

The Health Center

at Woodland Pond

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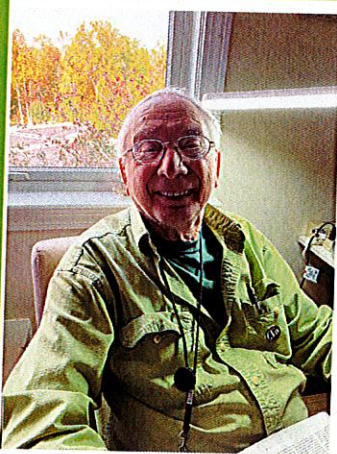
Woodland Ponderings

Health Center
October 2024

*Our newsletter can be viewed online at:
WoodlandPondNP.org/health-services*

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Basso



A Note From A Fellow Resident: *How I Take Care Of Myself And How You Can Do The Same!*

I'm not a doctor or a nurse, but I've had the good fortune to live 93 years! Neither of my parents reached the age of 60. I do not have perfect health, having been treated for numerous ailments, including bladder cancer, diabetes, trabeculated bladder, among other medical issues. Since I didn't have my parents to raise me and it was my grandmother who was left to care for me I was always uncertain when I was ill and not sure who would be there for my care. I still suffer from some of those illnesses but I made it my business to learn as much as I could about my body, my mind, and how to make the best use of these two gifts.

How did I do it? I'm not an expert but I tried to learn as much as I could, particularly when I had some kind of a problem. I either chose to go online to the Mayo Clinic site or to the U.S. Department of Health. And every week I read the Science Times in the New York Times because often I'll find useful information.

You have to become sensitive to your body. We all experience lots of sensations, aches and pains, and occasionally wounds. We have to know how to deal with them. I'm lucky to live at Woodland Pond in a nursing unit with 24/7 nursing care but you can do much of this on your own.

Of course one of the primary aids is a good physician family: doctor, psychiatrist, and therapist if needed. These people have and continue to help me manage my life. They are all very highly qualified and I don't just sit there passively when I visit them. I ask questions. Sometimes I go in with a list of questions because I want to know as much as I can. I know that many patients are reluctant and afraid to ask questions. You are depriving yourselves of good care and of having a better life. In addition to my doctors I make good use of my pharmacy, Dedrick's, because they are a terrific source of information about medicines and again I am not reluctant and ask questions and listen to what they tell me. I keep a diary of my medical visits, hospital visits, and medications because it's difficult to remember all these things especially when you've lived a long time. I can refer to it and get the information I need.

I can't emphasize enough tuning into your body, being aware of when you are feeling tired and needing rest. I don't usually go back to bed—I have a chair that I can sit in and stop, allowing my body to relax and tell me how much rest I need. Find out what works for you. Watching television is easy but not necessarily as good at reading. There is more effort but the rewards are often much better. The quality of what you ingest— watching, reading, or eating— makes a great difference. Junk is junk, but it is your choice! I've given you two of the best above.

~Norman Sasowsky

A "Thank You" From Ina

Ina Pottorff would like to show her appreciation to all of Woodland Pond's residents and staff for all the help, prayers, shopping, dog walking, medical recovery, and positive thoughts that were received before and after her recent surgery and recovery.

"Please join us October 24th in the PAC 2-4pm for an afternoon Happy Hour with Wine, Cheese, Finger Food, Cake and Desserts! I look forward to seeing you there!"





Meet Your Neighbor: Susan Wickman!

~as told to Lyn Mehl

Susan has been a resident in Assisted Living for three years. You can recognize her by the ready smile on her face and her friendly greeting. But Susan also has a story not often heard in our community. She is the daughter of a mother who was a Finnish immigrant...a woman who learned to speak English by reading the Sunday comic strips.

Her father was born in Finland, came to the states with his parents but then returned to the homeland at a very young age. He grew up speaking Swedish since Sweden controlled Finland at various times. By adulthood, he returned to the U.S. and was fluent in Finnish, Swedish and English. Those linguistic skills

served him well as he made a career working on the N.Y. Central railroad. Susan related that his multilingual skills often had him speaking with an accent not unlike that of Lawrence Welk.

Susan has been to Finland three times. She loves talking about the famous Finnish tradition of saunas. A sauna was a wooden hut with three layers. On the lowest level was the wood stove that had a tray of stones on top. After the stones had heated one would toss hot water on them to keep them steaming hot. The idea was to sweat the impurities out of one's body and by beating oneself with birch branches, it would cause those impurities to rise to the surface. A Finn wanted to be "squeaky clean" and this facilitated that feeling. When one couldn't bear the intense heat any longer one raced out of the hut to an ice-cold lake and jumped in. The process could then be repeated as often as desired.

