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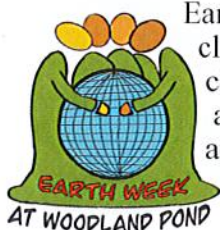
WoodlandLife

Vol. 16, No.4

April 2024

CELEBRATE EARTH WEEK APRIL 22-26

To leave the world better than you found it, sometimes you have to pick up other people's trash. [Bill Nye]



Earth Day was founded in 1970 as a global celebration focused on green living and confronting the climate crisis. Since then, newspapers and TV have raised the alarm about the effects of climate change on our lives. We hear about wildfires, floods, species extinction, destruction of rain forests and plastic pollution. But here at Woodland Pond, we are not discouraged. We have been taking action: replacing our incandescent bulbs with LEDs, composting, creating a Repair Cafe as well as other endeavors. Woodland Pond joins the global observance of Earth Week April 22-26. For the fifth year, the Sustainability Committee is preparing a week filled with programs and events to inform, entertain, and enlist you in helping to save the Earth.

Logo designed by
Martin Lavenhar

Look for upcoming news about speakers, movies, lobby display and a contest. A SusComm information table, located by the mailroom, offers a space to talk with you about your concerns. A complimentary Happy Hour is of course included, too. (See more Earth Week activities on page 2.)

Barack Obama noted "We are the first generation to feel the impact of climate change and the last generation that can do something about it." Join us to continue our quest to make Earth Day every day.

- The Earth Week Task Force of the Sustainability Committee

Earth Week Guest Lecture

Being "Green" at Woodland Pond : How you can take simple actions to help your home, health & the environment



On **Tuesday, April 23 at 2 p.m.** in the PAC, Julie Noble, Environmental Education and Sustainability Coordinator for the City of Kingston, will discuss a wide range of "green" opportunities residents and staff can take, including Recycling/Reuse/Repair; Composting;

Dining/Food; Home/Office; Travel, Getting Around The Community; Energy (Efficiency and Renewables) and Outdoor Recreation.

In her professional capacity Julie manages the City's environmental projects, initiatives and programming, including energy, land use, climate adaptation, transportation, recycling and environmental education and serves as the Climate Smart Community Coordinator. In addition to her official role for the City of Kingston, Julie has personal ties to Woodland Pond as well, as the sister of our President/CEO Michelle Gramoglia.

This program is sponsored by the Sustainability Committee.

Earth Week Events

Please cut out this handy reference and post on your refrigerator to join in these activities.

- ◆ **Tuesday, April 16 at 2 p.m.**, HC Great Room
Earth Day Flower Making with Barbara Rubin
- ◆ **Monday, April 22 at 11:15 a.m.** - Adopt a Highway Cleanup
- ◆ **Tuesday, April 23 at 2 p.m.** in the PAC - Guest speaker Julie Noble
- ◆ **Thursday, April 25 at 3:30 p.m.** at the Pub - Earth Week Complimentary Happy Hour
- ◆ **Thursday, April 25 at 7p.m. in the PAC** - Film Presentation: *The 11th Hour*.
- ◆ **Saturday, April 27 and Sunday, April 28 in the PAC** - Weekend film presentations: *Erin Brockovich* and David Attenborough's *A Life on Our Planet*. (Each film will be shown twice during the weekend).

Council Corner



April meetings of your Residents' Council are **Thursdays, April 4 and April 18 at 10 a.m.** in the Classroom and on Zoom, and are open to all residents. The first 15 minutes (EARS) are devoted to your input. If time permits there will be a second EARS at the end of the meeting. Agendas are posted in the Mail Room and Library on the Mondays preceding each meeting. You may be in touch with your Council by putting **signed**, written comments in the Council Cubby in the Mail Room, at the bottom right of the bank of cubbies by the window, or you may also send an e-mail to evelynr17@earthlink.net.

Our *Council Connections* session this month will be **Thursday, April 18 at 2 p.m.** in the PAC. Guest speaker will be Rob Dunn, Environmental Services Director. He will be interviewed by Yakov Pipman.

Evelyn Rosenthal, Corresponding Secretary

Next Highway Cleanup Scheduled

Woodland Pond is a sponsor of the Adopt A Highway program. The idea was proposed by the Land Conservation Committee in 2022 and enthusiastically endorsed by WP Management. We began the activity in 2023. Our responsibility is to pick up trash several times a year along a designated mile of Rte. 299 (near Lowe's).



The next cleanup day is **Monday, April 22- Earth Day**. Residents and staff are welcome to participate. "Pickers", vests, hard hats, buckets and bags will be provided. Sign up at Concierge. We will depart from the IL Lobby at **11:15 a.m.** and return at approximately 1 p.m.

Dave Smith, for Land Conservation Committee



Dining Services - Events for April



We will be offering Passover menu items for the duration of the holiday.

The Complimentary Happy Hour this month will be moved to the **fourth Thursday (April 25th)** as part of the Earth Week observance.

And mark your calendars for our next Wine Tasting on **Tuesday, April 30.**

Ashley France, for Dining Services

From Woodland Pond's Board of Directors

Our Board members are the principal source for recommending new candidates to join our ranks. It is the responsibility of the Governance Committee to launch and follow the formal process for advancing any candidacy. (Both resident directors are members of this committee.) Part of the initial step includes considering the professional field and any known accomplishments of the candidate as possibly augmenting the overall expertise of the existing Board members' cumulative profile with knowledge and skills that could strengthen our Board.



