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the Holidays!



WoodlandLife

Vol. 16, No.1

January 2024

Dear Woodland Pond Residents,

It's been quite a while since I have written a greeting letter in *WoodlandLife*. I do always like to try and make this a priority for January, though. This month, I want to use the space and time to give an update on the plans for the Mental Health and Wellness Committee (yes, committee!) for 2024. I'll start with the new name of our group. As you all know, through the results of a "kick-off" survey in Spring 2021, we determined that there is a definite need for active discussion and actions related to the many mental health and wellness challenges our residents and their families face. To address those needs and provide some structure for planning for those discussions and best actions, we formed a Mental Health and Wellness Task Force. The task force has long been comprised of 5 residents, myself, and Sarah Leonard, our Director of Resident Services. We have spent the last 18 months investigating and trialing options for one-on-one counseling (we need more counselors: and in person, please!!), support groups, speaker series, and more. These have been a very busy, and largely successful 18 months, with limited exception (did you see my plea for more, in-person counselors??)



We are now ready to embrace the importance of the active discussion of the mental health and wellness needs of our residents by morphing the task force into a formal committee. This, the Mental Health and Wellness Committee, will be structured just as SusComm is: with a steering committee that meets once a month, plus an open meeting of the committee. These meetings, which will be the **second Friday of each month at 10 a.m.** in the IL conference room, will be open to ALL! Just as the other committees do, we will have standing agenda items like new business and old business, and we will likely keep an ongoing list of open items or concerns, and we may even add an EARS session at the beginning of each full committee meeting.

We hope you will all come one month and see what the meetings are about. Also - please know that you are all invited to ANY committee meeting at any time. Resident input is not only desired, but we are hungry for it. In 2024, maybe every resident considers attending any committee meeting. You will absolutely feel more connected to what is going on "behind the scenes" if you come to committees. That is a guarantee!

As far as what the Mental Health and Wellness Committee has planned so far for 2024, lots of good stuff, and it all came as the result of the feedback from your surveys within the last month. The top three concerns reported: issues related to death and dying, issues related to depression and anxiety, and your interest in your brain and memory changes; notably, loneliness was not reported as much of a concern as we would have thought (especially if the NYT is to be believed!) So, we have our marching orders for 2024, starting with a Death Cafe on January 24th. See more about this in the newsletter.

Thank you so much for your continued participation in all the surveys you get from us. It truly helps us plan for our future efforts.

Kindly,

Michelle

Michelle Gramoglia
President/CEO



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

Our *Council Connections* session this month will be **Thursday, Jan. 18 at 2 p.m.** in the PAC, with guest Philip Mehl, Health Center Administrator. Margaret Nijhuis, Chair of the Health Center Committee, will interview him.

June Finer, Corresponding Secretary

From Woodland Pond's Board of Directors



Last month, we shared with you the outline of an annual satisfaction survey, giving each Board member the opportunity to give a personal appraisal anonymously on how s(he) judges the current efficiency and effectiveness in the way we function and welcoming suggestions for improvement. By using a separate instrument, all Board members are invited, strictly in private, to reflect on his/her current and future contributions to the Board's success in discharging its duties. Questions cover areas such as allocating proper time for all Board matters, ample preparation for meetings, regular attendance and active participation at meetings, striving to understand all financial statements, service on committees, willingness to assume new responsibilities in the future, and continuing to educate oneself on the broad and changing field of CCRCs. This invitation for honest, private self-reflection can help Board members renew their commitment to the myriad aspects of continuing to serve on our Board.

Dick Barry, Secretary



Happy New Year to all our residents, especially those who made 2023 a banner year with their donations to our Fund. The last few weeks of 2023 were spent in preparing the text for our two new signs, which will be placed on the wall opposite the Dining Room Hostess desk.

One sign has a series of lists. Everyone who has donated \$100 or more will be named - there were many generous donors in 2023. In addition, there will be a list of people who were remembered with memorial donations from their friends and family.

Also listed are people who are being honored with a donation for various reasons. The second sign will show the projects that the Benefit Fund has underwritten in 2023, and a restatement of the goals of the Fund. The new Fund logo, an acorn, will be featured.

The Benefit Fund is preparing a new brochure to be introduced later this spring.

Anne Gordon, Woodland Pond Benefit Fund Chair

Thanks from Family of New Paltz

Once again, Woodland Pond delivers for the local community! Thank you for all of your donations to Family of New Paltz this holiday season. Every year, the need grows and every year Family of New Paltz provides quality gifts to families in need in our community. This year, they were able to provide gifts to 224 local families, 6 farms, the ABCD Migrant School (of New Paltz) that consists of 44 kids, 31 parents and 21 staffers of the school. Your generous donation brings joy and light this holiday season and on behalf of Family of New Paltz and myself, thank you for your continued support of this fine organization.