It should be noted that the layers or steps in a sauna were stratified. The lowest ground level was for chickens! The top step was for the more notable people. (Could sweating with chickens have been the rise of stewed chicken dinners?)

Susan was born in the Bronx in 1937 and attended grade school in Beacon. Finns were known for their building skills so she eventually lived in Hillside Lake outside of Wappingers Falls in a home her father built. Many Finnish speaking Finns lived there. On the Dutchess side of the river the Finn community spoke Swedish.



Service Project: Cat Toys and Pet Food Drive

In September, residents collected pet food items and made cat toys to donate to the Ulster SPCA. Thank you to all who donated! Here are some pictures from our project!

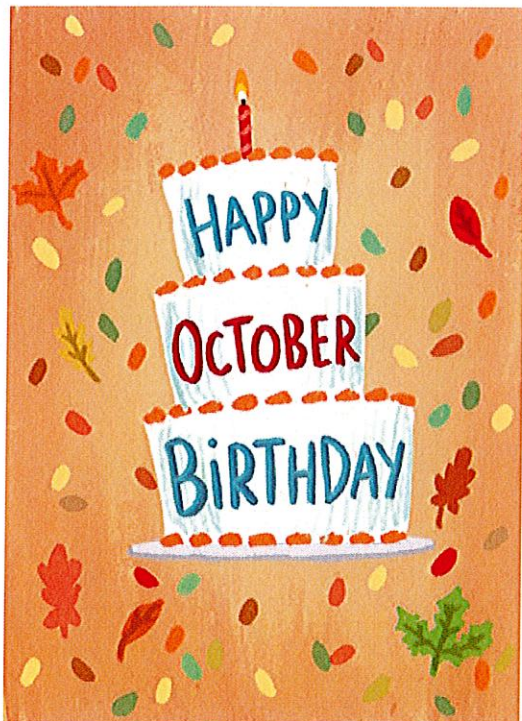
We would like to work on other service projects in the future. If you have a cause that is near and dear to your heart, please let the Activities team know!



Meet Your Neighbor: Susan Wickman! (continued)

For 37 years she worked as an Executive Secretary at IBM supporting her widowed mother and aunt. She taught Sunday School for 25 years at Our Savior Lutheran in Fishkill. (The Lutheran Church was for many years a state church in Finland as well as Sweden and Norway.) She cherishes her roots and proudly displays a beautiful hand-looped wall tapestry made by her aunt as well as a painting of her father's Finnish Lutheran church.

Make sure to talk with Susan about her Finnish roots and if you are lucky, maybe she will tell you about having a sauna with the chickens!



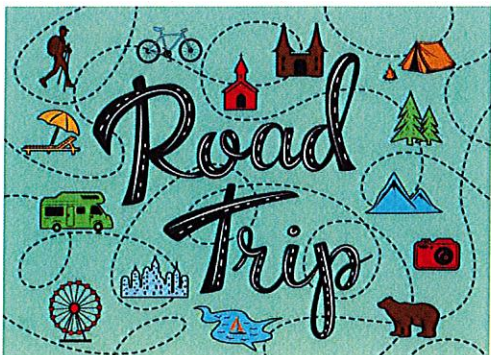
Happy Birthday, October!

- 10/1 Clay Price
- 10/8 Francoise Laderach
- 10/9 Howard Stutzman
- 10/16 Ida May Miller
- 10/19 Marion Dubois
- 10/21 Ann Guenther
- 10/22 Hermione Mills
- 10/24 Connie Hornbeck
- 10/26 Arthur Weiss
- 10/31 Bob Gizzarelli

Please join us on October 30th for our birthday party with entertainment by Frankie Keene!

Health Center Outings/Innings

To sign up for a trip, you can notify the Activities staff, call our office at 845-256-5968 or email CCarangelo@wpatnp.org. As space is limited, residents are asked to please understand the need to "take turns."



Tony Williams Park

Wednesday, October 2nd departing at 10:15am

Walmart Shopping Outing

Wednesday, October 16th departing at 1:30pm

Mountain Brauhaus Lunch Outing

Wednesday, October 23rd departing at 11:30am

**All trips depart from Health Center Reception. Please arrive 15 minutes before the departure time to ensure that we leave on time!*

Upcoming Meetings

Please note that the date and time of our Health Center Resident Council meetings are changed for the month of October due to holidays!

