



The Messenger

~ Fall 2009 ~

Living Well at Medford Leas *Medford Leas Celebrates "Active Aging Month"*



Each September, the International Council on Active Aging (ICAA) celebrates *Active Aging Month* nationwide. ICAA, through its membership—comprised of organizations, health and wellness professionals, individuals, and communities, including Medford Leas—empowers individuals age 55 and older to improve the quality of their lives and maintain their dignity. The Council places special emphasis on helping people achieve this goal by focusing on the *Six Dimensions of Wellness: emotional, vocational, physical, spiritual, intellectual, and social.*

While many member organizations and communities celebrated *Active Aging Month* across the county, it is doubtful that any matched Medford Leas' wide array

of more than 50 activities and events that staff and residents planned and enjoyed together throughout the month-long observance. Bev Kannengieszer, Director of Fitness and Aquatics, directed the celebration for both the Medford and Lumberton campuses.

The month got off to a great start with the keynote address by Keith Quinton, MD, Medical Director, who inspired the audience with his own insights on the *Six Dimensions of Wellness*. Other highlights of the month featured everything from yoga workshops, trail walks, and sudoku training, to workshops on the interplay of spirituality and nature and healthy cooking—to name just a few. Of course, all of these special calendar events were in addition to the very full regular activities calendar that the residents' association offers each month.

The month of September flew by! Great energy and dynamism were abundant throughout the community. Before the month ended, everyone was already thinking about plans for Medford Leas' *Active Aging Month—2010!*



CEOMESSAGE

from Dennis E. Koza



Fall is always such an invigorating season for Medford Leas!

Both residents and staff seem refreshed and reenergized

after summer's end. Their vigor and enthusiasm are impressive as they collaborate and apply limitless creativity to all their endeavors. The result is an astonishing array of programming for the community that is at once stimulating, educational, and entertaining. Each month truly seems to offer "something for everyone"!

Active Aging Month (see page 1) was an ambitious effort and a particularly wonderful example of this collaboration and the especially deep relationship that Medford Leas residents and staff have always enjoyed. Each group enriches the other in true community spirit.

We are pleased to share this issue of *The Messenger* with you. In it you will find updates on our Arboretum, Life-Long Learning opportunities, Art Gallery and our other Cultural Arts News, and of course our fall schedule of Campus Tours. As always, we have much to offer. We invite you to visit us often and look forward to welcoming you as well as your friends and family to Medford Leas.

ARBORETUM update

COURTYARD GARDEN #10 GETS A NEW LANDSCAPE DESIGN!

The new landscape design for Courtyard #10 is complete and is yet another example of staff and residents working together toward a common goal. Several key qualities were sought for this new garden: an original design to enhance the residents' front door views; plant material that would assure color and interest regardless of season; and inclusion of hardscaping materials including boulders and a pergola for added detail and visual interest. The newly designed garden has already brought a welcome change to the Arboretum, and we know residents, staff and visitors alike will enjoy watching it change with the seasons and as it matures.



ARBORETUM SUPPORTS THE LOCAL COMMUNITY

During the summer, Arboretum Coordinator, Herb Minkus, together with a local Boy Scout troop, designed and planted a new entry garden for one of Medford Township's elementary schools.

LUMBERTON CAMPUS BEEHIVE PROJECT

The beehive project, which began earlier this year on the Lumberton Campus, is thriving. The bees are busy at work making honey to support themselves in their hive throughout the winter, and as the colony develops, it is hoped that the honey can be shared with residents.

MORRIS ARBORETUM DIRECTOR VISITS MEDFORD LEAS



A unique, collaborative relationship for ongoing technical advice and support for the Arboretum was forged in 1981 between Medford Leas and the Morris Arboretum of the University of Pennsylvania. So it was with great pride that Medford Leas again welcomed Paul Meyer, the Morris' Otto F. Haas Director. Paul toured the grounds extensively with staff, Estough Board members and residents, and was most complimentary of the Arboretum's development.

During his visit, Paul also shared Morris' positive experience with their volunteer "work days" program. This inspired our own Arboretum Committee to schedule similar work parties on the Medford campus for the first Wednesdays in October, November, and December from 8:30-10:00 am. for residents, staff and other interested volunteers.

"ALL ABOUT ART" FLOWER SHOW



This year, the Lewis W. Barton Arboretum was featured in the Annual Flower Show with a

special exhibit entitled "The Collections." Photographs captured special areas of the Arboretum, including: the Pinetum, heirloom peony collection, Katzell Grove, woodlands, and the nature preserve.

The show's exhibitors were none other than our own very talented residents and staff. Each year they produce a creative and bountiful display of flowers and vegetables and await the judges' ratings with great anticipation.