No approach to a potential candidate is made before the committee's endorsement, followed by the full Board's recommendation to move forward, based on available information about the individual. When an approach is made by either the chair or another member of the Governance Committee, if the individual expresses any interest, s(he) is given our "sales kit" (broad background of Woodland Pond, current Board members' bios, duties and responsibilities as outlined in our by-laws, scheduled meeting dates), while at the same time, we make it clear that no commitment has been made by either party.

The several additional steps to this carefully planned procedure will be outlined in next month's newsletter.

Dick Barry, Secretary



The Woodland Pond Benefit Fund played its part in the refurbishing of the Health Center Library recently by providing a new double bookcase.

It will hold the rest of the extended collection of large print books placed there by the Library Committee. The library is in the Great Room.

New signage will soon appear on the Benefit Fund wall outside of the Dining Room and a new version of our brochure is in the works.

Our April monthly meeting **Wednesday, April 17** will be at **10:30 a.m.** and held in the Classroom. WP Board member Sally Cross will talk about possibilities for growth of our fund, and the Woodland Pond Foundation. Interested residents are welcome to join us.

Anne Gordon, Woodland Pond Benefit Fund Chair

Celebrating the Spirit of Volunteerism

*"The meaning of life is to find your gift ~
the purpose of life is to give it away."*

[William Shakespeare]





Interest Groups



Beginner's Mah Jongg: **Wednesdays at 1 p.m.** [AS]
Beginner's Mah Jongg: **Saturdays at 9:30 a.m.** [GR]
Book Club: **1st Tuesday at 7 p.m.** [Classroom]
Bingo: **1st Wednesday at 1 p.m.** [PAC]
Brainteasers: **Wednesdays at 10 a.m.** [AS]
Canasta: **Wednesdays & Saturdays at 1 p.m.** [GR]
Chess: **Thursdays at 7 p.m.** [GR]
Current Events Group: **Wednesdays at 4 p.m.** [Cls]
Dulcimer Players: **Mondays at 1 p.m./ Thursdays at 3:30 p.m.** [PAC]
Duplicate Bridge: **2nd & 3rd Wednesdays, 1 p.m.** [4th Central Lounge]
Handbell Ringers: **Tuesdays at 1 p.m.** [AS]
Hearts Players: **Mondays at 1 p.m./Saturdays at 12:30 p.m.** [GR]
iPhone Camera Club: **3rd Tuesday at 7 p.m.** [Cls]
LGBTQIA+ & Allies: **4th Tuesday at 2 p.m.** [AS]
Loss in Literature: **Tuesday, Apr. 2 at 4 p.m.** [CR]
Mah Jongg: **Mondays and Fridays at 1 p.m.** [AS]
Memoir Class: **2nd & 4th Mondays at 3 pm.** [CR]
Men's Coffee: **Saturdays at 9:30 a.m.** [PAC]
Movement/Music & You: **Tuesdays at 11a.m.** [PAC]
Opera/Ballet Night: **2nd & 4th Fri., 7:15 p.m.** [PAC]
Pet Ponders: **4th Wednesday at 7p.m.** [Cls]
Philosophy Circle: **2nd Wednesday at 11 a.m.** [Cls]
Pinochle: **Fridays at 1 p.m.** [GR]
Playreaders Group I: **Thursdays at 2:30 p.m.** [AS]
Playreaders Group II: **Thursdays at 4:15 p.m.** [AS]
Poetry Group: **Friday, Apr. 26 at 2 p.m.** [CR]
Pondaliers: **Mondays at 3:30 p.m.** [PAC]
Rummi-Kub: **Daily at 7 p.m., Sundays, 2 p.m.** [GR]
Scrabble: **Fridays at 10:30 a.m.** [GR]
Shalom Space: **Fridays at 4 p.m.** [Cls]
Short Story Group I: **1st & 3rd Tues., 3:30 p.m.** [Cls]
Short Story Grp II: **2nd & 4th Tues., 3:30 p.m.** [Cls]
Social Bridge: **Tues. & Thurs. at 12:30 p.m.**[GR]

Groups continue next column

Interest Groups continued:

Spanish Chat: **Wednesdays at 11:15 a.m.** [AS]
Square Dance: **1st & 3rd Wednesdays at 3 p.m.** [AS]
Table Games: **Mondays at 7 p.m.** [Cls] and **Saturdays at 2 p.m.** [AS]
Watercolor Class: **Mondays, Apr. 8 & Apr. 29, 10 a.m.** [AS]
Women's Tea: **Mondays at 2 p.m.** [Cls]
 (No Tea Talk this month due to the Solar Eclipse Event)
Yarn Mavens: **1st & 3rd Tuesdays, 3 p.m.** [AS]

Committee Meetings for April

Library Committee - **Monday, Apr. 1 at 12 p.m.** [Cls]
 Contact: Virginia Cannon, Chair

Finance Review - **Monday, Apr. 1 at 1 p.m.** [AS]
 Contact: Dave DeWilde, Chair

Dining - **Tuesday, Apr. 2 at 10 a.m.** [Classroom]
 Contact: Joan Kleinegris, Chair

Physical Plant - **Wednesday, Apr. 3 at 10 a.m.** [GR]
and Thursday, Apr. 18 at 1 p.m. [AS]
 Contact: Fred Wolinsky, Chair

