



■ Pages 6-7
Scenes Around
Our Campus

In This Issue

■ Pg. 11/Insert
Meet New
Neighbors



WoodlandLife

Vol. 16, No.5

May 2024

Spring Concert Time Begins!

On a weekly basis you might say our “halls are alive” with the sound of music, and come Springtime we always look forward to the opportunity to hear the fruits of those weekly rehearsals as several of our resident musical groups and outside performers share their spring concerts. We’re pleased to offer the following musical menu for May for your enjoyment:

Tuesday, May 7 at 7 p.m. in the PAC - The Hudson Valley Flute Ensemble looks forward to presenting their spring concert with a repertoire that includes Japanese Folk Songs, along with works by Leonard Bernstein, Debussy, Mendelssohn, Strauss, and more. “Our bassist friend Lou Pappas will return to play some popular tunes with us,” adds ensemble member Marcia Gates. “We hope you will join us!”



Monday, May 13 at 7 p.m. in the PAC - The IBM Chorus returns to present their spring concert featuring favorite Broadway tunes. This group is always a fun treat to hear!

Wednesday, May 15 at 7:15 p.m. in the PAC - It’s an *Evening of Musical Potpourri*, featuring three talented WP residents, pianists Jean Aldwell and Barbara “Bobbie” Renfroe and John Ortner on French Horn. Jean and John will perform works for French Horn and piano from Mozart to the 20th century, which are more of a duet between the two. Jean and Bobbie will perform three fantasies on American Folksongs by Douglas Townsend. Bobbie and her friend Sue Ellen Brooke, a clarinetist, will offer a variety of selections for clarinet and piano ranging from Klezmer music to Vaughan Williams, Scott Joplin, John Philip Sousa, a traditional Appalachian song and a Prokofiev selection.

The Dulcimer Players will present their Spring Concert on **Monday, May 20 at 3 p.m.** in the Health Center Great Room and again on **Wednesday, May 22 at 2 p.m.** in the PAC. “The concert will include folk tunes and classical pieces, sing-along's and listen-to's, old favorites and some brand-new pieces,” says group leader Suzanne Orchowski. “We’ll be playing on a variety of instruments, including one never before played at Woodland Pond!”



Wednesday, May 29 at 7 p.m. in the PAC - It’s time for Bachfest in the Hudson Valley and we are pleased to once again be a venue for one of the concerts being held in the area. The music of JS Bach and sons will be performed by professional musicians who frequently perform for us at

Woodland Pond. Stay tuned for more details about what promises to be an outstanding concert!

Memorial Day Observance

On Friday, May 24 at 2 p.m. residents are invited to the annual Memorial Day observance in the Health Center Great Room as we present a program of readings and music to honor the fallen.



WP veterans, members of the Interfaith Committee and the Handbell Ringers will be leading the program.

On Monday, May 27 at 2 p.m. in the Health Center Great Room, pianist Justin Kolb will present a program of music by American composers.

Council Corner



May meetings of your Residents' Council are **Thursdays May 2 and May 16 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, May 16 at 2 p.m.** in the PAC. Watch for updates about the guest speaker.

Evelyn Rosenthal, Corresponding Secretary

From Woodland Pond's Board of Directors

This article continues to outline the steps taken by the Governance Committee in bringing new candidates to the Board.



After receiving our "sales kit," (outlined last month), if the individual expresses continued interest, more background information will be developed, including from him/her, and, with this additional information, his/her candidacy will be discussed by the full committee. If the results continue to be positive, an interview with as many committee members as possible will be arranged. If the designated host of this interview senses the interview was positive, s/he will introduce the candidate to Michelle Gramoglia on the way out, if she is available. The host will then return to the group for a discussion of the individual and a decision whether to recommend the person to the full board for membership.

With these formal steps, we feel we are exercising due diligence in recommending strong candidates to join and enhance our well-functioning board.

Dick Barry, Secretary

Dining Services - Special Events for May



We will be having a Cinco de Mayo celebration at Brunch on **Sunday, May 5**, featuring specialty entrees and margaritas! Brunch seatings at **12:00 p.m. and 12:45 p.m.**

We will be serving Mother's Day Brunch on **Sunday, May 12**, with seatings at **12:00 p.m. and 12:45 p.m.** Reservations must be made by **Wednesday, May 8th**.



A special Memorial Day dinner menu will be served on **Monday, May 27**. Dinner seatings are at 4:45 p.m., 5:30 p.m. and 6:15 p.m.

Monthly Wine Tasting will be **Tuesday, May 28th**, in the Pub at Happy Hour.

Our next Kitchen Tour will be **Friday, May 17 at 11 a.m.** Please sign up at Concierge if you'd like to see the inner workings of our kitchen! The tour begins at the Reservation Station.

Ashley France, for Dining Services

News from Your Benefit Fund

At last! the new signs (on the wall facing the Dining Room) have arrived. You will see the names of residents and family



members who have donated \$100 or more to our fund in 2023, and the people in whose memory or honor those funds were donated. There is also a list of projects on which funds were spent. Will your name be on the donor list for 2024? We hope so.