ELDERHOSTEL

Day of Discovery Programs

All programs \$57 per person, *lunch included*. Paid pre-registration required for all programs. For more information or to register visit www.elderhostel.org or phone 877-426-8056.

All programs will be held in the Holly Room on the Medford Campus. *Guided tours of the Lewis W. Barton Arboretum will be available after lunch.*

Medford Leas is proud of its continuing relationship with *Elderhostel*® and is pleased to again be partnering with them this fall on these intriguing new *Day of Discovery* programs. *Elderhostel* is a not-for-profit organization dedicated to providing extraordinary learning experiences for individuals age 55 and older.

Both organizations are deeply committed to advancing the pursuit of life-long learning, so *Elderhostel* and Medford Leas truly are a perfect fit. As our partnership deepens, we believe there is no limit to the opportunities we will have for creating high quality, affordable educational programming together.



GREEN FOOD: THE LOCAL AND ORGANIC FOOD MOVEMENT

THURSDAY, OCTOBER 1, 2009
9:15 AM – 12:45 PM, FOLLOWED BY LUNCH

Learn about a growing culinary movement that touts locally grown, seasonally available foodstuffs as the keys to good health, a clean

environment, a robust economy and — best of all — fresh, great-tasting food. A local organic farm owner and an area restaurateur offer firsthand perspectives on the myths and realities of this increasingly popular attitude on eating.



A SECRET INSTITUTION: THE U.S. SUPREME COURT

FRIDAY, OCTOBER 16, 2009
9:15 AM - 2:15 PM

The politics and policy around the choice of the newest Justice of the Supreme Court dominated recent headlines. Join nationally acclaimed U.S. historian and teacher Dr. Greg Ferro as he leads you through the inner workings and secrets that lie behind the walls of the U.S. Supreme Court, focusing on the court's most notable cases, justices and public perception.

PUBLIC SPACE IN AMERICA: THE VISION AND LEGACY OF OLMSTED

THURSDAY, NOVEMBER 12, 2009
9:15 AM – 12:45 PM, FOLLOWED BY LUNCH

Join Alan Banks, superintendent of Fairsted, Frederick Law Olmsted's home in Brookline, Mass., as well as members of the Emerald Necklace Conservancy, for a program considering the life and work of the man revered as "the father of landscape architecture" and who revolutionized public space in America by applying democratic principles to urban park design.

LEAS FORUM LECTURES

ALL LECTURES AT 11:00 AM
IN THE MEDFORD CAMPUS THEATER
NO CHARGE

The Leas Forum Lectures are a hallmark of the Medford Leas community. Comprised of residents, the Forum Committee works together to offer a year-round series of Saturday morning events usually held in the Medford Campus Theater. Guest speakers covering a wide range of topics are invited to present a point of view and interact with the audience. In outreach to the local community, the Committee also opens these Forums to the general public at no charge. We welcome you to attend and learn with us!

THE GREAT AUTO RACE OF 1908

SATURDAY, OCTOBER 10

Jeff Mahl, great grandson of the winner of the 1908 race, will deliver a first person presentation of this thrilling experience. The Great Auto Race of 1908 from New York to Paris lasted 169 days and covered 22,000 miles by car.



JOHN BARTRAM— ROYAL BOTANIST OF THE NEW WORLD

SATURDAY,
OCTOBER 24

Kirk Brown will deliver a first person presentation of

John Bartram, the man who established Philadelphia as the horticultural center of the New World. The gardens he established remain a mecca for gardeners today.

THE SIGNIFICANCE OF DARWIN ON THE ORIGIN OF THE SPECIES

SATURDAY, NOVEMBER 14

Speaker: Michael Weisberg,
Chairman of Pennsylvania
Museum Evolution Project

CAMPUS TOUR SCHEDULE

Join us and

- Meet our residents and staff
- Tour our Medford and Lumberton campuses
- Explore our wide variety of homes
- See our extensive community buildings and amenities
- Enjoy our beautiful arboretum settings
- Learn more about our outstanding services and how you can make your new home with us!



Explore Medford Leas with our residents and staff and learn how easy it can be for you to join our community! Space is limited. Please RSVP by calling 609-654-3527.

When you arrive on campus, follow the Event Parking signs.

WE HOPE THAT YOU WILL JOIN US FOR A CAMPUS TOUR, BUT IF YOUR SCHEDULE DOES NOT PERMIT, PLEASE CALL OUR RESIDENCY PLANNING OFFICE AT 609-654-3527 TO SCHEDULE A PERSONAL TOUR AND VISIT. WE LOOK FORWARD TO MEETING YOU!

