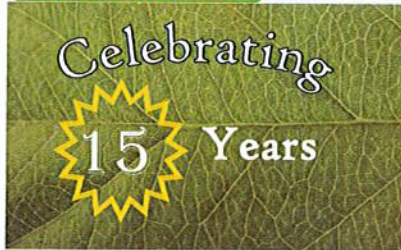




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Our Campus



# WoodlandLife

Vol. 16, No.11

November 2024



### Woodland Pond's Annual Salute to Veterans

On **Monday, Nov. 11** 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 9-10:30 a.m.** in the IL Dining Room. *(The breakfast is by invitation-only for our veterans and their 1 guest.)*

All residents and staff are invited to the annual recognition program at **1:30 p.m.** in the Health Center Great Room. Always a meaningful part of the program is the reading of the Veterans 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 approximately 50 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, Nov. 8.**

Our traditional *Display of Honor* will be across from the Reservation Station throughout the day on Nov. 11. 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, Nov 14 at 2 p.m.** in the Health Center Great Room. All veterans are invited to attend this special time of sharing.



### Residents' Council Election Results

Congratulations to newly-elected Residents' Council members:



Molly  
Jones



Cathy  
Kelly



Larry  
Randall



Karl  
Rodman

Special thanks to the following outgoing Council members for their years of service: Yakov Pipman, Alice Ruffing, Irvan Boucher, and Ina Pottorff. The new Council members will begin their service in January.

### From Dining Services



Thanksgiving Day dinner seatings will be **1 p.m., 2:30 p.m. and 4 p.m.** Reservations should be made by **Wednesday, Nov. 20.**

Our last Kitchen Tour of the year is **Friday, Nov. 15 at 11 a.m.** Come check out the inner workings of our kitchen! Sign up at Concierge and meet in the Bistro.

*Ashley France, for the Dining Team*



### ArtScope Exhibit Continues



ArtScope artist Kay Stuntz's exhibit continues in the PAC. Please be sure to stop by to see her quilts, jewelry and prints.

*Creativity flourishes at Woodland Pond*



## Council Corner



Residents' Council meetings this month are on **Thursday, Nov. 7 and Thursday, Nov. 21 at 10 a.m.** in the Classroom and on Zoom, and open to all residents. The first 15 minutes (EARS) are devoted to your input. If time permits there will be a second EARS at the end of the meeting. Agendas are posted in the Mail Room and Library on the Mondays preceding each meeting. You may be in touch with your Council by putting **signed**, written comments in the Council cubby in the Mail Room, at the bottom right of the bank of cubbies by the window, or you may also send an e-mail to [evelynr17@earthlink.net](mailto:evelynr17@earthlink.net).

There is one *Council Connections* session scheduled for this month on **Thursday, Nov. 7 at 2 p.m.** in the PAC. Guests are Taylor Eskew and Shalom Schwartz, Current Events Interest Group leaders. Yakov Pipman will be interviewer.

*Evelyn Rosenthal, Corresponding Secretary*



Arts & Craft Show & Sale  
Friday, Dec. 6 (for Staff  
and Health Center only)  
and Saturday, Dec. 7 (for Residents and Visitors)

Plans are underway for our 11th Annual *Arts and Craft Show and Sale at Woodland Pond* (formerly known as *Kaleidoscope of the Arts*) on **Friday, Dec. 6 from 2-4 p.m. (for staff and Health Center only)** and **Saturday, Dec. 7 from 10 a.m.-4 p.m.** This annual event celebrates the extensive creative talents of our residents with an event that gives fellow residents, employees and visitors from the wider community the opportunity to admire and purchase hand-crafted items, while also supporting the Woodland Pond Benefit Fund.

Participant space is reserved for \$20 per table, which directly benefits the *Woodland Pond Benefit Fund*. Participants may display and/or sell their hand-crafted items. Those who choose to sell their works keep the proceeds. The sky's the limit! All arts and crafts are accepted; this is not a juried show, but a display of the hand-crafted talents by resident artists, authors, jewelry-makers, woodworkers, hand crafters, sculptors, and more. The only requirement is that all items be created by the resident. Application forms are now available at the Concierge desk, with a registration deadline of **Friday, Nov. 8.**

Additional activities on Saturday include a Bake Sale in the Art Studio and in the hallway outside the PAC, numerous gift baskets to be raffled. All proceeds from the raffle and bake sale go to the Woodland Pond Benefit Fund. **To be a part of The Bake Sale Team:** Eileen Francesconi 631-830-1414, Jan Kissinger 845-256 5472 Sharon Raphael 845-663-4865 or Vivian Yettru, 845-419-5112 need volunteers to bake items as well as assist in the sale.

**To be a part of the Gift Basket Raffles Committee,** please contact Joan Kleinegriss at 845 256-5485. Donations of unopened non perishables are requested. The deadline for donations is **Thursday, Nov 21.**

General questions about the event may be directed to committee co-chairs Kitty Mitchell or Anne Gordon. Look for a printout in your cubby that will expand on the topic.

*Kitty Mitchell, Co-Chair*

## From Woodland Pond's Board of Directors

The recent process for selecting a new Director of Dining exemplifies the strong democratic spirit that animates Woodland Pond. A series of interviews with final candidates involved our management team, the dining committee and additional residents from both Assisted Living and Independent Living. Michelle considered the evaluations of all these constituencies in reaching a hiring decision. Also, in underscoring the practice of promoting from within, she elevated Jarrod Kutz, formerly our Executive Chef, to the new position of Assistant Dining Director.



