

The Health Center

at Woodland Pond

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Orchowski,
Gretchen Daum,

Woodland Ponderings

Health Center
November 2024

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

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Basso



A Note From Administration

We closed up our summer house near Lake George this past weekend. My mother, my sister and her husband, and my husband and I worked very well as a team to tackle all of the important tasks and processes that must be accomplished to ensure the house has been winterized and that we don't sustain cold weather damage. Prior to the work, however, the time was spent taking walks, eating good food and drinking good wine, admiring the beautiful foliage and scenery, and watching an old movie. We had good conversation, cheered on the NY baseball teams, planned a wine tasting excursion, and even tried to remember a dance my sister and I had done 40 years ago in a talent show.

As we drove away late Sunday morning, it was easy to start to worry if we had done everything properly, if all of our collective health would be good enough to return in May, how we could ensure there was a thorough spring cleaning done before our return, and probably a dozen more little worries. I am cognizant with how we are all prone to worry and focus on all the things that may or may not happen and which we can't really do much about in the present rather than savor and bask in the good time that was had. It's a rough way to go about life and it is a human habit that prevents us from enjoying what is going on in the present or recent past as we shift into the worrisome "what-if's".

In my daily striving for greater mindfulness, I really try to re-train the muscle memory of worry. Sometimes when I am having a bumpy ride of a day, I find myself thinking of things of beauty...like when I recently saw the view of Waimea Canyon in Kauai, Hawaii and just spontaneously wept at the sight. I may or may not get back to that site. But the experience was had. It's already mine. It already happened. And that's a much better place to spend my time than in what might happen.

~Philip Mehl, LCSW, Health Center Administrator



Applauds For October!

Congratulations to all!

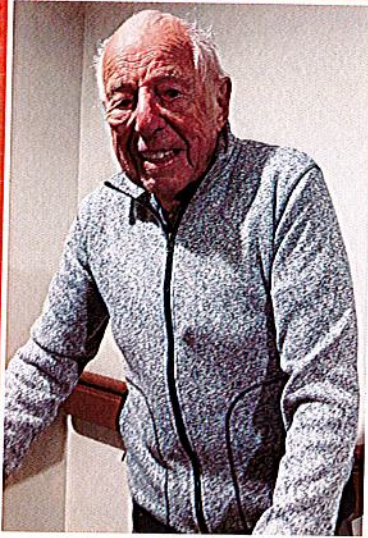
Hena Saldivar *Ruth Fialcow *Will Lawrence Paine
*Jackie Perez *Ashley France *Jason Irish
*Ryan Kraehmer *Anastasia Loscalzo *Faith Lewis
*Vivian Graham *Siobhan Morier *Melissa Quick
*Jasmine Colon *Kathleen Jones *Justin Evans
*Alyssa Delessio *Julia Brooker *Orres James
*John Schmidt *David Besares *Griffin Santos
*Doris Avellandra *Mark Pampinella *Athena Pino *Linedaina Irand *Chris
Shea *Caron Vidas *Emily Alexander *Lisa Cea *Mark Baker *Emily Watson
*Cristal Sprenger *Phil Cavallo *Gretchen Daum *Tyler Vermilyea *Marissa
O'Brien *Monique Lawrence *Aiden Banks *Tonya Riedinger *Widvie Durin
*Daniel Rodriguez *Luwayna Williams Sprague *Mirna Hernandez
*Connie Rzeszewicz *Nicole Klein *Tatiana Arrieta *Karina Hernandez *Rob
Stahli



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

**Phyllis Bulgatz
Ted Buley
Al Chasan**

Arthur's Celebration of 103 Years of Life



Arthur Weiss' life is over a century filled with milestones of success and wisdom, which is appreciated daily by our Woodland Pond staff, residents and his loved ones alike. Arthur is known for his pearly white smile, love of music and his wife, Lola. Born in Manhattan, Arthur grew up in New York City. He has also traveled the world with his wife and sons, from Mexico and Australia to Thailand, and more. Arthur and Lola are "partners in crime," sharing a beautiful life together and raising three sons: Jon, Eric, and Adam. He has shared some secrets to longevity that has kept him feeling youthful, even as he reaches an incredible milestone of 103 years.