Ask the Concierge for an envelope giving you directions on how to make a tax-free gift to our fund. It will be much appreciated.

On June 4, we are presenting another appearance by Tony Musso, journalist/historian in another of his entertaining talks on local history.

Anne Gordon, Woodland Pond Benefit Fund Chair



ArtScope Exhibit



Stratton painting photo by Michele Caccavano

Please continue to enjoy the ArtScope exhibition of paintings by the late Thomas Stratton currently on display in the PAC for the month of May.

Creativity flourishes at Woodland Pond

Our resident-volunteers were honored with a joint IL-HC reception during last month's National Volunteer Week.

Thanks for all you do!





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.** [Classroom]
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]
Folk Singing Group: **(May 1 at 3 p.m.** [Courtyard/or in PAC if rain]
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: **Field trip this month**
LGBTQIA+ & Allies: **4th Tuesdays at 2 p.m.** [AS]
Loss in Literature: **Tuesday, May 7 at 4 p.m.** [CR]
Mah Jongg: **Mondays & Fridays, 1 p.m.** [AS]
Men's Coffee: **Saturdays at 9:30 a.m.** [PAC]
Movement/Music & You: **Tuesdays at 11a.m.** [PAC]
Opera/Ballet Night: **2nd & 4th Fri., 7:15 p.m.** [PAC]
Pet Ponders: **4th Wednesdays at 7p.m.** [ClS]
Philosophy Circle: **2nd Wednesdays at 11 a.m.** [ClS]
Pinochle: **Fridays at 1 p.m.** [GR]
Playreaders Group I: **Thursdays at 2:30 p.m.** [AS]
Playreaders Group II: **Thursdays at 4:15 p.m.** [AS]
Poetry Group: **Friday, May 31 at 2 p.m.** [CR]
Pondaliers: **Mondays at 3:30 p.m.** [PAC]
Rummi-Kub: **Daily at 7 p.m., Sundays, 2 p.m.** [GR]
Scrabble: **Fridays at 10:30 a.m.** [GR] (on May 3, 10 & 17 in Dining Room.)
Shalom Space: **Fridays at 4 p.m.** [ClS]
Short Story Group I: **1st & 3rd Tues., 3:30 p.m.** [ClS]

Groups continue next column

Interest Groups continued:

Short Story Grp II: **2nd & 4th Tues., 3:30 p.m.** [ClS]
Social Bridge: **Tues. & Thurs. at 12:30 p.m.**[GR]
Spanish Chat: **Wednesdays at 11:15 a.m.** [AS]
Square Dance: **2nd & 4th Wednesdays at 3 p.m.** [AS]
Table Games: **Mondays at 7:15 p.m.** [ClS] and **Saturdays at 2 p.m.** [AS]
Watercolor Class: **Mondays, May 13 & 20, 10 a.m.** [AS]
Women's Tea: **Mondays at 2 p.m.** [ClS] (2nd Monday Tea Talk in the PAC)
Yarn Mavens: **1st & 3rd Tuesdays, 3 p.m.** [AS]

Committee Meetings for May

Physical Plant - **Wednesday, May 1 at 10 a.m.** [GR] **and Thursday, May 16 at 1 p.m.** [AS]
 Contact: Fred Wolinsky, Chair
Décor/Design - **Thursday, May 2 at 1 p.m.** [CR]
 Contact: John Ortner, Chair
Library Committee - **Monday, May 6 at 12 p.m.** [ClS]
 Contact: Virginia Cannon, Chair
Finance Review - **Monday, May 6 at 1 p.m.** [AS]
 Contact: Dave DeWilde, Chair
Dining - **Tuesday, May 7 at 10 a.m.** [Classroom]
 Contact: Joan Kleinegris, Chair
WP Benefit Fund - **Wednesday, May 8, 10 a.m.** [CR]
 Contact: Anne Gordon, Chair
Landscape - **Wednesday, May 8 at 2 p.m.** [CR]
 Contact: Deborah Moore, Chair
Mental Health & Wellness - **Friday, May 10, 10 a.m.** [AS]
R.O.V.E. - **Monday, May 13 at 11 a.m.** [GR]
 Contact: Suzanne Orchowski, Chair
Welcome - **Tuesday, May 14 at 11 a.m.** [GR]
 Contact: Alice Cross, Chair
Land Conservation - **Friday, May 17 at 3 pm.** [CR]
 Contact: Larry Randall, Chair
Sustainability - **Wednesday, May 22 at 2 p.m.** [ClS]
 Joy Dryer, for the Steering Committee
Interfaith - **Monday, May 27 at 10:30 a.m.** [GR]
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary
Health Center - **Tuesday, May 28 at 1 p.m.** [ClS]
 Contact: Margaret Nijhuis, Chair

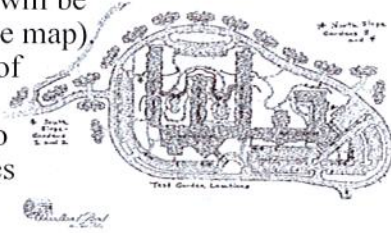


Sustainability Committee News

New Test Gardens Feed Butterflies, Bees, Birds

Pussytoes, Foamflower, Butterfly Weed, and Rough Blazing Star are among the thirty native plants coming soon to Woodland Pond in four new test gardens. Two landscaped beds on the south slope and two on the north slope will be installed this spring (see map).

