collection of 50.



The BCLS has had a bookmobile service for close to a century, and the Medford and Lumberton campuses of Medford Leas have supported it since their beginnings. MLRA President **Barbara Trought** cites it as an excellent use of our county tax dollars, and MLRA Council member and libraries sponsor **Conant Atwood** notes that the Activities Funds of both campuses include a line item donation to the bookmobile each year. Through our patronage, we encourage a service that benefits the wider community.

The bookmobile is not intended to replace any resident's habit of going to a brick-and-mortar library elsewhere and browsing through the stacks. When this is not convenient, however, having books, movies, and audio recordings delivered to our doorstep is a good alternative.



MEDFORD LEAS 30TH ANNUAL BIRD CENSUS

by Robert Koch



Red-bellied Woodpecker
photo-Joe Costanza

The Medford campus avian census takers met at the Nature Center on January 18, a dreary day for the enumerators as well as the objects of their pursuit. The woodland trails were eerily silent with only a scattering of birds seen or heard. Most of the "action" was found at or around

the environs of the feeders. No species was present in large numbers and nothing unusual crossed our path.

Carolina Wrens were heard and seen throughout the campus as well as Juncos, Carolina Chickadees, Whitethroated Sparrows, House Finches and Gold Finches. Woodpeckers were almost a "no show" as we encountered very few Red-bellies, Northern Flickers and surprisingly only one Downy. Raptors were also low in number with a few Turkey and Black Vultures and one Red-tailed Hawk.

Weather: Overcast and damp. Temp. 42-46 F.

Participants: **Dino Fiabane, Marie Gleason, Robert Koch, Kay Smith, Miriam Swartz and Louise Tompkins**

Feeder Data: **Carol Neil and Ro Wilson**

Bird seen and/or heard: 25 species; 371 individuals

Canada Goose (31)	American Robin (27)
Red-tailed Hawk (1)	Carolina Chickadee (31)
Turkey Vulture (6)	Tufted Titmouse (10)
Black Vulture (4)	Carolina Wren (13)
Red-bellied WP (3)	White-breasted Nuthatch (9)
Downy WP (1)	Red-breasted Nuthatch (1)
Northern Flicker (2)	Dark-eyed Junco (46)
American Crow (4)	House Finch (72)
Blue Jay (19)	
Northern Cardinal (20)	

Mourning Dove (5)	Gold Finch (20)
Rock Pigeon (2)	European Starling (3)
Northern Mockingbird (4)	House Sparrow (3)
White-throated Sparrow (34)	



LUMBERTON CAMPUS 18TH WINTER BIRD CENSUS

by Robert Koch



Hairy Woodpecker
photo-Joe Costanza

After two rainy and windy days, the Medford Leas Birders were able on January 25 to take their census on a day that, weather-wise at least, improved through the morning and ended in bright sun and relatively warm temperatures. It looked like it was going to be a bountiful day as there was a lot of avian

activity when we headed down to the trails, after checking out Monarch Lake for waterfowl. After the initial rush to log the species and numbers, the day slowed down considerably. We counted 29 species and added two more for a total of 31 species when some feeder data was included.

Large numbers of Ring-necked Ducks and Common Mergansers were recorded on Monarch Lake as well as Ring-billed Gulls. The Rancocas Creek also had "flotillas" of Common Mergansers and a lot of Ring-billed Gulls. Other waterfowl recently seen did not make an appearance (no Mallards, Black Ducks, Ruddy Ducks or Coot). The usual land and song birds were present but not in great numbers (seven Robins total!). The usually reliable Great Horned Owl was found but not in its usual roosting tree. Still a nice way to spend the morning.

Weather: Clearing skies. Temp. 44-52 F.

