

The Health Center

at Woodland Pond

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Close

Woodland Ponderings

Health Center
November 2023

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Greetings from Administration!

I belong to an improv group called Hudson Valley Improv. This fun outlet has allowed me to continue acting and artistic expression from my younger days but has also taught me some valuable life lessons.

One of the core tenants of doing improv is say “YES and....” What this means is, no matter what suggestion comes from the audience, no matter what your scene partner throws at you, you trust the process and *go with it* and see what magic can ensue. If the audience suggestion is “you’re on a hot air balloon,” you go with hot air balloon. If your scene partner says “we’re aliens,” you go with being aliens!

Now I understand the stakes at an improv show are low. You may look silly but that’s part of the fun. In real life some decisions can lead to real challenges and faith in the good will of our fellow human can definitely be misplaced. However, a baseline of mistrust in people and processes can also be harmful to health and well-being. If we do not trust the intentions of friends and coworkers, we can lead isolated and laborious existences. If we do not open ourselves to new possibilities and ways of doing things, we can actually miss opportunities for growth and healing. Two things are fundamentally true: 1. We don’t know everything, and 2. There are good people out there- colleagues, friends and

neighbors—who are genuinely good people who want to enrich us and be enriched by us.

I don't believe that the older we get the more we necessarily have figured out. That can often be a euphemism for being entrenched in our comfort zones or even our past pain. Keep your eyes open but also embrace the "Yes, and...!"
And scene!

~Philip Mehl, Health Center Administrator

VETERANS DAY

On **Friday, Nov. 10** we will hold our annual recognition of all Woodland Pond residents and employees who have served our country with distinction and honor in the armed forces. Woodland Pond resident and employee veterans will be invited to a special complimentary "*Thank You, Vets*" Pancake Breakfast prepared by our Dining team on **Friday, Nov. 10 from 9-10:30 a.m.** (*The breakfast is by invitation-only for our veterans and 1 guest.*)

All residents and staff are invited to the annual recognition program at **1 p.m.** in the Health Center Great Room. Always a meaningful part of the program is the reading of the roll call by our President/CEO Michelle Gramoglia. Special music will be provided by the Woodland Pond Handbell Ringers

Our Health Center Veterans:

Bill Brandt— US Army
Fr. Edmund Burke— US Army
Jack Dacey— 84th Highland Regiment Prince Edward Island, US Navy
John Decker— US Marine Corps
Bill Esser— US Navy
Ed Gallagher— US Air Force, 1st Lt.
George Kelvin— US Army, Technician 4th Grade
Charles Lantz— US Army, Sp 3rd Class
Jack Levy— US Air Force, Captain
Doug Logan— US Army Engineers
Dick Moore— US Air Force
Linda Roberts— US Air Force, Captain
Newton Ruffing— US Navy, Electronic Tech 1st Class



Janis Thomsen, told to Cynthia Carangelo

I was born in Batavia, New York in 1931. Batavia is located in western New York, south of Rochester. I had three sisters. We had a very nice relationship between all of us. My mother was a schoolteacher and then became a housewife. Later on, she became a painter and did artwork. My father was a textbook salesman. This was a positive for our family, because during the war we were able to afford and have a car.

I went to college at Cornell University. It sounds great, but really, it was no better than any state school. I went to college to study home economics, but I should have gone for something “meatier.” During my time at Cornell, I was taking horseback riding lessons. Through my horseback riding teacher, I got the opportunity to go abroad to Denmark! I had always wanted to go abroad, but my mother was furious!

In Denmark, I found a job working in a kitchen. There, I met my husband, who was a very educated man. I got a job delivering newspapers when we were short on money. We couldn't afford a car in Denmark—to own one, you had to be very rich! I rode my bike everywhere. Between that and my newspaper delivery job, I got very familiar with the Danish country and culture. I even learned to speak and write in Danish.