With appreciation and love,

Lisa Cea, Concierge
(and a Family of New Paltz volunteer)

A Note From Dining Services



Our January *Get to Know Your Neighbors* dinners will be **Friday, Jan. 12 and Wednesday, Jan. 24**. Our every-other-month kitchen tours will resume on **Friday, Jan. 19 at 11 a.m.** and continue through the year on March 15, May 17, July 19, September 20 and November 15. Please sign up at Concierge if you'd like to take the tour!

Paul Huth captured this photo of our fabulous dining staff before one dinner service last month.





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]
Hookers Craft Group: 1st & 3rd Tuesdays, 3 p.m. [AS]
iPhone Camera Club: Tuesday, Jan. 16, 7 p.m. [ClS]
Loss in Literature: Tuesday, Jan. 2 at 4 p.m. [CR]
Mah Jongg: Mondays and Fridays at 1 p.m. [AS]
Memoir Class: 2nd & 4th Mondays at 3 pm. [CR]
Men's Coffee – Saturdays at 9:30 a.m. [PAC]
Opera/Ballet Night: 2nd & 4th Friday, 7p.m. [PAC]
Philosophy Circle: 2nd & 4th Weds. 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, Jan. 26 at 2 p.m. [CR]
Pondaliers: Resume Monday, Jan. 22 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]
 (No session on Jan. 9)

Interest Groups continued:

- Social Bridge: Tuesdays & Thursdays 12:30p.m.[GR]
Spanish Chat: Wednesdays at 11:15 a.m. [AS]
Square Dance: Wednesdays, Jan. 10 & 31 at 3 p.m. [AS]
Table Games: Mondays at 7 p.m. [ClS] and Saturdays at 2 p.m. [AS]
Watercolor Class: Mondays, Jan. 8 & 29, 10 a.m. [AS]
Women's Tea: Mondays at 2 p.m. [ClS]
 (2nd Monday Tea Talk in the PAC).

Committee Meetings for January

- Dining - Tuesday, Jan. 2 at 10 a.m. [GR]
 Contact: Joan Kleinegris, Chair
Physical Plant - Wednesday, Jan. 3 at 10 a.m. [ClS] and Thursday, Jan. 18 at 1 p.m. [AS]
 Contact: Deborah Moore, Chair
Décor/Design - Thursday, Jan. 4 at 1 p.m. [CR]
 Contact: John Ortner, Chair
R.O.V.E. - Monday, Jan. 8 at 11 a.m. [Game Room]
 Contact: Suzanne Orchowski, Chair
Library Committee - Monday, Jan. 8 at 12 p.m. [ClS]
 Contact: Virginia Cannon, Chair
Finance Review - Monday, Jan. 8 at 1 p.m. [AS]
 Contact: Dave DeWilde, Chair
Welcome - Tuesday, Jan. 9 at 11 a.m. [GR]
 Contact: Alice Cross, Chair
Landscape - On hiatus until March
 Contact: Deborah Moore, Chair
Mental Health & Wellness - Friday, Jan. 12, 10 a.m. [CR]
 Contact: Sarah Hull, Resident Services Dir.
WP Benefit Fund - Wednesday, Jan. 17, 10 a.m. [CR]
 Contact: Anne Gordon, Chair
Land Conservation - Friday, Jan. 19 at 3 pm. [CR]
 Contact: Dave Smith, Acting Chair
Interfaith - Monday, Jan. 22 at 10:30 a.m. [GR]
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary
Health Center - Tuesday, Jan. 23 at 1 p.m. [ClS]
 Contact: Margaret Nijhuis, Chair
Sustainability - Wednesday, Jan. 24 at 2 p.m. [ClS]
 Joy Dryer, for the Steering Committee

From the Library



Dear Readers,

This month's article is a bit different than the usual book review. First, take a look in the book shelves for Collected Biography, a section that doesn't seem to get much interest. A biography is about one or maybe two people, while a collective biography is about several people and their lives, often with a theme. Expand your reading!

At the beginning of a new year it is time to thank our volunteers and make their work easier. The library is most thankful for the number of book donations that come weekly; however, the donation basket has become a "dump" for some to get rid of books. We do not want books that are smelly and beyond their best years, or not suitable for the collections, such as cook-books. Please dispose of these books in an appropriate place; the volunteers should not have to handle these books. If there is a question regarding the collections the library has, check the list of the various topics on the front table in the library.

