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Neighbors

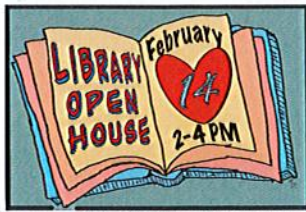


WoodlandLife

Vol. 16, No.2

February 2024

OPEN HOUSE IN THE LIBRARY



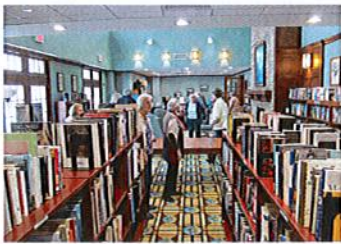
The Woodland Pond Library has been open since September 2009, begun with the expertise of two residents, both librarians. Our library consists of donations by residents and occasionally from other libraries. Initially, one librarian did the “daily housekeeping”, but it soon became too much for her, and a Library Committee of volunteers was formed. It currently consists of 16 members, among whom the various tasks are shared. This committee of former librarians and book lovers continues to be the heart of the library.

In 2010 a data entry system was added to keep track of the collection. It has been updated several times and any resident with a computer can access the library catalog at woodlandpond.goalexandria.com or at the library computers by clicking on the gold star. There are instructions for access on your home computer in a folder on the computer table in the library.



In 2012 a library was started in the Health Center by a couple of library committee members, using duplicates from our collection. Several committee members spend some of their time over in the Health Center Library shelving, withdrawing, straightening, etc.

Books are withdrawn from our collection regularly, if they are no longer circulating, to provide room for new donations. Some withdrawals go to the Health Center Library and the rest go on the Green Giveaway Truck in the hallway outside the library.



Recently, new lighting was added in the ceiling in the center of our library so folks can now see to read as they enjoy the comfy wingback chairs in front of the fireplace. This area gives a homey feeling to the library and is used often by residents and staff for small meetings, to sit and read, to chat, to rest between closely scheduled meetings or long walks from one side of the building to the other. Our library is not a typical “quiet” library where you are “shhhd” if you speak out loud. It is a busy, friendly and comfortable place to relax and enjoy a good book, magazine or newspaper (the last three formats also all donated). We also recently received two large collections of large print books from New Paltz’s Elting Library.

This month there is an opportunity for you to come and meet the Library Committee members, to chat with them and learn about our library on **Valentine’ Day, Feb. 14th -- Join Us for a Drop-In Open House from 2-4 p.m.**

Munch on a homemade cookie (outside the library) after visiting us and learn to know and love your library!

Joyce Gartrell and Jean Hyatt, for the Library Committee / cartoon designed by Martin Lavanhar



News Flash: Thank You ~ Thank You!



At the annual appreciation dinner held recently at the Hudson House Distillery, Woodland Pond’s A-Team received several “best of” awards for all of our record-breaking efforts in support the Alzheimer’s Association in 2023: *Top Company!*, *Top Fundraiser!*, *Number 10 Fundraiser (Ina Pottorff!)*, and *Most Improved Team!* We couldn’t have done this without your generosity!

Council Corner



February meetings of your Residents' Council are **Thursdays, Feb. 1 and Feb. 15 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, Feb. 15 at 2 p.m.** in the PAC. Michele Caccavano, chairperson of ArtScope, will be interviewed by Halema Hassan.

Evelyn Rosenthal, Corresponding Secretary

From Woodland Pond's Board of Directors



What all Board members undoubtedly spend most of their time focusing on is the myriad financial details of operating a complex establishment like Woodland Pond. After all, the financial well-being of our community is our foremost consideration and our major responsibility, which we delegate to Michelle on a daily basis.

With Michelle, we are extremely fortunate to have a CEO who is steeped in all financial aspects of our not-for-profit enterprise and who is transparent in sharing all these aspects with the Board. We are also fortunate to have a significant number of Board members who have considerable training and experience in broad financial dealings. Thanks to these combined talents, a sense of trust and security pervades the Board's deliberations with Michelle.

Dick Barry, Secretary



The Woodland Pond Benefit Fund is proud to join in aiding the Employee Assistance Program. We just learned of a long time employee, currently enrolled in an RN program. She works full time here and spends her weekends in classes. She has just completed her first semester with a high GPA. Her full tuition is being paid by Woodland Pond.

We wish her success as she moves ahead in her career. 2023 was a year of financial growth and has seen a big increase in the number of residents supporting our work. Your contribution can make 2024 equally successful.

Anne Gordon, Woodland Pond Benefit Fund Chair

Mark Your Calendars ~ Lots of Campus-Wide February Fun in Store!!



Super Bowl Party - Join the Woodland Pond Community for Super Bowl festivities on **Sunday, Feb. 11, starting at 6 p.m.** in the PAC. Come enjoy with neighbors and friends. BYOB and a finger food snack to share. Sign up at Concierge/Reception.