Welcome - **Tuesday, Apr. 9 at 11 a.m.** [GR]
 Contact: Alice Cross, Chair

R.O.V.E. - **Does Not Meet This Month**
 Contact: Suzanne Orchowski, Chair

Landscape - **Wednesday, Apr. 10 at 2 p.m.** [CR]
 Contact: Deborah Moore, Chair

Décor/Design - **Thursday, Apr. 11 at 1 p.m.** [CR]
 Contact: John Ortner, Chair

Mental Health & Wellness - **Friday, Apr. 12, 10 a.m.** [AS]

WP Benefit Fund - **Wednesday, Apr. 17, 10:30 a.m.** [Cls]
 Contact: Anne Gordon, Chair

Land Conservation - **Friday, Apr. 19 at 3 pm.** [CR]
 Contact: Larry Randall, Chair

Interfaith - **Monday, Apr. 22 at 10:30 a.m.** [GR]
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary

Health Center - **Tuesday, Apr. 23 at 1 p.m.** [Cls]
 Contact: Margaret Nijhuis, Chair

Sustainability - **No Meeting This Month.** [Cls]
 Joy Dryer, for the Steering Committee

National Volunteer Week is April 21-27



National Volunteer Week is celebrated annually in April; the week-long celebration places a spotlight on people whose invaluable seeds of kindness through volunteering are bettering the community and our world.

Here at Woodland Pond we have a host of inspiring people who find opportunities each day to don their volunteer hats and look for large and small ways to offer assistance and make a difference.

If you serve on the Residents' Council, on any committee, lead an interest group, or assist with the myriad of tasks that make life a bit easier for your fellow residents and the staff, we celebrate you! And if you quietly share your talents outside of our immediate Woodland Pond community by volunteering for local organizations in need of assistance, we salute you, too!

We will celebrate all of our volunteers with a joint Volunteer Drop-in/Reception on **Friday, April 26 from 10:30-11:30 a.m.** in the Health Center Great Room. If you volunteer in any capacity, consider this your invitation to come as we celebrate your "Seeds of Kindness!" Please let the Concierge know if you plan to attend by Friday, April 19. If you aren't an active volunteer, try looking for an opportunity to share your talents. We need you!



BHG ~ New Name ~ New Focus!

We Heard You! Enough fund raising. THANK YOU from the Woodland Pond Alzheimer A-Team. We exceeded our \$15,000 goal to over \$20,000 in 2023. It still makes sense to support the Alzheimer Association but dollars and cents is not the top priority. We are now the Brain Health Group. BHG.

Our 2024 goal is to improve Brain Health through education and fun. Socializing is a Brain Health activity. The WP Survey showed you liked the Ice Cream Sundae Social. We'll do that monthly from May-Sept. It helps to make Cents.

On **Monday, April 15 at 2 p.m.** in the PAC, Meg Boyce, the Vice President of Dutchess/Ulster Alzheimer's Association Research, will discuss where things stand concerning Alzheimer's disease and the various related dementias. New medications and research areas are coming nearer to the day when a cure is possible. More to come ...

BRAIN HEALTH GROUP

Bus Trips for April



Tuesday, April 2 – Orchid Show at the NY Botanical Garden, Bronx NY. This trip is limited to 10 people. Depart at 9 a.m.

Wednesday, April 3 at 2 p.m. – Woodland Hikers outing on carriage roads and trails in the Mohonk Preserve.

Wednesday, April 3 – Early Dinner at The Lemon Squeeze Restaurant in New Paltz. Depart at 4:30 p.m.

Friday, Apr. 5 – Shopping trip to Poughkeepsie Galleria. Depart at 11 a.m.

Saturday, April 6 at 7:30 p.m. –The Coach House Players present "*You Know I Can't Hear You When The Water's Running.*" Depart at 6:30 p.m.

Sunday, April 7 at 2 p.m. – Sossnoff Theater at Bard presents The Orchestra Now: *The Rite of Spring*, featuring Beethoven and Stravinsky. Depart at 12:45 p.m.

Saturday, April 13 at 8 p.m. – Vassar College Choir presents *Hayden's Mass in Time of War* at Skinner Hall. Depart at 7 p.m.

Sunday, April 14 at 4 p.m. – Senate Garage in Kingston presents music for strings, piano and accordion. Depart at 3 p.m.

Monday, April 15 – Lunch Adventure and Shopping in Woodstock, with lunch at Alba's Restaurant. Depart at 11:15 a.m.

Friday, April 19 at 8 p.m. – Rhinebeck Performing Arts Center presents "*The Two Gentlemen of Verona, New Jersey.*" Depart at 6:45 p.m.

Sunday, April 21 at 2 p.m. – SUNY NP presents '*Urinetown: The Musical*' at the Parker Theater. Departs at 1:15 p.m.

PAC Movies



Thursday @ the Movies: Thursdays at 7 p.m.

Classic Movie: Friday, April 5 at 7 p.m. - Roman Holiday, starring Audrey Hepburn and Gregory Peck. (1953)

Opera Night: This month's features: *McBeth* on **Friday, April 12 at 7:15 p.m.** and *Andrea Chénier* on **Friday, Apr. 26 at 7:15 p.m.**

Attention Bingo Fans ...

Come on **Wednesday, Apr. 3 at 1 p.m. in the PAC.** \$2.00/card and jackpot prizes in store! We play the first Wednesday of each month!