Large collections of books should not be placed in or next to the basket. It is overwhelming to sort through, and many of the books are not suitable for the collections. There is a policy for donating large collections. Just contact any library volunteer and arrangements can be made to look at the books.

Please be thoughtful of our volunteers when donating books to the library. The library doors are open because of the ongoing and hard work of the volunteers. Let us continue to keep those doors open.

Virginia Cannon, Library Committee Chair

Book Club



The Book Club will discuss *The Four Winds* by Kristin Hannah at our **Tuesday, Jan. 2** meeting at **7 p.m.** in the Conference Room. This month we will read *Rough Sleepers* by Tracy Kidder, for discussion at the February meeting. New members welcome!

Michele Caccavano

PAC Movies



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

First Friday Classic Movie: **Friday, Jan. 5, 7 p.m.**
The Grass is Always Greener (1961) starring Cary Grant and Deborah Kerr.

Opera Night: This month's features: *The Bartered Bride* on **Friday, Jan. 12 at 7 p.m.** and *Norma* on **Friday, Jan. 26 at 7 p.m.**

Bus Trips for January



Wednesday Jan. 3 at 2 p.m. - Woodland Hikers outing. Depart at 2pm.

Friday, Jan. 5 at 11 am. – Shopping trip to the Poughkeepsie Galleria

Sunday, Jan. 7 at 3 p.m. - Performing Arts in Rhinebeck presents *Cabaret*. Depart at 1:45 pm.

Tuesday, Jan. 9 – Dinner Adventure to Ruby's Restaurant and Bar in New Paltz. Depart at 4:30pm.

Saturday, Jan. 13 at 1 p.m. – pre-opera talk at 12:30. - Met Live satellite broadcast of Verdi's *Nabucco*, at the Bardavon. Depart at 11:45 am.

Sunday, Jan. 14 at 4 pm – The Howland Chamber Music Series presents pianist Jonathan Biss, performing works by Franz Schubert and Tyson Gholston Davi. Departure at 2:45 pm.

Friday, Jan. 19 – A visit to the Loeb Art Center at Vassar College, hosting two exhibitions. Depart at 1:30.

Saturday, Jan. 20 at 7:30 p.m. – The Woodstock Symphony Orchestra presents works by Liszt, Coleridge-Taylor; Debussy and Tchaikovsky. Depart at 6:15 pm.

Sunday, Jan. 21 at 3 p.m. – The Frisson Woodwind Quartet performs works by Chopin, Beethoven, Francaix, Poulenc and Glinka at Saugerties United Methodist Church. Depart at 1:30 pm.

Monday, Jan. 22 - Lunch Adventure/Visit to the FDR Museum in Hyde Park. Enjoy lunch after at the Eveready Diner in Hyde Park. Depart at 10 am.

Saturday, Jan 27 at 1 p.m, with pre-opera talk at 12:30. Live satellite broadcast of *Carmen*, at the Bardavon. Depart at 11:45 am.

Sunday, Jan. 28 at 4 pm – The Howland Chamber Music Series presents Alessio Bax and Lucille Chung, performing Poulenc, Debussy, and Astor Piazzola. Depart at 2:45 pm.

Winter Weather and Bus Transportation

With winter upon us, please note that it may be necessary to cancel transportation services during bad weather. Residents 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 reached the beginning of the New Year and welcome January! The first month of the calendar year has an interesting past. It is said through Roman mythology the name January came from Janus, a god with two faces. The principle thought was that this god presided over all beginnings, transitions and endings. Such a perfect name for the end of one year and the start of a new year. The uniqueness of January provides us each with a chance to look both ways - back over the past year and preview into the future of this new year. This can be a worthwhile activity.



Usually people promise to improve something or do something different. It almost always involves taking “action”. Someone may choose take a new class, read more books, or complete something that they started and forgot about. Whether big or small, there are many opportunities that come our way, so when opportunity knocks don’t waste the chance - get up and answer that door!

The symbolism of his two-headed image is fitting since it represents a double nature – just as the double nature of movement and change are interconnected. Therefore, this New Year 2024 is a chance to examine and explore what you can do to enrich yourself, your life and others. Take a few moments and really think about what would interest you towards your goals.

Wellness Wishes for the Best 2024,

Mary Jo

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

Mental Health & Wellness Committee Sponsored Event: Death Café

The next Death Café at Woodland Pond will be **Wednesday, Jan. 24 at 2 p.m.** in the PAC.