The entire WP Community is invited to participate in the HC's Mardi Gras parade on **Tuesday, Feb. 13**, stepping off from our Great Room at **10:30 am**. Floats and marchers are needed!

Anyone/committees/staff/departments interested in creating/constructing a float on wheels or create a hand-held decoration - both of which can be safely maneuvered throughout our halls - is asked to call 256-5917 or email sclose@wpatnp.org. The parade route will consist of the Health Center and a trip over to IL's Pub and Lobby. The fun continues later in the afternoon during the regular 3:30 p.m. Happy Hour at the Pub.

Valen-tunes! Singing telegrams for your Valentine can be ordered at Concierge or Reception. Simply fill out the form and drop it in the box. Each Valen-tune costs \$3.00 and will be delivered the week of Feb. 11. Proceeds to benefit the Alzheimer's Association. Staff and any residents interested in doing the serenading are asked to call 256-5917 or email sclose@wpatnp.org. Last day to order will be **Feb. 7th**.



It's time to celebrate Leap Year! Woodland Pond has one person who is a Leap Year Baby—and once again we will crown Rehab Director Jonathan Papin *Prince for the Day* as he celebrates his quadrennial birthday on **Thursday, Feb. 29** with the Woodland Pond family. In addition to appearances by 'Prince Jonathan' in both dining areas during the lunch hour so his subjects can royally greet him, we'll also be having a Leap Year Scavenger Hunt in the community areas of Independent Living. Stay tuned!





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 Tuesdays at 7 p.m.** [CR]
Bingo: **1st Wednesdays 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: **Tuesday, Feb. 20, 7 p.m.** [ClS]
LGBTQIA+ & Allies: **Tuesday, Feb. 27, 2 p.m.** [AS]
Loss in Literature: **Tuesday, Feb. 6 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]
Opera/Ballet Night: **2nd & 4th Friday, 7p.m.** [PAC]
Philosophy Circle: **Wed. Feb. 28 at 11 a.m.** [CR]
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, Feb. 23 at 2 p.m.** [ClS]
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., 3:30p.m.** [ClS]
Short Story Group II: **2nd & 4th Tues., 3:30p.m.** [ClS]
Social Bridge: **Tuesdays & Thursdays 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, Feb. 12 & 19, 10 a.m.** [AS]
Women's Tea: **Mondays at 2 p.m.** [ClS]
 (2nd Monday Tea Talk in the PAC)
WP Folk Singing Group: **Meets bi-monthly** (next session is in March)
Yarn Mavens: **1st & 3rd Tuesdays, 3 p.m.** [AS]

Committee Meetings for February

Décor/Design - **Thursday, Feb. 1 at 1 p.m.** [CR]
 Contact: John Ortner, Chair
R.O.V.E. - Does Not Meet this Month
 Contact: Suzanne Orchowski, Chair
Library Committee - **Monday, Feb. 5 at 12 p.m.** [ClS]
 Contact: Virginia Cannon, Chair
Finance Review - **Monday, Feb. 5 at 1 p.m.** [AS]
 Contact: Dave DeWilde, Chair
Dining - **Tuesday, Feb. 6 at 10 a.m.** [GR]
 Contact: Joan Kleinegris, Chair
Physical Plant - **Wednesday, Feb. 7 at 10 a.m.** [ClS]
 and **Thursday, Feb. 15 at 1 p.m.** [AS]
 Contact: Deborah Moore, Chair
Mental Health & Wellness - **Friday, Feb. 9, 10 a.m.** [AS]
Welcome - **Tuesday, Feb. 13 at 11 a.m.** [GR]
 Contact: Alice Cross, Chair
Landscape - **On hiatus until March**
 Contact: Deborah Moore, Chair
Land Conservation - **Friday, Feb. 16 at 3 pm.** [CR]
 Contact: Larry Randall, Chair
WP Benefit Fund - **Wednesday, Feb. 21, 10 a.m.** [ClS]
 Contact: Anne Gordon, Chair
Interfaith - **Monday, Feb. 26 at 10:30 a.m.** [GR]
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary
Health Center - **Tuesday, Feb. 27 at 1 p.m.** [ClS]
 Contact: Margaret Nijhuis, Chair
Sustainability - **Wednesday, Feb. 28 at 2 p.m.** [ClS]
 Joy Dryer, for the Steering Committee

From the Library ~ Book Review



Middle Age: A Romance was written by National Book Award winner Joyce Carol Oates. A witty, darkly comic novel about middle age characters trying to recapture their youth or find true love. Death and identity, love and friendship are major, contemporary themes. Affluent characters reveal failed marriages and shallow lives. Although the hero dies in the opening pages, the novel is a humorous review of recovery and redemption. A well written romantic read for Valentine's Day!

Anita Kantor

Book Club



The Book Club will discuss *Rough Sleepers* by Tracy Kidder at our **Tuesday, Feb. 6** meeting at **7 p.m.** in the Conference Room. This month we will be reading *The Sunflower* by Simon Wiesenthal for discussion at the March meeting. New members welcome!