Wellness Notes



SPRINGTIME is here in all its glory! As the days grow longer and lighter we can welcome spring with open arms. Spring ~ the season of Hope. Some tips to welcome the season:

- * Open the curtains and shades and let the sun in to brighten up your home. Open your balcony doors and a window too, if it's warm enough to. Let the fresh air refresh and boost your home and mood.
- * Eliminate clutter. Organization and cleanliness are keys to maintaining your mental and physical well-being. It can improve safety and assist with air quality in your home. A clean space is easy to navigate, you spend less time looking for misplaced items so you can focus more of your energy on other details to enrich your life. A clean home supports your immune system.
- * Go outside for a stroll – walking remains a wonderful form of de-stressing and exercise. Observe and enjoy all the sights in nature as the buds begin to bloom. Listen to the sounds of birds as they glide across the skies and take in the smells and lovely scents of budding trees and flowers.

Spring holds so many wonders. “Spring has sprung and new life has begun” – get out and relish it all!

Mary Jo

Mary Jo Murray, R.N., Wellness Nurse, ext. 5901

Advanced Directives Presentation

Residents are invited to join Antony M. Eminowicz, PLLCO on **Wednesday, April 24 at 1 p.m.** in the PAC for a discussion on advanced directives (Power of Attorney, Health Care Proxy, Living Will, WP refund designation) and more.

Antony is a dual-qualified attorney, licensed to practice in both New York as well as England and Wales. He earned his Master of Laws Degree from Albany Law School and is a member of the New York Bar. He has over 10 years of experience dealing with elder law and estate planning issues. Antony devotes his practice primarily to elder, estate and special education issues.

A program sponsored by the Health & Wellness Committee.

Friends of Bill Support Group Guest Speaker

The next Friends of Bill support group session on **Saturday, April 27 at 7p.m.** will be in the Classroom with special guest speaker Sister Margaret “Peggy” Murphy, a support team member, who will present a moving talk on the life of Bill Wilson, founder of the 12 step programs. Any WP residents and staff affected by or who have a loved one with an addiction is encouraged to attend this special program.

Support Group Meetings



- * *Caregiver's Space* – meets the **4th Monday at 1 p.m.** in the Health Center Conference Rm. (facilitated by Health & Wellness Committee)
- * *Caregiver's Support Group* – meets the first **Tuesday at 1 p.m.** in the Conference Room, (facilitated by the Alzheimer's Association)
- * *The Parkinson's Support Group* – meets the **4th Wednesday at 1 pm.** in the Classroom.
- * *Friends of Bill W* - meets the **4th Saturday at 7 p.m.,** this month in the Classroom.

Compassion and Choices: Medical Aid in Dying information and update

Compassion & Choices improves care, expands options and empowers everyone to chart their end-of-life journey. C & C envisions a society that affirms life and accepts the inevitability of death, embraces expanded options for compassionate dying, and empowers people to choose end-of-life care that reflects their values, priorities, and beliefs. Compassion and Choices Federal Relations team works with Congress and federal agencies in Washington, D.C., to protect medical aid in dying laws. A representative will provide an overview and update on **Friday, April 12 from 1-2 p.m.** in the PAC.

Sponsored by the Health & Wellness Committee

A Fitness Note from Grace

Happy Spring! It seems to me that there have been a lot of falls happening lately. More than the average. There can be multiple factors that play in to the “why” and the “how” of the fall. Research says that falls are not just from Osteoporosis, they are **mainly** from lack of muscle mass. To boost your muscle strength, try my Balance & Strength, Resistance Bands class, and using the HUR machines (the brown ones) in the gym. Make sure you're getting enough protein in your diet as well. If you have any questions about this topic feel free to ask me, or send me an email at gjuhren@wpatnp.org.

Grace Juhren, Fitness Instructor

The next Fallen Person Training with Rehab Director Jonathan Papin will be **Tuesday, April 30 at 2 p.m. in the PAC.**

Please refer to Connected Living for listings of weekly activities and special events, watch for any updates or changes on *Connected Living* screens.



There is much to do in the Hudson Valley! Be sure to frequently check out the bulletin boards in the Cart Room for listings and fliers of upcoming events in the area. You may want to attend in car pools with some of your neighbors.

Life at Woo

Meet Your New Neighbors!

We are delighted that several new residents will be calling Woodland Pond their home. Most are from our area. They are looking forward to meeting their new neighbors, so please invite them to lunch, dinner or an activity. Their full bios can be found in the Directories in the Lobby and lounges in each wing.

Compiled by Halema Hassan

Joyce White & Mary Gallagher ~Apt. 145



Joyce and Mary

Mary grew up in Dutchess County, NY and studied to be a school psychologist and then a clinical psychologist, working mainly with children in Maryland. Joyce was raised in northwest Connecticut, had a career in business, moved to Maryland to raise llamas, and has a master's degree in Traditional Nutrition.

Mary and Joyce met in 1997 while visiting the home of mutual friends in the Adirondacks. They have been legally married since 2010. In 2010, they moved from Maryland to Ulster County to be closer to family. Mary's interests include exercise, reading, Rock Steady Boxing in Kingston, and following professional tennis. Joyce enjoys cooking, small farms, alternative health, and Queer issues. They both are active at the Unitarian Universalist Congregation of the Catskills in Kingston and are die-hard Schnauzer people.