When recalling a conversation from his past, he said, "Someone once asked me 'Do you want to live to be an old man?' and of course I said yes!" He told me "Then start running!" So I did. Not every day, but often enough. Staying active is so important. Alongside regular exercise, he says "eating well and eating what makes you feel good" is an important balanced habit for a long, fulfilling life.

According to Arthur, one of the keys to a healthy life is learning to manage stress. "It's not healthy to hold on to anger" he reflects. "If you let anger sit inside, it will eat away at you." Letting go and living peacefully has been one of the most valuable lessons he has learned and he believes it's essential for both physical and emotional well-being.

Throughout his life, Arthur has prioritized building strong and supportive relationships. "Having people around you who you can talk to, laugh with, and depend on is so important. Good communication is key." This is why he has maintained many close, important friendships along with over 78 years of marriage with his wife, Lola.

One of the most inspiring aspects of Arthur's outlook on life is his belief in continuous learning. "Even at 103, I'm still learning and growing" he shares. "That's a wonderful thing." This curiosity about the world, acceptance of change, and willingness to embrace new experiences have kept him young at heart. When asked if he feels his age, he laughed and responded "No! I still feel like a young man. I honestly can't believe it!"

As we celebrate this remarkable birthday, we are grateful for the wisdom, music, and light that Arthur brings to our community. Here's to 103 years filled with life, happiness, and countless memories!

Hat Happenings with Mindy Fradkin

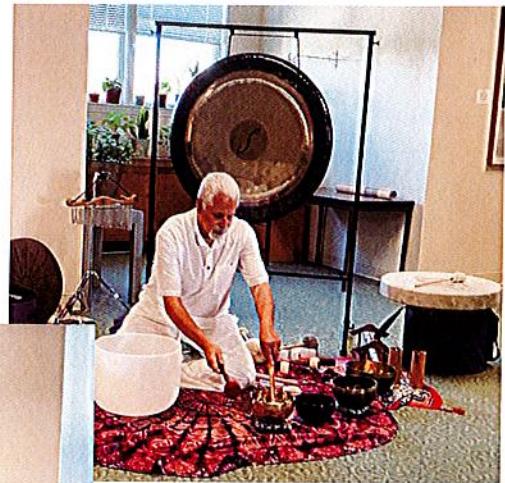
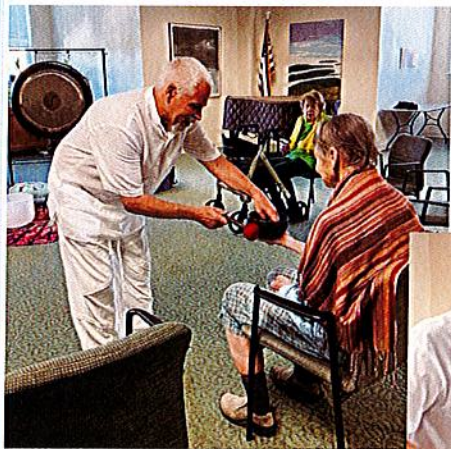
Tuesday, November 19th at 3:00pm

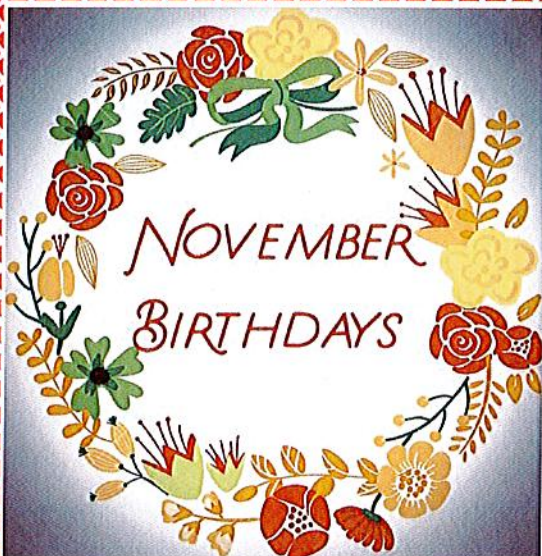
Mindy has been involved in the arts her whole life -as a performer of "Hat Happenings" with her designer hats as props, as a singer/songwriter, former radio show host and founder of The Smile Revolution, which promotes raising conscious awareness to the healing power of a genuine smile. Her comedic storytelling makes for a unique and enjoyable experience.