Michele Caccavano

PAC Movies



Thursday @ the Movies: **Thursdays at 7 p.m.** This month we will feature films in observance of Black History Month.

First Friday Classic Movie: **Friday, Feb. 2 at 7 p.m.** *Marty*, starring Ernest Borgnine. (1955)

Ballet Night: This month's features: *Onegin* on **Friday, Feb. 9 at 7 p.m.** and *Jacques D'Amboise, Portrait of a Great American Dancer* on **Friday, Feb. 23 at 7 p.m.**

Jane Austen Film Series: **Fridays at 1 p.m.** in the Classroom (The film on Feb. 23 will be in the PAC).



ArtScope New Exhibit



The ArtScope exhibit of photographs by Carl Cox and Paul Bracey continues in the PAC. Since this was dedicated to Al Chasan, the founder of ArtScope, who could not attend, last month's opening reception was recorded. Residents received a link in their email if interested in seeing it.

Creativity flourishes at Woodland Pond

Attention Bingo Fans ...



Come on **Wednesday, Feb. 7 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 February



Friday, Feb. 2 at 11 am. – Shopping to Poughkeepsie Galleria. Depart at 11am.

Sunday, Feb. 4 at 3pm – Fisher Center at Bard, Sosnoff Theater presents *Stephanie Blythe with Joshua Blue and the Bard Festival Chorale* sing Brahms. Depart at 1:30 pm.

Tuesday, Feb. 6 – Visit the Loeb Art Center at Vassar College Exhibition: "*Women at Work*". Depart at 1pm.

Wednesday Feb. 7 at 2 p.m. – Woodland Hikers outing to "River to Ridge" trail in New Paltz from the Mohonk Preserve Testimonial Gateway trailhead.

Friday, Feb. 9 – Dinner Adventure to YoBo Asian Restaurant in Newburgh. Depart at 4 pm.

Saturday, Feb. 10 at 3 p.m. – Sosnoff Theater presents *The Sound of Spring Chinese New Year Concert* with The Orchestra Now. Depart at 1 p.m.

Saturday, Feb. 17 at 4 p.m. – The Greater Newburgh Symphony Orchestra presents music by Handel, Rossini, Mozart and Puccini. Depart at 2:30 p.m.

Saturday, Feb. 24 at 2 p.m. – The County Players present Oscar Wilde's "An Ideal Husband." Departs at 12:45 p.m.

Monday, Feb. 26 – Lunch Adventure to P&G's Restaurant in New Paltz. Departs at 11:30 a.m.

Tuesday, Feb. 27 at 7:30 p.m. – SUNY NP Music Dept. presents *Laurel Masse in Concert*. Depart at 6:45 pm.

Wednesday, Feb. 28 at 7:30 p.m. – SUNY Ulster Music Department presents *Lee Herrington Scholarship Concert* (WP residents and musicians Bill Tuel and John Ortner are members of the band.) Depart at 6:30 pm.

Winter Weather and Bus Transportation



Reminder: you may be asked to reschedule medical appointments during bad weather. 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.

A Note From Dining Services



We will have **two** "Get to Know Your Neighbors Dinner" nights: **Tuesday, Feb. 13** (for Mardi Gras) and **Thursday, Feb. 29** (for Leap Day). There are no Kitchen Tours in February. ~ Ashley France, for Dining Services

Wellness Notes

The Importance of Quality Sleep



Sleep has a major impact on our overall quality of life. Quality sleep affects our mental and physical health. Sleep patterns vary from person to person. In the winter the decrease in daylight hours affects our internal clocks for wake/sleep cycles.

Getting enough sleep is very important for all of our health systems. Repeated, fragmented sleep can make us less energetic, more irritable and decrease our immune systems. Those who get regular sleep tend to have less colds and illnesses. Lack of sleep can lead to less focused concentration, an increase in falls and accidents. Sleep gives the tissues and organs a chance to relax and allow repairs to take place.

So what can you do? Here are some beneficial tips to support sleep:

- * Have a consistent bedtime routine - a dark and quiet bedroom. Do some stretches or a short walk the length of the hall. Assure your pillow gives you proper neck and head support. It may be time to replace that pillow.



- * Avoid spicy and large meals at least 4-5 hours before bedtime.

- * Technology from cell phones, computers, lap tops, tablets and TV can affect sleep patterns – reduce the time spent on technology in the evening prior to sleep.

- * Minimize or eliminate caffeine/alcohol. Both impact sleep patterns.

- * Do some deep breathing to calm and promote sleep.

If sleep continues to be a problem tell your healthcare provider to evaluate for sleeping disorders. Sleep is a vital part of our daily lives and routines. If you need a nap then take one – try to avoid very long nap so you can ensure a good night rest.