“Awareness of the inevitability of death can give life a deeper meaning,” says Barbara Sarah, a Death Café facilitator and co-founder of Circle of Friends for The Dying, Hudson Valley. Death Cafes are safe places where people of all belief systems come together to get in touch with and express their feelings about mortality.

With no agenda, objective or themes the conversation flows in a relaxed, non-judgmental manner. Enjoy some refreshments and the opportunity to learn why people say that by expanding your awareness of death and dying you can make the most out of a finite life.

Please sign up at Concierge to attend.

Is Your Emergency Packet Up-To-Date?

Forms are available outside the Wellness Nurse’s office.

Fitness Center Workshops

This month’s Fitness Center Workshops with Grace will be

**Tuesday Jan 9
at 1 p.m.
and
Friday Jan 19
at 1 p.m.**

Please sign up at Concierge to attend.

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

Tour of the Health Center Visit our highly acclaimed Health Center! Sign up at Concierge!



New to Woodland Pond – or have never visited the Health Center? Here is your opportunity!

Natalie Russak, Admission Coordinator for the Health Center, is conducting a tour of the Health Center for Independent Living residents. The first tour will be **Monday, Jan. 22 at 1 p.m.** in the IL Lobby.

Natalie will tour all areas of the Health Center and go over all services. You will have a chance to ask questions. The tour will take less than one hour. There will be a tour on the 4th Monday of each month in January, February and April, 2024. The tour in March will be the 3rd Monday.

Margaret Nijhuis, HC Committee Chair

A Fitness Note from Grace

I hope everyone had a wonderful and festive holiday season! Happy New Year! Starting this month I will be a pool deck monitor/buddy on certain days and times. I will be on the pool deck **Mondays & Tuesdays from 11 a.m.-12 p.m., Wednesdays from 3-4 p.m., and Fridays from 11a.m. to -12pm.** Because of this change, for right now I will no longer be leading walks on Monday and Tuesday at 11 a.m. Please look at your fitness calendar. The days that I am on the pool deck are labeled “Open swim with Grace.” Feel free to email me at gjuhren@wpatnp.org with any questions or concerns.

Grace Juhren, Fitness Instructor

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

New Year ~

We are delighted that several new residents will be calling Woodland Pond their home, from as far as California to as close as Rifton, NY. 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/Edited by Halema Hassan

Joyce Zonana and Michael Piccuch Cottage 12 Danskin Way



The couple moved to Woodland Pond from their apartment in Bay Ridge, Brooklyn, a stone's throw away from where Joyce grew up in Bath Beach, where her family settled after emigrating from Cairo,

Egypt. Before marrying Joyce, Mike had lived in Long Beach, New York for 30 years. The two met in the summer of 2013 and married in March of 2015, drawn together by their shared interests in yoga, music, literature, art, film, and social justice. Together they have participated in numerous yoga retreats in such places as Costa Rica, Mexico, Peru, Spain, and Denmark.

Joyce retired in 2016 from her professorship at Borough of Manhattan Community College. She earned her Ph.D. in English literature at the University of Pennsylvania and taught English and Women's Studies in Oklahoma, New Orleans, and New Jersey before returning to New York in the wake of Hurricane Katrina. She is also a certified instructor of Integral Hatha Yoga, and has recently begun practicing Tai Chi and Qigong. She works part-time these days as a literary translator from French to English, and enjoys gardening and knitting.

Mike grew up in a Lithuanian neighborhood in West Pullman, an industrial area of Chicago. As a young man, he was a novice for one year in a Trappist monastery in Iowa.

Continued next column

Zonana/Piccuch continued

He earned a Master's degree in philosophy at Loyola University of Chicago, and began to work for AT&T. Mike moved to New York in 1983, and worked in telecommunications in IBEW, Local 3, for 29 years. He's been a member of a Great Books reading group for twelve years, and is currently beginning to enjoy experimenting in the kitchen.

Mike and Joyce bring with them two young cats, Anna and Elsa, adopted during Covid from a shelter in Warwick, NY.

Marcia Whitfield ~ Apt. 339

Marcia is moving here from Tillson, NY. She was born in Jamestown, NY and moved to Orange County after graduating with a degree in French and Spanish. She taught for a few years in local high schools and traveled to Europe with her students. She's been to Spain, France and Mexico for school trips. After a short time in teaching, she decided to stay home and raise her daughter, Anne, and only worked part time as a substitute teacher.