The beds are a project of our Sustainability Committee, designed to demonstrate alternatives to grass.



Much of our open land on campus is planted in turf grass, a monoculture that requires weekly mowing and treatment with herbicides, pesticides, and fertilizers. Once these new gardens become established, they will require little maintenance and provide food for our native critters, including butterflies, bees, beetles, and hummingbirds.

The new gardens will demonstrate alternatives for future landscape planning both here on the existing campus and on the grounds of the proposed expansion. Perennials, shrubs, ground covers and grasses suitable for different conditions are being installed. The south slope is dry and hot; the north slope is cooler, shadier, and wetter. A complete plant list is available in the Library.

The landscape plans were unveiled during Earth Week by a proud team of resident volunteers who have been working on this project for a year. They are supported by Tom Tango, Director of Plant Operations, and our horticulturalist, Mark Eisenhandler. Through research, planning, professional consultation, evaluation, and community input, our goal is to reduce the negative ecological impact of grass mowing and treatment while increasing the positive benefits of native plantings.

Dawn Sangrey for the SusComm Steering Committee

Next Woodland Hikers Outing



On **Wednesday, May 1** we will leave from the Lobby at **2 p.m.** to hike on the trails of the Mohonk Preserve from the Spring Farm trailhead. Please wear sturdy footwear and bring a pole and water. Sign up with the Concierge to ensure a seat on the bus.

June Finer

Bus Trips for May



Wednesday, May 1 – Woodland Hikers visit Spring Farm trailhead at the Mohonk Preserve. Depart at 2 pm.

Friday, May 3 – Shopping at TJ Maxx/Marshalls/Home Goods in Poughkeepsie. Depart at 11 a.m.

Friday, May 3 at 7:30 p.m. – SUNY New Paltz College Community Chorale presents final choral concert of the season at the Studley Theater. Depart at 6:45 p.m.

Saturday, May 4 at 7 p.m. – Vassar College Chapel presents *Capella Festiva Concert*. Depart at 6 pm.

Monday, May 6 – Visit to Stone Crop Gardens, in Cold Spring. Depart at 9:15 a.m.

Saturday, May 11 at 1:00 p.m. – Bardavon presents *Met Live in HD: Madam Butterfly*. Depart at 11:45 a.m. for pre-opera talk.

Thursday, May 16 at 6 p.m. – Astronomy Night at the SUNY NY Planetarium. Depart at 5:15 p.m.

Saturday, May 18 at 2 p.m. – The County Players at the Falls Theater in Wappingers Falls presents Terrence McNally's *Ragtime, the Musical*. Depart at 12:45 pm.

Sunday, May 19 at 3 p.m. – Rhinebeck Performing Arts Center presents *Little Shop of Horrors*. Depart at 1:45 pm.

Wednesday, May 22 at 11:00 a.m. – Newcomers Bus Tour of New Paltz and the immediate vicinity to discover local businesses, restaurants, and interesting places to visit. Depart at 11 a.m.

Friday, May 24 – Lunch/Shopping Adventure to Adams Fairacre Farms and the Eastdale Plaza in Poughkeepsie. There are several restaurants to choose from at this plaza. Depart at 11:30 a.m.

Wednesday, May 29 – Locust Grove Gardens in Poughkeepsie's stately trees, rolling hills and vistas high above the Hudson River combine to create a grand landscape garden along gravel paths. Enjoy lunch at Panera Bread Co. afterward. Depart at 10 a.m.

Friday, May 31 – Hudson Valley Renegades Baseball Night. Catch a home game of the HV Renegades at Heritage Financial Park in Fishkill as they face the Aberdeen Ironbirds on Irish Heritage Night. Enjoy post-game fireworks. Depart at 6 pm.

Wellness Notes



One of the most important relationships in getting good healthcare is your communication with your doctor and all your healthcare providers. Sadly, talking with your doctor is not always easy.

Being prepared and establishing a simple, clear plan before you go to the doctor will help you make the most of your visit. It is difficult to remember everything that has happened or is bothering you to tell the doctor. Making a list of your symptoms will help you not to forget to tell the doctor some key concerns.

When you make your list be as **specific** as you can: When the symptom(s) started – date/ time, activity you were engaged in when it occurred, how long it lasted, what you did about it, was it reduced or worsened. Also, tell your doctor if you must go to the emergency room or see another specialist. It's beneficial to bring that specialist's contact information, too.