Mary Jo

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

From the Health Center Committee

The Neighbor Corps needs your help with assisting Health Center Residents to events in the PAC. Everything will be explained before you take on this task. Signup at Concierge or in the Post Office.



Monday, Feb. 26, Tour of Health Center by Natalie Russak, Admission Coordinator for the Health Center. Signup at Concierge! Tour leaves Independent Living Lobby at 1 pm!

The January 18th Council Connections interview with Philip Mehl can be found on your computer by typing “Youtube Philip Mehl” into your favorite search engine. There is much to learn in this interview about the Health Center.

Margaret Nijhuis, Committee Chair

Support Group Meetings




- * *Caregiver's Support Group* – first **Tuesdays at 1 p.m.** in the Conference Room.

- * *The Parkinson's Support Group* – 4th **Wednesdays at 1 pm.** in the Classroom

A Fitness Note from Grace

Happy February! A lot of fun fitness activities are happening this month. For those that love to walk, even in the cold, winter walks are back. Walks are **Wednesday, Feb. 7 at 1 p.m.** and **Wednesday, Feb. 21 at 1 p.m.** No sign up needed. Just arrive in the Lobby, weather permitting.

Holiday Tai- Chi is on the schedule!

 **Wednesday, Feb 14th at 1:30 in the PAC** is a Valentine's Day Tai Chi class. Wear your fun Valentine's Day apparel.

Leap Year Tai Chi is **Thursday, Feb 29 at 2 p.m. in the PAC.**



Come and join me for walks and Tai Chi! Please look at your fitness calendars.

Grace Juhren, Fitness Instructor

Caregiver's Space

A new group is forming for any resident caring for a partner who resides with them in Independent Living or resides in the Health Center. The group will meet on the **fourth Monday at 1:30 p.m. (Feb. 26)** in the Meditation Room in the Health Center and will be facilitated by a member of the Mental Health and Wellness Committee.

During this same time care receivers are welcome to attend a Music Therapy session led by HC Activity Assistant Cynthia Carangelo in the Conference Room, to give their caregiver a break and space to attend the group. Watch for additional details about this important new offering.

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

Additional Upcoming Events

Saturday, Feb. 3 at 2 p.m. in the Classroom - Norman Sasowsky offers a "Triple Art Film Discussion," highlighting three short films of his artworks.

Wednesday, Feb. 7 at 4 p.m. in the Classroom - The Current Events group will have a special guest lecture, *Crisis in Democracy: Ancient Athens*, with a professor from SUNY New Paltz.

Friday, Feb. 16 at 11:15 a.m. in the PAC - The 4th grade class of Lenape Elementary School in New Paltz will visit to share the personal narratives they have written and they hope for some ready listeners! Their teacher is Adrienne Houk Maley, daughter of WP resident Pat Houk.

Friday, Feb. 16 at 3 p.m. in the PAC - The Starlight Trio returns with a special Valentine's-themed musical session.

Sunday, Feb. 18 at 3 p.m. in the PAC. - Piano and guitar students of local musician and teacher Julian Baker will perform a variety of music from their lesson books, some classical music and popular favorites.



Residents were wowed by a fantastic MozartFest performed by local student musicians.

Something New: Theatre Night at Woodland Pond with Joe & Fred

Residents Joe Cosentino and Fred Wolinsky will present theatrical performances in the PAC every other month on the **second Tuesday at 7:15 p.m.** Staged readings of original plays, live presentations of classic radio plays, other live performances, and perhaps a taped performance or two are slated for upcoming productions.



The first presentation on **Tuesday, Feb. 13, at 7:15 p.m.** will be four short plays in one hour written by Joe Cosentino: *Julie* where a couple comically struggles to accept their son's new love, *The Gym* highlighting the humorous elements of working out, *Fair Game* drawing the spotlight on a gay-bashing that turns into something quite unexpected, and *Socialized Medicine* exploring the dark comedy of visiting a doctor's office. Joe and Fred will be joined by local actor Ethan Maslyn.



Prior to becoming a theatre professor at Dutchess Community College and novelist, Joe Cosentino appeared in principal acting roles in film, television, and theatre, opposite stars like Bruce Willis, Rosie O'Donnell, Nathan Lane, Holland Taylor, Charles Keating, and Jason Robards.

Fred Wolinsky was a professional actor, magician, puppeteer, director, choreographer, and booking agent in NYC, regionally, and many local theaters. He is also the narrator of over 100 audiobooks available on Audible.com.

Get your program. Hurry to your seat. Curtain up!

Joe Cosentino and Fred Wolinsky

Woodland Pond

A Thought for Leap Year

*All growth is a leap in the dark,
a spontaneous, unpremeditated
act without benefit of experience.*



[Henry Miller]

Downed Plane Recovered outside WP Library

A new book title added to the Library shelves? No, a real-life mystery, of sorts, finally solved after 12 years, thanks to the completion of repainting and installation of new Library overhead lighting, which required a large scaffolding ladder to accomplish the task.