It is an honored and long-standing tradition in our community to involve residents in large and small matters affecting our daily living and the ongoing health of Woodland Pond, including our current expansion and refurbishment undertakings. Given the intelligence and broad life experience of our residents, including impressive roles in their professional lives and their unswerving commitment, through active participation, to Woodland Pond, your Board considers this approach to be a win-win for all.

*Dick Barry, Secretary*



*Last year's annual showcase of resident crafts featured a wide variety of artistic talents!*





## Interest Groups



Book Club: 1st Tuesday at 7 p.m. [Classroom]  
Bingo: 1st Wednesday at 1 p.m. [PAC]  
Brain Health Group: 2nd Thursdays at 10 a.m. [CR]  
Brainteasers: Wednesdays at 10 a.m. [AS]  
Canasta: Wednesdays & Saturdays at 1 p.m. [GR]  
Chess: Thursdays at 7 p.m. [GR]  
Current Events Group: Wednesdays at 4 p.m. [ClS]  
Dulcimer Players: Mondays at 1 p.m./ Thursdays at 3:30 p.m. [PAC]  
Duplicate Bridge: 2nd & 3rd Wednesdays, 1 p.m. [4th Central Lounge]  
English Country Dance: 2nd & 4th Wed., 2:30 p.m. [AS]  
Handbells: Tuesdays at 1 p.m. [AS]  
Hearts Players: Mondays at 1 p.m./Saturdays at 12:30 p.m. [GR]  
iPhone Camera Club: 3rd Tuesday at 7 p.m. [ClS]  
LGBTQIA+ & Allies: 4th Tuesday at 2 p.m. [AS]  
Loss in Literature: First Tuesday at 4 p.m. [CR]  
Mah Jongg: Mondays and Fridays at 1 p.m. [AS]  
Mah Jongg II: Wednesdays at 1 p.m. [GR]  
Mah Jongg II: Saturdays at 9:30 a.m. [GR]  
Memoir Class: 2nd & 4th Mondays at 3 pm. [CR]  
Men's Coffee: Saturdays at 9:30 a.m. [PAC]  
Movement/Music & You: Tuesdays at 11 a.m. [PAC]  
My Week: Sundays at 2 p.m. [ClS] (3rd & 24th, CR)  
Opera/Ballet Night: 2nd & 4th Fri., 7:15 p.m. [PAC]  
Pet Ponders: 4th Wednesday at 7p.m. [ClS]  
Philosophy Circle: 2nd Wednesday at 11 a.m. [ClS]  
Pinochle: Fridays at 1 p.m. [GR]  
Playreaders Group I: Thursdays at 2:30 p.m. [AS]  
Playreaders Group II: Thursdays at 4:15 p.m. [AS]  
Poetry Group: Friday, Nov. 29 at 2 p.m. [CR]  
Pondaliers: Mondays at 3:30 p.m. [PAC]  
Rummi-Kub: Daily at 7 p.m., Sundays, 2 p.m. [GR]  
Scrabble: Fridays at 10:30 a.m. [GR]  
Shalom Space: Fridays at 4 p.m. [PAC]

Groups continue next column

## Interest Groups continued:

Short Story Group I: 1st & 3rd Tues., 3:30 p.m. [ClS]  
Short Story Group II: 2nd & 4th Tues., 3:30 p.m. [ClS]  
Social Bridge: Tues. & Thurs. at 12:30 p.m. [GR]  
Spanish Chat: Wednesdays at 11:15 a.m. [AS]  
Square Dance: 1st & 3rd Wednesdays, 2:30 p.m. [AS]  
Table Games: Mondays at 7:15 p.m. [ClS] and Saturdays at 2 p.m. [AS]  
Watercolor Class: Mondays, Nov. 18 & 25, 10 a.m. [AS]  
Women's Tea: Mondays at 2 p.m. [ClS]  
Yarn Mavens: 1st & 3rd Tuesdays, 3 p.m. [AS]

## Committee Meetings for November

Library Committee - Monday, Nov. 4 at 12 p.m. [ClS]  
 Contact: Virginia Cannon, Chair  
Finance Review - Monday, Nov. 4 at 1 p.m. [AS]  
 Contact: Joan Hollister, Acting Chair  
Dining - Tuesday, Nov. 5 at 10 a.m. [Classroom]  
 Contact: Joan Kleinegris, Chair  
Physical Plant - Wednesday, Nov. 6 at 10 a.m. [ClS] and Thursday, Nov. 21 at 1 p.m. [AS]  
 Contact: Fred Wolinsky, Chair  
Décor/Design - Thursday, Nov. 7 at 1 p.m. [CR]  
 Contact: John Ortner, Chair  
Mental Health & Wellness - Friday, Nov. 8, 10 a.m. [AS]  
R.O.V.E. - Monday, Nov. 11 at 11 a.m. [GR]  
 Contact: Suzanne Orchowski, Chair  
Welcome - Tuesday, Nov. 12 at 11 a.m. [GR]  
 Contact: Alice Cross, Chair  
Landscape - Wednesday, Nov. 13 at 2 p.m. [CR]  
 Contact: Deborah Moore, Chair  
Arts & Crafts Fair Comm. - Thurs. Nov. 14, 11 a.m. [AS]  
 Contact: Kitty Mitchell/Anne Gordon, Co-Chairs  
Land Conservation - Friday, Nov. 15 at 3 p.m. [CR]  
 Contact: Larry Randall, Chair  
WP Benefit Fund - Wednesday, Nov. 20, 10 a.m. [CR]  
 Contact: Anne Gordon, Chair  
Sustainability - Wednesday, Nov. 20 at 3 p.m. [PAC]  
 Contact: Joy Dryer, for the Steering Committee  
Interfaith - Monday, Nov. 25 at 10:30 a.m. [GR]  
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary  
Health Center - Tuesday, Nov. 26 at 2 p.m. [ClS]  
 Contact: Margaret Nijhuis, Chair