On the list include if you've had changes in your usual daily routine – not able to sleep, cramps in legs, headaches, changes in appetite etc.

Always be sure to list your medications from all your healthcare practitioners you see. Be sure to list all the supplements and over-the-counter medications you take, too. Let the doctor know if you need refills for any of your medications.

Be sure to write down any questions you have prior to the visit and in addition anything pertinent to your life that has changed, such as change in where you live, change in a health care proxy, etc.

Bring your insurance cards to ensure the doctor's office knows if there are any changes or additions to your insurance plans. This can help significantly so the billing process goes smoothly.

Another helpful hint is to write down what the doctor has to say so you can remember the discussion. It is also helpful to have a family member or close friend come with them to their doctor's visits to help you attain all the discussions, answers to the questions and recommendations.

A healthy doctor-patient relationship is collaboration with an open and honest exchange of concerns and information. No matter what health problem or concern you are faced with, your relationship with your medical team is a main component of your best healthcare.



Wellness wishes,
Mary Jo

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

Support Group Meetings



- * *WP Caregiver Peer Support Group* – meets **4th Mondays at 1 p.m.** in the Health Center Conference Room (facilitated by WP Mental Health & Wellness Committee)
- * *Caregiver's Support Group* – meets first **Tuesdays at 1 p.m.** in the Conference Room, (facilitated by Alzheimer's Assn)
- * *The Parkinson's Support Group* – meets **4th Wednesdays at 1 pm.**, Classroom.
- * *Friends of Bill W* - meets **4th Saturdays at 7 p.m.**, in the Art Studio.

Monthly Reminder

Your Emergency Packet should have the **most current** items. Make sure yours is updated!

Forms are available outside the Wellness Nurse's office.

Tick Alert

Spring has sprung and the ticks are very active. Please be sure to check yourself (and your pets) daily and carefully after spending any time outdoors.



Friends of Bill W. Support Group

Special guest speaker, Sister Peggy Murphy, will return for the next Friends of Bill W. support group meeting on Saturday, May 25 at 7 p.m. in the Classroom. This session is open to all residents and staff to attend.

Sister Peggy gave a moving presentation in April; this month she presents a moving talk on "*The Twelve Steps - the most powerful psychologically sound Design for Living*"!



Hope to see you there!

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



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

Life at Woo



The Yarn Mavens meet twice monthly on the 1st and 3rd Tuesdays at 3pm in the art Studio to work on individual and group projects. Come join them!



Our Solar Eclipse Gathering on April 8 brought nearly 75 folks out to the Courtyard to don solar glasses, enjoy snacks and 'sunny' music to witness the rare nearly-total solar eclipse in our part of the Northeast. It was quite a show!

OYEZ, OYEZ, OYEZ!

ENGLISH COUNTRY DANCING is coming!

English Country Dancing (ECD) is a form of recreational dance dating from the 17th century. It was revived over a hundred years ago in the U.K. and subsequently arrived in the U.S.

Think back to the Jane Austen movies and the scenes of dancing in the stately homes and assembly halls — that is ECD. It is not difficult and you just need to be able to walk to the lovely music. You do not need to come with a partner.

We are lucky to have engaged Lindsay Morgan, a local ECD teacher/caller who will give classes in the Art Studio at 3 p.m. on all the Wednesdays in June.

We will precede the course with a presentation, including videos and a demonstration, in the PAC on **Wednesday, May 29 at 2 p.m.** in the PAC.

June Finer



Square Dancers Invite You!

Our professional caller, Sandy Corey, will be back to lead us in the fun of square dancing on **Wednesdays, May 8 and May 22 at 3 p.m.** in the Art Studio. Mark your calendar! Questions? Call Deborah Moore at 845-633-8522.



Come join the WP Folk Singers



It's time for our next folk singing session! We'll meet in the IL Courtyard on **Wednesday, May 1 at 3 p.m.** (or in the PAC, if raining). Come join us and sing old and new union and working peoples songs, after all it is May Day! All are welcome!

Ronnie Sue Jaffe, for the Folksingers



Several adventurous residents participated in trial trips in a pedi cab aka trishaw. They were pedaled on parts of the rail trail near Zero Place. Watch for information about additional chances for residents to travel 'the rails.'
Photos by Dave Smith



Lucy Muller enjoys meeting some precious visitors from the Hope Farm Sanctuary who came to check out Woodland Pond one April Saturday.

Woodland Pond

It has been a Tulip Extravaganza in our Resident Community Garden this spring, thanks to the work of our horticulturist Mark Eisenhandler.

Photo by Mary Jo Murray



Scenes from Our Earth Week Observance



Woodland Life Travels to ... California!

Addie Haas brought the newsletter all the way out to California to visit family, and while she showed it to her brother, she forgot to pose for a picture with it!



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 to where next in the world our newsletter travels!



Julie Noble, Sustainability Coord. for the City of Kingston, gave a guest lecture on ways we can continue being Green at WP.



