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Scenes Around
Our Campus



Celebrating
15 Years

WoodlandLife

Vol. 16, No.12

December 2024



Happy Holidays!



Ready or not, here comes the holiday season! Woodland Pond residents and staff are gearing up for a busy month filled with numerous opportunities to celebrate, contemplate, share our creative talents and a generous spirit of giving as we spread the joy of the season to others. Please keep your newsletter and calendar handy to refer to throughout the month so that you don't miss a thing! And in the midst of all of the holiday busyness, may the peace of the season be present for you and your loved ones.

To officially kick off the holidays, all are invited to gather in the Lobby for our Annual Tree Lighting on **Tuesday, Dec. 3 at 2 p.m.** We'll light the tree, receive official greetings for the holidays from our President/CEO Michelle Gramoglia, and enjoy Yuletide carols with music provided by the Dulcimer Players and keyboardist Libby Ross. Members of the Interfaith Committee will be leading the program. Come join your neighbors for this time of good cheer and some hot chocolate as we welcome the holidays!

In the Health Center Great Room are four special events you'll want to enjoy: the Jazz Pioneers' holiday concert on **Sunday, Dec. 1 at 3 p.m.** and on **Sunday, Dec. 8 at 2 p.m.** the Vanaver Caravan dance troupe will share their inspiring performance *Festivals of Light - A Holiday Celebration of World Dance & Music*, celebrating many of the world's traditions for bringing light, joy and beauty into the darkest part of the year. On **Thursday, Dec. 19 at 3 p.m.**, Fred & Joe Present: *A Christmas Carol*, and on New Year's Eve afternoon, **Tuesday, Dec. 31 at 2:30 p.m.** will be a Music & Toast program with Nancy Paroli. (Please sign up directly with HC Activities at 256-5917 if you plan to attend this last event.)

The Pondaliers' holiday concert will feature three performances: **Monday, Dec. 9 at 3 p.m.** in the Great Room for Health Center residents, then two performances in the PAC on **Wednesday, Dec. 11 at 7 p.m.** and **Friday, Dec. 13 at 3 p.m.** "You are sure to leave humming a merry tune after this concert filled with festive seasonal favorites, featuring all the fabulous musical talents of the Woodland Pondaliers!" assures Pondaliers' director Dorcinda Knauth. Please sign up at the Concierge desk for the PAC performance you plan to attend.

Dickens' *A Christmas Carol* comes to Woodland Pond at Theatre Night with Joe & Fred on **Tuesday, Dec. 10 at 7:15 p.m.** in the PAC. [See details on pg. 10.]

The NY State Dulcimer Orchestra will share their talents in a concert on **Saturday, Dec. 14 at 2 p.m.** in the PAC. Several of our own Dulcimer Players are members of the orchestra.

The Mid-Hudson IBM Chorus will bring their holiday repertoire on **Monday, Dec. 16 at 7 p.m.** in the PAC and on **Wednesday, Dec. 18 at 7 p.m.** in the PAC the Hudson Valley Flute Ensemble performs a delightful holiday concert. Ensemble member Marcia Gates invites you to "please join the Hudson Valley Flute Ensemble quintet for our annual holiday concert of festive seasonal music, with our wonderful ballerinas joining us again this year. We are delighted to have sisters Grace, Fiona, and Eve dancing several selections with us. Don't miss this fun concert!" (Snow date is Friday, Dec. 20 at 7 p.m.) Please sign up at Concierge to attend.

On **Monday, Dec. 23 at 3 p.m.** in the PAC, the Harmony Tuba Quartet will perform holiday favorites. Quartet member and WP resident Bill Tuel will emcee the concert.

Holiday events listing continues on pg. 2

Council Corner



Residents' Council meetings this month are on **Thursday, Dec. 5 and Thursday, Dec. 19 at 10 a.m.** in the Classroom and on Zoom, and 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, next to mail cubby 635, or you may also send an e-mail to the Council's attention at WPRC100@gmail.com.

There is one *Council Connections* session scheduled for this month on **Thursday, Dec. 5 at 2 p.m.** in the PAC. Guests are Alice Cross and Halema Hassan to highlight the work of the Welcome Committee. Dave Smith will be the interviewer.

Evelyn Rosenthal, Corresponding Secretary

A Message From the Residents' Council

The Residents' Council has been requested to provide two (2) nominees for the Woodland Pond Board of Directors. The term is 3 years and will officially commence at the Annual Board meeting in June. The Council is requesting any interested residents to provide their resume detailing their qualifications, prior experience and any services performed at Woodland Pond. Please drop off at the Concierge or Reception by December 13th marked BOARD. All candidates will be given an opportunity to learn about the role of Resident Director from Dick Barry and Ray Smith, our current Directors, and then will be interviewed by the Council. (Note: Refer to the Woodland Pond at New Paltz by-laws for details of the qualifications of Director {Article III, section 3; a.) & b.})

The Season of Giving



In the midst of seasonal celebrations, the Woodland Pond family is also mindful of those who find the holidays challenging. We will again participate in a special service project through Family of New Paltz's Adopt-a-Family for the Holidays program.