## WP Benefit Fund Update

Several people have asked me how they may make a donation to the Benefit Fund in memory of a relative or friend. Special envelopes are available from the Concierge, with instructions inside. The family will be notified of your gift (but not the amount), and you will receive a letter of acknowledgement for your tax file.

This is a thoughtful way to memorialize friends and relatives, and carry on the Woodland Pond tradition of generosity.

*Anne Gordon, Chair ~ WP Benefit Fund Committee*



## Sustainability Committee “Seed Bombs”

Six intrepid members of the Alternatives to Grass team met on a sunny mid-October day, each carrying a bag of seeds. They had collected hundreds of native pollinator seeds by hand from plants here on campus, including seeds from the demonstration gardens planted last spring.

Mark Eisenhandler, Woodland Pond’s horticulturalist, prepared a mixture of clay soil, compost, and garden soil into which the team tossed their seeds. They smushed everything together and formed the mud into baseball-sized balls.



Next the team moved to the fence behind cottage 127 overlooking the Big Dig, the hill that was taken down to replace a huge cracked pipe during the trail renovations. The hill was rebuilt with new soil and planted in rye grass to hold the soil onto the slope.



Finally the team threw their “seed bombs” over the fence, planting more than twenty different native wildflowers.

They imagined the seasons to come when the flowers will bloom, creating a beautiful meadow that will attract bees,

butterflies, and birds. Our mission is to nurture the Earth by fostering native plants to achieve a healthy ecosystem.

*Dawn Sangrey for the Steering Committee*

## Attention Bingo Fans ...



Come on **Wednesday, Nov. 6 at 1 p.m. in the PAC**. \$2.00/card and jackpot prizes in store! We play the first Wednesday of each month!

## Bus Trips for November



**Friday, Nov. 1** – Shopping at Danbury Mall and Trader Joe’s. Depart at 10 a.m.

**Saturday, Nov. 2** – The Orchid Show at Wallkill View Farms in New Paltz. Depart at 1:15 p.m.

**Saturday, Nov. 2 at 7 p.m.** – The Orchestra Now at Bard College presents *A Broadway Celebration Opera* paying tribute to Stephen Sondheim, Leonard Bernstein, Frank Loesser and others. Depart at 5:30 p.m.

**Sunday, Nov. 3 at 3 p.m.** – Newburgh Chamber Music presents “*A Tapestry of Music*.” Chamber musicians of the HV Symphony Orchestra perform Prokofiev’s *Peter and the Wolf* and Jessie Montgomery’s string quartet *Strum*. At Kol Isreal in Newburgh. Depart at 1:45 p.m.

**Wednesday, Nov. 6** – Woodland Pond Hikers will hike in Minnewaska State Park. Depart at 2 p.m.

**Friday, Nov. 8 at 7 p.m.** – The State Ballet Theater of Ukraine presents *Sleeping Beauty* at UPAC. Depart 6 p.m.

**Sunday, Nov. 10 at 2 p.m.** – Coach House Players in Kingston present *Sunset Boulevard*. Seniors \$18. Depart at 1 p.m.

**Thursday, Nov. 14** – Dinner at The Lemon Squeeze in New Paltz. Depart at 4:45 p.m.

**Friday, Nov. 15 at 8 p.m.** – County Players in Wappingers Falls present *Perfect Arrangement*. Depart at 6:45 p.m.

**Sunday, Nov. 17 at 4 p.m.** – Cappella Festiva Autumn Choral Concert at Christ Episcopal Church, Poughkeepsie presents *Music of the Earth and Stars*. Depart at 3 p.m.

**Tuesday, Nov. 19** – A tour of the Loeb Center at Vassar College exhibit *My Grandmother’s Whispers: Indigenous Prints and Beadwork*, followed by lunch at Savona’s Italian Restaurant. Departs at 9:30 a.m.

**Tuesday, Nov. 19 at 7 p.m.** – Thanksgiving Interfaith Service at NP Reformed Church. Departure at 6:30 p.m.

**Friday, Nov. 22** – Lunch and guided tour of the Culinary Institute of America in Hyde Park. Depart at 11 a.m.

**Saturday, Nov. 23 at 1 p.m.** – Met Live in HD at the Bardavon in Poughkeepsie presents Puccini’s *Tosca* with a pre-opera talk by Leslie Gerber. Departs at 11:45 a.m.



## Next Woodland Hikers Outing

We will leave from the Lobby on **Wednesday, Nov. 6 at 2 p.m.** to hike the paths and carriage roads from the Visitor Center of the Minnewaska State Park and Preserve, including a visit to the Awosting Falls. Please wear sturdy shoes/boots and bring your hiking pole(s) and water. ~*June Finer*



## Wellness Notes



Thanksgiving is a wonderful reminder to enhance your life with thankfulness. There's vast power in gratitude. Practicing gratitude can improve our emotional and physical wellbeing.