When Anne grew up and left home, Marcia decided to get into real estate, got her real estate license in 1990 and never looked back. Today she visits with Anne, who lives in Stone Ridge and her 2 grandchildren, whom she shares with another resident, Sandra Smiley!

Marcia moved to Tillson in 2008 and enjoyed taking walks with her rescue dog, who has since passed away. Marcia enjoyed doing yardwork in her Tillson home until it became too much for her. Then she sought us out. She also loves to read and use an exercise bike. She looks forward to meeting people in her new community.

Woodland Pond

~ New Residents!

Gordon and Claudia Carville ~ Apt. 309



Claudia, Gordon and Cello, come to us after a lifetime (almost) of living in various parts of California. You might ask why anyone would leave California weather for New York and the answer is simple. They have a daughter who lives in a lovely home with her husband in Woodstock!

Claudia and Gordon met at a Halloween party shortly after moving to California (Claudia from Chicago and Gordon from Rhode Island) in 1961. During that time Claudia was flying troops into Viet Nam as well as vacationers to Hawaii working as a Flight Attendant for Continental Airlines. Gordon was 3,000 miles away in New London, Connecticut working on Polaris nuclear submarines.

Both Claudia and Gordon shifted careers with time. After 23 years with Continental, Claudia retired to spend time with their two young daughters in their new home in Silicon Valley. After a few years Claudia found a second career which allowed her to monetize her natural comfort in talking to strangers. She became a sales representative in the gift industry.

The family's move to "Silicon Valley" was prompted by Gordon's 40 year career in the semiconductor industry. He started in the business shortly after college graduation in 1961 and was able to be a part of an industry that has grown to dominate every part of our daily lives.

"Looking at the world after 9/11, I thought a lot about things that needed to change, including where I could contribute, and I was given the opportunity to teach."

Gordon obtained a teaching credential in math for California and started teaching in a local high school. Quickly an opportunity arose to teach statistics, "and I found my home." For the next few years he taught statistics in two local junior colleges until last year when the couple moved to New York.

"At the present the most interesting member of our family is our dog, Cello, a Shih Tzu/poodle, who has been the love of our lives for 11 years."

An Inspirational Thought for the New Year



"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well."

[Voltaire]

Joanne Withington ~ Silver Birch Cottage 97

JoAnne grew up in Kansas. (Sorry, no ruby slippers.) After attending college in Colorado, she moved to Philadelphia with her new husband where he earned a PhD at UPenn and she earned a PhD (Putting Hubby Through) at the Unit for Experimental Psychiatry at the Pennsylvania Hospital. The next 35 years were in Plattsburgh, New York where she served 11 years on the Plattsburgh City School Board and raised her two sons. Norwich VT was home from 2006 until now. This final move is to be closer to family.



JoAnne enjoys reading, knitting, tai chi, and playing the piano.

Note: Two additional New Resident profiles continue on your newsletter insert.

Thank You, from Resident Services!


The Resident Services Department expresses heartfelt thanks to the many residents who lent a willing hand and shared their variety of talents during the holidays ~ helping us decorate our community, serving at the staff holiday party, and leading or performing in the myriad of holiday programs.



We appreciate you all!

Rolf Nijhuis captured the scene of the huge crane lifting the new AC unit to the North Wing roof last month. It was quite a sight and undertaking!

Applauds Program Salutes Employee Service

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

Rob Stahli	Stephanie Rzeszewicz	Josh Mejia
Ashley France	Connie Rzeszewicz	Jason Irish
Ruth Fialkow	Tonya Reidinger	Bailey Ginn
Julia Brooker	Ryan Pomeroy	Lisa Cea
Mark Baker	Alyssa Delessio	Orres James
Ryan Kraehmer	John Schmidt	Jeffrey Seitz
Tyler Vermilyea	Ashley Merlo	Jane Basso
Grace Juhren	Lindsey Marquis	Angel Murphy
Natalie Russak	Peyton Curley	Jasmine Sadiq
Emily Watson	Emily Alexander	Mari Brautman
Theresa Fiscaletti	Monique Lawrence	
Huguette Pierre-Noel		

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, Jan. 9



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

Celebrating this month are:

Shalom Schwartz - Jan. 1	Anne Gordon - Jan. 18
John Fracasse - Jan. 3	Bill Tabb - Jan. 19
Virginia Kohli - Jan. 4	Dorothy Jessup - Jan. 19
Dave Stevenson - Jan. 5	Eddie Nelson - Jan. 22
Stan Drewnowski - Jan. 9	Betsy Tuel - Jan. 26
Phil Kissinger - Jan. 11	Sherman Raskin - Jan. 27
Kathy Kane - Jan. 12	Marian Baldwin - Jan. 29
Joan LaChance - Jan. 17	Jean Crawford - Jan. 29



Welcome New Residents!