A *Giving Tree* will be set up outside the Mail Room with gift card suggestions for children ranging from toddlers to teenagers. If you would like to purchase a gift card stop by the Giving Tree and pick out a paper ornament that designates a child's special gift card wish. Bring your unwrapped gift to the Concierge Desk by **Wednesday, Dec. 18**. *Thank you!*

From Woodland Pond's Board of Directors

Kristen Johnson was recently elected to our Board. As a senior compliance executive with broad experience in regulatory compliance and healthcare operations, as well as a subject-matter expert in developing and implementing strategic-compliance program initiatives, Kristen has held high-level positions at Memorial Sloan Kettering Cancer Center and Hospital for Special Surgery, both in New York City. She has also been the Managing Director of Provident Management Consulting. Her other positions have included National Director of Diversity for KPMG, LLP and Director of Healthcare Compliance and Investigations, all located in NYC.



Kristen has a Bachelor of Science from Ferris State University in Michigan and a Master of Public Administration from New York University. She has previously served on several Boards of Directors. We're delighted to have this highly skilled and knowledgeable lady join our ranks. As a bonus, she and her wife are making long-range plans to move into Woodland Pond, guaranteeing her sustained interest in our community's future welfare.

Dick Barry, Secretary

Holiday Events, continued from pg. 1

Hanukkah's eight-day festival of lights begins this year on **Wednesday, Dec. 25 at 4 p.m.**, with a special pre-first night program planned by Shalom Space leaders for **Tuesday, Dec. 24 at 2 p.m.** in the PAC. For the lighting of the menorah each evening come gather in the Lobby at **4 p.m.** On the last night, **Wednesday, Jan. 1**, there will be a program in the PAC at 4 p.m.

And finally, please see pg. 12 for information about our New Year's Eve celebration!

Enjoy the Season's Festivities!

Financial Program ~ Renovations

On **Thursday, Dec. 12 at 11 a.m.** please join us in the PAC or tune in on WPTV 1340 to get the latest on the financial projections related to all things renovation and expansion. Time will be allowed for questions.



Mark Your Calendar

WP Arts & Crafts Fair is Saturday, Dec 7!



Read all the details in the newsletter insert!



Interest Groups



Book Club: 1st Tuesday at 7 p.m. [Classroom]
Bingo: 1st Wednesday at 1 p.m. [PAC]
Brain Health Team: 2nd Thursdays at 10 a.m. [CR]
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]
English Country Dance: Wednesday, Dec. 11 at 2:30 p.m. [AS]
Handbells: on hiatus this month
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: no meeting this month [AS]
Loss in Literature: First Tuesday at 4 p.m. [CR]
Mah Jongg: Mondays and Fridays at 1 p.m. [AS]
Mah Jongg II: Wednesdays at 1 p.m. and Saturdays at 9:30 a.m. [GR]
Memoir Class: 2nd & 4th Mondays at 3 pm. [CR]
Men's Coffee: Saturdays at 9:30 a.m. [PAC]
 [No session on Dec. 7 due to Craft Fair]
Movement/Music & You: Tuesdays at 11 a.m. [PAC]
Opera/Ballet Night: on temporary hiatus
Pet Ponders: no meeting this month
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, Dec. 27 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. [PAC]
Short Story Group I: 3rd Tues., 3:30 p.m. [Cls]
Groups continue next column

Interest Groups continued:

Short Story Group II: 2nd & 4th Tues., 3:30 p.m. [Cls]
Social Bridge: Tues. & Thurs. at 12:30 p.m. [GR]
Spanish Chat: Wednesdays at 11:15 a.m. [AS]
Square Dance: Wednesday, Dec. 18 at 2:30 p.m. [AS]
Sunday Chat Group: Sundays at 2 p.m. [Cls]
 [On Dec 15 in Conference Room]
Table Games: Mondays at 7:15 p.m. [Cls] and Saturdays at 2 p.m. [AS]
Watercolor Class: Mondays, Dec. 9 and 30, 10 a.m. [AS]
Women's Tea: Mondays at 2 p.m. [Cls]
Yarn Mavens: 1st & 3rd Tuesdays, 3 p.m. [AS]

Committee Meetings for December

Library Committee - Monday, Dec. 2 at 12 p.m. [Cls]
 Contact: Virginia Cannon, Chair
Finance Review - Monday, Dec. 2 at 1 p.m. [AS]
 Contact: Fred Wolinsky, Chair
Dining - Tuesday, Dec. 3 at 10 a.m. [Classroom]
 Contact: Joan Kleinegris, Chair
Physical Plant - Wednesday, Dec. 4 at 10 a.m. [Cls]
 Contact: Fred Wolinsky, Chair
Décor/Design - Thursday, Dec. 5 at 1 p.m. [CR]
 Contact: John Ortner, Chair
R.O.V.E. - Monday, Dec. 9 at 11 a.m. [GR]
 Contact: Suzanne Orchowski, Chair
Welcome - Tuesday, Dec. 10 at 11 a.m. [GR]
 Contact: Alice Cross, Chair
Landscape - On hiatus until March
 Contact: Deborah Moore, Chair
Mental Health & Wellness - Friday, Dec. 13, 10 a.m. [AS]
 Contact: Geoffrey Gibson, Chair
WP Benefit Fund - Wednesday, Dec. 18, 10 a.m. [CR]
 Contact: Anne Gordon, Chair
Land Conservation - Friday, Dec. 20 at 3 p.m. [CR]
 Contact: Larry Randall, Chair
Sustainability - No meeting this month
 Contact: Joy Dryer, for the Steering Committee
Interfaith - No meeting this month
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary
Health Center - No meeting this month
 Contact: Margaret Nijhuis, Chair