New Program: Tibetan Sound Meditation

Tibetan Sound Meditation is a new program that's offered at 10:30 am on the first Saturday of the month in the Great Room. This month we're also being visited by two Reiki Masters. Join us!





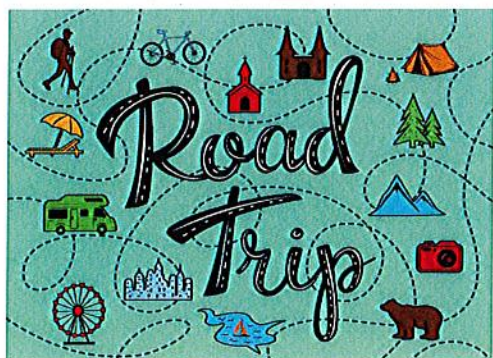
Happy Birthday, November!

11/1 Peter Bonk
11/2 Kathy Kelly
11/2 Marcia Thompson
11/3 Nancy Bovee
11/9 Ann Rodman
11/14 Gillian Page
11/17 Lyn Mehl

Please join us on November 27th for our birthday party with entertainment by Ed Rocks!

Health Center Outings/Innings

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



Assisted Living Diner's Club (by invitation)
Wednesday, November 6th at 12:00pm

Texas Roadhouse Lunch Outing
Friday, November 15th, departing at 11:30am

L.L. Bean/ Five Below Shopping Outing
Wednesday, November 20th, departing at 1:30pm

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



Woodland Pond's Annual Salute To Veterans

On Monday, November 11th we will hold our annual recognition of all Woodland Pond residents and employees who have served our country with distinction and honor in the armed forces. This special day for our

veterans begins with a complimentary **"Thank You, Vets" Pancake Breakfast** prepared by our Dining team from **9-10:30am in the IL Dining Room.** *(The breakfast is by invitation only— for our veterans and one guest.)*

All residents and staff are then invited to the annual **Recognition Program at 1:30pm in the Great Room.** Always a meaningful part of the program is the reading of the roll call by our President/CEO Michelle Gramoglia. Special music will be provided by the Handbell Ringers and Dulcimer Players.

We have a list of 55 residents and staff members who are veterans and there are likely several more we don't know about. If you are a veteran and haven't already given us your military service information, please stop by the Concierge desk and pick up a brief, biographical form to help us learn of your service. We will need to know your information by **Friday, November 8th.**

Our traditional **Display of Honor** will be across from the Reservation Station throughout the day on November 11th. If you have any memorabilia from your military service or the service of family members to share in the display, you are invited to bring your items to the Concierge Desk. Please be sure to label your items!

The next **Veterans' Café** hosted by **Ulster County Hospice** will be on **Thursday, November 14th at 2:00pm in the Great Room.** All veterans are invited to attend this special time of sharing.

Upcoming Meetings

Please note that the date and time of our Health Center Resident Council meetings has changed for the month of November due to the Veteran's Day holiday!

Going forward, meetings will be the 2nd Tuesday of each month.

Activities Planning Meeting

Tuesday, November 12th at 11:00am

Assisted Living Resident Council

Tuesday, November 12th at 1:30pm, *followed by the Dining Meeting*

Skilled Nursing Resident Council

Tuesday, November 12th at 2:30pm, *followed by the Dining Meeting*



Neighbor Corps

A special *thank you* to the Neighbor Corps --the new recruits *and* those who've been doing the recruiting! The Neighbor Corps is a WP grassroots movement whereby IL residents give of their time for the benefit of the HC. We now have over 15 new Neighbor Corps friends who will most definitely help make a difference for residents, families and staff!

The Neighbor Corps residents will be visiting residents throughout the Health Center and helping with group programming. They will be doing art, games, music, and even just visiting to chit-chat! If you would like a visit, please let your Activities staff know!



From the Reward Our Valued Employees (ROVE) Committee

ROVE says **THANK YOU** to all residents who have contributed to this year's campaign to reward our hourly employees. We've all been bombarded with pleas for donations. We've all felt the effects of inflation. Despite that, you have once again come through with a generosity our staff will appreciate. Once again you have proved that Woodland Pond residents are very caring people.

Our 2024 campaign has ended but we will be reaching out to you in January to start the 2025 campaign. Until then, have a wonderful rest of the year, and, once again, thank you.