Participants: **Dino Fiabane, Robert Koch, Kay Smith and Miriam Swartz**

Feeder data: **Ann Campbell**

Birds seen and/or heard: 31 species; 1,571 individuals

C. Goose (1000+)	Downy WP (5)
Ring-necked Duck (64)	Hairy WP (5)
C. Merganser (150)	Blue Jay (7)
Turkey Vulture (9)	Crow sp. (5)
Red-tailed Hawk (1)	Carolina
Cooper's Hawk (1)	Chickadee (21)
Great Horned Owl (1)	Tufted Titmouse (8)
Mourning Dove (1)	American Robin (7)
Northern Flicker (2)	Cedar Waxwing (1)
Red-bellied WP (7)	Carolina Wren (12)
White-breasted Nuthatch (4)	European Starling (11)
Northern Mockingbird (3)	Dark-eyed Junco (21)
American Goldfinch (1)	House Finch (23)
Northern Cardinal (8)	Song Sparrow (5)
White-throated Sparrow (8)	Redwing Blackbird (35)
Golden Crowned Kinglet (3)	



GARDENING SEASON IS AROUND THE CORNER!

Seed catalogues have been arriving! It's time to think about gardening here at Medford Leas.

Our community garden, "The Farm," is behind the Nature Center and tennis courts. Plots of all sizes are available, including small ones perfect for growing a few tomato plants or a patch of zinnias. In addition, we should be getting four more "table-top" raised beds. The "table-tops" are on one of the tennis courts and are designed to be accessible to folks with difficulties getting up and down, as well as those needing wheelchairs, walkers or scooters.

So, if you don't already have a plot at The Farm and would like one, or you currently have a plot but would like a smaller or larger one, or you would like one of the "table-tops" should they become available, please contact Perry Krakora (x3694) or Susan Dowling (x3672).

Perry Krakora

GREAT DECISIONS 2017 LOOKS AT CHANGES IN WORLD AFFAIRS

by Len and Dorothy Cebula, co-chairs



With the many political changes in the world during the past year, people are wondering how election results in the United States and Great Britain will affect foreign policy here as well as in other parts of the world. The

Great Decisions series offers an opportunity to become better informed about foreign policy decisions and their implications for governments everywhere. This comprehensive discussion program was developed by the Foreign Policy Association and will be held on Thursday mornings over eight weeks, starting at 10:30 am in the Medford Leas Theater.

The first four programs of the series will address

- The future of Europe: coping with crisis – March 9, with **Elsie Behmer**
- Trade, jobs and politics – March 16, with **Bill Smith**
- Conflict in the South China Sea – March 23, with **Davis Henderson**
- Saudi Arabia in transition – March 30, with **Jay Wilder**

Residents and community visitors are encouraged to listen, learn and discuss these policy issues while offering opinions to policymakers that could help shape U.S. foreign policy. Each week, a resident moderator will preview the topic, followed by a recently produced DVD. The sessions conclude with an audience conversation.

The series is supported through the Medford Leas Residents Association Activities Fund and presented through the efforts of residents serving as moderators, committee members and theater support providers. Limited copies of the Great Decisions 2017 Briefing Book are available at the Reception Desk; one copy has been placed in the Willow Room.

Join the discussion starting on Thursday, March 9, at 10:30 in the Medford Leas Theater. The program is free of charge and open to all.

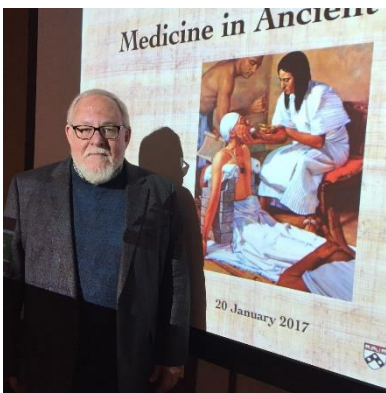
SURPRISINGLY MODERN: ANCIENT EGYPTIAN MEDICINE

by Betsy Pennink

Surgeons? Dentists? Herbalists? Over 4000 years ago? Yes, said Dr. Steve Phillips at a fascinating lecture and slide show in the Oak Room (formerly the Activities Room) on January 20. He is an Egyptologist at the University of Pennsylvania Museum of Archaeology and Anthropology and has spent years at a dig near the three pyramids of Giza.

From hieroglyphics on jars and walls of temples, it is clear that physicians were revered in ancient Egypt. The legendary Imhotep (2675-2625 BCE), an architect and physician, was even declared divine after his death. A small statue of him in a tomb was considered valuable to the deceased in the afterlife.