Sustainability Committee News

Sustainable Holiday Giving: at our November meeting, WP's Sustainability Committee offered ideas about having both a happy and sustainable holiday. Here are green ideas that do not involve buying new stuff or adding to the earth's landfills. Plan ahead and enjoy sustainable giving!

1) *Make your own gift.* Charlie, Vivian, Yakov and Lea show handmade toys created from common objects (toothpicks, corks, ribbon, etc).



2) *Offer your time and energy.* Marilyn, Dawn, and Bill hold gift certificates that promise to take the receiver out to dinner, take on a hike, babysit, and shovel winter snow off the driveway.

3) *RE-gift with hand made wrap.* For every gift you give, re-home something in your house (not into garbage). Go to WP free store. Wrap it in your own handmade gift wrap: June, Michelle, Fran and Eileen hold potatoes cut into stencils that design newspaper "wrapping" paper.



4) *Donate to Non-profits.* Heifer International, Shriners Children's Hospital, Red Cross, etc. To gift money, give directly to the family. Beware of gift cards: some cards depreciate in value each month.

5) *Send digital holiday cards, not paper ones.* Email greetings can reconnect with old friends and catch up with family doings over the past year.

6) *Save your boxes.* Whenever you receive a shipment of anything drop empty boxes at Concierge (or call to pick up). And have yourself a wonderful sustainable holiday!

Joy Dryer, for SusComm's Steering Committee



Attention Bingo Fans ...

Come on **Wednesday, Dec. 4 at 1 p.m. in the PAC.** \$2.00/card and jackpot prizes in store! We play the first Wednesday of each month!

Bus Trips for December



Tuesday, Dec. 3 at 7:30 p.m. – Ulster County Community College Music Department Winter Concert at SUNY Ulster in Stone Ridge. Depart at 6:15 p.m.

Wednesday, Dec. 4 at 2 p.m. – Woodland Hikers outing to Frannie Reese State Park in Highland.

Friday, Dec. 6 – Poughkeepsie Galleria. Depart at 11 a.m.

Saturday, Dec. 7 at 7 p.m. – Shadowlands in Ellenville presents *The Wickhams-Christmas at Pemberly*. Depart at 5:30 p.m.

Sunday, Dec. 8 at 7 p.m. – Service of Lessons and Carols at Vassar Chapel in Poughkeepsie. Depart at 6:00 p.m.

Thursday, Dec. 12 – Early Dinner at the Mountain Brauhaus in Gardiner. Depart at 4:30 p.m.

Friday, Dec. 13 – Holiday Shopping in Poughkeepsie: TJ Maxx, Marshalls and Home Goods. Depart at 10 a.m.

Friday, Dec. 13 at 8 p.m. – Mendelssohn Annual Winter Holiday Concert at the Old Dutch Church in Kingston. Depart at 7:00 p.m.

Saturday, Dec. 14 at 3 p.m. – Hudson Valley Symphony Orchestra, with Cappella Festiva, presents Handel's *Messiah* at SUNY NP. Depart at 2:15 p.m.

Wednesday, Dec. 18 – Early Dinner at Frank Guido's Little Italy in Kingston. Depart at 3:30 p.m.

Saturday, Dec. 21 at 7:30 p.m. – The Bardavon in Poughkeepsie presents: *A Celtic Christmas by a Taste of Ireland*. Depart at 6:30 p.m.



Next Woodland Hikers Outing

On **Wednesday, Dec. 4 at 2 p.m.** we will leave from the Lobby to walk the trails of Frannie Reese State Park in Highland. Please wear sturdy shoes/boots and bring your hiking pole(s) and water, and sign up with the concierge to ensure a seat on the bus. ~.June Finer



Winter Weather and Bus Transportation

As we prepare for winter please note that it may be necessary to cancel transportation services during bad weather. You may be asked to reschedule medical appointments. Routine trips such as grocery shopping will be rescheduled when possible.

It may be necessary to cancel a trip for which residents have purchased tickets. While a number of venues will accommodate the cancellation and offer a rescheduled date or refund, it remains the resident's responsibility to cover the cost if it cannot be rescheduled/refunded.

Wellness Notes

We have been fortunate to host Mount St Mary's nursing students this fall semester (September – December) in Independent Living. Here is a message from the students:

“Dear Woodland Pond Family,

We wanted to take a moment to say thank you so much for the incredible experience. Your kindness, openness, and willingness to share your experiences have made this time truly memorable. Through this experience, we have gained a deeper understanding of the unique lifestyle of Independent Living, and we have learned so much from each of you. Your insights, stories and advice have left a lasting impression on us, and we are grateful for the warm and welcoming environment you provided.”