Ira and Lorraine Trast ~ Apt. 328



Ira and Lorraine

Ira and Lorraine are looking forward to moving to WP. They have had and still have friends living here. Ira grew up in Brooklyn and Lorraine in Kingston. They settled in Brooklyn after they got married and then moved to Kingston.

They have a wonderful family of two sons, wonderful daughters-in-law, four grandchildren and two great-grandchildren. They are looking forward to meeting and saying hello to everyone.

Lorraine loves to play Canasta and Mah Jongg in case anyone wants to invite her to an activity!



Pond Pets

By Lucy Muller and Edie Nelson

My name is Serena Nelson and I have lived at Woodland Pond since December with my dear Edie. I will let Edie write our story as I do not type.

"My husband, Bob, and I went to Petco in 2009 to buy pet food for our two dogs and 2 cats. While there we stopped, as usual, to visit the pets they had for adoption. Bob fell in love with a one-year-old tiger cat who had been picked up as a stray in another county and transferred to Petco in Sonoma County, California. She got along beautifully with our other animals, but would hide whenever other people came into our house. As the years passed our family became smaller as Bob and our other animals passed away. By May 2023, Serena and I were sharing our home alone. After visiting my son in Dutchess County and touring various retirement facilities, I decided to commit to moving to Woodland Pond. Our apartment became available in December. Serena and I flew from San Francisco to New York to begin our new life. Serena, now 15 years old, has adapted beautifully and enjoys being in the same room and available for loving whenever anyone comes in. We are both very happy about our move."

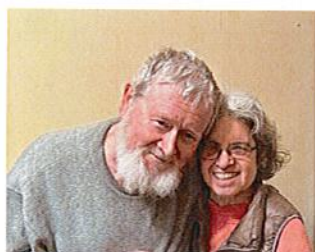
Woodland Pond

*Spring is when
you feel like
whistling even
with a shoe
full of slush."*

[Doug Larson]



Laura Wilensky & Henry Cavanagh ~ Apt. 440



Henry and Laura

Laura and Henry have lived for over 50 years in Marbletown, N.Y. Laura, raised in Westchester, and Henry, hailing from East Islip, L.I. met while attending SUNY New Paltz. Both Laura and Henry earned B.F.A. degrees at the university, graduating in the same

class, though it took Henry 9 years, and Laura the usual 4. Henry started in Art Ed., left for a while, and returned in the Fine Arts Dept. majoring in Bronze Casting. Upon graduation, Laura dove into a ceramics career that had already started in school. Henry went to Europe, landing a job in Dusseldorf, Germany, at a bronze foundry. After a few years away, the two met again in New Paltz, and Henry became a porcelain student of Laura's. Wanting to date her, it was the only way to visit the incredibly successful ceramic artist that she had become!

Their mutually successful careers in clay took them in different directions, she into porcelain exclusively, and Henry working in production-cast functional pieces. Each worked tirelessly supplying galleries throughout the country, their businesses growing along with the growing craft world. With attending the various craft shows, both artists achieved accolades and sustained financially successful careers, with inclusion in many reference books of the day, with interviews and articles in the NYT and other publications.

Henry retired in 2016, after 10 years as a sculpture student and bronze worker, and nearly 50 years in ceramics. Laura continued to work in the studio until about 2020, retiring after nearly 50 years as a career ceramist.

Susan Deane-Miller ~ Apt. 332

Susie grew up in White Plains though she lived for years on the west coast. She moved to the Hudson Valley with her two young boys when she married her second husband, Lew, who died at 45, six years later. Susie moved into the City of Poughkeepsie when her sons finished high school and had moved on. She has four grown "grandpeople" now, and one son and his wife live in Dutchess County. The other son is in Ohio with his family. She is now moving to Woodland Pond after forty-one years in her house in Poughkeepsie, and she is a little overwhelmed with the downsizing process. She quotes, "What am I saying? I am absolutely overwhelmed! Aren't we all, at first?"



Susie

Susie is interested in theater, music, dancing, psychology and social work, and people. She has a degree in music with a major in Classical Guitar (which she never seems to play any more) and a minor in voice. She has played a lot of traditional music and has been a folk singer, played backup for Irish and other fiddle music, taken up fiddle playing, and also led a swing band. After several years of messing around and realizing that she is absolutely driven to avoid making a living in music, she went back to school for her Masters in Social Work. She worked for Hospice and then did counseling at Family Service.




*Signs of
Spring are
everywhere!*



These photos were taken by Michele Caccavano

Applauds Program Salutes Employee Service

The following employees received commendations from residents last month for their exceptional service: 

Lizana Brutus	Riza Campbell	Karina Williams
Julia Brooker	Ruth Fialkow	Rupert Fuentes
Theresa Fiscaletti	Juniper Grillo	Emily Watson
Kathleen Desmery	Anna Loscalzo	Jasmine Sadiq
Elijah Howell-Smith	Tonya Riedinger	Nicole Petit
Emily Alexander	John Muro	Jason Irish
Sarah Motherway	Chris Shea	Jenna Prush
Ashley France	Frank Loscalzo	
Hugette Pierre-Noel	Stephanie Rzeszewicz	

Applauds forms are available at the Concierge Desk. They are given to the Human Resources Department. If your nomination is received after the deadline, it will be included in the following month's issue.