Assisted Living Resident Council

Monday, October 7th at 1:30pm, followed by the Dining Meeting

Skilled Nursing Resident Council

Monday, October 7th at 2:30pm, followed by the Dining Meeting

Quarterly Family Council Meeting

Tuesday, October 29th at 5:00pm

In person in the Independent Living Classroom

Or on Zoom-

Please contact Sue Close at x5917 or sclose@wpatnp.org for Zoom Information.



Applauds For September!

Congratulations to all!



Sarah Motherway *David Sundeberg *Trish Schuster
*Brandon Molina *Faith Lewis *Miriam Benitez *Josh
Mejia *Johnny Farris *Monique Lawrence *Dave Coates
*Safina Amjad *Frank Loscalzo *Mary Lenahan
*Stephanie Rzeszewicz *Siobhan Morier *Elise Ludewig
*Anissa O'Dell *Emily Alexander *Yesenia Nava
*Christi Battistoni *Jason Irish *Jim Palen
*Isabella LaFiandra *Ana Loscalzo



From the Reward Our Valued Employees (ROVE) Committee

It's common for Woodland Pond employees to move from one department to another or to further their training for a totally different job. Anissa O'Dell is one such employee.

Anissa has worked at Woodland Pond for six years, the first five years in housekeeping. She took advantage of Woodland Pond's tuition assistance program to train as a CNA and has worked in the Health Center in that capacity for the past year. She hopes to eventually get her LPN degree but wants to get her feet firmly on the ground in her current position first. She works in all

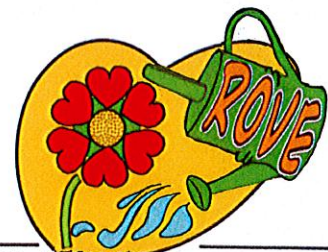
three HC units and especially enjoys Skilled Nursing where she likes to spend extra time with residents without family members.

Interestingly, Anissa first trained in Cosmetology to work as a hair stylist. She changed because she enjoys working with the older people, who she finds to be less judgmental and to interact more with each other, while the younger set spends more time on social media.

When not working here, Anissa works for three elderly ladies, helping with shopping, cleaning and cooking. She enjoys camping with friends (in a tent), hunting and fishing.

Anissa is one of the Woodland Pond employees who benefits from your donation to Reward Our Valued Employees (ROVE).