Kind regards,
Bianca Cogoni, MSM Student and Katya Ferreira, MSM Student



*Alyssa Milburn,
 Instructor Lorraine
 Vitale RN; and
 Paola Munoz*

“Thank you, Woodland Pond Independent Living residents, Mary Jo and Matt for hosting us over the past weeks. We truly appreciate your warm welcome. It has been an amazing experience learning from and spending time with residents. Being there has shown us how vital it is to keep moving to maintain independence as an older adult- and a special thank you to Mary Jo for sharing your Tuesdays with us. We wish you all a beautiful holiday season. Stay safe and thank you once again for having us.”

Sincerely,
Paola Macias, MSM Student and Alyssa Milburn, MSM Student

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

Support Group Meetings



- * *Caregiver's Support Group* – meets the first **Tuesday at 1 p.m.** in the Conference Room, (facilitated by the Alzheimer's Association)
- * *Friends of Bill W - 4th Saturdays at 7 p.m.* in the Art Studio. The group continues to explore and share on the power of the Twelve Steps in our daily lives. This month is Step 7!
- * *Parkinson's Support Group* - no meeting in December

Monthly Reminder

Your Emergency Packet should have the **most current** items:

- ◆ Emergency contacts listed with phone numbers
 Medication list – hospital preference, primary doctor /address / phone#
- ◆ Copy of all your insurance cards - front and back
- ◆ Copy of Healthcare Proxy, Living Will, Advance Directives.
- ◆ The MOLST form
 Forms are outside the Wellness Nurse's office.

A Fitness Message From Matt



The beautiful thing about our health is that we can improve it at any time, and in many ways. Health is a process, something we prioritize every day. We should remember that there is no such thing as perfect health and that it takes a dynamic process to develop a lifestyle that supports our overall health and well-being. When thinking about health, we should begin focusing on the body and how it communicates.



The human body has a large network of interconnected systems such as the immune system, nervous system, and endocrine system, which create a complex biological adaptive system. This system requires specific baseline inputs to achieve a positive state of health. Ultimately, for our network of systems to function properly, we need to focus on our environment and inputs. If they are in an adequate state, our health will have a positive output. Environment and inputs can be diet, sleep, hydration, exercise, breathing, stress management, and relationships. Just like our network of systems in the human body, these variables are all connected and influence each other. By improving one, you can create a cascade effect and improve other variables and overall health. Start with small changes and slowly build from there. If you try to address everything at once, it can be overwhelming and exhausting. Start today and build your overall health up!

Matt Romer, Fitness Coord., ext. 5960 / mromer@wpatnp.org

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 Wood

Meet Your New Neighbors!

We are delighted that three new residents will be calling Woodland Pond their home. 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*

Marit Kulleseid ~ Apt. 209



I was born and raised in LaCrosse, WI. My heritage was strongly Norwegian and rooted in the medical profession (the Gundersen Clinic). I went to Wellesley College and graduated with a degree in Art History. I met my husband, Lars, on a boat going to Norway in 1957. We were married in 1960. We raised our three children in Garrison, NY, where I continued to live until moving to Woodland Pond. One of my sons lives in New Paltz with his wife and they were a considerable draw to my moving here. Another son lives in New York City with his husband and my daughter lives outside Philadelphia with her husband. I have seven grandchildren. Sadly, Lars died in February of 2022.

I was active in the Garrison community. I was a member and later president of our local school board while my children were in the school system; I was a founding member of the Garrison Art Center and also of Hudson Valley Shakespeare, for which I was its first president. I am proud to say that these organizations are still going strong. I have enjoyed choral singing since being in a junior choir as a child; I have been a staunch member of the Highlands Choral Society in Cold Spring, NY, up to my moving to Woodland Pond. Other interests include various textile arts, I am an avid knitter, a weaver, and voracious reader of mostly fiction.

I am a long-time dog lover and my roommate is my chocolate lab Wager.

Marie Rosa ~ Apt. 112

Marie is moving to Woodland Pond from a 55+ community in Poughkeepsie.



She was born and raised in Manhattan and Queens, where she went on to receive her B.A. from Hunter College, her M.A. from Brooklyn College and a second M.A. from St. John's University. She played in various team sports throughout her college career, including field hockey, lacrosse and softball and also officiated basketball, softball and volleyball. After graduating, Marie worked in health and physical education and counseling on the high school level.

Marie married later in life. Her late husband Michael, who attended Juilliard, was a music teacher and conductor and was also gifted piano player. They were ballroom dancers and also traveled to the countries of famous composers/artists Mozart (Austria), DaVinci (Italy) and Puccini (Italy). Michael and Marie attended various operas, ballets and chamber music concerts. Although the couple did not have any children together, they share a step-daughter and two granddaughters, who are all in the law field.

Marie listens to classical, opera and jazz and loves 50's rock and roll! She also enjoys participating in art classes, yoga, swimming and chorus. She is also driven to want to help those in assisted living. Marie is looking forward to an enriched program of activities, good food and friendships at Woodland Pond.

Woodland Pond



Happy Holidays!