This includes high blood pressure, sleep disturbances, boost immune system, indigestion and anxiety. When you are in a state of gratitude all worries and distresses recede.

We all can get caught up in what is not going smoothly or what "bad" things are going on for us or around us. Humans have a natural tendency to focus on negative experiences. There are challenges to deal with. We lose sight of thoroughly enjoying all that we have in this present moment. The practice of daily gratitude leads to fewer symptoms and a better outlook on life, which all promotes wellness!

Here are some suggestions to strengthen your Gratitude muscle:

We have a wonderful community here at Woodland Pond and in the area around us. Take part in all the activities right here to enjoy!

Be grateful for the little things – a warm place to live, these amazing sunrises and sunsets, artwork to admire, books to read, plenty of food to eat and clothes to wear.

Use every opportunity to say "Thank you" to someone. Engage fully in the present moment.

Make time to give thanks at end of every day. What am I most grateful for? Write it down and read it before bed each night.

Smile and enjoy it all. You can help yourself and those around you too. Cultivating gratitude can transform more contentment and joy in your life.

In abundance of wellness wishes,

Mary Jo

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

### Support Group Meetings



- \* *Caregiver's Support Group* – meets the first **Tuesday at 1 p.m.** in the Conference Room, (facilitated by the Alzheimer's Association)
- \* *Caregiver Peer Support Group* – meets the **4th Monday at 1 p.m.** in the Health Center Conference Rm. (facilitated by Mental Health & Wellness Committee)
- \* *Friends of Bill W* - meets this month on **Saturday, Nov. 16** in the Art Studio
- \* *Parkinson's Support Group* - We (patients, caregivers, friends of patients, and those who wish to learn more about the motor and nonmotor symptoms of the disease) come together to support one another and to understand more about the disease and how people can deal with it on a daily basis. Note the change of date for our next meeting – moved to **Wednesday, Nov. 20 at 12:30p.m.** in the Classroom.

### Moving From IL to the HC 101 All You Need To Know



Join Resident Services Director Sarah Leonard, Pres/CEO Michelle Gramoglia, and Finance

Director Christi Battistoni on **Friday, Nov. 8 at 1 p.m. in the PAC** to learn all there is to know about how our WP inter-disciplinary team ("IDT") approaches and supports residents through the natural process of aging into our higher levels of care in the Health Center. We will discuss evaluation, early interventions, regulations, financial considerations, logistics.

### Fitness Message From Matt



**YOUR BONES REQUIRE REGULAR MECHANICAL LOADING TO STAY STRONG**  
**STRENGTH TRAINING/WEIGHT BEARING EXERCISE IS ESSENTIAL**



Wolff's Law states that bones in a healthy healthy person will adapt to the loads under which it is placed. This means if loading on a particular bone increases, the bone will remodel itself over time to be able to resist a stronger load placed on it. Mechanical stimulus placed on the bone signals it to become more dense and stronger, through a process called mechanotransduction.

The opposite is also true: If the loads being placed on bones decreases, the bone will become less dense and weak over time. Your skeleton needs loading to thrive and maintain its strength. The best ways to load are through strength training and other forms of load bearing movements such as: walking, dancing, stair climbing, hiking, pickleball, tennis, ping pong. Participating in these activities or lifting weights regularly are the best ways to stimulate the process of mechanotransduction and ensure your bones stay strong. Keep this in mind and stay active to avoid the silent disease, known as Osteoporosis.

Matt Romer, Fitness Coordinator, ext. 5960



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

## Meet Your New Neighbors!

We are delighted that four new residents will be calling Woodland Pond their home. They are looking forward to meeting their new neighbors, so please invite them to lunch, dinner or an activity. Their full bios can be found in the Directories in the Lobby and lounges in each wing.

~ *Compiled by Halema Hassan*

### Susan Falk ~ Apt. 343



Susan previously had a home in Willow, NY and an apartment in NYC.

Susan was born in Cincinnati, Ohio on a farm on the outskirts of the city. Besides farming, which was her father's dream, her parents also owned a dress factory. She attended Brandeis University in

Waltham Massachusetts, and met her husband while he was attending Harvard Law School. They got married and moved to London because her husband received a scholarship to the London School of Economics in the Graduate School of Law. When they returned to the states, her husband worked for a law firm in NYC and Susan finished her senior year at NYU in Psychology. During her senior year Susan was pregnant with their first daughter, and 2 ½ years later had their second daughter.

By the end of the 60's Susan had changed a lot. She became involved in the Women's Lib movement and marched in the 1<sup>st</sup> march down 5<sup>th</sup> Ave, and also trained to become a yoga instructor at a spiritual growth center called Wainwright House in Rye N.Y. Susan also branched into Jungian psychology and astrology. As all of these changes were happening in Susan's life, she and her husband decided to file for divorce.

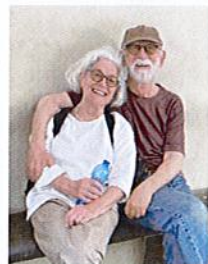
Susan moved into New York City and trained in Holistic Psychotherapy, called Gestalt Synergy, and began a private practice while also obtaining her Master's Degree in Social Work at NYU. Susan traveled a lot throughout the years, including a trip to Greece. She developed a wonderful 20 year relationship with Paul, whom everyone, including Susan's daughters, loved. Paul was an old hippie who had lived in Kathmandu throughout the 70s.