Other finds: The physician Qar (2356-2179 BCE) had his surgical instruments buried at the door of his tomb. A CT scan of a mummy 2000 years old showed a filling in the cavity of a tooth. Teeth with dental bridges made of gold wire have been discovered. One excavation produced a well-used prosthetic big toe, made of wood and still fastened to the bones of a foot.



Dr. Steve's slides show that the Egyptians had an almost modern understanding of the human body, which the doctors treated with both magic and practical methods. There were magical decorated bricks which women

squatted on during childbirth. They also placed amulets and small statues of hippos in tombs to please the gods.

The translation of the hieroglyphic writing on the famous Ebers Papyrus indicated that doctors over 3000 years ago knew of the circulatory system. As medicine they had over 700 prescriptions of natural remedies, including pomegranate juice!

A second famous papyrus, the Edwin Smith Papyrus, dates from about 1600 BCE. It describes treatment of traumatic injuries in a scientific manner. A flesh wound to the head? Use raw meat followed by oil and honey. A break in the upper arm? Make a cast. Dislocation of the collar bone? Put it back in place. From the point of view of a physician there were three categories of cases: I will handle it, I will fight with it, and I cannot do anything about it.

This eye-opening lecture was one in the Lifelong Learning series sponsored by the Therapeutic Recreation Department. Lifelong Learning topics have included "Healthy Aging," "Native American Co-existence in the Present," "Beethoven's Life and Music" and "King Tut." Future topics will include "Italian Wine Tasting" and a "Lightheartedness Workshop." The monthly series was created for residents to help stimulate the brain by presenting opportunities to learn new things, especially for those living in Assisted Living.

WANT TO PLAY?

by Suzanne Frank



photo-Valerie Cross

Some of us don't realize that we have a donated Lowrey "Majesty" digital organ in our Theater. According to **Valerie Cross**, it was donated to Medford Leas by David Kerr, a non-resident, and has

been sitting quietly waiting for some action. (It did get played by Joe Pantano at the recent Holiday Show.) It is considered highly valuable in some music circles and should be treated with respect.

Val would like to see the organ come out of the shadows and be utilized more. Toward that goal, she is welcoming any resident who would like to play it, or learn how to use it, to contact her. Val said that she would be happy to show anyone what she knows about the instrument, but will not teach them how to play.

A second hope of Val's is that one or more residents will come forward who can play the piano to accompany the singing of hymns at Vespers. Do give Val a call about either at 609-975-8318.

LEASMUSICAST PRESENTS MUSIC BY DVOŘÁK AND MUSSORGSKY

by Beth Bogie

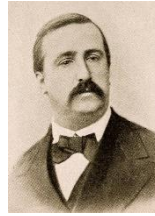
Two of the best known works of *Antonín Dvořák* and *Modest Mussorgsky* will be presented on Saturday, March 4, at 2 pm in the Medford Leas Theater. Mariss Jansons will conduct the Bavarian Radio Symphony Orchestra in a performance of Dvořák's *Symphony No. 9 in E minor, From the New World*, and Mussorgsky's *Pictures at an Exhibition*. The performance was recorded live in HD and Blu-ray in Munich in 2014.



"What I compose is and remains Czech music," Dvořák said. But what is popularly known as *The New World Symphony* he composed in 1893 while he was director of the National Conservatory of Music of America in New York City from 1892 to 1895. He had been invited here to create an American music, and with that in mind, he was studying the music of Native Americans and African-American spirituals. While these musical sources found their way slightly into his most popular symphony – and, some say, the most popular of all symphonies – what emerges most of all is the folk music of his native Bohemia (now Czech Republic).

At the premiere in Carnegie Hall, it was reported, the end of every movement received thunderous applause and Dvořák felt obliged to stand up and bow. Quickly the work spread to Europe and Japan and today is considered a "universal favorite." In fact, Neil Armstrong took a recording of *The New World Symphony* to the moon during the first moon landing in 1969.

Mussorgsky was a Russian composer who, like Dvořák, was inspired by his own country's history and folklore. He was an innovator of Russian music in the Romantic period. He sought to achieve a uniquely Russian identity, a goal of a group called "The Five," of which he was a part.