Suzanne Orchowski, ROVE Committee Chair



HAPPY THANKSGIVING

Thanksgiving Service

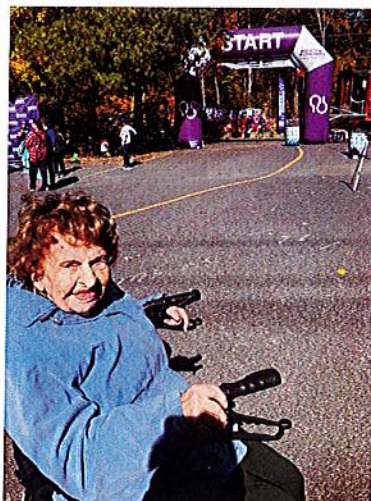
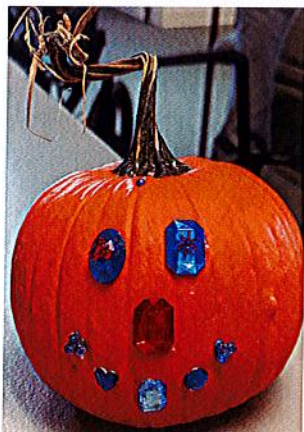
Hosted by the WP Interfaith Committee
Tuesday, November 26th at 3:00pm in the PAC

The Interfaith Committee will sponsor its second Thanksgiving Service on Tuesday, November 26th. Our celebration will include reflection on Jewish, Christian and Native American writings. The Woodland Pond Bell Choir will lend their musical talents, Jean Aldwell will lead our singing of familiar Thanksgiving hymns and Pastor Tyler Jones will share the reflection. Whatever the days ahead hold for us, we have so much for which to be grateful. We hope to share the joy with you in the PAC at 3pm.



All The Fall Things!

In October, we celebrated fall with lots of crafts and decorating (as well as a walk to support the Alzheimer's Association!) Here are some pictures from our activities.



WP Wide Special Programs

Programs in Great Room unless otherwise noted

Therapeutic Art Class with Michelle Eddison

Note The New Time!!

AL/SN— Mondays, November 4th and 18th at **2:00pm**

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

Music with Bill Nastasi

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

Dedrick's Vaccination Clinic

Friday, November 1st from 9am-1pm *in the Art Studio*

Tibetan Sound Meditation with Jose, plus 2 Reiki Masters

Saturday, November 2nd at 10:30am

MTNA Faculty Recital

Sunday, November 3rd at 3pm *(PAC)*

History of Coney Island

Thursday, November 7th at 2:00pm

Council Connections: guests Shalom Schwartz and Taylor Eskew for Current Events Committee

Thursday, November 7th at 2:00pm *(PAC)*

Level Of Care Program

Friday, November 8th at 1:00pm *(PAC)*

SUNY New Paltz's A Capella Group: The Pitches

Sunday, November 10th at 2:00pm

Veteran's Pancake Breakfast *(by invitation only)*

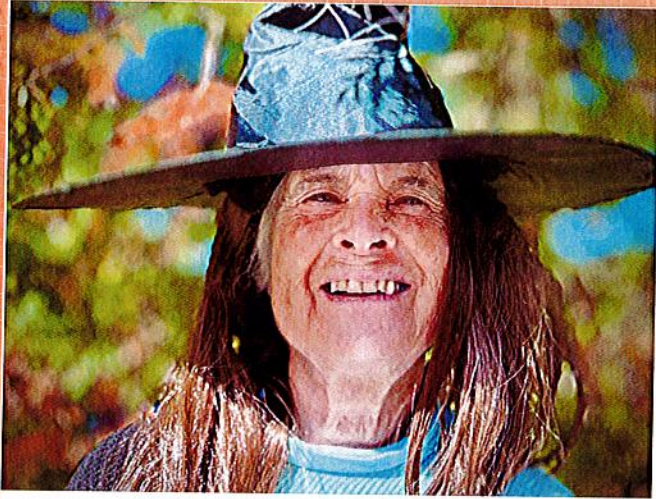
Monday, November 11th from 9-10:30am *(IL Dining Room)*