Rosalie Hasbrouck - Apt 537 [North Wing]
JoAnne Withington - Silver Birch 97
Elizabeth Spiegler - Apt 312 [South Wing]
Eddie Nelson - Apt 210 [South Wing]

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

A Thought for the New Year

"If you have the power to make someone happy, do it. The world needs more of that."

[Anonymous]



From the ROVE Committee

The ROVE Committee thanks all residents who made our 2023 campaign to show appreciation for Woodland Pond's hourly employees a success. We have received many heart-felt thank you notes from our grateful staff.

As in years past, your January statement will include an enrollment form from ROVE to kick off the 2024 campaign. The form has been modified this year to make enrollment easier for you.

Please read the form carefully to understand the changes. If you have questions, we will be hosting an information table outside the mail room. The schedule is:

Friday, Jan. 5 from 11:30-1:30 and 4:30-6:30
Tuesday, Jan. 9 from 11:30-1:30 and 4:30-6:30

To answer any questions from Health Center residents and their families we will also have a ROVE Committee member in attendance at the next Health Center Family Council on Jan. 30 at 5 p.m.

We wish everyone a healthy and prosperous New Year. Please keep Woodland Pond's employees in mind.

Suzanne Orchowski, Chair of ROVE Committee



Next Woodland Hikers Outing

On **Wednesday, Jan. 3 at 2 p.m.** we will leave from the Lobby to hike along the Esopus Meadows in Esopus. Wear sturdy shoes and bring a hiking pole and water. Sign up with the Concierge to ensure your seat on the bus.

Last month's outing to Split Rock on the Mohonk Preserve included seeing local millstones, which was one of the local industries. This one pictured at right was probably started (and then abandoned as imperfect) by one of the Van Leuven family. They scraped out a living in the nearby hamlet, making millstones, barrels, charcoal and growing their own food.



Margaret Tabb, Sue Gilder and June Finer pose by an abandoned millstone. [Photo by Tyler Jones]

June Finer



Interfaith Committee News

A Happy and Blessed New Year to All!

The next meeting of the Interfaith Committee will be **Monday, Jan. 22 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 understanding," whatever your faith may be, we invite you to join us and become a member.

We are looking forward to several Tree of Faith programs in 2024. At this time we have a speaker on the Zoroastrian faith scheduled in March and we are working on other possibilities. Watch for the exact information in this column in the future.

Upcoming religious holidays in January: 6th, Epiphany; 7th Coptic Orthodox Christmas; 13th Magi; 14th Orthodox New Year; 21st World Religion Day; 24th Tu Bishvat (Jewish).

Billie Stevens, Secretary

Second Saturday with Pastor Lyn

In the afterglow of Christmas and Epiphany I'm thinking that a closer look at the people in those stories might give us inspiration for our walk together in 2024. What can Mary and Joseph and the Innkeeper and the shepherds and King Herod and the wise men teach us? Think about this. Then come together with Pastor Lyn and Jane. Let's pool our insights. We're never too old to learn.

Saturday, Jan. 13 at 10:45 a.m. in the Health Center Great Room.

Pastor Lyn Mehl

Women's Tea Talk



The Women's Tea Talk on **Monday, Jan. 8** will take advantage of some extra time available to us in the PAC to watch a 105-minute restored recording of the live television broadcast of *Peter Pan* (with Mary Martin as Peter Pan and Cyril Ritchard as Captain Hook), shown on NBC on Jan. 9, 1956.

All women are invited to join us in the PAC at **2 p.m.** for this special event which the *New York Times* described at the time as "Thrilling!... The production had that electrifying excitement of theatre at its most finished and, above all, that contagious esprit that joins player and audience in a sublime escape from reality." While the original telecast was in color, the kinescope recording method used at the time means that only a black and white version has survived.

Marilyn Mallue



Upcoming Shalom Space Programs

Fridays at 4 p.m. in the Classroom



- * Jan. 5 - *Converting to Judaism* (Maddy Lee)
- * Jan. 12 - *What are Jews Afraid of?* (Norman Sasowsky)
- * Jan. 19 - *Why I am a Jew. How I am a Jew* (Nessie Karp)
- * Jan. 26 - *Missing husbands* (Sylvia Chasan)

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 (**Jan. 16**). Newcomers are always welcome.