OCTOBER

THURSDAY, OCTOBER 8

Lumberton Campus

MONDAY, OCTOBER 19

Courtyard Garden Apts
Medford Campus

TUESDAY, OCTOBER 27

*Rushmore Patio Homes/
Bridlington Townhomes*
Medford Campus

NOVEMBER

THURSDAY, NOVEMBER 5

Lumberton Campus

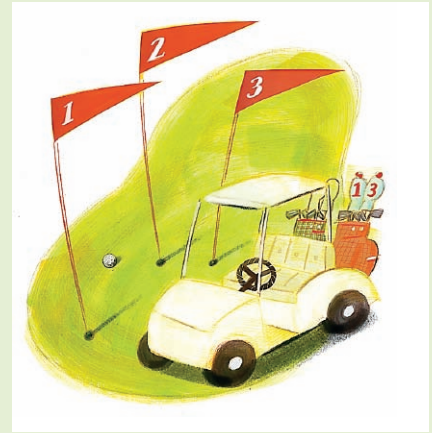
TUESDAY, NOVEMBER 17

*Rushmore Patio Homes/
Bridlington Townhomes*
Medford Campus

THURSDAY, NOVEMBER 19

Courtyard Garden Apts
Medford Campus

ALL CAMPUS TOURS RUN FROM
10:00 AM TO 12:00 NOON



THIRD ANNUAL GOLF OUTING

TUESDAY, OCTOBER 6, 2009

Medford Leas will host its third Annual Golf Outing and Auction at the Deerwood Country Club in Westampton, NJ. Proceeds from this event go to the Medford Leas Reserve Fund, which benefits residents if they ever outlive their resources. Last year's event was a huge success, thanks to the support of our residents, staff, Board members, and our loyal vendors and professionals who have served the community for many years.

For more information, please contact Sandy Green, Director of Development at 609-654-3420 or Lori Jakelsky, Executive Assistant, 609-654-3009.

The Messenger is a periodic publication of The Estaugh, a not-for-profit, Quaker-related corporation, featuring news and information about Medford Leas, a nationally accredited, continuing care retirement community for adults age 55+, with campuses in Medford and Lumberton, NJ. Feel free to share your copy with a friend, or let us know if you would like to add someone to our mailing list.

Simplify Your Life

JOIN US ON NOVEMBER 2, 2009 FOR THIS INFORMATIVE SEMINAR.



ready

ARRANGE YOUR FINANCES

set

SELL YOUR HOME WITH EASE
AND CONFIDENCE

go

DE-STRESS YOUR MOVE

Program

9:30 AM TO 10:00 AM
REGISTRATION & CONTINENTAL
BREAKFAST

10:00 AM TO 10:15
OPENING REMARKS

10:15 AM TO 11:00 AM
HOW TO PLAN YOUR FINANCES
TO SUPPORT YOUR MOVE TO
MEDFORD LEAS

Vincent R. Barbera, CFP®
Member, The Financial
Planning Association,
Philadelphia
Tri-State Area Chapter

11:15 AM TO 12:00 NOON
HOW TO SUCCESSFULLY SELL
YOUR HOME IN ANY MARKET

Connie Glass-Birnbohm, CRS, GRI,
Broker Associate,
Member, Burlington-Camden
County Association of Realtors

12:15 PM TO 1:15 PM
LUNCH WITH RESIDENTS
AND STAFF

1:15 PM TO 1:45 PM
HOW TO DE-STRESS YOUR MOVE
Donna Willmann of Byron Home
Founding Member, National
Association of Senior Move
Managers

2:00 PM TO 3:00 PM
RESIDENT-GUIDED TOURS OF
MEDFORD LEAS

The program will be held
in the Medford Campus
Community Building.
One Medford Way, Medford,
NJ 08055. Located on
Route 70, 1/2 mile east of
Route 541.

Space is limited. Please
RSVP **by October 29th.**
Call 609-654-3527
for reservations.

LUMBERTON campus



MEDFORD LEAS at LUMBERTON 10TH ANNIVERSARY COMMUNITY CELEBRATION

Lumberton residents welcomed friends, neighbors, and local civic leaders to their campus on June 27, 2009, to celebrate the community's tenth anniversary. Music, food, and a variety of activities kept everyone entertained throughout the day.

THE ARTS on campus

MEDFORD CAMPUS GALLERY
NO CHARGE | OPEN TO THE PUBLIC
DAILY FROM 9:00 AM – 8:00 PM



QUAKER TAPESTRIES

THROUGH SEPTEMBER 2009

A very special collection—the Quaker Tapestries—was featured for the Gallery's August/September exhibit. A traveling exhibit of Philadelphia Yearly (Quaker) Meeting, this unique collection of tapestries highlighted various important Quaker testimonies as well as prominent individual Quakers. Among the many subjects covered were Marriage, the Underground Railroad, John Woolman, and George Fox.

URBAN PROMISE ART SHOW

OCTOBER 2009

An exhibit featuring work from Camden, NJ, school students involved with the Urban Promise Fine Arts program.