*Continued next column*

Both of Susan's daughters graduated from college, married wonderful men and each have 2 kids who are in college or have graduated. Her daughters live fulfilling lives, and it makes Susan proud. Since Paul's death, Susan has lived alone for a number of years so this seems like the right time to join Woodland Pond Community. She is looking forward to being here and making new friends.

### Ellen and Tom Rocco ~ Apt. 213

Sometimes when you least expect it, magic really does happen and truly difficult times turn into wonderful new beginnings. For us, a friend from out of town brought us together by chance, leading to an immediate bonding that has lasted for more than 45 wonderful years. During that time, we have lived in New Rochelle, Buffalo, Seattle, New Hampshire, Athens Greece and now for sixteen years in New Paltz. We have raised our four children, loved them as they created new lives for themselves and endowed us with eight grandchildren.



We each spent our professional lives in teaching students and creating educational programs. We traveled widely, lived abroad, continued to cultivate our love of music and theatre, philosophy and arts and crafts. We were privileged to make good friends in many places and to remain in touch for many years. We loved to hike and now to walk; We relish good food and sips of good wine. We love to meet with friends and to talk about what engages us; we have always been active in community organizations including here in New Paltz. Which brings us to Woodland Pond, where we know we will meet so many delightful people and where we can continue to live happily for more years to come.



# Woodland Pond

## Sarah Karl ~Apt. 433



Sarah is a Jersey girl, born and raised in East Orange and escaped to Oberlin College to major in comparative religion. She had always planned to be a psychologist because she was interested in people and the differences between individuals, but her first year at Oberlin she spent Winter term sitting on a cold floor meditating under guidance of a Buddhist Monk. Meditation became a life interest which eventually led to her becoming a Quaker. The religion department was full of people who were curious and made religion the study of personal growth. She changed course from psychology. During that time, she was the director of a student organization providing peer to peer counseling on information about sex, sexuality, and unplanned pregnancy – this was in the early 1970’s before abortions were legal; her first of many political acts.

She returned to New Jersey for graduate school at the Institute for Cognitive Studies at Rutgers where Dorothy Dinnerstein (*The Mermaid and the Minotaur*) was her mentor and thesis advisor. Sarah taught and did internships, trained and achieved a doctorate after what felt like a hundred years. Her doctoral thesis was about how religious beliefs change. She held a faculty position at Rutgers/UMDNJ (Rutgers NJ Medical School) counseling physicians-to-be and eventually went into private practice.

Along the way she married Dennis, who was a statistician and a Buddhist, a serious student and teacher of Vipassana, one of India's most ancient meditation techniques. The word Vipassana means seeing things as they really are. It is the process of self- purification by self-observation; very appealing to a psychoanalyst. Sarah decided the best way to learn from Dennis was to marry him, and it was lovely marriage that ended with his death from cancer. She continued her meditation practices for many years. She left a wonderful garden but still has her camera and enjoys capturing all the beauty seen outside.

Leaving behind the rich and fulfilling life in Montclair, NJ, Sarah is hoping to continue living that same life here at Woodland Pond.



*“There is no more pleasing exercise of the mind than gratitude.”*

*[Joseph Addison]*

*Happy Thanksgiving!*

## From the Décor & Design Committee

The following people have agreed to help monitor the art hung in the hallways. If you have questions about the procedures please ask them. If they do not have an answer, they can direct you to someone who may.

### South (by floor)

- 1 - Margaret Nijhuis
- 2 - Margaret Nijhuis
- 3 - Vici Danskin
- 4 - Barbara Rubin
- 5 - Wayne Lavender
- 6 - Wayne Lavender



### North (by floor)

- 1 - Charlie Cianfrani
- 2 - Ina Pottorff
- 3 - John Ortner
- 4 - Tamar Opler
- 5 - Sue Gilder
- 6 - Anne Gordon

### Central (by floor)

- 3 - Kitty Mitchell
- 4 - Kitty Mitchell
- 5 - Vivian Stoner
- 6 - Ruth Sheets

## Two New Opportunities

**Pop-Up Art Class in November** – We are excited to offer a new weekly Wednesday art class this month led by Rae Beers, an Art major at SUNY New Paltz. The first session will be **Wednesday, Nov. 6 from 1-2 p.m.** in the Art Studio. Rae has an in-depth background in drawing, painting, collaging, lithography, and more. We’re looking for up to 12 residents to get this new program off the ground. Please sign up with Concierge if you are interested.

\*\*\*\*\*

**My Week** – For those who find Sunday afternoons somewhat empty and would enjoy spending time with other residents to share what the previous week was like or any other topic that comes to mind, the goal is to be together in a meaningful way, not isolated. For more information reach out to the two facilitators: Norman (845) 478-9488 or email him at [norsky@udel.edu](mailto:norsky@udel.edu) or to Perry at (917) 608-2673 or email at [perrygunther@gmail.com](mailto:perrygunther@gmail.com). The group meets Sundays at 2 p.m. in the Classroom (on Nov. 3rd and 24th in the Conference Room).