Mary Hilley ~ Apt. 636



“Please allow me to introduce myself...” Mary Hilley, a blend of Brooklyn (Mom) and Ireland (Dad) and the oldest of nine children – 7 girls and 2 boys.

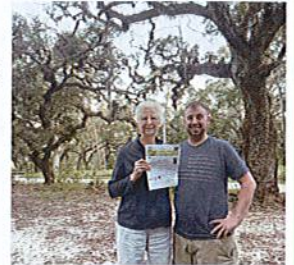
Mary graduated from SUNY New Paltz and majored in education, with the intention of teaching junior high math. At the end of four years, she took time off, went to Boston, worked in a bank and traveled through New England and realized classroom teaching wasn't for her. A career counselor suggested publishing, so she wound up in the research department of *Popular Science*, loved it and used her teaching skills the way she wanted to. Over the years she worked for several magazines— *US News*, *Newsweek*, *Rolling Stone*, *Business Week*, and *Bloomberg BusinessWeek*, starting out in the research department and then on to the marketing department, strategic planning and new product development.

Mary moved from Brooklyn to Virginia to NYC then to Hastings and finally to Peekskill where she lived for 25+ years. The Hudson Valley spurred her to visit, hike and explore state, national, and international parks. Volunteering is key for keeping these parks going. She joined a trail crew in Harriman for many years and tended her own little piece of the Appalachian Mountain Trail. It was fun talking to the hikers, getting their trail names and stories. Nature is not her only interest – museums, theatre (was the stage manager at Trinity Players in DC), music (all kinds), sculpture parks and gardens, exploring backroads are also some of her favorite things to do.

One of her goals in retirement was to go back to school, when she happened to stumble upon Lifetime Learning at SUNY New Paltz. Mary has come full circle coming back to New Paltz and is glad to be joining WP with the rest of its residents.

Woodland Life Travels to ... Florida and California

Mary Evans shares this photo from her recent trip, where she describes she “visited our son, Kaleb, in Brandon, FL.



Here we are birding at Circle B Bar Ranch in nearby Lakeland.”



Carol Rietsma and Peter Brown carried the newsletter along on a recent trip to California, where they posed with it in front of the Marin Civic Center in St. Rafael, CA, designed by Frank Lloyd Wright and completed in 1960.

If you are traveling to an interesting location (out of the immediate local area), pack a copy of *Woodland Life*, send a photo of yourself with the newsletter, and it may be shared in a future issue. Let's see where in the world our newsletter next travels!



Pond Pets—by Lucy Muller


Our Pet Ponders group has decided to sponsor a Commemorative Bench on the new Branch trail. The bench plaque will read “In gratitude for all our past, present, and future pets who add so much to our lives. Sponsored by Pet Ponders of Woodland Pond.”



If you want to donate to the bench and make this a real fund raiser and raise the status of pets at WP, the forms are at Concierge. Ask for the Pet Ponders Commemorative Bench Order form. The money goes to the WP Benefit Fund. You can donate any amount you want by check or cash. Checks should be made out to *CFHV*. Please spread the word about this project, you don't have to be in Pet Ponders to donate.

Thank you.

Applauds Program Salutes Employee Service

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

Ruth Fialkow	Emily Alexander	Tatiana Arrieta
Matty Mitchetti	Frank Loscalzo	Nicole Klein
Connie Rzeszewicz	Marissa O'Brien	Matt Perconti
Riza Campbell	Camron Vidas	Jason Irish
Melissa Henneberger	Anissa O'Dell	Matt Romer
Tyler Vermilyea	Tonya Riedinger	Renae Recai
Gretchen Daum	Lindsey Marquis	Athena Pino
Jay McKinney	Johnny Farris	Griffin Santos
Frank Loscalzo	Julia Brooker	Joshua Mejia
Victoria Murphy	Kathleen Jones	Emily Munoz
Alyssa Delessio	Aiden Banks	Tarell Fairley
Angelina Mena	Tom Rearick	

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, Dec. 10



We will recognize our birthday celebrants on **Tuesday, Dec. 10 at 2:30 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

Celebrating this month are:

Jack Hudak - Dec. 1	Fran Bonk - Dec. 18
Pat Houk - Dec. 2	Susan Shaw - Dec. 18
Yakov Pipman - Dec. 2	Karl Rodman - Dec. 19
Joan Mandy - Dec. 5	Joyce Geracos - Dec. 20
Kathy Moslander - Dec. 5	Ronnie Sue Jaffe - Dec. 22
Margo Elkin - Dec. 7	Joyce White - Dec. 22
Eileen Francesconi - Dec. 10	Michele Caccavano - Dec. 23
Elizabeth Spiegler - Dec. 10	Cynthia Fisher - Dec. 28
Lucy Muller - Dec. 17	Laurel Masse - Dec. 29



From The Reward Our Valued Employees (ROVE) Committee

Woodland Pond residents, especially those who no longer drive, are fortunate to have a fleet of buses and several competent and careful drivers to ferry us around. One such driver is Stephanie Rzeszewicz.