SOUTH JERSEY CAMERA CLUB

NOVEMBER 2009

Enjoy a wide array of photographs taken by members of the South Jersey Camera Club.

THE PHILADELPHIA CALLIGRAPHERS' SOCIETY

DECEMBER 2009

The Society's annual December exhibit has become a holiday treat for all to enjoy at Medford Leas. Representing both amateur and professional calligraphic artists from Delaware, southeastern Pennsylvania, and southern New Jersey, the Society's show will highlight the works of six of its very talented members.

MEDFORD LEAS STUDIO ARTISTS ON TOUR AT NEW MEDFORD CULTURAL ART CENTER

JANUARY 15 – FEBRUARY 8, 2010

RECEPTION: JANUARY 16, 2010
4:00 TO 7:00 PM

When the town of Medford, NJ, opened its new Cultural Arts Center this past summer on Main Street, it did not take long before the organization sought out Medford Leas' artist community with an invitation to mount their own show in this new venue. Of course our artists were delighted to be included in this new endeavor and for the opportunity to build upon their already long-established relationship with the Medford Cultural Arts Commission (MAC).

For more information, call MAC at 609-654-6033, visit www.artsinmedford.com, or write MedfordArtsInfo@aol.com.

RESIDENTS AWARD EMPLOYEE SCHOLARSHIPS

The bond between Medford Leas residents and employees is very strong. Perhaps no greater example of the high regard residents hold for employees is their enthusiastic and generous support for those wishing to further their educations or even pursue new careers.

This past summer, residents of Medford Leas awarded more than \$113,000 in the form of scholarship assistance to employees engaged in a wide variety of educational endeavors. It was in 1982 that residents generously established and began donating to three different funds to make these scholarships possible: The General Educational Assistance Fund, The Nursing Educational Assistance Fund, and the Lois E. Forrest Annual Scholarship Fund.

Awards from the General Fund are based upon employees' length of service and hours worked. This year 37 employees received grants totaling \$60,011 from this fund. Additionally grants totaling \$50,738 were made from the nursing fund to 22 employees pursuing careers in nursing and other healthcare services.

A particular highlight of each scholarship award season is the selection of the Lois E. Forrest Scholarship recipient. Residents established this special fund to honor Lois Forrest's exemplary service to Medford Leas upon her retirement in 2000 after 21 years as the community's Executive Director. This special scholarship is made based upon merit, community service, and academic achievement. Andrew Jelesiewicz became the ninth employee to



Andrew Jelesiewicz

receive this \$2,500 award. While working as a Certified Nursing Assistant since 2007, Andrew has also been studying for his RN diploma and Associate in Science degree at Our Lady of Lourdes School of Nursing in Camden, NJ. His future plans include pursuit of both B.S. and M.S. degrees in nursing. When he is not working or studying, Andrew is busy not only as father to three elementary school age boys, but also as a Boy Scout Cub Master and as School Board Member for his local school district for which he chairs its curriculum and technology committees.

THE ESTAUGH BOARD OF TRUSTEES

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Edward Ferraro

Mildred E. "Kitty" Katzell

John Mutschler

Harry Scheyer

William C. Schmidt

Douglas Springer

Janet Sawyer Thomas

Thomas E. Zemaitis

Emeritus Members:

Robert W. Gray

Takashi Moriuchi

LOOKING FOR SOMEONE TO SPEAK TO YOUR GROUP OR ORGANIZATION?

Medford Leas is often asked to provide informational programming about our community and services at meetings of various local not-for-profit groups and service organizations. Over the past six months, programs have been given at the Mount Holly and Moorestown Rotary Clubs, Moorestown Episcopal Church, Mount Laurel Garden Club, and the Unitarian Universalist Church in Cherry Hill.

If you would like us to speak to your group, please contact: Jane Weston, Director of Marketing & Community Relations at 609-654-3007 or email: janeweston@medfordleas.org for more details. We will be glad to help!





MEDFORD LEAS

*One Medford Leas Way
Medford, New Jersey 08055*

*A nationally accredited,
Quaker-related, not-for-profit
community for those age 55+,
with campuses in Medford
and Lumberton, NJ.*

VISIT OUR WEBSITE
www.medfordleas.org

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and more
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LIFELONG LEARNING

- > New fall programs provide
many opportunities to expand
your horizons.
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UPCOMING EVENTS

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Visit with us and experience
what makes Medford Leas
such a special place to live.
see page 4

- > **THIRD ANNUAL GOLF OUTING
AND AUCTION**

Tuesday, October 6, 2009
Deerwood Country Club,
Westampton, NJ
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- > **SIMPLIFY YOUR LIFE
WORKSHOP**

Monday, November 2, 2009
9:30 am - 3:00 pm
Discover how to plan for your
future at Medford Leas.
see page 5