When resident Alice Ellis saw staff members Mark Baker and Connor Ginn removing the scaffolding she asked them if they wanted to undertake a rescue mission ... it seems about 12 years ago her then-12-year-old grandson, Cole Paradies, was playing with his paper plane in the hallway and when he launched it high into the air it landed on the sill of one of the hallway skylight windows some 15 feet high, far out of reach for easy retrieval. And there it has rested all these years hence.



Connor to the rescue! He scrambled up the scaffolding to retrieve the "missing" plane, a bit faded from its 12-year perch on the sunny windowsill, but still intact. Alice can't wait to return it to Cole, now a school teacher in Connecticut, the next time he visits!



[Photos by Crystal Spaeth]

Woodland Life Travels To ...



Last month Finance Director Christi Battistoni and her youngest son, Tristan, took our newsletter along as they spent 10 days in three cities in Portugal as well as Seville, Spain. This photo was taken at a professional soccer stadium tour in Seville, Spain.

If you are planning a trip to an interesting location (preferably out of the immediate local area), pack a copy of *Woodland Life* in your suitcase, 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!

WP Director of Concierge and Communications Services Jason Irish's nearly 2-yr-old daughter 'Coco' paid a recent visit to her daddy's office and was flabbergasted by all the work he has to keep up with at his desk!

[Photo by Crystal Spaeth]



Square Dancers Invite You!

Our professional caller, Sandy Corey, will be back to lead us in the fun of square dancing on **Wednesday, Feb. 7 and Wednesday, Feb. 21 at 3 p.m.** in the Art Studio. Mark your calendar! The group will be meeting the **1st and 3rd Wednesdays** of each month until June.



It's a great way to meet new people while getting some exercise and having fun. Questions? Call Deborah Moore at 845-633-8522.

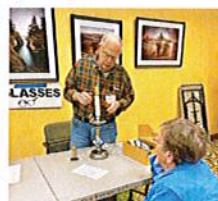


REPAIR CAFE
WPastorP


More photos on
Connected
Living!



Photos by Michele Caccavano and Joy Dryer



Applauds Program Salutes Employee Service

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

Vincent Fiscaletti	Carrie Burns	Jarod Kutz
Jean at Dedricks	Mary Jo Murray	Connor Ginn
Juniper Grillo	Raven James	Joshua Mejia
Monique Lawrence	Rob Stahl	Tiffany Burpo
Bill Schiller	Connie Rzeszewicz	Patty Michetti
Leyne Boyle	John Schmidt	Jane Basso
Frank Loscalzo	Eva Goldshein	Jasmine Sadiq
Emily Alexander	Gretchen Daum	Jason Irish
Josh Mejia		

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, Feb. 13



We will recognize our February birthday celebrants on **Tuesday, Feb. 13 at 2 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

Celebrating this month are:

Naomi Mayen - Feb. 1	Bill Wolz - Feb. 15
George Brown - Feb. 2	Rosalie Hasbrouck - Feb. 15
Barbara Renfroe - Feb. 3	Jo Sanders - Feb. 17
Armen Fisher - Feb. 4	Eileen McClatchy - Feb. 17
Fran Heiz - Feb. 4	Paul Huth - Feb. 18
Ernie Muller Feb. 4	Stuart Greenfield - Feb. 19
Barbara Hallam - Feb. 6	Ed Hill - Feb. 19
Mary Evans - Feb. 6	Susan Smith - Feb. 20
Marion Thompson - Feb. 8	Joyce Gartrell - Feb. 22
Alice Ellis - Feb. 9	Lynn Clarke - Feb. 25
Dawn Sangrey - Feb. 11	Laura Basen - Feb. 28
Dave Alexander - Feb. 13	Al Hoffman - Feb. 28
Kathy Timm - Feb. 14	



Welcome New Residents!



Rosalie Hasbrouck - Apt 537 [North]
Eileen McClatchy - Apt 505 [South]
Susanne Cusack - Apt 535 [North]

The Welcome Committee's New Resident Social and Orientation is **Friday, Feb. 23 at 2 p.m.** in the Game Room. New residents will receive an invitation to attend.

Resident Mixer Planned

ALL residents, new or not, are welcome and encouraged to attend a Mixer provided by WP management and the Welcome Committee, **Sunday, Feb. 25 from 2:30-4:30 p.m.** in the Main Dining Room. Friendship, fun and food will be served!

From the ROVE Committee

Whether we are in the Health Center's Skilled Nursing for short term rehab following surgery, injury or illness or we are a full-time resident, CNAs (Certified Nursing Assistant) provide us with hands on care.



Frantz Brutus is one of those CNAs. He has worked at Woodland Pond for 12 years, starting as a per diem CNA for two years, then as full time Rehab Aid. In July of 2019 the rehab department was out-sourced to Preferred Therapy Solutions and in

August of that year he became a fulltime CNA. He likes helping people, joking with them and singing to them to help make the day go fast. He tries to provide the kind of care he would like to receive if things were reversed. He enjoys working at Woodland Pond, especially since he lives close by.