Martin Luther King Jr. Observance

On **Monday, Jan. 15** we will observe the Martin Luther King, Jr. holiday with two events: Our WP folk singing group will gather at **4 p.m.** in the PAC to sing songs of freedom and civil rights. All are invited to come join the sing-along with them! Please sign up at Concierge by **Friday, Jan. 12** if you want to participate, so we can plan for enough song sheets.



At **7 p.m. in the PAC** there will be a film presentation, *MLK/FBI*. Dr. King is remembered as an American hero: a bridge-builder, a shrewd political tactician, and a moral leader. Yet throughout his history-altering political career, he was often treated by U.S. intelligence and law enforcement agencies like an enemy of the state. This 2020 documentary provides a detailed account of the FBI surveillance that dogged King's activism throughout the '50s and '60s. In crafting a rich archival tapestry, featuring some revelatory restored footage of King, the film urges us to remember that true American progress is always hard-won.

From the Décor Committee

Administration and the Décor Committee will be photographing and cataloguing the artwork hanging in the North halls. Please be sure the artwork is labeled on the back with the owners name and the artist and title if known. Also indicate if it is a gift to or on loan to Woodland Pond. If you see artwork that is not labeled and you know who the artist or owner is please put that information on a tag and tape it to the frame. If you have any questions please contact someone in the Design and Decor committee.

John Ortner, Chair



Sustainability Committee News

Contribute in 2024 to Woodland Pond's Sustainability Action Plan !

You are invited to ring in the New Year by participating in Woodland Pond's moves toward more sustainable living. This "*help save-our-Earth*" focus emerged with Covid when the Sustainability Committee was formed: we plan to build on these four years of achievements.

Starting in 2024, SusComm plans to develop a *Sustainability Action Plan*. Join us at our next general meeting on **Wednesday, Jan. 24 at 2 p.m.** in the Classroom when we'll begin discussing objectives and goals.

Highlights of our ongoing achievements:

- 3-part plastic container reuse • Green Dot/no paper program/ GOOSE paper
- LED bulb exchange • Compost bin(s) reorganization
- Trash Rooms' improved signage • Annual Earth Week Recycling Education
- Repair Cafes • Reuse initiatives e.g. Clothes Swap/ Apt. clean-out

Did you know that our six newest 'Silver' Birch cottages are upgraded with many sustainable features? [e.g. Better insulated walls and HVAC ducts, low flow plumbing fixtures, 100% electric for heat, hot water, cooking, fireplace (no fossil fuel used), and a tightly sealed building envelope.]

Woodland Pond has voluntarily chosen to design and construct these new cottages to meet NYS Stretch Energy Code requirements. Achieving code compliance increases construction *expenses*. Yet these are balanced by long term *savings* when fossil fuels are reduced.

As Woodland Pond considers expanding, sustainability discussions will be part of the planning. Join us and have a voice in Woodland Pond's sustainable future!

Joy Dryer, for SusComm Steering Comm: Nora Brown, George Brown, June Finer, Yakov Pipman, Dawn Sangrey.



New cottage construction photo by Joy Dryer

Land Conservation Presentation This talk is for the birds!

On **Tuesday, Jan. 16 at 2 p.m.** in the PAC the Land Conservation Committee is pleased to have Kara Belinsky, PhD. here to talk about the great variety of birds and their habitats in and around Woodland Pond.



Dr. Belinsky is an associate professor of biology at SUNY specializing in ornithology. Her research interests focus on how human development and land use affect wildlife, and how we can create habitats that are more beneficial to both birds and humans. She has studied how suburbanization affects bird diversity, how to build bird and bee-friendly solar energy installations, and how off-trail hiking may be harming mountain-top breeding birds in the Catskills High Peaks.

The 60 or so nest boxes (bird houses) you may have seen in the Mill Brook Preserve and in residential yards in the neighborhood is one of her current projects, and in this talk we will learn what Dr. Belinsky and her students have discovered so far about how nest boxes can be placed to reduce dominance by invasive birds and to better support native birds. Graphics will accompany her presentation.

Paul Fargis, for the Committee



ArtScope New Exhibit



Join us at our Opening Reception for the new exhibit on **Monday Jan. 8 at 7 p.m.** in the PAC. The new exhibit features two photographers from the Roost Art Gallery in New Paltz: Paul Bracey and Carl Cox.

Creativity flourishes at Woodland Pond

Attention Bingo Fans ...

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



Square Dancers Invite You!

Our professional caller, Sandy Corey, will be back to lead us in the fun of square dancing on **Wednesday, Jan. 10 and Wednesday, Jan. 31 at 3 p.m.** in the Art Studio. Mark your calendar!