Barbara Lee Rubin was the winner of our Box Awareness Contest. She guessed 952 and our average monthly estimate was 961. She is being presented with a lovely plant donated by Cynthia Fisher. Sue Gilder and Eileen Francesconi present Barbara with her prize. Thank you all who participated in Earth Week Awareness. Together we can make a difference!



Last month's second 'Theatre Night with Joe and Fred' featured as special guest star fellow WP resident Deborah Moore.



Pond Pets

By Lucy Muller and Suzanne Orchowksi




Zeena, who Suzanne adopted from the Ulster County SPCA, joined the ranks of Woodland Pond as one of our four-legged residents. Let her tell her story:

"I was fairly comfortably living in the Ulster County SPCA until the day came where I was shoved into a cat carrier, then driven to I had no idea where. I was terrified! I was let out of the box in a strange place that I wanted to get away from. Three times I managed to get out and went down the halls but was always found and brought back. Now I understand that the hallway is no place for a cat and I stay in.

"I like living with Suzanne. She makes sure there is plenty to eat, toys to play with and things to scratch on so I don't scratch the furniture. I like spending the nights cuddled up next to her and am beginning to like curling up on her lap. One thing that's really special is spending time on the balcony on sunny mornings. I do wish we'd have more sunny mornings.

"You may see that I have a cloudy eye because I got hurt when I was younger. Some people think I look funny, but Suzanne thinks I look special. "When Mrs. Muller took my photo, she said that I was 'the most beautiful cat she had evvvver seen.' Of course."

Applauds Program Salutes Employee Service

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

Monique Lawrence	Raven James	Lisa Cea
Stephanie Petrose	Katherine Rennie	Bailey Ginn
Melissa Quick	Stephen Owens	Josh Mejia
Eli Howell-Smith	Frantz Brutus	Mark Baker
Alyssa Delessio	Michelle Jurado	Chris Shea
Tonya Riedinger	Tom Rearick	Jane Basso
Linda Storminger	Siobhan Morier	Ashley Merlo
Jonathan Papin	Jasmin Colon	Jason Irish
Cynthia Carangelo	Arlene Wilson	Rob Dunn
Sarah Motherway	Gina Christiana	Dave Coates
Johhny Farris	Matt Perconti	Renae Recai
Ryan Kraehmer	Julia Brooker	Sophia Schor
Tyler Vermilyea	Karina Hernandez	Tarell Fairley
Mary Jo Murray	Pat Mitchetti	Orres James
Victoria Murphy	Hena Saldivar	Jeffrey Seitz
Connie Rzeszewicz	Anna Loscalzo	
Huguette Pierre-Noel	Krystal Banega	
Ruth A. Fialkow	Luwayna Williams-Sprague	
	Jeanne (in Pharmacy)	

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, May 14



We will recognize our May birthday celebrants on **Tuesday, May 14 at 2 p.m.** in the PAC. Celebrants will receive an invitation to attend. (This month we have two 100+ years celebrants, noted with an asterisk!)

Celebrating this month are:

Rhoda Horowitz - May 2	Mary Chen - May 16
Ellen Harp - May 4	Dr. Sol Mora - May 17
Joe Timm - May 5	Norman Brier - May 20
Elinor Gregor - May 7*	Marilyn Richter - May 24
Johanna Hudak - May 8	Joe Cosentino - May 25
Vivian Yettru - May 8	Tom Gilder - May 26
Rea Stein - May 9	Joan Hollister - May 27
Claudia Carville - May 10	Bonnie Kaye - May 30
Bernice Hummel - May 11*	Vivian Stoner - May 30
Ira Trast - May 14	Mary Alice Scully - May 31

Attention Bingo Fans ...



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

From the ROVE Committee

Anyone who's ever waited tables in a restaurant knows it's not an easy job. The same is true for serving in a senior residence, but Monique Lawrence has a knack for making it look easy.



Monique graduated from New Paltz High School in 2021 and has worked at Woodland Pond for 2½ years, always in dining. This is her first job and she wanted to work here to learn to communicate with seniors. She considers it to be a good experience, meeting with the residents and staff and says she

has learned to be more patient dealing with people. Recently she has been trained to work the Reservation desk and in the Pub. Monique works out in a gym, which helps her lift and carry heavy trays with four or more plates (sometimes up to an incredible eight).

When not at work Monique enjoys hanging out with family and going shopping. She is the youngest of three girls.

In the fall Monique will start nursing training with a goal to specialize in pediatric nursing, and hopes eventually to work in a hospital setting.

Monique 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 Suzanne Orchowski*



Welcome New Residents!



Norman and Ida Brier ~ Cottage
Steve & Robbin Goodman ~ Cottage 137
Perry Gunther ~ Apt. 341
Anne Lisick ~ Apt. 241
Iris Pomerantz ~ Apt. 340
Marie Steipp ~ Apt. 240

The Welcome Committee's New Resident Social and Orientation is **Friday, May 31 at 2 p.m.** in the Classroom. New residents receive an invitation to attend.