Monthly Birthday Party is Tuesday, April 9



We will recognize our April birthday celebrants on **Tuesday, April 9 at 2 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

Celebrating this month are:

Lola Weiss - Apr. 4	Bill Tuel - Apr. 16
Roger Leonard - Apr. 5	Yvonne Randlev - Apr. 18
Melba Leon - April 7	Suzanne Orchowski Apr. 19
Anne Hiller - Apr. 9	Kitty Mitchell - Apr. 21
Vera Elliott - Apr. 11	Adrienne Turner - Apr. 21
Harriett Lewis - Apr. 11	Paul Mellos - Apr. 22
Annette Johnson - Apr. 12	Dave DeWilde - Apr. 25
Raina Maissel - Apr. 12	Charles Platt - Apr. 27
Jeanne Varano - Apr. 13	Sally Schultz - April 28



Welcome New Residents!



Henry Cavanagh & Laura Wilensky ~ Apt 440 [North]
Susie Deane-Miller ~ Apt. 332 [North]
Ira and Lorraine Trast ~ Apt. 328 [Central]
Joyce White and Mary Gallagher ~ Apt. 145 [North]
Anita Collins ~ Apt 423 [Central]

The Welcome Committee's New Resident Social and Orientation is **Friday, April 26 at 2 p.m.** in the Classroom. New residents receive an invitation to attend.

Next Woodland Hikers Outing



On **Wednesday, April 3** we will leave the Lobby at **2 p.m.** to hike a mix of trails and carriage roads from the Spring Farm entry to the Mohonk Preserve. Please wear sturdy shoes and bring a stick or hiking pole and water. Sign up at Concierge for a seat on the bus. ~ *June Finer*

From the ROVE Committee

Most people seeking employment hope they qualify for a specific job. Rarely is a job created to fit the qualities of an employee, but that is precisely what happened with Arlene Wilson.



Arlene was hired five years ago as a dietary assistant in the Health Center. When COVID hit she became a screener, taking peoples' temperatures in a tent outside during the summer months, then inside by the mailroom and pool. That job faded as COVID restrictions were lifted and she began visiting residents in the Health Center. That's when the position of "Ambassador of Cheer" was created specifically for Arlene. She works in all sections of the Health Center, but mostly in Skilled Nursing, bringing friendship and laughter to the residents whom she treats as family. She cannot say enough how much she loves the position, finding it "from the heart rewarding".

Prior to working at Woodland Pond Arlene was a Retail Manager, working in Kings, Ames and Barkers as the store changed names, a job she loved. She also spent 19 years as a waitress, working for her son-in-law who ran the College Diner in New Paltz. Arlene considers herself a homebody, but, when not at work she enjoys visiting with friends and shopping. She has a daughter, Laurie, who works helping a friend run a diner in Kingston, and a son, John, a former Marine, now working with service personnel suffering with PTSD.

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

Suzanne Orchowski, ROVE Committee Chair
Photo by Michele Caccavano



ArtScope New Exhibit



At last month's opening reception of the current art exhibit of paintings by the late Thomas Stratton, his wife WP resident Sally Schultz and several artist friends of Thomas shared about the evolution of his art career through the years. The exhibit continues this month in the PAC.



*Creativity flourishes
at Woodland Pond*



Interfaith Committee News

The next meeting of the Interfaith Committee will be **Monday, April 22 at 10:30 a.m.** in the Game Room.

We had a fascinating Tree of Faith presentation in March by Freny Dalal. She gave us an enthusiastic history of the Zoroastrian faith. Our next Tree of Faith presentation will be on Quakers in May.

Upcoming religious holidays in April – 1st, Lazarus Sunday (Orthodox Christian); 1-20th, Ramadan continues (Islam); 6th, Laylat al-qadr (Muslim); 9-12th, Eid al Fitr (Islam); 22-30th Passover.

Billie Stevens, Secretary

Second Saturday with Pastor Lyn

A Riddle: What requires no money, no shopping, no special clothes, no special cooking, no college education and no “connections”? At our Second Saturday Worship Pastor Lyn Mehl will lead us in mutual faith sharing as we just relax and enjoy the “Amazing Grace” and free gift of unconditional love that Easter brings. Christ is the only “connection” that we really need. We hope you will join our AL/IL “family” at our second Saturday worship on **April 13, 10:45 a.m.** in the Health Center Great Room.

Pastor Lyn Mehl

Book Club

We will discuss *Fuzz-When Nature Breaks the Law* by Mary Roach at our meeting on **Tuesday, April 5 at 7 p.m.** in the Classroom. During April we are reading *Unbroken* by Laura Hillenbrand. New members are always welcome!

Michele Caccavano

Poetry Group Invites New Participants

If you write, or read, or hike to listen to, poetry, we invite you to join our poetry group, on the **last Friday of every month at 2 p.m.** in the Conference Room.

Come and find your inspiration!

Frieda Feldman



Residents enjoyed Benjamin Weil and James Stewart's piano/vocal recital last month, featuring two Schumann song cycles.