Mussorgsky composed *Pictures at an Exhibition*, a suite of ten piano pieces, in 1874 after attending a memorial exhibition of 400 works by his close friend, designer and architect Victor Hartmann, who had died suddenly at age 39.

Mussorgsky was deeply moved by the exhibition. The music depicts his tour of the exhibition, with each of the ten numbers of the suite serving as a musical illustration of an individual work of Hartmann, with a recurring "Promenade" of changing mood among the different pieces, as if the listener is moving from one picture to another.

The suite is Mussorgsky's most famous piano composition and has become a showpiece for virtuoso pianists. Its most celebrated orchestral arrangement, by Maurice Ravel, was commissioned by famed conductor Serge Koussevitzky in 1922.



Mariss Jansons, a Latvian by birth, whose father became a conductor of the Leningrad Philharmonic (now St. Petersburg Philharmonic), studied piano

and conducting at the Leningrad Conservatory. Jansons has served as conductor of orchestras in Leningrad, Oslo, London and in 1997 the Pittsburgh Symphony Orchestra.

In 1996 he had suffered a heart attack while conducting in Oslo, and he recuperated in Switzerland, but in Pittsburgh doctors fitted a defibrillator in his chest to give his heart an electric jolt if it fails. (Jansons' father died while conducting a concert in 1984.)

From 2002 to 2015 Jansons was chief conductor of the Royal Concertgebouw Orchestra of Amsterdam, at the same time serving as chief conductor of the Bavarian Radio Symphony Orchestra. He has also conducted the Vienna New Year's Eve Concerts in three recent years.

Sources: CD and DVD liners, Wikipedia, Britannica

ARCADIAN TRIO PRESENTS MUSIC OF FRANCE

by Joe Costanza



Igor Szwec, Diane Goldsmith, Vivian Barton Dozor

“Music with a French Twist” is how the Arcadian Trio describes their program for the March *Guest Artists Series* concert. Featuring 19th century works of Claude Debussy and Cécile Chaminade, the concert will include historic images to enrich the listening experience, as well as commentary by Ivan Woods. Hailed for its virtuosity and style, the Arcadian Trio consists of renowned and in-demand musicians from the Philadelphia area. The live concert will take place in the Medford Leas Theater on Saturday, March 25, at 7:30 pm.

The group’s previous concert at Medford Leas highlighted “Music That Broke the Mold,” and included works that transitioned from the Classical era to the Romantic era of music. The music of Debussy, inspired by the French Symbolism movement of the 19th century, also broke the mold but in a different way. His works made use of nontraditional tonalities and lyrical impressionism, paving the way for the atonal compositions of the 20th century.

Violinist Igor Szwec is concertmaster of the Academy of Vocal Arts orchestra, assistant concertmaster with the Opera Philadelphia orchestra and a charter member of the Chamber Orchestra of Philadelphia. He received his training at the Philadelphia Musical Academy with further study with Karen Tuttle.

Vivian Barton Dozor is principal cellist with the Academy of Vocal Arts orchestra. A graduate of the Curtis Institute of Music, she performs regularly with the Pennsylvania Ballet and Opera Philadelphia.

She has also performed with the Philadelphia Orchestra and in the Marlboro Music Festival.

Pianist Diane Goldsmith, winner of the Mason and Hamlin Competition, maintains an active performing schedule as solo recitalist, chamber musician and vocal accompanist. She studied piano with Gary Graffman, former president of Curtis, and holds a master’s degree from the Manhattan School of Music. She teaches at the Settlement Music School and at her studio in Cherry Hill.

The Guest Artists Series of live concerts is presented by the MLRA Music Committee chaired by **Marion Norcross**. Funding for the concerts is provided by the MLRA Activities Fund. In April two concerts are scheduled; pianist Frederick Moyer will perform on April 2 and vocalist Frank Mitchell on April 22.

Source: Wikipedia



WHAT DO YOU HAVE?

Have you noticed the various displays in the case in the Atrium at the main campus? They range from Sake cups (the current display) to Byers’ Dolls to Scrimshaw. They are always of interest to residents, staff and visitors.