Veteran's Day Program

Monday, November 11th at 1:30pm

Wanderlust Rhythms with Peter Brown

Monday, November 11th at 7:30pm *(PAC)*



An Interview With Ann Guenther, Q Halloween Queen

By Terence P. Ward, *as published in Hudson Valley One on October 21, 2024*

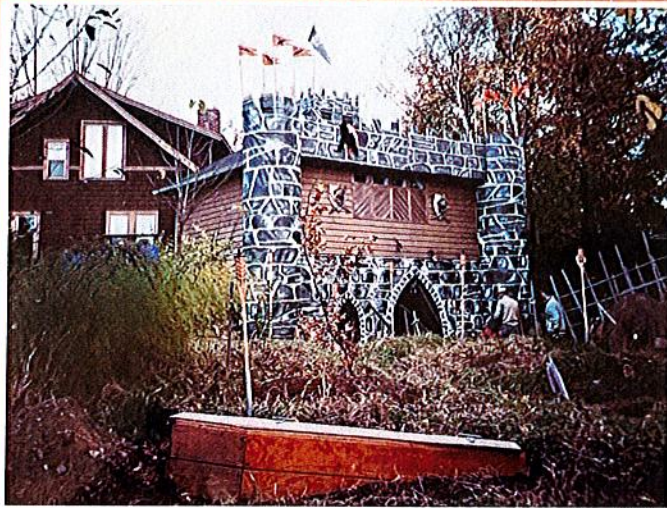
There's really nothing quite like Halloween in New Paltz. One of the village trustees, William Wheeler Murray, likes to call it a high holy day in the community, because it seems to be celebrated more widely than any other special day on the calendar. The community costume parade is a tradition that stretches back into the middle of the last century, forming a cord on which other events can be hung like baubles. One of the brightest of those ornaments was the Guenther haunted house, an irreverent and gory gift to the community that was hosted by Dan and Ann Guenther at their Center Street home for decades, from 1982 to 2012. Ready to reminisce, Ann Guenther agreed to sit down for an interview about Halloween and those over-the-top attractions.

Ann grew up in Evanston, Illinois, in the shadow of Northwestern University. From kindergarten onward, theater students would come to Ann's class and help the kids act out all sorts of parts, from witch to robber to princess. "I was raised to be theatrical."

That theatrical kid eventually moved to New York and met Dan, a talented carpenter who had rightly earned a reputation as a hardcore prankster in college. Their many shared interests helped lead them to marriage, and they started a family in the Vly, that idyllic and very rural Marbletown hamlet. It was quiet. Too quiet. While they were both ardent environmentalists, rearing a family in that remote part of the county felt like torture to Ann, who as an extrovert, could thrive best when surrounded by others. They found a house in New Paltz and moved their young family there post-haste.

Halloween had already been a big deal in New Paltz for a long time at that point, but for the Guenthers it started out small. Ann just went outside with a cauldron full of candy. The amount of candy required grew and grew and grew from one year to the next. They started decorating the yard but eventually things started getting serious.

"One year, Dan cut the end off the porch," in order to put in a rope bridge for a rainforest-themed event. "After that, it was anything goes," Ann recalled.



“Anything” included drawing in a lot of help. They again turned to students of the local college — SUNY New Paltz had an arts focus in the 1980s — to pitch in with sets, costumes and actors. Each year was built around a new theme, and all of these were irreverent: cafe grotesque, huge snots to parody the Huguenots, Y2K, malice in wonderland, and carnivore cruises were a few examples. Ann, who was particularly good at running meetings,

coordinated the brainstorming; Dan organized the annual construction project that transformed the Guenther house. Many years, the idea that “if it bleeds, it leads” seemed to be the organizing principle.

Transforming the house was always a massive undertaking. For the extraterrestrial year, it involved putting a flying saucer on the roof. The high-school-themed event required parking a school bus out front. One year, they flipped over a car in the yard. Dan had a gift for networking, and always managed to know someone with just the prop that was needed, such as a school bus or an old highway culvert.

Ann also drew on community ties. Always cast as a central character, Ann would call out visitors by name as part of a calculated strategy to make them uncomfortable, and disorient them. Other tactics included deliberately separating families, using fog machines heavily enough that it was hard to tell if one was inside or out, and injecting flashing lights into darkened hallways. Their son Mark would sometimes take candy from children who held out their bags, and were expecting a different result.