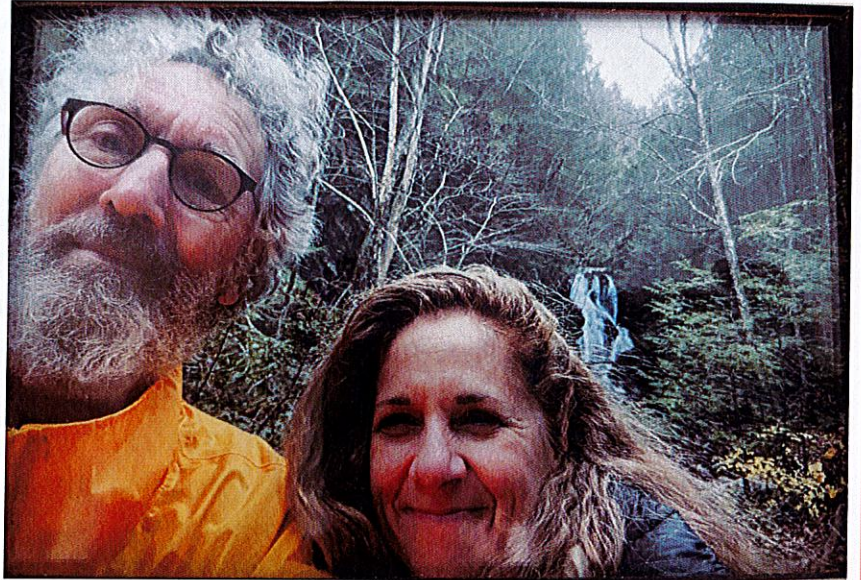
We ended up moving back to the United States because my husband was interested in moving there. However, we still kept our connections in Denmark and traveled back and forth to visit. We lived in Harrisburg, Pennsylvania, then up close to Buffalo, then to Rochester, where my husband found a job as head engineer.

Our first child was born in Denmark. Our older son is still living there and is married to a Danish woman. My daughter lives close by. She is my best friend and advocate.

Denmark is a country that really pushes education. When we moved back to the United States, I became a substitute teacher—I think I learned more than the kids did! I plan to continue to educate myself as long as I can. I am very political and I read a lot.



Because I married a man who was doing well, I was fortunate enough to be able to retire at Woodland Pond. I moved to Woodland Pond early—I was maybe the 60th person to move in? While here, I have continued to take experiences and education as often as possible. I think that not only the experiences that I have had, but also living at Woodland Pond have made me quite accepting of people and accepting of opportunities that have come my way. There's nothing special about me—I just took the opportunities that were presented to me. I am very fortunate!