Do you have a collection you’d be willing to have on display? Usually, the resident is responsible for bringing the items and arranging them on the nine shelves. However, the committee stands ready to assist in any way. The case is locked, so there’s no danger of loss.

If you think you might have something appropriate, call Gen Farnath (654-3677) or Barbara Zimmerman (265-2422) to discuss your collection.

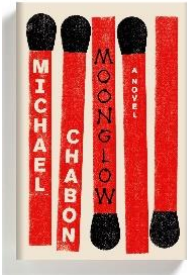
Barbara Zimmerman



Books to Enjoy

MOONGLOW

Michael Chabon, author



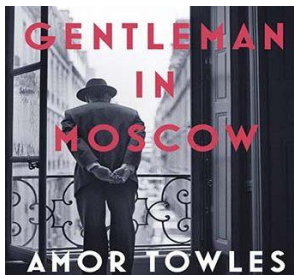
due abandon.”

It is designated a “Novel,” but as Chabon says, “In preparing this memoir, I have stuck to facts except when facts refused to conform with memory...or the truth as I prefer to understand it. When liberties have been taken...the reader is assured they have been taken with

So, this faux-memoir novel begins at the deathbed of the author’s grandfather. He has stories to tell his grandson. Tales of his life, growing up in South Philly, World War II experiences, jail time and scientific endeavors. If this seems to be a full platter, well, it is, but with Chabon’s wonderful, engrossing style of dialogue and storytelling you are literally swept along. There is hardly a dull moment in the 400 pages. At times humorous, especially the first meeting of his grandfather with his future grandmother, a French victim of the horrors of World War II. Also his love of rockets and rocket science, as well as his escapades as an inmate in Walkill State prison. All of this adds up to a literary masterpiece – a fascinating new world. In a broken world, this is Michael Chabon’s attempt to fix it.

A GENTLEMAN IN MOSCOW

Amor Towles, author



Welcome to the world of Count Alexander Ilyich Rostov, recipient of the Order of St. Andrew, member of the Jockey Club, Master of the Hunt, a Russian aristocrat, brought to life in this brilliant new novel by Amor Towles.

Written with great sophistication and wit, the novel follows the life of Count Rostov and his more than 30 years living under house arrest in the luxurious Hotel Metropol in the center of Moscow.

Returning from Paris in 1918, he moves into the Metropol to live. He is arrested in 1922 and tried

by the People’s Commissariat. His sense of humor does not impress the tribunal. When asked why he returned to Moscow, Rostov says, “I missed the climate.” His sentence is to live in the Metropol Hotel and never to leave. If he does he will be shot or possibly sent to a Gulag.

As the decades go by, Towles weaves stories into this novel of how the count finds friendships, romance and even parental duty. All of this takes place in the golden warmth and charm of the Metropol Hotel.

The count, a shrewd and intelligent man, knows how to manage and manipulate every circumstance that befalls him. He is never bored, always looking forward to the next meal, the next great wine and the next guest who will enter the hotel. And he is a man with a purpose. He learns how to outwit the bureaucracy. His last adventure will leave you saying, “Well done! Count, you have accomplished what you always wanted to do.”

These books are in the Medford Leas Library.

George Rubin



LEAS FORUM FEATURES TWO EXPRESSIONS OF ART

Visual arts can be used for many different reasons and in a wide range of fields. In March, Leas Forum will offer two programs in which art is the basis for extremely different kinds of communication.

On Saturday, March 11, Signe Wilkinson will discuss **“The Mad, Mad World of Political Cartoons”** in which she deals with politics, people and the crazy issues that puzzle all of us. Signe is the first female cartoonist to win the Pulitzer Prize in Editorial Cartooning (1992) and served as president of the Association of American Editorial Cartoonists from 1994 to 1995. In 2005, she published a collection of her work, entitled *One Nation, Under Surveillance*. Her cartoons began appearing in the *Philadelphia Daily News* in 1985; she also draws now for the *Philadelphia Inquirer* and a variety of other publications.