Stephanie originally worked at Woodland Pond for a short time in 2014, left then came back in 2021 and worked in Housekeeping for about a year. She joined the driving team about three years ago, a job she really likes. On a typical day she will see Jason Irish or get a list from concierge of the day's trips and appointments, some of which require her to get here very early to drive a resident to an early appointment. She enjoys driving on trips, especially to outdoor venues like botanical gardens where she can enjoy the scenery while assisting residents walking on uneven paths.

When not at work, Stephanie enjoys the outdoors – hiking the rail trails, camping with friends and family, especially in the Adirondacks, and walking her large dog, Tucker. She also enjoys music and was once a drummer in a band.

An interesting aside – Stephanie has, and has had, several family members and friends who work at Woodland Pond including her mother, Connie and good friend, Marissa.

Stephanie is one of the Woodland Pond Employees who benefits from your donation to **ROVE**.

Article/photo by Suzanne Orchowski, Chair



Holiday Events For Dining Services

There will be a special dinner on **Christmas Day, Wednesday, Dec. 25**. Dinner seatings will be at **2 p.m., 3:30 p.m. and 5 p.m.**

Hanukkah begins **Wednesday, Dec. 25** and ends **Thursday, Jan. 2**. We will be offering Hanukkah menu items on **Wednesday, Dec. 25, Thursday, Dec. 26, and Thursday, Jan. 2**. A full menu for both those dates, as well as what items we will be offering for the full 8 days, will be posted at the Hostess Desk and on Connected Living by Monday, Dec. 2.

A special New Year's Eve Dinner will be served **Tuesday, Dec. 31**. Dinner seatings will be at 2 p.m., 3:30 p.m. and 5 p.m.

Our monthly kitchen tours will resume **Friday, Jan. 17**. *Ashley France, for the Dining Team*



Welcome New Residents!



Marie Rosa ~ Apt. 112
Margaret Dabrusin ~ Apt 420
Barbara Chase ~ Apt. 310

The Welcome Committee's New Resident Social and Orientation is **Friday, Dec. 20 at 2 p.m.** in the Classroom. New residents receive an invitation to attend.

Adopt-A-Highway Update

The next scheduled cleanup of our stretch of Rte. 299 is **Monday, Dec. 2**, departing from the Lobby at **11:15 a.m.** and returning to Woodland Pond at 1:30 p.m. If any resident is interested in assisting with the cleanup, please sign up with Concierge. This cleanup is weather permitting. Thank you!



Interfaith Committee News

The next meeting of the Interfaith Committee will be **Monday, Jan. 27 at 10:30 a.m.** in the Game Room. (No meeting in December.) If you are interested in the mission of this committee, "To foster an atmosphere of tolerance for spiritual understandings", whatever your faith may be, we invite you to join us and become a member.

This committee has voted in a policy for all Holiday Decorations as follows: "The Interfaith Committee shows respect and tolerance for all religions. A matter of choice for all. During the holiday season decorative representation may be displayed during the period of Thanksgiving to January 6."



A large turnout attended the second annual Thanksgiving Service on Nov. 26, led by pastors Lyn Mehl and Tyler Jones, with music by the Handbell Ringers.

The Prayer Group meets Tuesdays at 11 a.m. in the Interfaith Room in Assisted Living. Bible Study z continues on the **2nd and 4th Thursdays at 1pm** in the Art Studio.

Religious Holidays in December: 1-24th, Advent; 6th, St. Nicholas Day; 8th Bodhi Day (Buddhist); 16-24th, Las Posadas; 21st, World Religion Day (Baha'i); 24-25th, Christmas; 25th-January 1; Hanukkah; 25th-Jan. 2.

Billie Stevens, Secretary

Philosophy Circle

We will do a deeper dive into the meaning of a just society by exploring the philosophical issues regarding a fair distribution of resources. We will think about the concept of "distributive justice," which explores how goods and services should be allocated among the members of society. Should everyone receive an equal share? Should needs should be prioritized? Should merit and contribution factor in? Co-facilitators are Tom Rocco and Jo Sanders. **Wednesday, Dec. 11 at 11 a.m.** in the Classroom. Come and enjoy the stretching of your mental muscles with us.

Jo Sanders, co-facilitator



Upcoming *Shalom Space Programs*

Fridays at 4 p.m. in the PAC

[Shalom Space welcomes all residents to join us]

Dec. 6 - *The Jews of Egypt* - Joyce Zonona

Dec. 13 - *Women in Judaism and Other Organized Religions* - Mel Oshen

Dec. 20 - *Jewish bankers in the 19th century* - Sol Mora

Dec. 27 - *The spillover of Christmas into Hanukkah* - Jo Sanders



Lessons and Carols



A service of LESSONS and CAROLS will be offered in the PAC on **Sunday, Dec. 15 at 3 p.m.** Led by Pastor Lyn Mehl, residents will share Christmas readings from Scripture interspersed by group singing of beloved carols. The service became known worldwide as an offering of hope following W.W.I. The Dean of Kings College, Cambridge, had returned from seeing the horrors of war and wanted the veterans and the nation to be lifted by the joy and love that Christmas brings to the heart. This service will replace the December Second Saturday worship in the Health Center. It is a new holiday offering that hopefully will provide renewed light in our lives.