Suzanne Orchowski, ROVE Committee Chair
Photo by Suzanne Orchowski



REWARD OUR VALUED EMPLOYEES

WP Wide Special Programs

Programs in Great Room unless otherwise noted

Therapeutic Art Class with Michelle Eddison

AL/SN— Mondays, October 7th and 21st at 10:30am

GV — Wednesday, October 23rd at 9:30am

Music with Bill Nastasi

Saturdays, October 5th and 19th at 1:00 for GV and 2:15 for SN

Dedrick's Vaccination Clinic

Tuesdays, October 1st and 15th from 9am-1pm in the Art Studio

Encore: WP Musical Showcase

Tuesday, October 1st at 2:30pm

Magician and Illusionist Tom Baker

Friday, October 4th at 2:00pm

Tibetan Sound Meditation

Saturday, October 5th at 10:30am

Poems by Norman Sasowsky, Reading/Discussion

Sunday, October 6th at 2:00pm in the Classroom

Tree of Faith Program: *Open and Affirming Houses of Worship*

Tuesday, October 8th at 3:00pm in the PAC

Theater Night With Joe & Fred

Tuesday, October 8th at 7:15pm in the PAC

Music By Two On The Town

Wednesday, October 9th at 2:30pm

Meet the Council Candidates Session

Wednesday, October 9th at 3:00pm in the PAC

Voting for the Residents' Council

Wednesday, October 9th-Monday, October 14th

Starlight Trio Performance

Friday, October 11th at 3:00pm in the PAC

WP Wide Special Programs, continued

Programs in Great Room unless otherwise noted

Vocal/Piano Recital

Saturday, October 12th at 3pm in the PAC

SusComm Presentation

Tuesday, October 15th at 2:00pm

Wanderlust Rhythms with Peter Brown: Viva La France

Tuesday, October 15th at 2:30pm

LGBTQ Panel Discussion

Tuesday, October 15th at 7:15pm in the PAC

Management Q&A

Wednesday, October 16th at 1:30pm in the PAC

***Council Connections:* guest Tom Tango, Dir. Of Plant Operations**

Thursday, October 17th at 2:00pm in the PAC

Piano Music and Conversation with Michael Holt

Thursday, October 17th at 2:30pm

Mel Oshen Discusses *The Atom*

Friday, October 18th at 2:00pm in the Classroom

Alzheimer's Walk

Saturday, October 19th– Shuttles departing from the Lobby

Fall Flavors Ice Cream Cart

Tuesday, October 22nd on SN/GV and Wednesday, October 23rd at 2:30pm for AL

Chamber Music Concert

Wednesday, October 23rd at 7:00pm in the PAC

Ina's Woodland Wide Thank You Party

Thursday, October 24th from 2:00-4:00pm in the PAC

Red Cross Blood Drive

Friday, October 25th from 10:00am-3:00pm in the PAC

WP Wide Special Programs, continued

Programs in Great Room unless otherwise noted

Fall Campus Hike

Saturday, October 26th at 2:00pm departing from the Lobby (rain date 10/27)

NY Jets Vs. New England Patriots NFL Football Game

Sunday, October 27th at 1:00pm

Dulcimer Players Fall Concert

Monday, October 28th at 2:00pm in the GR

Thursday, October 31st at 3:00pm in the PAC

Board Of Elections Voting

Monday, October 28th at 1:30pm

Tony Musso: "Setting the Record Straight" (History of Rock N' Roll)

Tuesday, October 29th at 2:00pm in the PAC

October Birthday Party With Frankie Keene

October 30th at 2:00pm

Residents' Association Annual Meeting

Wednesday, October 30th at 3:00pm in the PAC

Spooktacular Dinner!

Thursday, October 31st in the IL Dining Room

Donations Requested!

The Activities Department is looking for donations of gently used iPods/mp3 players in working order. We will be using these to personalize playlists for residents to listen to music, rather than watch television, in between programming. Please direct your donations to Sue Close, x5917/sclose@wpatnp.org. Thank you!



SECOND SATURDAY WORSHIP WITH PASTOR LYN

What does “Columbus Day” have to do with our monthly worship? Does calling this holiday “Indigenous Peoples Day” make it easier to answer this question? Think about this and then join Pastor Lyn at 10am in the Great Room as we share our thoughts and faith in a God who in love challenges us to grow in faith in our daily lives.

Religious Services

(held in the PAC in IL)

Catholic Mass

Thursday, October 3rd at 11:15am

Episcopal Service

Thursday, October 17th at 11:00am

Shalom Space

Fridays at 4:00pm, October 18th and 25th

Prayer Group:

All Are Welcome!

Meetings are held Tuesday at 11am in the Meditation Room.

Prayer requests can be left in the box outside of the Meditation Room.

Eucharistic Visits (all units)

Thursday mornings with Fran.

Your Hudson Valley Ombudsman Contact Information

Hudson Valley LTC Ombudsman Program

82 Washington Street, Suite 201A

Poughkeepsie, NY 12601

Phone: 845-229-4680

Email: theresa@ltccc.org



Woodland Pond
at New Paltz

200 Woodland Pond Circle
New Paltz, NY 12561

Woodland Pond Department Numbers

For those residents that switched to Spectrum (AL/GV) you will need to dial 256 before each extension. If you reside in Skilled Nursing you only need to dial the extension. You will need to dial 9 before calling outside of WP.

Contacts

Activities Department- Cynthia & Arlene/ Jane & Sarah	5968/5681
Director of Activities– Sue Close	5917
AL/GV Nurse Manager– Charlene McCumber	5703
AL Nurses Station- South	5786
AL Nurses Station- West	5930
Billing Coordinator- Melissa Henneberger	5524
Clinical Nutrition Manager– Tanya Lopez	5925
Concierge Community Center	5600
Director of Concierge/Communication Services- Jason Irish	5970
Interim Director of Dining Services- Phil Cavallo	5711
Director of Environmental Services- Rob Dunn	5512
Director of Facilities- Tom Tango	5705
Director of Long Term Care- Philip Mehl	5915
Director of Nursing– Deb Vining	5928
Director of Social Services-	5931
Social Services Coordinator– Jasmine Olivier	5918
GV Nurses Station	5941
Hair Salon– Sharon	5712
Hostess Station	5963
AL/GV Unit Clerk– Kathleen Desmery	5642
President and CEO– Michelle Gramoglia	5501
Reception	5910
Resident Services Director– Sarah Leonard	5900
SN Nurse Manager– Gia Depuy	5704
SN Nurses Station	5921
Dining Systems Specialist– Faith Lewis	5795