## Applauds Program Salutes Employee Service

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



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 Irland	Emily Alexander	Chris Shea
Caron Vidas	Cristal Sprenger	Mark Baker
Tyler Vermilyea	Gretchen Daum	Lisa Cea
Monique Lawrence	Emily Watson	Phil Cavallo
Marissa O'Brien	Tonya Riedinger	Aiden Banks
Widvie Durin	Daniel Rodriguez	Rob Stahl
Nicole Klein	Mirna Hernandez	Jason Irish
Tatiana Arrieta	Karina Hernandez	Ashley France
Gabrielle Charleston	Connie Rzeszewicz	Hena Saldivar
Ruth Fialcow	Will Lawrence Paine	Jackie Perez
Luwayna Williams Sprague		

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, Nov. 12



We will recognize our birthday celebrants on **Tuesday, Nov. 12 at 2:30 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

### *Celebrating this month are:*

Bob Dillon - Nov. 2	Perry Gunther - Nov. 15
Rolf Nijhuis - Nov. 3	Jay Mandle - Nov. 16
Marit Kulleseid - Nov. 6	Dave Smith - Nov. 18
Anita Collins - Nov. 8	John Ortner - Nov. 19
Stephanie King - Nov. 9	Peter Roberts - Nov. 19
Iris Pomerantz - Nov. 10	Bob Brunet - Nov. 20
Barbara Rubin - Nov. 10	Sylvia Chasan - Nov. 21
Art Gellert - Nov. 11	Ruth Sheets - Nov. 22
Jean Hyatt - Nov. 11	Geoffrey Gibson - Nov. 26
Suzanne Gillespie - Nov. 12	Jim Heffernan - Nov. 27
Cornelia Gallagher - Nov. 15	Beverly Bilder - Nov. 28



## Welcome New Residents!



**Margaret "Marit" Kulleseid ~ Apt. 209**  
**Mary Hilley ~ Apt 636**  
**Sarah Karl ~ Apt 433**  
**Susan Falk ~ Apt 343**

The Welcome Committee's New Resident Social and Orientation is **Friday, Nov. 22 at 2 p.m.** in the Classroom. New residents receive an invitation to attend.



## 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*

## Health Center Committee Update



**Invitation:** Once again we invite you to join Natalie Russak on a comprehensive tour of the Health Center. The next tour will be **Monday, Nov. 18 at 1 p.m.** starting in the IL lobby. There will be no December tour but we plan to restart in January.

**Neighbors Corps:** Thank you to everyone that signed up to join the Neighbor Corps in bringing friendship to residents in the Health Center. If you did not sign up yet please contact Margaret Nijhuis 845-419-2771 or [margaretnijhuis@gmail.com](mailto:margaretnijhuis@gmail.com). Sue Close, Activities Director in the HC, will contact each of you to arrange the next steps.

*Margaret Nijhuis, Chair*

A special *thank you* to the Neighbor Corps — the new recruits *and* those who've been doing the recruiting! The Health Center has over 15 new Neighbor Corps friends who will definitely help make a difference for HC residents, families and staff!

Tibetan Sound Meditation is a new program that's offered at **10:30 a.m. on the first Saturday of the month** in the Great Room. This month, we're also being visited by a Reiki practitioner.

The Smile Revolution: "Hat Happenings" with Mindy Fradkin on **Tuesday, Nov. 19 at 3 p.m.** in the Great Room. Mindy has been involved in the arts her whole life as a performer of "Hat Happenings," as a singer/songwriter, former radio show host and founder of The Smile Revolution. Come enjoy!

*Sue Close, Health Center Activities Director*





## Interfaith Committee News

The next meeting of the Interfaith Committee will be **Monday, Nov. 25 at 10:30 a.m.** in the Game Room. If you are interested this committee's mission, "To foster an atmosphere of tolerance for spiritual understandings", whatever your faith may be, we invite you to join us and become a member. Our Tree of Faith program last month was a panel discussion of "Open and Affirming Houses of Worship." The panel was comprised of 6 people; Episcopal, Jewish, Lutheran, Presbyterian, Reformed, and Unitarian. Questions were distributed to the panel ahead of time. Participation was lively and enjoyed by all attending.

Bible Study continues to meet in the Art Studio the second and fourth Thursdays, led by Tyler Jones.

Religious Holidays in November: 1st - All Saints Day, Diwali (Hindu), and Bandi Chhor Divas (Sikh); 2nd - Birthday of the Bab (Baha'i) and Anniversary of the Crowning of Haile Selassie (Rastafarian); 6th Gyan Panchami (Jain).

*Billie Stevens, Secretary*

## Thanksgiving Service

The Interfaith Committee will sponsor its Second Thanksgiving Service on **Tuesday, Nov. 26 at 3 p.m.** in the PAC. 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!

*Lyn Mehl, for the Interfaith Committee*



## Philosophy Circle

This month we will consider what constitutes a just society. Philosophical issues revolve round questions of how to fairly distribute resources, ensure individual rights and liberties, balance the needs of the community with individual autonomy, and determine the best approach to addressing inequalities based on factors like race, gender, or socioeconomic status, all while considering concepts like equality, fairness, and the common good.

If you enjoy stretching your mind, come join us for the discussion! **Wednesday, Nov. 13 at 11 a.m.** in the Classroom.