Pastor Lyn Mehl

Meditation Group

The Meditation group led by Barbara Bash will meet this month on **Tuesday, Dec. 17 at 11 a.m.** in the Art Studio. Newcomers are always welcome to attend.

Our Woodland Pond LGBTQIA+ Group Welcomes Allies



Who is an ally? We are the relatives, friends, acquaintances, and anyone else who is showing support of LGBTQIA+ people. By attending the monthly meetings and programs that this group has brought to the PAC, we have been educating ourselves and have learned better ways to support them and to actively demonstrate equality, fairness, acceptance, and mutual respect.

We encourage anyone who would like to understand more about their loved one or others within the LGBTQIA+ community to join us at our monthly meetings and/or to attend the educational programs we sponsor. LGBTQIA+ people do not belong in a closet and we hope to help them live openly in our community here at Woodland Pond as well as in the broader world.

*Allies,
Marilyn Mallue and Jill Fasciana*

From the Library ~ Book Review



A Woman of No Importance
by Sonia Purnell

An amazing biography of Virginia Hall, who became a major spy for the CIA and the British Secret Service during WW II. Despite gender discrimination and the pain of a prosthetic leg, she organized the resistance to the Nazi occupation of France.

Hall provided critical information for the RAF and American Air Force. She organized escape routes for downed pilots, activated sabotage and military assaults. Virginia Hall was a major target of the Gestapo as she developed secret warfare and espionage. She was essential to the defeat of Nazism and Allied WWII victory.

The book is a thoroughly researched and well written history of WWII. Virginia Hall was NOT a woman of no importance! She was of extreme importance to the WWII victory!

Anita Kantor

Book Club

We will meet **Tuesday, Dec. 3 at 7 p.m.** in the Classroom to discuss *Good Night Irene* by Luis Alberto Urrea. During December we will read *The Women* by Kristin Hannah. Newcomers are always welcome to join us!

Michele Caccavano

PAC Movies



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

Classic Movie: Friday, Dec. 6 at 7 p.m. - *The Sound of Music* (1964), starring Julie Andrews and Christopher Plummer. [This film will be shown in the Classroom].

While Opera Night is on temporary hiatus, enjoy these special holiday concert film showings: on **Friday, Dec 13** *A Swing & Sway Christmas* and on **Friday, Dec. 27** *A Celtic Christmas*. Both at 7 p.m.

Dancing Schedule for This Month

English Country Dance will meet just one time this month on **Wednesday, Dec. 11 from 2:30-4 p.m.** in the Art Studio. The Square Dancers also meet just one time in December on **Wednesday, Dec. 18 at 2:30 p.m.** in the Art Studio. A partner is not necessary for either class!



WP Benefit Fund Update

The Woodland Pond Benefit Fund would like to thank our generous donors for their gifts during 2024. Some of the projects we were able to accomplish with your help:

- * **Scholarships** for the Health Center Staff, enabling them to improve their skills and move into new positions.
- * **Funding** the new Walking Trail bench locations.
- * **Presenting** programs for your enjoyment - two talks by local historian Tony Musso and a concert by musicians Jay Ungar and Molly Mason.



By including the Fund in your year-end giving, you will enable us to do more good work in 2025.

Anne Gordon, Chair

Dickens' *A Christmas Carol* comes to Theatre Night with Joe & Fred



Residents Joe Cosentino and Fred Wolinsky will present their sixth Theatre Night in the PAC on **Tuesday, Dec. 10, at 7:15 p.m.** In celebration of the holiday season, come see a re-creation of *Mercury Theatre On the Air's* broadcast of *Charles Dickens' A Christmas Carol*, based on the original 1939 radio script. Imagine you are in the studio audience of a live radio show, with Joe and Fred performing all the character voices, enhanced with holiday music and sound effects. Joe and Fred were both theatre professionals and enjoy bringing their talents to the residents at Woodland Pond.

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



New ArtScope Exhibit This Month

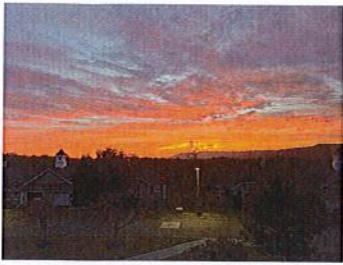


Please enjoy the temporary exhibit of photographs by Michele Caccavano, Larry Randall and Carol Natoli in the PAC Gallery until the next ArtScope exhibit goes up on Dec. 8.

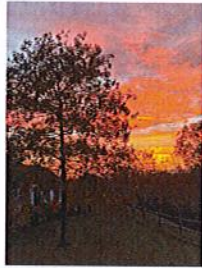
There will be an ArtScope Opening Reception on **Monday, Dec. 9 at 7 p.m.**, featuring the paintings of Peter Fairweather, as well as a small exhibit of the iPhone photographers in the back alcove. We look forward to seeing you on Dec. 9th at this unique exhibit.

Creativity flourishes at Woodland Pond

Scenes Around Our Campus



Carol Natoli's photo of a November sunset taken from her apartment.



Ronnie Sue Jaffe's photo of a glorious sunset in back of the cottage

We're grateful not only for the natural beauty that surrounds our campus but also for the talented resident-photographers who share their creative talents!