It's a great way to meet new people while getting some exercise and having fun. Questions? Call Deborah Moore at 845-419-3355.

A collage from Our Happy Holidays — we packed lots of special events into the month!



At right, Michele Caccavano's watercolor effect photo of the Lobby tree.



Staff holiday party, including a decorating contest and wonderful 'wait staff' of resident-volunteers serving a delicious meal prepared by our stellar chefs....



... Holiday card-making workshops and concerts galore! [Photos by Artie Raphael, Larry Randall, Tonya Reidinger, and Gretchen Daum]



Upcoming Special Events

Poetry Reading: Wednesday, Jan.10 at 2 p.m.
in the Performing Arts Center

This presentation will begin with Peter Pitzele reading some poems from his book of poems written in 2020-2023 called *Singing About the Dark Times*. The poems record his evolving responses to the demands of the times as he turned into his 80's. He hopes the poems will prompt stories and reflections from those who attend. What did we learn about ourselves and the world from the Covid years? As older persons, how did these years challenge us to reach more deeply into our spiritual lives and our relationships?

Musical Treats and Sweets: Mozart and the Classics!
Sunday, Jan. 28 at 1:30 p.m. in the PAC

Come chase away the January blues and celebrate Mozart's birthday with the lovely music of the Classical Era. Piano students of Valentina Shatalova will present a program of Mozart, Haydn, Beethoven and other composers that either influenced Mozart or were composing during this time period.

Mozart, of course, loved sweets (don't we all?!) so the musical event will be capped off with a reception with various desserts.

Pond Pets

Article by Lucy Muller

Recently I went over to Bean's Cat Cafe on Church Street. Jess and Justin Striker learned of this idea from Japan and opened in Beacon, and decided to try New Paltz, too. I talked to Tezz Gomez, the manager who began working at the cafe last June shortly before it opened. It is a pleasant spot for coffee and a room with about eight cats who have been rescued. You make an appointment for 30 minutes of cat time. You must only pet if the cat comes to you, but you can play with them, if they choose to, and adopt. Bamboo is a ten-year-old Siamese, whose person gave him up. I bet he would love a cuddly lap once again.



If you'd like to feature your pet in a future issue of *Woodland Life*, please give me a call!



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**An Inspirational Thought
for the New Year**

*“Write it on your heart that every day
is the best day of the year.”*

[Ralph Waldo Emerson]



*Susan Smith
captured this
setting moon, shot
at 2:30 one early
morning.*

The Repair Café is happening again! This, the 5th one at WP, will be on **Saturday, January 27 from 11 a.m.-3 p.m.** in the PAC!



Join us again and bring your treasured and valued stuff to be repaired. Your volunteer neighbors will be there to fix your things while you watch and learn.

Do you have jewelry, watches, clothing, electronics, electrical appliances, woodwork, knives and scissors, a struggling plant and other stuff that needs some help?

If in doubt, bring your item and we will try fixing it. We look forward to everybody in the WP community sharing the fun! Watch for more information as we get closer to the date. Contact Yakov Pipman for more details and perhaps also to volunteer.

January Highlights at a Glance

- Friday, Jan. 5 at 3 p.m.** - Live Music with *Starlight Trio* [PAC]
- Monday, Jan. 8 at 7 p.m.** - ArtScope Opening Reception - PAC
- Wednesday, Jan. 10 at 2 p.m.** - Poetry Reading with Peter Pitzele - [PAC]
- Monday, Jan. 15 at 2 p.m.** - MLK Holiday Event: WP Folk Singing Group sing-long of Freedom & Civil Rights Songs [PAC]
- Monday, Jan. 15 at 7 p.m.** - MLK Holiday Film Presentation: *MLK/FBI* [PAC]
- Tuesday, Jan. 16 at 2 p.m.** - Land Conservation Program: *For the Birds* with Kara Belinsky, PhD. [PAC]
- Thursday, Jan. 18 at 2 p.m.** - *Council Connections* with guest Philip Mehl, Health Center Administrator - [PAC]
- Wednesday, Jan. 24 at 2 p.m.** - Death Café [PAC]
- Saturday, Jan. 27, 11 a.m.-3 p.m.** - Repair Café [PAC]
- Sunday, Jan. 28 at 1:30 p.m.** - *Musical Treats & Sweets: Mozart & the Classics* Student Piano Recital [PAC]
- Tuesday, Jan. 30 at 2 p.m.** - *Another Eden* performance with Nora Brown, the Movement/Music class and others [PAC]

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