The Woodland Pond Playreaders' next performance will be **Tuesday, May 28 at 7:15 p.m.** in the PAC. They will present selections from James Thurber's *Further Fables for Our Time*.



Interfaith Committee News

The next meeting of the Interfaith Committee will be **Monday, May 27 at 10:30 a.m.** in the Game Room. Our next Tree of Faith presentation will be about Quakers on **Thursday, May 23 at 1:30 p.m.** in the PAC. Taylor Eskew and Joan Hollister will present their experiences.

Tyler Jones continues leading a Bible Study on the **second and fourth Thursdays at 1 p.m. in the Art Studio.** The attendance has been equal to that of the Lenten Bible Study.

Upcoming religious holidays in May: 3rd Good Friday (Orthodox); 5th Pascha/Easter(Orthodox); 5th Yom HaShoah (Jewish); 9th Ascension Day; 12-13th Yom HaAikaron(Jewish); 13-14th Yom HaAtzma'ut (Jewish); 15th Buddha's birthday (Buddhist/Hindu); 19th Pentecost; 23rd Vesak ; 25th Lag B'Omer; 26th Trinity Sunday; 30th Feast of Corpus Christi.

Billie Stevens, Secretary

Second Saturday with Pastor Lyn Update

The Second Saturday service with Pastor Lyn Mehl will not be held this month. The monthly service will resume on **June 8.**

From the Library ~ Book Review *An Inconvenient Death* by Richard V. Barry

Woodland Pond's Library's section on Aging contains books that reflect the perils and pleasures of getting older. Books advising healthy living, coping with loss and loneliness, as well as retirement, can be found.

This month's book review features *An Inconvenient Death* by Richard V. Barry. An absorbing mystery novel, it deals with life facing death. The mystery involves a detective whose investigation of an apparent suicide cause him to examine his own life. Readers are impelled to consider their own lives as well. Beautifully written, the novel is illuminated by classical, poetical and psychological allusions.

As the mystery is solved, a major theme emerges. The novel urges living life to its fullest. Enjoy your life and seize the day.— "Carpe Diem!"

Richard Barry is an accomplished author and WP resident. His books may be found in the Authors' section of our library.

Anita Kantor



Upcoming *Shalom Space Programs*



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

- ◆ May 3 - The Jewish diaspora (Ronnie Sue Jaffe)
- ◆ May 10 - The 12 Tribes of Israel (Mel Oshen)
- ◆ May 17 - Ethiopian Jews (Lola Weiss)
- ◆ May 24 - Louise van Santen: Resistance member, Gestapo prisoner (Kappa Waugh)
- ◆ May 31- Kantika, a story about Ottoman Jews - (Barbara Rubin)



Nearly 60 residents and guests attended the Passover Seder held in the Performing Arts Center and catered by our Dining Services Team.

Photo by Diane Tepper

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 (May 21). Newcomers are always welcome to attend.

The Philosophy Circle

The discussion for May's session on **Wednesday, May 8 from 11a.m.-12 p.m.** in the Classroom will be on Good and Evil. Anyone is invited to attend.

Book Club



We will discuss *Unbroken* by Laura Hillenbrand on **Tuesday, May 7 at 7 p.m.** in the Classroom. During May we are reading *The Book of Charlie* by David Von Dreble. New members are always welcome!

Michele Caccavano

The Picture Book Nook



Come stop by the Picture Book Nook on the **first Sunday of each month (May 5) in the Library from 1 until 2 p.m.** As May is Older Americans Month, we will feature books about grandparents and some older authors/illustrators such as Grandma Moses.

May Tea Talk



This month's Tea Talk on **Monday, May 13 at 2 p.m.** in the PAC will mark Children's Book Week. Bring copies (or just memories) of your favorite book as a child.

Marilyn Mallue

Meet the Author

On **Thursday, May 2 at 1 p.m.** in the PAC author Betty McDonald will lead a book discussion featuring her first book, *All My Monsters Are Dead or Why I Love Being Old*, a sequence of poems and essays about the stages of life and aging gracefully.



Betty's writing is included in anthologies such as *80 Things to Do When You Turn 80*, *Open House*, *Better with Age*, and *Lightwood*. She has also performed her work for WritersRead, TMI Project, and Woodstock Bookfest. Betty also hosts Words Carry Us, a monthly livestream show of readings and interviews from Green Kill in Kingston, NY.

Wanderlust Rhythms: Video Night with Peter Brown



Resident Peter Brown's first Video Night will take place on **Monday, May 6, at 7:30 p.m.** in the PAC.

Brown will introduce *Peru Perused* (30 min.), the lively chronicle of a visit to South America in 2019. He will also present several of his shorter music videos, featuring Brown's original videography riffing on jazz standards performed by Andy Brown (guitar), Petra Van Nuis (vocalist) and her Chicago-based Recession Seven band.