Upcoming Shalom Space Programs



Fridays at 4 p.m. in the Classroom
[Shalom Space welcomes all residents to join us]

- Apr. 5** - *Working with Jewish Youth* - Alan Rothman, (guest)
- Apr. 12** - *Standing up to Jewish Hate* - Rea Stein
- Apr. 19** - *The Passover Haggadah* - Shalom Schwartz
- Apr. 26** - *Jewish summer camps* - Brina Novogrebelsky (guest)

Guest Lecture Sponsored by Shalom Space Thursday, April 4, 1- 2:15 p.m. in the PAC

Professor Lewis Brownstein, historian, author, and the former Chair of the Political Science and International Relations Department at SUNY New Paltz, will present: *Negotiating the Terms for a Palestinian State: Borders, Refugees, Security, Water Rights, Settlements, and Jerusalem.* Note: This lecture is open to WP residents and staff only.



Passover

The 2024 First Night Seder will be **Monday, April 22 from 5 to 8 p.m. in the PAC.** The cost will be about \$45 for WP catering charges and the meal, which will include matzah ball soup, a choice of fish, chicken, brisket, or vegetarian, dessert, and non-alcoholic beverages. BYOB. The maximum number of people we can have is 50 and you can invite family and friends. Reservations are required -- sign up at the Concierge Desk.

The coordinators of the event are Evelyn Rosenthal and Ina Pottorff.

Meditation Group

The *Mindfulness of Life ~ The Way of Meditation* group led by Barbara Bash meets the **3rd Tuesday** each month at **11 a.m.** in Art Studio (**April 16**). Newcomers are always welcome to attend.

Bible Study Continues

Rev. Tyler Jones will continue leading a Bible Study group twice monthly on the **2nd and 4th Thursdays at 1 p.m. (April 11 and 25)** in the Art Studio. Anyone is welcome to attend.



This suspended cross, crafted by Bill Stevens in the Woodland Pond Wood Shop, was dedicated in the First Presbyterian Church of Highland on Palm Sunday.

From the Library ~ Book Review
A Moveable Feast by Ernest Hemingway



If you have been to Paris in the Spring, or have heard the recordings of “April in Paris” by Count Basie or Ella Fitzgerald, then you will enjoy reading *A Moveable Feast*.

Hemingway recalls his experience in Paris as a young journalist and aspiring writer. He describes the city, the cafés, and exuberance of Paris in the 1920s. Intimate details about his friends Scott and Zelda Fitzgerald, Gertrude Stein, T.S. Eliot and others are revealed. *A Moveable Feast* is a classic memoir of Hemingway and the magic and beauty of Paris!

“Paris in the Spring finds the world to be wonderful.” ~ T.S. Eliot

Anita Kantor

News on Donations

The library is now accepting books about SPORTS. Donation of a book or two can be placed in the donation basket under the table with the sign out sheet.

For large donations someone from the Library Committee will come to the home to evaluate and make donation arrangements. Please contact Virginia Cannon at 845-256-5592 for an appointment.

Special Presentation from Your WP Library: *Introduction to Elting Library Services*

Please join us **Tuesday, April 16 at 2 p.m.** in the Classroom for an introduction to free library services offered by the Elting Library in New Paltz. In addition to books, movies and items for loan, there are also digital services we can introduce you to.

Apps like [Libby](#) and [Hoopla](#) make audiobooks & ebooks accessible to borrow as well as TV and movies. Stream movies through [Kanopy](#) and learn about online resources like [Transparent Language](#) or explore over 500 online classes through [Universal Classes](#). We also offer free use of [museum and park passes](#). Additional 1:1 services available by appointment include [passport services](#) and [tech help](#).

The Introduction will be followed by an opportunity to sign up for 1:1 help identifying and accessing these services when we return to Woodland Pond on Thursday afternoon, April 18. At the Tuesday session qualifying residents can sign up from Home Book Delivery.



Bebhinn Dungan, Outreach & Development
Coordinator, Elting Library

WP’s New Resident Forum

Our updated Resident Forum is up & running! The Resident Forum is an electronic bulletin board/discussion group that meets our communication needs. Do you have a question? Comment? Offer? Request? The Resident Forum can help. The Resident Forum allows your post to automatically notify (by email) everyone in the community. It’s no longer necessary to ask your question only of people you happen to see, or hope they see your note on the bulletin board. Posting in the Forum allows everyone to see it, and you are much more likely to get your answer.

You can use it for purposes like: What’s the best dry cleaners in town? I need a good endocrinologist – anyone have one? Can anyone give me a ride to the concert at Vassar this Saturday? I have dog toys available for anyone who wants them. Does anyone know the plans for the flower beds around the courtyard fountains? What’s your favorite soup in the dining room? I’m selling a sewing machine. You get the idea.

To post: 1) Go to the WP website. 2) Click on Resident Portal. 3) Enter password, which is woodland (lower case). 4) Scroll down and click on Resident Forum. 5) Scroll down to Read or Respond to existing posts, or Start a New Topic.

The Resident Forum is for crowd-sourcing knowledge, to get best results for our questions and answers, requests and offers. Enjoy!

Jo Sanders

Announcing *The Picture Book Nook*
to be held on the **first Sunday of each month**
in the Library from 1 until 2 p.m.
On April 7 – The theme is Paris



(and perhaps some other books related to famous cities)

As a result of the very positive responses to Marilyn Mallue’s showing of the Caldecott winning picture books in March, she will bring books from her collection as we gather to enjoy the wisdom and joy to be found in them - not only for children, but for adults as well! Books each month will (as much as possible) tie into to the monthly theme for the Library’s main table.



From the Health Center Committee

Monday, April 22 is the next Tour of Health Center led by Natalie Russak, Admission Coordinator for the Health Center. This is the last tour of the spring season; next one will be in September. **Sign up at Concierge!** Tour leaves Independent Living Lobby at 1 p.m.!