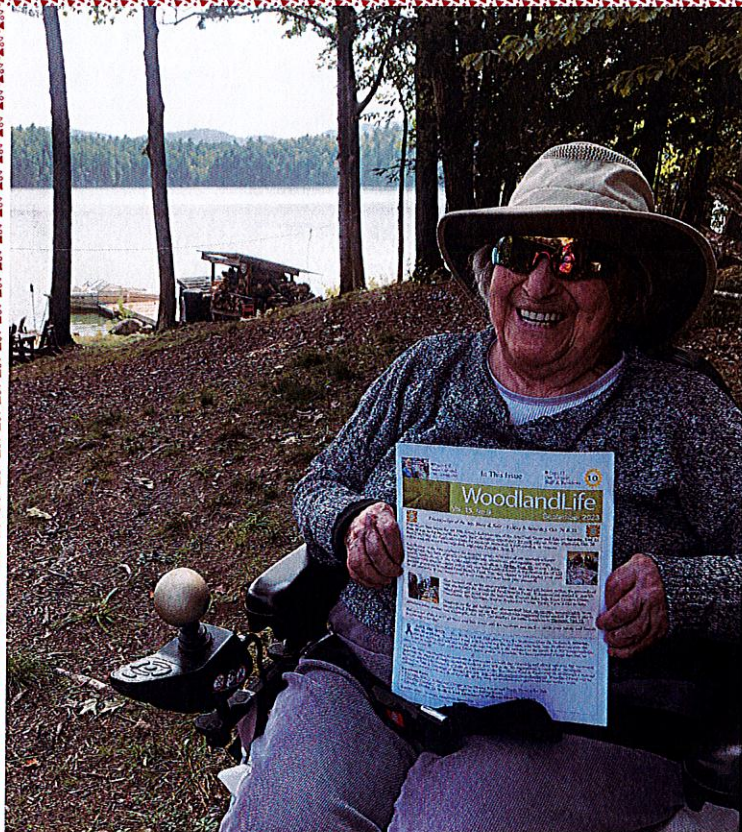


From the ROVE Committee

ROVE says **THANK YOU** to all residents who have contributed to this year's campaign to reward our hourly employees. We've all been bombarded with pleas for money. We've all felt the effects of inflation. Despite that, you have once again come through with a generosity our staff will appreciate. Once again you have proved that Woodland Pond residents are very caring people. Our 2023 campaign has ended but we will be reaching out to you in January to start the 2024 campaign. Until then, have a wonderful rest of the year, and once again, thank you.

Suzanne Orchowski
ROVE Chair





Relaxing in the Adirondacks!

Connie Hornbeck spent a few refreshing and relaxing days with her children and grandchildren at her son's house on Augur Lake near Keeseville, NY in the Adirondacks. She went fishing, bird watching and enjoyed sitting by the lake sharing family stories with the family. She joined them on a morning hike on "Tim's Trail" at the Boquet Nature Preserve where she enjoyed the beautiful pine scented air of the deep evergreen forest while her great grandson hunted for Geocaches.

Upcoming Meetings

Food Council with Dining Director, Amy

Monday, November 6th

2pm in the SN Dining Room for Skilled Nursing

2:30pm in the Great Room for Assisted Living

Activity Planning Meetings

Thursday, November 2nd at 3pm

In the GR for Assisted Living and

In the Lounge for Skilled Nursing

Skilled Nursing Resident Council

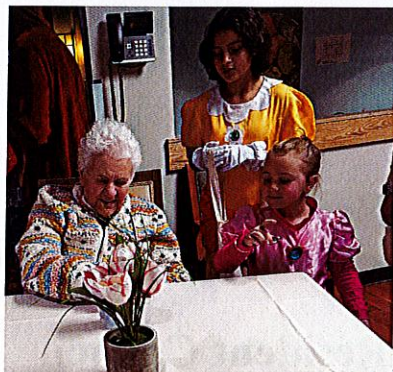
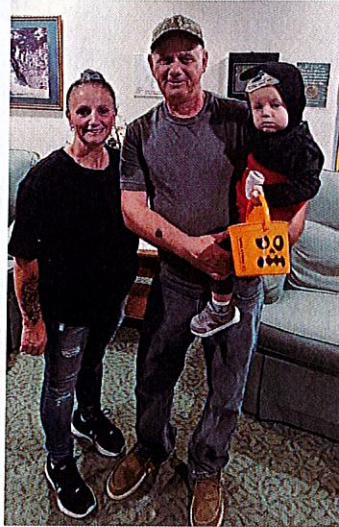
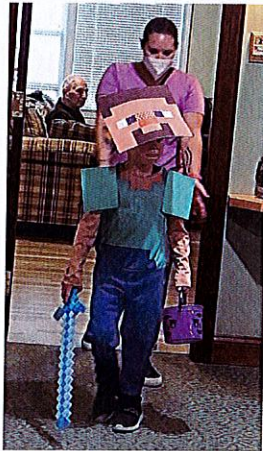
Monday, November 13th at 2pm in the SN Lounge

Assisted Living Resident Council

Monday, November 13th at 3pm in the Great Room



Some pictures of our staff and their children Trick or Treating through the Health Center hallways!




Trick
Or
Treat

Health Center Outings

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."