On Saturday, March 25, Medford Leas resident **John Brzostoski**, former professor of Asian art and a trustee of a Buddhist monastery, will discuss the use of art for nonverbal meditation through direct experience in **“Buddhist Art and Meditation.”** Using various images, John will explain the ways art was used to aid in meditative practices. John’s programs in Asian art have been extremely popular, and we are delighted that he has agreed to continue to share his expertise in one of his topics again this year. Both programs will begin at 11:00 am in the Medford Leas Theater. All are invited to attend.

Dorothy Cebula, chair



COCKTAIL HOUR

by John Sommi

Who'da thunk it. We've come such a long way. Will wonders never cease!

We now have BYOB cocktail hours twice a week in the Willow Room.

Allyn Rickett, MLRA president shortly before the second millennium began, recently reminisced about the big issue he and the MLRA faced: Could gentlemen come to dinner if they lacked a tie or jacket? Sans a cravat or jacket, you were not to enter the dining rooms. What would they think of the new permissiveness?

On January 17 the new era began under the leadership of **Barbara Zimmerman**. Residents could come to the Willow Room from 4:30 to 5:30, each Tuesday and Thursday, to enjoy gathering together to partake of their particular choice of libations, from simple V-8 tomato juice to who knows what concoctions.

Apart from expected bottles of various wines, some participants brought decanters of various sizes and shapes, suggesting a variety of cocktails. A few residents brought snacks upon which to nibble and spread further cheer. More than two dozen participated in the historic occasion, with Medford Leas simply providing ice and small, clear plastic cups. Attendance has been good, with participants from

both campuses. Hopefully their numbers will continue to increase.

The opportunity has been presented to meet old friends and become acquainted with new arrivals. It is hoped that the happy hour will be just that, a chance for everyone, and they mean everyone, to join fellow residents.

Come join in the conviviality. You're as welcome with a can of Coke as with a glass of scotch.

Hope to see you soon.



WHO'S NEW – LUMBERTON

photos by Joyce Koch

Jim and Jane (Singer) Tappen moved to 207 Woodside Drive in December from Leonia, NJ, where they had lived for 42 years. Their son-in-law, Bill, who works with the Forest Service, had discovered the Barton Arboretum and convinced the Tappens it was the place for them.

They love their sunroom with its lovely meadow views. The spacious loft and third bedroom provide ample space for computers and visiting families. Jim's collection of fountain pens may find its way out of boxes for display along with Jane's snowmen and Wade figurines.



Jane is originally from Oil City, PA. She attended Clarion State Teachers College and then, after airline school, went to New York City to work for Rockefeller Center, Inc. She and Jim met at a company ice skating party at Rockefeller Center.

Jim grew up in the Bronx borough of New York City, attended Hunter College and received his MBA in finance and quantitative methods from Fordham University. He worked at Rockefeller Center, Inc., moved to New York State Power Authority, before ending up at Ebasco in Manhattan for 36 years. While there he worked in procurement for nuclear

power and security for U.S. embassies, and retired as the procurement manager for the Hudson Bergen Light Rail line.



At separate times, both Jane and Jim were awarded Volunteer of the Year status in the Borough of Leonia. Jane volunteered for various positions in the school district of their children before running the Food Pantry of the area for 30 years. Jim was the longest serving (38 years) volunteer EMT for the local

Ambulance Corps. He also found time to be on the Borough Council, the Environmental Commission and the Board of Health. With this service background, it was no surprise to learn that Jim belongs to the Knights of Columbus.

A daughter, Pamela, and her husband, Bill, live in Southamptton, NJ. Daughter Thea and husband Tom live on Long Island and are parents of Jim and Jane's eight- and ten-year-old grandchildren.

With such a varied background, the Tappens will take some time to become involved here at Lumberton. We may, however, spot them on the trails around the campus. **Barbara Zimmerman**



Jim and Jo Ann (Smith) Alexander moved to 227 Woodside Drive from Lawrenceville, NJ, in January. Part of the impetus to move was proximity to their son in Moorestown. The continuum of care offered has special appeal for them. It is also wonderful to have Medford Leas in charge of maintenance.