Guenther houses took months to plan and build, and attracted 2,500 to their door at the peak. It was a labor of love, and given away for free; they never charged admission. Most of those who went through enjoyed the experience, but Ann did recall trying to convince some parents that what was inside might be too much for young children. When those parents insisted, the young ones “would be crying in half a second.” Middle-school boys tended to show a lot of bravado going in, but Linda — the more introverted of the Guenther children — could usually throw them off-balance with a well-timed grab of the ankle. As those unsupervised youngsters sometimes acted out by punching

actors or throwing objects, guards were eventually needed among the volunteers. “It’s amazing what we got away with. We kept the child psychologists in business.”



The whole family was involved. Dan got to be a disembodied head on a table, have entrails pulled out for all to see, or be impaled on a pitchfork. Linda got to spend one night eating a concoction of oatmeal, relish, and other unpleasantness — and then throwing it all up. Mark, the other Guenther child, once told local police to “move along” while dressed as a military officer. Ann, a method actor to the core, once played a newscaster well enough that a local photojournalist assigned to cover the attraction was fooled. Even after leaving home, Linda recalls that the younger Guenthers would come back for Halloween, because it was a “big family religious holiday.”

Most, but not all, of the neighbors were supportive of the Halloween bomb that was dropped on their block each year. The construction usually began in late summer, and anyone on Center Street who wasn’t prepared to hand out metric tons of candy needed to keep their homes dark and unwelcoming. It took volunteers a couple of days to clean up afterward, as well.

For 30 years, private citizens transformed their own home in a spectacle that evoked fear, loathing, and adoration among their neighbors. While they always let local authorities know about their plans, they broke a lot of social rules to ensure that discomfort was the name of the game: they got personal enough to grab ankles and call out names, disrupted the neighborhood with wrecked cars and big construction projects. The Guenthers relocated the haunted attraction to the old Hasbrouck playground for its final year, in 2012. Dan died shoveling snow in 2021, and the house was recently sold. The new owners were informed of its part in the Halloween history of New Paltz. There have not yet been any reports of haunting in the area, but time will tell.

WP Wide Special Programs, continued

Programs in Great Room unless otherwise noted

MTNA District 5 Students Piano Recital
Tuesday, November 12th at 7:00pm (PAC)

Bill Tuel IRS Informational Program
Wednesday, November 13th at 1:00pm (PAC)

Hudson Valley Hospice's Veteran's Café
Thursday, November 14th at 2:00pm

Simple Melodies with *The Starlight Trio*
Friday, November 15th at 2:45pm (PAC)

Film Screening with Jyllian Gunther
Friday, November 15th at 7:30pm (PAC)

Hat Happenings: Comedic Storyteller Mindy Fradkin
Tuesday, November 19th at 2:00pm

Management Q&A
Wednesday, November 20th at 1:30pm (PAC)

LGBTQ Program
Wednesday, November 20th at 7:15pm (PAC)

Jay Ungar & Molly Mason Concert
Sunday, November 24th at 2:00pm (PAC) *Sign up at Concierge to attend*

Art Appreciation w/ Michelle Eddison: Arlene Shechet
Tuesday, November 26th at 1:15pm

Interfaith Community Thanksgiving Program
Tuesday, November 26th at 3:00pm in the PAC

Birthday Party with Ed Rocks!
Wednesday, November 27th at 2:00pm

SECOND SATURDAY WORSHIP WITH PASTOR LYN

Pastor Lyn's Second Saturday Service on Nov. 9 will be a reflection on the traditional Christian Gospel story...the lesson on the Healing of the 10 Lepers. We will meet at 11:00am in the Great Room for sharing, prayer, and Holy Communion. Join us for an early, "Pre-Thanksgiving" celebration.

Please note the new program time of 11am!

Religious Services *(held in the PAC in IL)*

Catholic Mass

Thursday, November 7th at 11:15am

Episcopal Service

Thursday, November 21st at 11:00am

Shalom Space

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

Prayer Group:

All Are Welcome!

Meetings are held Tuesday at
11am in the Meditation Room.
*Prayer requests can be left in the
box outside of the Meditation
Room.*

Eucharistic Visits (all units)

Thursday mornings with Fran.

Your Hudson Valley Ombudsman Contact Information

Hudson Valley LTC Ombudsman Program

82 Washington Street, Suite 201A

Poughkeepsie, NY 12601

Phone: 845-229-4680

Email: theresa@ltccc.org



Woodland Pond
at New Paltz

200 Woodland Pond Circle
New Paltz, NY 12561

Woodland Pond Department Numbers

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

Contacts

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