Macy's Shopping Outing (AL)

Tuesday, November 7th departing at 1pm

Red Lobster Lunch Outing (AU)

Wednesday, November 15th departing at 11:30am

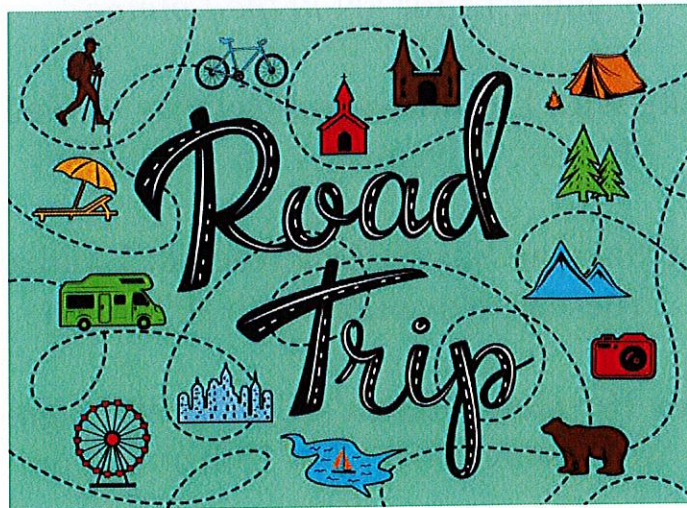
Crock Pot Dinner Inning (SN)

Monday, November 20th at 5:00pm

Studio One Hair Salon Outing (AU)

Wednesday, November 29th departing at 10:30am

**all trips depart from Reception*



Special Programs

Programs in Great Room unless otherwise noted

Therapeutic Art Class with Michelle Eddison

Mondays, November 6th and 20th for SN/AL
Thursdays, November 9th, 16th, and 30th for GV *in the GVDR*

Board of Elections Absentee Ballot Voting

Wednesday, November 1st at 1:30pm

Traveling Ice Cream Sundae Cart

Wednesday, November 1st at 2:30pm (AU)

Western Hootenanny

Friday, November 3rd at 2:30pm

Vocal Concert with Nancy Paroli

Wednesday, November 8th at 2:30pm

Veteran's Day Program

Friday, November 10th at 1:00pm *in the PAC*

Music Through the Decades with Lauren Mueller

Saturday, November 11th at 1:15pm for GV *in the GVDR*
and 2:15 for SN *in the Lounge*

Hymn Sing with Lamontville Assembly of God Church

Monday, November 13th at 10:30am

Artist Norman Sasowsky Presents: Landscapes

Tuesday, November 14th at 2:00pm

Hudson Valley Hospice Veteran's Café (*Prior sign-up required*)

Wednesday, November 15th at 2:00pm

Aloha Ukulele Strummers Concert

Friday, November 17th at 2pm

Special Programs, Continued

Programs in Great Room unless otherwise noted

Holiday Pie Social

Wednesday, November 22nd at 2:00pm

Music with Bill Nastasi

Sunday, November 26th at 1:00 for GV *in the GVDR*

And 2:15 for SN *in the Lounge*

Art Appreciation with Michelle: Van Gogh

Monday, November 27th at 2:00pm

Another Eden: Music Class performance

Tuesday, November 28th at 2:00pm *in the PAC*

Birthday Party With Frankie Keene

Wednesday, November 29th at 2:00pm

HC/IL Rummikub Challenge

Thursday, November 30th at 2:30pm

We Are Thankful For *YOU!*

Please join Activities staff for a week-long celebration filled with fall, harvest, and Thanksgiving themed activities and events beginning November 17th.

Highlights include:

- Fall and Thanksgiving Trivia
- Thanksgiving Mad Libs
- Pumpkin Bean Bag Toss
- A viewing of "Planes, Trains, and Automobiles"
- Pie Social



Independent Living November Calendar Highlights

Thursday, Nov. 9 at 2 p.m.—Open Space Presentation [PAC]

Friday, Nov. 10 - Veteran's Day Observance

9 a.m. - Veteran's Day Breakfast [IL Dining Room]

1:30 p.m. - Veterans' Day Program [HC Great Room]

Sunday, Nov. 12 at 4:30 p.m. - Bucket List Ensemble [PAC]

Tuesday, Nov. 14 at 3 p.m. Tree of Faith program: Rabbi Adam Cerino-Jones [PAC]

Wednesday, Nov. 15 at 1:30 p.m. - Management Q&A [PAC]