Future Video Nights may include travels to Austria, the Balkans, the Baltics, Cambodia, Cuba, England, France, Germany, Greece, India, Ireland, Kenya, Korea, Russia, Scotland, Spain, Tanzania, Thailand, and Vietnam.

Peter is a retired professor of German Studies at SUNY New Paltz and the creator of over forty travel and music videos that have been enjoyed by thousands of viewers on YouTube.

Sign up at the Concierge now to reserve your seat!

To all WP Gardeners and Garden Lovers!

Please join the New Paltz Garden Club for our Spring Meeting **Monday, May 20 at 7 p.m.** in the PAC. All residents are welcome; we will have refreshments and door prizes. There will be a presentation by Barbara Campbell, a renowned Master Gardener and long time Garden Club member. She will speak on Landscaping within Nature. No reservations are needed. Hope to see you there!



Margaret Mc Dowell - President NP Garden Club

Land Conservation Program

The Secret Life of Vernal Pools at Woodland Pond

The next in the series of talks sponsored by the Land Conservation Committee will be on **Tuesday, May 21 at 2 p.m.** in the PAC and features Erik Kiviat, co-founder and Executive Director of Hudsonia. Erik will describe his study of temporary or vernal pools, such as those found at Woodland Pond.

Vernal pools have considerable diversity of fauna and flora, and the large pool here at Woodland Pond is of especially good quality. It was the only pool where Erik found fairy shrimp, and there is also a large, "specimen-size" swamp white oak in the middle of the pool. Erik will talk about the special importance of temporary pools in general.



Photo by Carol Natoli

Erik's organization, Hudsonia, is a non-profit which has studied the natural landscape of the greater Hudson Valley for more than 40 years. Much of their research has focused on invasive plants, rare turtles, and Hudson River wetlands. Erik will discuss how Hudsonia's conservation science helps land use planners and conservationists.

Larry Randall, for the Committee

Spring Has Arrived In the Health Center



Our Health Center tours are over until September but we still encourage you to visit on your own. If you know someone there, please call and have them join you in the very comfortable chairs on their front patio. With warmer weather it will be a pleasure for both you and the HC resident.

There are many events taking place in the Great Room, listed each week in the *Chanticleer*, everyone is invited.

Margaret Nijhuis, HC Committee Chair



Lee Garlock (left) and Sue DelGuidice (right) enjoyed the flower-making activity in the HC Great Room as part of our Earth Week festivities. The craft was led by IL resident Barbara Rubin.



"Those who bring sunshine to the lives of others cannot keep it from themselves."

[James Matthew Barrie]



Meet Your New Neighbors!



We are delighted that several new residents will be calling Woodland Pond their home. Most are from our area, and one from California, bringing our California transplant total to 13! 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

Anita Collins ~ Apt. 423



Born in Allentown, PA, Anita grew up in Kutztown, PA in the heart of PA Dutch country. She received her BSc. Zoology at Penn State, MS and PhD. In Genetics at Ohio State. She taught at Mercyhurst College in

Erie PA for a year, then was recruited by US Dept of Agriculture, Agriculture Research Service, to work with Killer Bees. She studied the genetics of their defense behavior. When they could not be altered to become more gentle, the second option was to maintain more control of the mating. US beekeepers have done the rest. Society was saved from a really nasty critter, as they stung 10 times more than any other bees in this country. They were tough to work with: two bee suits, a veil, gloves and good high boots.

Anita retired with thirty years under her belt and now enjoys retirement, reading, free time, and water color painting, as well as spinning and knitting with llama yarn. She had six llamas for many years, one now lives in St. Remy, NY. She has downsized to 2 cats and is pleased to be joining this community!

Anne Lisick ~ Apt. 241

Anne grew up in Pekin, Illinois. She graduated from Northern Illinois University graduating with a degree in speech therapy and was employed by the public school system in her hometown. After a few years she moved to Chicago and continued working for the public schools and met her husband, Ron. They married and moved to Northern California where he accepted a job with Lockheed Missile and Space Co.



After the birth of their three children, Anne took post graduate courses to become a private reading teacher, working with children who had learning disabilities, retiring after 27 years. While in CA, Ron and Anne were involved in tennis, attending theatre, visiting care facilities with their dogs, The Portuguese Water Dog Society, The American Kennel Club, and Culinary Clubs. Anne especially enjoys book club and bridge. After 58 years in California and her husband's passing, Anne is moving to Woodland Pond to be close to her children who live in Brooklyn and West Hurley.

Norman and Ida Brier ~ Silver Birch Cottage 139

Norm grew up in Brooklyn; Ida grew up in the Hudson Valley, in Orange County. After graduating from SUNY Binghamton (then Harpur College), working a few "starter" jobs, Norm did a brief stint as a steamfitter on the Roseton Power plant near Newburgh and Ida began making friends in Poughkeepsie.