Margaret Nijhuis, Committee Chair

Square Dancers Invite You!

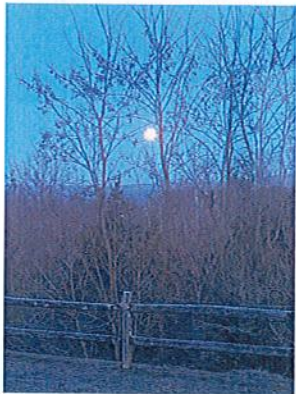


Our professional caller, Sandy Corey, will be back to lead us in the fun of square dancing on **Wednesdays, April 10 and April 24 at 3 p.m.** in the Art Studio. Mark your calendar! It's a great way to meet new people while getting some exercise and having fun. Questions? Call Deborah Moore at 845-633-8522.



At left: Ann Hanover and Evelyn Rosenthal of the Yarn Mavens Interest Group pose with their latest group effort. The Mavens meet the 1st and 3rd Tuesdays at 3 p.m. in the Art Studio. Come join them!

At right: Paul Steely White of Parks and Trails New York demonstrates how a battery and pedal operated pedi-cab can be used to give rides to WP residents (and CEOs) on area rail trails. [Photo by Dave Smith]



Left: Artie Raphael woke up early one recent morning and caught the full moon "Worm Moon" setting in the west in the early hours.



We enjoyed hearing six outstanding young musicians, students of local violin teacher Marka Young, for a recital last month. We are always pleased to offer a welcoming, supportive venue for music students of all ages to come and practice their performance skills.



Scenes from our Baseball Opening Day Fun! Our Dining Team hit a grand slam with a great lunchtime offering of all our ballpark favorites!



The Second Theatre Night at Woodland Pond with Joe & Fred



Residents Joe Cosentino and Fred Wolinsky will present another night of theatrical performances in the PAC on **Tuesday, April 9, at 7:15 p.m.** *A SALUTE TO BROADWAY*, with excerpts from three hit Broadway shows. Special guest star: resident Deborah Moore.

In *The Odd Couple* by Neil Simon, a pair of mismatched friends are hilariously thrust together when they each separate from their wives. In *Beyond Therapy* by Christopher Durang, three people attempt to follow their therapists' advice to hysterical ends. *Barnum*, a musical by Mark Bramble, Michael Stewart, and Cy Coleman, chronicles the life of Phineas T. Barnum and the Greatest Show on Earth, including four songs!

Future performances will include staged readings of original plays, more excerpts from Broadway plays, live presentations of classic radio plays, and perhaps a taped performance or two.

Prior to becoming a theatre professor at Dutchess Community College and novelist, Joe Cosentino appeared in principal acting roles in film, television, and theatre with numerous stars.

Fred Wolinsky was a professional actor, magician, puppeteer, director, choreographer, and booking agent and the narrator of over 100 audiobooks.

This is a very popular event, so sign up at the Concierge now to reserve your seat!



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Larry Randall's photos of a post spring storm sunset and an early crocus



photo by Michele Caccavano



Solar Eclipse Fever!



Excitement is building in our area for the first total solar eclipse to be seen in New York in nearly 100 years. Weather permitting, we will have an Eclipse Watching Gathering in the Courtyard on **Monday, April 8 beginning at 2:30 p.m.** While our immediate local area is not in the path to experience complete totality, we still should be able to experience a significant piece of it, if the weather cooperates. We'll have some creative ways to safely observe the eclipse in the Courtyard, and will also have live television coverage ongoing in the Pub and the Classroom, showing the progress of the eclipse as it crosses the country. Watch for more details to come!

April Highlights at a Glance

- Thursday, April 4 at 1 p.m.** - Shalom Space Guest Lecture: Professor Lew Brownstein [PAC]
- Monday, April 8 at 2:30 p.m.** - Solar Eclipse Gathering Pub/Courtyard
- Tuesday, April 9 at 7:15 p.m.** - Theatre Night with Joe & Fred [PAC]
- Friday, April 12 at 1 p.m.** - MH & Wellness Program: MAID Act Update - [PAC]
- Monday, April 15 at 2 p.m.** - Brain Health Group Guest Lecture: Meg Boyce, AD Association [PAC]
- Tuesday, April 16 at 2 p.m.** - Intro to Elting Library Services - [CIs]
- Wednesday, April 17 at 1:30 p.m.** - Management Q&A [PAC]
- Thursday, April 18 at 2 p.m.** - *Council Connections*: guest Rob Dunn, Dir. Environmental Services [PAC]
- Monday, April 22 from 5-8 p.m.** - Passover Seder (signup required) [PAC]
- Tuesday, April 23 at 2 p.m.** - Earth Week Program: Guest Speaker Julie Noble
- Wednesday, April 24 at 2 p.m.** - MH&W program: Advanced Directives [PAC]
- Friday, April 26 10:30-11:30 a.m.** - Volunteer Drop-In/Reception [HC Great Rm]
- Friday, April 26 at 3 p.m.** - Simple Melodies with The Starlight Trio [PAC]
- Tuesday, April 30 at 2 p.m.** - Fallen Person Training w/Rehab Dir. Jonathan Papin [PAC]

Want to share the newsletter with your family and friends?

They can read it online at www.wpatnp.org