Wednesday, Nov. 15 at 2 p.m. - Veteran's Café [HC Great Room]

Wednesday, Nov. 15 at 7 p.m. - MTNA Student Piano Recital [PAC]

Thursday, Nov. 16 at 2 p.m.- *Council Connections*: guest Bernice Hummel, Memoir Group member [PAC]

Friday, Nov. 17 at 3 p.m. - Simple Melodies with the *Starlight Trio* [Courtyard]

Tuesday, Nov. 21 at 2 p.m. - Land Conservation Program: Hudson River School of Painters [PAC]

Wednesday, Nov. 22 at 1 p.m. - Thanksgiving Interfaith Service [PAC]

Monday, Nov. 27 at 7 p.m. - Playreading: "Thurber Stories" [PAC]

Tuesday, Nov. 28 at 2 p.m. - *Another Eden* creative performance [PAC]

Tuesday, Nov. 28 at 7 p.m. - Suscomm Webinar: *Nature's Best Hope* [PAC]

HC/IL Rummikub Tournament Returns!

Please join us once again for our Rummikub Tournament in the Great Room on November 30th at 2:30pm. This tournament is open to all residents in the Health Center and Independent Living. Come take your chance at beating our returning champion, Connie Hornbeck!



We Have Moved...

Please note that Aaron Smith, Skilled Nursing Nurse Manager, and Charlene McCumber, Medical Services Coordinator, have switched offices. Aaron is now located in the SN Alcove across from the nurse's station and Charlene is just across the hall from the SN dining room. Their phone number's remain the same.

WALK TO END ALZHEIMER'S

alzheimer's association™



“Over 110 members of our Woodland Pond family showed up at the Walkway to proudly accept our place as the number one fund raiser and supporter of the 2023 Alzheimer’s Association fundraiser. \$20,000 raised. 110 of us there. I loved seeing your faces and your families. Especially your families. What a great day. You are wonderful and inspiring and

needed. Thank you. We made a huge impression today.”— Michelle Gramoglia



**We remember our friends who passed away in October.
They will be missed.**



Jan Chodkowski
Liz Alexander

Happy Birthday, November!

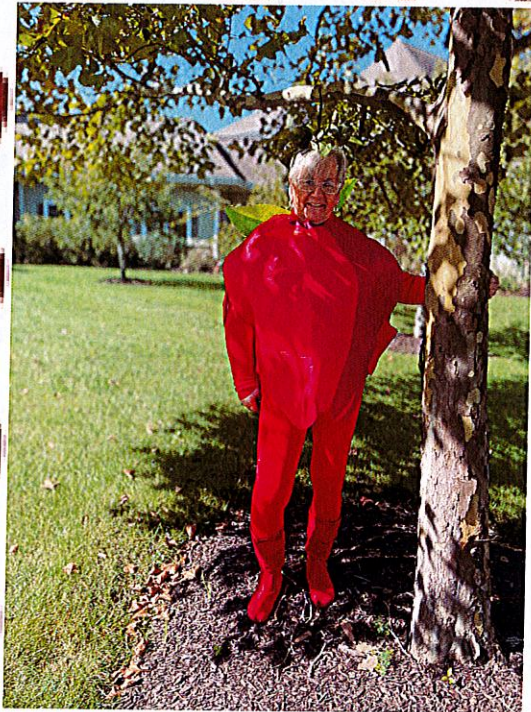


11/2 Kathy Kelly
11/2 Marcia Thompson
11/3 Nancy Bovee
11/11 George Kelvin
11/17 Lyn Mehl
11/25 Ruth Decker
11/28 Fr. Edmund Burke

Teacher's Tea

We celebrated World Teacher's Day on October 5th with a Teacher's Tea in the Great Room. Residents from Woodland Pond that were former teachers came together for a morning of tea, snacks and reminiscing. We hope to make this an annual celebration. Thank you teachers!





Apple Fest!

A few photos from September's Apple Fest! We celebrated "The Big Apple" with a caramel apple bar, bowling with apples, grabbing for apples, and apple stamping. We also had a guest appearance from Arlene the Apple!