They grew up in the Asbury Park, NJ, area. Jo Ann attended Monmouth College and Jim, Middlebury College. When Jim decided to pursue a career in government management and earned his MGA (master's in government administration) from the University of Pennsylvania's Fels Institute of Local and State Government, they moved to the Mercer County area, where Jim served for six years as assistant business administrator of the City of Trenton.

When their first child, Bruce, arrived, followed by daughter, Laurie Ann, Jo Ann focused on their care and Jim joined the new State Department of Community Affairs. Specializing in general management and finance, he first created and directed a multidiscipline management consulting program for local governments and rose to become the department's director of administration, serving 27 years. During this time, he handled a wide range of policy and management tasks, including bringing modern computers to the department. Near the end of his tenure there, he directed creation of the department's first website.



Having also become interested in railroad history, he had started what became over 25 years of railroad museum volunteer work, including nonprofit management, hands-on operation of a major website, and computer system management. Following several stints as a turnpike executive and a college webmaster, he retired again and now operates several large websites dealing with toy trains, and provides computer advisory services and other management services to nonprofits. An accomplished writer, he has been published on topics ranging from municipal budgeting to railroad history. See jimquest.com.

Jo Ann spent 26 years in Princeton University's Library, Human Resources Office and the University Career Services Office. She enjoys reading and cooking, with recent attention to vegan cooking.



Jim and Jo Ann enjoy their new home, visiting their son and wife in Moorestown, and their daughter, husband and five-year-old grandson in Ann Arbor, MI. They also hope to become involved in the exercise facilities in Lumberton.

Jim Alexander and Barbara Zimmerman

MARCH CRYPTOGRAM

by Herb Heineman

ZM KOJ EULZMA Z OITJ QCWMKJB
 CMJ OWMBLJB IMB KOZLKN-EZS
 BZPPJLJMK RZMBE CP FJIKOJL
 ZMEZBJ CP PCWL IMB KFJMKN
 OCWLE

Identify the author:

O. X. DJMQRJM
DILR KFIZM
GCOMMN QILECM

Here is the solution to the February cryptogram:

MY DEBUT UPON THE WORLD'S STAGE
 OCCURRED ON FEBRUARY TWENTY-SIX,
 EIGHTEEN HUNDRED FORTY-FIVE, IN THE
 STATE OF IOWA.

JOHN WAYNE
 JOHNNY CARSON
BUFFALO BILL

The correct solution was received from the following readers:

Helen Anderson, Anonymous, Catherine Barry, Bart Bartle, Ruth Blattenberger, Mary Chisholm-Zook, Doris Curley, Liz Dill, Larue Evans, Harry Forrest, Craig Gower, Yolanda Guastavino, Barbara Heizman, Pat Heller-Dow, Jean Jordan, Doris Q. Murray, Betty Preston, Florence Sawyer, Miriam Swartz, Joanne Thomas, Ellen Wiener, Barbara Zimmerman. All but three correctly identified the author.

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

MEDFORD LEAS LIFE

Ex Officio: *Barbara Trought, MLRA President; Gordon Brummer, MLRA Sponsor*

Editorial Staff: *Beth Bogie, editor; Dorothy Cebula, Suzanne Frank, Judy Kruger, Vince Menzel, Betsy Pennink, Kathy Riley, Joyce Linda Sichel, John Sommi*

Staff Photographer: *Margery Rubin*

Proofreaders: *Mary Chisholm-Zook, Ann Galante, Herb Heineman, Betty Taylor, B.J. Tetlow*

Production: *Dorothy Cebula, Dave Bartram*

Distributors: *Ruth Podolin, manager; Gretchen Betz, Susan Dowling, Marion Norcross, Fran Walker*

Recorder: *Betty Taylor*

Medford Leas Life is published monthly, September through June, by the Medford Leas Residents Association. Copies are distributed to all residents and administrative staff. Subscriptions are available to others at \$15.00 a year for ten issues by writing to Medford Leas Life, One Medford Leas Way, Medford, NJ 08055. Medford Leas can be reached by phone 609-654-3000; FAX 609-654-7894 or 609-257-0050. When using FAX, specify the name of the person to receive the message. The Administration website is medfordleas.org. The Residents Association website is mlra.org.

Deadline for submissions:
 10th of the month preceding publication