When the Roseton job ended, Norm found a financial management job at NYS OMH's (NY State Office of Mental Health) Poughkeepsie psych center, and Ida began an entry-level job at SUNY New Paltz in the Art Gallery, and they bought a house in Rhinecliff (on the same day that OMH announced that Norm's job in Poughkeepsie would be eliminated.)

Ida went to Albany to library school, and worked several years as a librarian, and Norm was offered a job writing Civil Service tests in Albany. Both Norm and Ida ended up over time working in financial management jobs for NYS agencies in Albany – Budget, Mental Health and Social Services – but kept the house (and friends) in the Rhinecliff/Rhinebeck area. Retirement brought consulting, golf, gardening, a part-time research job at Olana State Historic Site, hand spinning, knitting and volunteering at the local food pantry.

Two additional New Resident profiles are included in the newsletter insert.

PAC Movies



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

Classic Movie: **Friday, May 3 at 7 p.m.** - (KY Derby weekend!) - featuring *Secretariat*, starring Diane Lane and John Malkovic.

Ballet Night: This month: *Swan Lake* on **Friday, May 10 at 7:15 p.m.** and *American Ballet Theatre at the Met Mixed Bill*, **Friday, May 24, 7:15 p.m.**

Friday, May 17 at 7 p.m. - Encore presentation of the NBC episode of *Pokerface*, "*Time of the Monkey*". Come see the episode filmed at Woodland Pond during the summer of 2022, which features some of our own residents as extras!



Woodland Pond
at New Paltz

100 Woodland Pond
Circle
New Paltz, NY 12561
(845) 256-5600

Publication Designer
Gretchen Daum

Proof Readers
Lisa Cea
Sarah Leonard

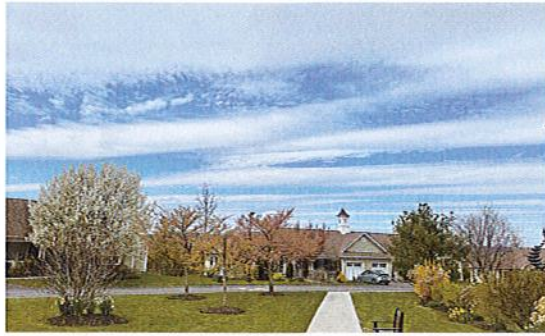
Photography
Michele Caccavano
Cynthia Carangelo
Gretchen Daum
Halema Hassan
Lucy Muller
Mary Jo Murray
Carol Natoli
Suzanne Orchowski
Larry Randall
Dave Smith
Diane Tepper

Contributing Writers
Dick Barry
Peter Brown
Michele Caccavano
Sue Cusack
Gretchen Daum
June Finer
Ashley France
Anne Gordon
Halema Hassan
Ronnie Sue Jaffe
Anita Kantor
Sarah Leonard
Marilyn Mallue
Margaret McDowell
Lucy Muller
Mary Jo Murray
Margaret Nijhuis
Suzanne Orchowski
Larry Randall
Evelyn Rosenthal
Jo Sanders
Dawn Sangrey
Dave Smith
Billie Stevens

Assemblers/Distributors
Eileen Francesconi
Bernice Hummel



*Cherry blossoms
by Larry Randall*



*Carol Natoli captured this Springtime view
of clouds over the Woodland Pond campus*



*Ronnie Sue Jaffe
caught this busy
woodpecker
enjoying the feeder*

May Highlights at a Glance

Wednesday, May 1 at 3 p.m. - WP Folksingers [Courtyard]

Thursday, May 2 at 1 p.m. - Meet the Author: Betty McDonald [PAC]

Monday, May 6 at 7:30 p.m. - Travelogue with Peter Brown [PAC]

Tuesday, May 7 at 7 p.m. - Hudson Valley Flute Ensemble Spring Concert [PAC]

Friday, May 10 at 3 p.m. - Simple Melodies with *The Starlight Trio* [Courtyard]

Monday, May 13 at 7 p.m. - IBM Chorus Spring Concert [PAC]

Wednesday, May 15 at 1:30 p.m. - Management Q&A [PAC]

Wednesday, May 15 at 7:15 p.m. - An Evening of Musical Potpourri [PAC]

Thursday, May 16 at 2 p.m. - *Council Connections* [PAC]

Monday, May 20 at 7 p.m. - New Paltz Garden Club Mtg w/Guest Speaker [PAC]

Wednesday, May 22 at 2 p.m. - Dulcimer Players Spring Concert [PAC]

Thursday, May 23 at 1:30 p.m. - Tree of Faith Program [PAC]

Friday, May 24 at 2 p.m. - Memorial Day Observance [HC Great Room]

Tuesday, May 28 at 7:15 p.m. - WP Playreaders Performance [PAC]

Wednesday, May 29 at 2 pm. - English Country Dance Demonstration [PAC]

Wednesday, May 29 at 7 p.m. - Bachfest Concert [PAC]

Want to share the news-
letter with your family
and friends?

They can read it online at
www.wpatnp.org