*Jo Sanders, facilitator*



## Upcoming Shalom Space Programs



Fridays at 4 p.m. in the PAC

[Shalom Space welcomes all residents to join us]

- Nov. 1 - *Bintel Brief* with presenters Ira Trast, Wayne Lavender, and Ina Pottorff.
- Nov. 8 - *The Alligerville Bungalow Colony* - Taylor Eskew
- Nov. 15 - *Who betrayed Anne Frank's Family?* - Trina Greene
- Nov. 22 - *From Gregorian Chant to Sephardic Trope* - Kris McDaniel-Miccio
- Nov. 29 - Thanksgiving weekend - no session

## Second Saturday With Pastor Lyn

Pastor Lyn Mehl's Second Saturday service will be on **Saturday, Nov. 9**, back to the original time of 11 a.m. in the Health Center Great Room. It will be an early Thanksgiving as we reflect on the traditional gospel story of the cleansing of the lepers. All are welcome!

*Pastor Lyn Mehl*

## Meditation Group

The Meditation group led by Barbara Bash will meet this month on **Tuesday, Nov. 19 at 10:30 a.m.** in the Art Studio. Newcomers are always welcome to attend.

## Special PAC Musical Events This Month

**Sunday, Nov. 3 at 3 p.m. in the PAC** - MTNA District 5 Teacher's Recital. Why should students have all of the fun? Some of the teachers from the District 5 collective will share solo and duet performances from composers such as Dvorak and Amy Beach. Performers include Dr. Ruthanne Schempf, Eileen Landmann, Carol Losee and Valentina Shatalova.

**Tuesday, Nov. 12 at 7 p.m. in the PAC** - Shatalova/ Losee MTNA Student Participant's Recital. This year's students from the recent District 5 Student Piano Festival will come and share their solo piano performances. Come be inspired by the stellar talents of this young musicians!

**Friday, Nov. 15 at 3 p.m. in the PAC** - The Starlight Trio returns with their signature sounds on guitars and keyboard.

**Sunday, Nov. 24 at 2 p.m. in the PAC** - Jay Unger and Molly Mason will perform here at Woodland Pond. These master musicians and story tellers will share with us their warmth, wit, and talent. Please sign up at Concierge. As we anticipate a full audience this concert is for residents only, please, no outside guests. This concert is sponsored by the WP Benefit Fund.



## From the Library ~ Book Review



*Triangle* by David von Drehle

*Triangle* is a compelling account of the 1911 Shirtwaist Factory fire. Firemen were unable to rescue workers, mostly women, as they jumped to their deaths to escape the flames. Von Drehle portrays the horror as well as the politics and social conditions of the times. He introduces the reader to each of their victims and their families.

The catastrophe had major results in politics, labor relations, unions and women's social history. The book is a well researched, well written and gripping read!

Anita Kantor

## Picture Book Nook

Come to the library **Sunday, Nov. 3 at 1 p.m.** and enjoy picture books about women - older and younger, both fiction and nonfiction!

Marilyn Mallue

## Book Club

We will meet **Tuesday, Nov. 5 at 7 p.m.** in the Classroom to discuss *Botticelli's Secret: The Lost Drawings and the Rediscovery of the Renaissance* by Joseph Luzzi. The discussion will include a video of Botticelli's art. During November we will be reading *Good Night Irene* by Luis Alberto Urrea. Newcomers are always welcome to join us!

Michele Caccavano

## Income Tax Program

On **Wednesday, Nov. 13 at 1 p.m.** in the PAC Bill Tuel, an IRS-certified tax volunteer and WP resident, will give an educational talk about income taxes. Watch for for more details. *Note:* This is NOT a WP-sponsored meeting, as WP management does not provide tax advice.



## PAC Movies

Thursday @ the Movies: **Thursdays at 7 p.m.** (special holiday movie on Thanksgiving at 6 p.m.)

Classic Movie: **Friday, Nov. 1 at 7 p.m.** - *For Me and My Gal* (1942), starring Judy Garland and Gene Kelly, and George Murphy

Ballet Night: This month will feature two ballets: *The Dream* on **Friday, Nov. 8 at 7:15 p.m.** and *Romeo and Juliet* on **Friday, Nov. 22 at 7:15 p.m.**



## Special November Event

Film: *Sunset and the Mockingbird*  
**Friday, Nov. 15 at 7:30 p.m. in the PAC**

Film director and producer, Jyllian Gunther (Perry Gunther's daughter) is an Emmy-award winning multimedia storyteller. Her award-winning feature *The New Public*, aired on PBS and she is currently in production on an unannounced documentary for HBO.

Join Jyllian for a screening of her latest production, *Sunset and the Mockingbird* with Q and A following. This film chronicles the romance between Gloria Clayborne and legendary jazz sideman Junior Mance. After Junior suffered a stroke and developed dementia Gloria, his wife and manager, grappled with difficult questions: Who will he be without music? Who will she be? And who will they be together? As Junior's memory fades, Gloria discovers a timeless connection through the music that has shaped their relationship. With love, resilience, and an enduring bond, she learns to navigate the uncertainty by improvising.

## Land Conservation Program

*A Day in the Life of a Mohonk Preserve Ranger*  
A presentation sponsored by your Land Conservation Committee, **Tuesday, Nov. 19 at 2 p.m.** in the PAC.

Join the Mohonk Preserve Patrol Rangers for a behind the scenes look at what a day in their lives entails. From Search and Rescue efforts for injured or lost visitors, to stewardship work across the Preserve's 8,500 acres of protected Shawangunk ridgeline, the Rangers will let you "peer through" the window of the Ranger Station to see how the team operates and protects the landscape for the people and from the people.