When not working at Woodland Pond Frantz is a painter to earn extra income, getting jobs through word-of-mouth. He is also very active in his church, the Gosen Seventh Day Adventist Church in Middletown, as Communication Director, Elder and Youth Director. He enjoys singing with a Gospel Group who have been singing together for 42 years, since they were in high school. He also enjoys spending time with his wife and four daughters.

An interesting aside, Frantz was born in Haiti, the youngest of seven children and the only boy. Frantz 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

Pond Pets

by Lucy Muller

Hi WP neighbors ... my name is Cello. No one knows how I got that name, but Gordon, Claudia and I liked it so we kept it. This all began in California in 2012. Then just this last fall we realized the 3 of us were age appropriate to move to WP to be near my 'sister Christine' who lives in Woodstock. This is the first time I've seen White Grass and now all three of us own raincoats and parkas. I've met other nice 4-legged neighbors and the people are *Great!* Anytime you see me please feel free to give me a friendly pat. Lots of Wags, *Cello*





Interfaith Committee News

The next meeting of the Interfaith Committee will be **Monday, Feb. 26 at 10:30 a.m.** in the Game Room. 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. We have added several new members in the past year.

We look forward to our next Tree of Faith program with a speaker on the Zoroastrian faith on **Tuesday, March 12 at 2 p.m.** in the PAC. We hope to have a TOF program by the new Interim Pastor at New Paltz Reformed Church, Aaron Schulte, in the near future.

There will be a Lenten Bible Study lead by IL resident Tyler Jones, an ordained Episcopal priest. See related information on this page.

Please remember that there is a cubby in the mail room equipped with paper and pen for you to request prayers by our Prayer Group. They are glad to include your prayer needs in their weekly session.

Upcoming religious holidays in February: 10th, Lunar New Year (Buddhism); 14th, Ash Wednesday; 14th – March 28, Lent. ~ *Billie Stevens, Secretary*

Second Saturday with Pastor Lyn

Pastor Lyn's Second Saturday worship service will have a special thought to ponder. The **Feb. 10th, 10:45** service in the Health Center Great Room will focus on the question "What is Love." Second Saturday is one day before Transfiguration Sunday and four days before Ash Wednesday, which also happens to be Valentine's Day. There are a lot of definitions of love packed into those days. WHO do we love? HOW do we love? WHERE did we learn to love? Can we still, at our age, enlarge upon our understanding of love? All are welcome. ~ *Pastor Lyn Mehl*

Women's Tea Talk



As a preview to the Library Committee's 'Love Your Library' Open House on Valentine's Day, the Women's Tea Talk this month on **Monday, Feb. 12 at 2 p.m.** in the PAC will celebrate National Library Lovers Week with a presentation on the history of the American public library system. We will acknowledge the retired librarians in our midst, offer our appreciation to the volunteers who do so much to maintain our *two* wonderful Woodland Pond libraries, and we'll share memories of our early experiences with libraries in our lives.

Marilyn Mallue



Upcoming *Shalom Space Programs* Fridays at 4 p.m. in the Classroom



Feb. 2 - *Jewish Neighborhoods in NYC* - Halema Hassan

Feb. 9 - *The Arc of the Jewish holidays* - Mel Oshen

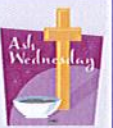
Feb. 16 - *Politics Reconsidered* - Tamar Opler

Feb. 23 - *Jewish European Intellectuals* - guest Brina Novogrelsky

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 (**Feb. 20**). Newcomers are always welcome.

Ash Wednesday Observance



There will be two opportunities on **Ash Wednesday, Feb. 14** for those who wish to receive ashes. Father Sal, priest from St. Joseph's Roman Catholic Church, will provide the imposition of ashes at **11 a.m.** in the Health Center's Great Room.

At **11:15 a.m.**, Pastors Tyler Jones and Lyn Mehl will lead an Ash Wednesday worship service, to include the imposition of ashes, in the Game Room.

All are invited to attend either of these opportunities.



Lenten Bible Study

Rev. Tyler Jones will lead a five-week Lenten Bible Study on **Thursdays from 1-2 p.m.** in the Art Studio, beginning **Feb. 22 through March 21**. (The final session on March 21 will be in the Conference Room.) A booklet published by Forward Movement titled "A Spirit in the Desert" will be used as a study guide. Please register with Tyler if you would like to participate so he can order enough copies. All are welcome to attend.



Nearly 65 people gathered for the special musical observance on the Martin Luther King, Jr. holiday, led by the WP Folk Singing interest group. The audience sing-along featured songs of freedom and civil rights.