Ruth Sheets shares these photos highlighting examples of autumn beauty on our WP Campus.



Two Mohonk Preserve rangers gave us a fascinating look at what their work entails.



We enjoyed a wonderful MTNA Faculty recital last month by Ruthanne Schempf, Eileen Landmann, Carol Losee and Valentina Shatalova.



Our celebration of Veterans Day last month honored more than 50 residents and staff members who have served in our armed forces with a complimentary breakfast, Display of Honor and a meaningful program with music by the handbell and dulcimer groups, readings and the traditional roll call read by President/CEO Michelle Gramoglia.

BRAIN HEALTH GROUP formerly the A-Team

Our goal this year was to benefit residents by providing informational programs and giving support to families of people dealing with Dementia, Alzheimer and Parkinson's diseases. We did it and noted there are changes in awareness and treatments but there are still no cures for these debilitating diseases. Latest numbers indicate 1 in 3 seniors dies with Alzheimer's or another dementia.



Another Woodland Pond BHG Goal was to support the efforts of the Alzheimer's Association. The Oct 19th 2024 Alzheimer's Association Dutchess/Ulster Walk over the Hudson goal was \$245,000. They collected \$233,316.

Thank you, Woodland Pond residents and staff. You attended our four programs and you contributed to the Alzheimer's Association, raising \$854 at our ice cream socials, \$787 at our car wash and by families and friends who donated cash and checks totaling \$4,733. It's less than half of what we collected and contributed in 2023, but you asked us to let up on our fund raising efforts. We held No dinners, No raffles and had No sweatshirt sales this year. However, residents, staff and families still donated, walked and helped show that Woodland Pond is a Community in Support of the Alzheimer's Association.

In 2025 The Brain Health Group is back to calling itself a TEAM and we need new members. We want your input and help. Thanks again.

Tom Gilder, Pat Houk, Marilyn Mallue, Ina Pottorff and Susan Smith; and Health Center activities staff members Sue Close and Cynthia Carangelo.



Woodland Pond
at New Paltz

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Want to share the
newsletter with your
family and friends?
They can read it online
at www.wpatnp.org



Celebrate New Year's Eve With Your Neighbors!



Ring and dance in the New Year with your neighbors during an evening of fun and fellowship as we usher in 2025 on **Tuesday, Dec. 31**. The festivities begin at **7 p.m.** in the PAC with a time for dancing, visiting, eating and at midnight we'll watch the ball drop together!

You are invited to bring your favorite hot or cold hors d'oeuvres, drinks and sweets to share. Champagne, glasses, napkins, plates and utensils will be provided.

December Highlights at a Glance

Sunday, Dec. 1 at 3 p.m. - Jazz Pioneers Holiday Concert [HC Great Room]

Tuesday, Dec. 3 at 2 p.m. - Annual Tree Lighting [IL Lobby]

Thursday, Dec. 5 at 2 p.m. - *Council Connections*: guests Alice Cross and Halema Hassan for Welcome Committee [PAC]

Saturday, Dec. 7 from 10 a.m.- 4 p.m. - WP Arts & Crafts Fair [PAC/AS]

Sunday, Dec. 8 at 2 p.m. - Vanaver Caravan presents *Festivals of Light - A Holiday Celebration of World Dance & Music* [HC Great Room]

Monday, Dec. 9 at 3 p.m. - Pondaliers' Holiday Concert [HC Great Room]

Monday, Dec. 9 at 7 p.m. - ArtScope Opening Reception [PAC]

Tuesday, Dec. 10 at 7:15 p.m. - Theatre Night with Joe & Fred, presenting Dickens' *A Christmas Carol* [PAC]

Wednesday, Dec. 11 at 7 p.m. - Pondaliers' Holiday Concert [PAC]

Thursday, Dec. 12 at 11 a.m. - Financial Presentation: Renovation [PAC]

Thursday, Dec. 12 at 2 p.m. - *Hat Happenings* with Mindy Fradkin [HC Great Rm]

Friday, Dec. 13 at 3 p.m. - Pondaliers' Holiday Concert - [PAC]

Saturday, Dec. 14 at 2 p.m. - NY State Dulcimer Orchestra Concert [PAC]

Sunday, Dec. 15 at 3 p.m. - Lessons & Carols Service [PAC]

Monday, Dec. 16 at 7 p.m. - IBM Chorus Holiday Concert [PAC]

Wednesday, Dec. 18 at 7 p.m. - HV Flute Ensemble Holiday Concert [PAC]

Thursday, Dec. 19 at 3 p.m. - *A Christmas Carol* with Joe & Fred [HC Great Room]

Friday, Dec. 20 at 3 p.m. - A Dulcimer Holiday Sing-Along [PAC]

Monday, Dec. 23 at 3 p.m. - Harmony Tuba Quartet Concert [PAC]

Tuesday, Dec. 24 at 2 p.m. - Shalom Space's Hanukkah program [PAC]

Friday, Dec. 27 at 2:45 p.m. - Starlight Trio [PAC]

Tuesday, Dec 31 beginning at 7 p.m.- New Year's Eve Dance Party [PAC]