Larry Randall, Chair

The LGBTQIA+ and Allies of WP Resident Interest Group is sponsoring a talk by Sterling Cruz-Herr on what it means to be transgendered, issues surrounding transgendered individuals, and how allies can become educated on this topic on **Wednesday, Nov. 20 at 7:15 p.m.**, in the PAC. Everyone is invited to attend this important event. ~ Joe Cosentino

## Put on Your Dancing Shoes!

The Square Dancers meet on the **1st and 3rd Wednesdays at 2:30 p.m.** in the Art Studio. English Country Dance (ECD) lessons are on the **2nd and 4th Wednesdays from 2:30-4 p.m.** in the Art Studio. A partner is not necessary for either class!





## Scenes From A Busy October!



*A contingent of WP residents and staff took part in the annual Walk To End Alzheimer's held at the Walkway over the Hudson. [Photos shared by Pat Houk, Ina Pottorff and Joe Cosentino]*



*Ina Pottorff, a Grand Champion fundraiser!*



*Dave Smith; SUNY Food Pantry Dir. Michelle Ledesma Baer; Vivian Yettru and Cornelia Gallagher load up residents' donations from the Harvest Food Drive sponsored by the Interfaith Committee. [Photo by Rolf Nijhuis]*

*Right: Bill and Betsy Tuel enjoy a ride on the Rail Trail in the pedicab near Zero Place. [Photo by Marilyn Mallue]*



*At right: The annual Chamber Concert featuring local musicians Marcia Gates, Ruthann Schempf, Kirsten Economy and Susan Seligman is always a special treat.*



We've had a such beautiful autumn in the Hudson Valley! To say farewell to the month just past is this poem by Frieda Feldman, illustrated by a photo taken outside Central Wing by Wellness Nurse Mary Jo Murray and Dawn Sangrey's colorful photo of residents' boats in their "parking" place along the McBride Trail.

### *October Poem*

*October has the oldest soul,  
It calls the end of summer,  
Compassion for the cold to come,  
And the warmth we now surrender.*

by Frieda Feldman



## *Woodland Life* Travels to ... Canada and Arizona



Anne Hiller brought a copy of the newsletter along for her recent trip to British Columbia, Canada to visit family there.

Suzanne Orchowski (and our newsletter) joined two high school friends for seven days in Arizona. The weather was hot, but the visit was really cool!



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

## *Pond Pets*—by Lucy Muller

A few months ago, Joyce White and Mary moved to Woodland Pond with their adorable, Maizie.



"One of the things that attracted Mary and me to Woodland Pond was all the pets," Joyce said. "Maizie is almost 3 and, after 6 months, has adjusted well to life here. She enjoys sitting on the couch, with her head resting on the arm, watching people walk by."

Maizie is still reactive when other dogs come too close or when people come into our apartment but overall has shown much improvement. I'm hoping that she will improve enough to have dog friends."

\*\*\*\*\*

Contact Lucy Muller if you'd like to feature your pet(s) in *Woodland Life*!





*Woodland Pond*  
at New Paltz

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**Don't Forget!**

**Daylight Savings Time  
ends on  
Sunday, Nov. 3.**



**Turn your clocks  
back one hour  
and enjoy an  
extra hour of  
sleep!**



### *November Highlights at a Glance*

**Friday, Nov. 1, 9 a.m.-1 p.m.** - Dedrick's Vaccination Clinic [AS]

**Saturday, Nov. 2 at 10:30 a.m.** - Tibetan Sound Meditation [HC Great Room]

**Sunday, Nov. 3 at 3 p.m.** - MTNA Faculty Recital [PAC]

**Thursday, Nov. 7 at 2 p.m.**- *Council Connections*: guests Shalom Schwartz and Taylor Eskew for Current Events Committee [PAC]

**Friday, Nov. 8 at 1 p.m.** - Level of Care Program [PAC]

**Sunday, Nov. 10 at 2 p.m.** - Acapella Group *The Pitches* Concert [HC Great Room]

**Monday, Nov. 11 Observance**

**9 -10:30 a.m.** - Vets Pancake Breakfast (by invite only) [Dining Room]

**1:30 p.m.** - Veterans Day Program - [HC Great Room]

**Monday, Nov. 11 at 7:30 p.m.** - Wanderlust Rhythms with Peter Brown [PAC]

**Tuesday, Nov. 12 at 7 p.m.** - MTNA District 5 Students Piano Recital [PAC]

**Wednesday, Nov. 13 at 1 p.m.** - Bill Tuel IRS Informational Program [PAC]

**Thursday, Nov. 14 at 2 p.m.** - Veteran's Café [HC Great Room]

**Friday, Nov. 15 at 2:45 p.m.** - Simple Melodies with the *Starlight Trio* - [PAC]

**Friday, Nov. 15 at 7:30 p.m.** - Film Screening with Jyllian Gunther [PAC]

**Tuesday, Nov. 19 at 2 p.m.** - Land Conservation program [PAC]

**Tuesday, Nov. 19 at 2 p.m.** - *Hat Happenings* Comedic Storyteller [HC Great Room]

**Wednesday, Nov. 20 at 1:30 p.m.** - Management Q&A [PAC]

**Wednesday, Nov. 20 at 7:15 p.m.** - LGBTQ Program [PAC]

**Sunday, Nov. 24 at 2 p.m.** - Jay Ungar & Molly Mason Concert (Residents-only) [PAC]

**Tuesday, Nov. 26 at 3 p.m.** - Interfaith Thanksgiving Service [PAC]



Want to share the newsletter with your  
family and friends?

They can read it online at [www.wpatnp.org](http://www.wpatnp.org)