Photo by Tyler Jones



Sustainability Committee News

How Woodland Pond's Vision embraces Sustainability Goals

The Sustainability Committee has accomplished a lot in our first 4 years. Our seven Task Forces— today adding an eighth — work to improve our Woodland Pond living environment.

- 1) **COMMUNICATIONS** presents ideas about living more sustainably via monthly *Chanticleer* blurbs; monthly newsletter (longer) pieces, our annual Earth Day exhibit, and every other month PAC program (next is Feb. 20 at 2 p.m.)
- 2) **DINING** reduces food waste and plastic use especially with our ongoing 3-part REusable food container program.
- 3) **ENERGY** works to lower energy costs as in our bulb swap which replaced incandescents for LED's.
- 4) **LAND Management:** develops sustainable alternatives to turf grass. Demonstration plots are planned for the spring.
- 5) **PAPER CARDBOARD + COMPOST:** reduces paper & cardboard boxes use. We've ongoing initiatives such as Buy Less (especially over the holidays); Green Dot; GOOSE paper (Good On One Side).
- 6) **REUSE & REPAIR:** reduces waste by finding new homes for unwanted items, channeled to Free Store for employees, and gifting to the needy. The 5th Repair Cafe was just held January 27.
- 7) **TRASH:** encourages proper trash item sorting, plus composting, with new trash room signs soon to be posted in South Bldg. (for starters).

New 8) SSAP = Sustainability Strategic Action Plan is tasked with envisioning an overall strategy, with measurable steps, that highlight WP's deep commitment to sustainable living. Its **first** meeting will be **Wednesday, Feb. 21** from **11:30-12:30**. Wish to attend? Email joydryerphd@gmail.com.

We invite you to join a Task Force at our next General meeting **Wednesday, Feb. 28 at 2 p.m.** in the Classroom. "It takes a village"... with a vision — That's us!

Joy Dryer, for SusComm's Steering Committee

New LGBTQIA and Allies Interest Group



The LGBTQIA+ and Allies interest group led by residents Joe Cosentino and Fred Wolinsky will discuss issues of sexual orientation and gender identity, including support for LGBTQIA+ residents, family, friends, and staff at Woodland Pond. The group will also serve as a resource for Woodland Pond management in providing for LGBTQIA+ residents and booking in guest speakers and programs. Finally, the group will serve as a liaison with local LGBTQIA+ community organizations such as The Human Rights Campaign Foundation, The Hudson Valley LGBTQ Center, SAGE (Services and Advocacy for GLBT Elders), GLSEN (Gay Lesbian Straight Educational Network), Rivera House at SUNY New Paltz, and Big Gay Hudson Valley.

Meetings will be the **fourth Tuesdays** each month at **2 p.m.** in the Art Studio, **beginning Feb. 27**. All are welcome!

Joe Cosentino and Fred Wolinsky

SusComm Presentation

On **Tuesday, Feb. 20 at 2 p.m.** in the PAC, Amy Kletter, Chair of Ulster Activists' Environment Committee, will present an informational session on the range of local green, sustainable efforts in the Hudson Valley. Bring your questions! This program is sponsored by the Sustainability Committee.

Next Woodland Hikers Outing



On **Wednesday, Feb. 7 at 2 p.m.** we will leave from the Lobby to walk the "River to Ridge" trail in New Paltz from the Mohonk Preserve Testimonial Gateway trailhead. This hike is on even surfaces and does not involve roots and rocks. Sign up with the Concierge to ensure a seat on the bus.

On **Wednesdays Feb. 14 and 21**, I will be in the lobby at **2 p.m.** to guide residents down into the Millbrook Preserve, which is right behind our cottages.

June Finer

Meet Your New Neighbors

We are delighted that three new residents will be calling Woodland Pond their home. They are each from the local 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

Eileen McClatchey ~ Apt. 505

“Hello” to all who are part of this vibrant community. My name is Eileen McClatchey. I am excited and happy to move from “future resident” to “Resident” of Woodland Pond of New Paltz, NY. I just moved from my home in Hurley, NY where I lived for five years. Before Hurley, I lived in the DC area for thirty years. My move in 2019 to New York was motivated by a wish to live close to my two Ulster County families. My

daughter and her family live in Saugerties. My son and his family live in Stone Ridge. Hurley was good choice since it sits directly in the middle. I also have a son and two grandchildren living in Munich, Germany.

I was “born and raised” in the Philadelphia area. My husband, Douglas, was also from Philadelphia but early in our marriage we left Pennsylvania. Cleveland was the first of many moves for our family. Pittsburgh, then Shaker Heights, Ohio, then Chicago and finally DC suburbs. I lived in my Bethesda home for 25 years.

Chicago was where in 1987 I earned my MSW degrees from Loyola University Chicago. Washington, DC is the town where I was trained, supervised and nurtured to work as a clinical psychotherapist. My career and my psychotherapy work were very important to me. I retired in 2019, and I still miss working. I feel fortunate and grateful for the work I was allowed to do over many years with many, many very special people.

My husband, Douglas McClatchy, died in 2003 after a long, difficult illness. It is somewhat shocking to realize I have been a widow now for 20 years. I play in my mind what it might have been like to move into Woodland Pond as a couple, but sadly that is not how it is.

I have been told there are more than 49 Special Interest Groups here at WP. Once settled, I plan to join more than a few... Photography, Memoir, Book Group, Meditation etc, etc. I look forward to meeting many of you in the groups.



*Eileen and
“Finn”*

Susanne Cusack ~Apt. 535

Susanne "Sue" is so excited to move to Woodland Pond from nearby Kerhonkson. She was born and raised in Far Rockaway, Long Island and initially worked in the fast paced world of advertising in Rockefeller Center. Soon after, she met the love of her life (Jim) and the two birthed, owned and operated Villa Veritas, a 100-acre treatment center for recovering alcoholics which continued for over 50 years. Sue has enjoyed traveling the world and, most importantly, spending time with family and friends.



As for the future? She would like to continue writing, attend classes at SUNY Ulster, participate in different groups that are offered at Woodland Pond, and meet new people.

Rosalie Hasbrouck ~ Apt. 537



My name is Rosalie Hasbrouck. I've just recently began to call Woodland Pond home and am excited to start a new chapter of my life here!

I am a local to the area, my formative years spent mainly in Dutchess County. In my younger years, I worked at a dry cleaner, a Chinese restaurant, and as a candy striper in Vassar Brothers Hospital. It was in my early 20's I met my husband, Ken. He and I married in 1973 – we had just celebrated 50 years of matrimony together. In that time, he and I had a local business, Allied Locksmiths, that had operated since the early 1980's. My husband and I were still active up until a month before he passed away in October.

I have two daughters, a grandson, a granddaughter, am an aunt to three, and an honorary 'Mom' to many. My passions include reading and volunteer work. Helping to raise funds and contributions for the local homeless shelter is a priority for me. Often I feel the children are the ones that need help the most, and it gives me such joy to be able to help brighten someone's day. I also love making jams and giving them to friends. I do make sugar and sugar-free jams. Anybody interested in jam?



Woodland Pond
at New Paltz

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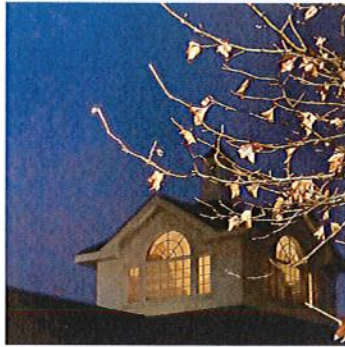
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Michele Caccavano used a watercolor filter to catch this shot of the cupola with light reflecting on icy trees.



Addie Haas spied Caroline and Martin Lavanhar cross country skiing around the campus after a 10" snowfall.



Larry Randall captured our Resident Community Garden lying patiently in wait for the growing season ...

Health Center Residents Create 2024 Art Calendar

A beautiful 2024 Resident Art Calendar is available for purchase! Each month features resident art work done at their art therapy classes in 2023. The calendars are \$10 with proceeds going to the Alzheimer's Association. You can pick one up at Reception, Concierge, or the Health Center Activities Office in the Great Room.



February Highlights at a Glance

- Friday, Feb. 3 at 2 p.m.** - Triple Art Film/Discussion with Norman Sasowsky [Classroom]
- Sunday, Feb. 11 at 6 pm.** - Super Bowl Party - PAC
- Tuesday, Feb. 13 at 3:30 p.m.** - Mardi Gras at the Pub
- Tuesday, Feb. 13 at 7:15 p.m.** - Theatre Night @ WP with Joe and Fred [PAC]
- Wednesday, Feb. 14 at 11:15 a.m.** - Ash Wednesday Service [GR]
- Wednesday, Feb. 14 from 2-4 p.m.** - Love Your Library Open House [Library]
- Thursday, Feb. 15 at 2 p.m.** - *Council Connections* with guest Michele Caccavano, ArtScope Chairperson [PAC]
- Friday, Feb. 16 at 11:15 a.m.** - Lenape 4th Graders' Author Share reading - [PAC]
- Friday, Feb. 16 at 3 p.m.** - The Starlight Trio's Valentine Musical Session [PAC]
- Sunday, Feb. 18 at 3 p.m.** - Recital by piano and guitar students of local musician and teacher, Julian Baker [PAC]
- Tuesday, Feb. 20 at 2 p.m.** - SusComm Program: Amy Kletter, Chair of Ulster Activists' Environment Committee [PAC]
- Sunday, Feb. 25 from 2:30-4:30 p.m.** - Resident Mixer [IL Dining Room]
- Thursday, Feb. 29** - Leap Year Theme Day!

Want to share the newsletter with your family and friends?

They can read it online at www.wpatnp.org

