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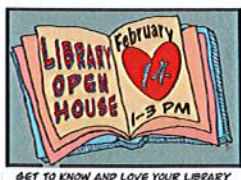


# WoodlandLife

Vol. 17, No.2

February 2025

Meet Your Library ~ Present and Future ~ On Valentine's Day!



GET TO KNOW AND LOVE YOUR LIBRARY

The Woodland Pond Library has been open since September 2009. It was begun with the expertise of two residents, both librarians, and has grown and flourished since with over 2,200 books checked out to residents in each of the last three years.

The Library relies on a constant stream of books donated primarily by our residents and, to a lesser extent, by occasional donations from other libraries. When our book shelves become overcrowded, we withdraw books if they are no longer circulating – some go to the Health Center library, started by the Library Committee in 2012, and the remainder go on the Green Giveaway Truck in the hallway outside the Library.



*Last year's Open House drew many visitors to see all our Library offers.*

The Library depends on its strong, active volunteer Library Committee to keep things running smoothly. Its 16 members participate in a variety of tasks: cataloguing new books via our data entry system, reshelving returned books, replacing older magazines and newspapers with new ones, notifying residents about overdue books, straightening up, etc.

This month the Library will hold another Open House on **Valentine's Day, Feb. 14**. Join us for a Drop-In Open House **from 1-3 p.m.** to chat with Library Committee volunteers and learn more about ALL the Library has to offer. AND, to hear **Dave Roberts, Capital Projects Manager, talk briefly at 2 p.m.** about renovations planned for the Library and answer your questions about this. There will be refreshments, too!

*Marcia Witfield and Suzanne Gillespie, for the Library Committee / Cartoon by Martin Lavanhar*



Next WP Repair Café ~ Saturday, Feb. 15



Did you hear about the Repair Cafe? Everything we use in life is the result of invested resources: materials, energy, and human labor. When we throw away something, those resources are lost and often damage the environment as well. One way to reduce or avoid these losses is to keep using things for as long as possible. But sometimes things break, show some defects, or don't fit anymore. Often people think that repairing items that show some defect is not worth it and prefer to "buy." Especially, since it seems the simplest, cheapest, and easiest way to deal with "old stuff." But it does not have to be that way!



Did you ever have a chair that wobbles, a music player that does not sound, a dress that is too long, a knife that barely cuts, a lamp that does not stay on? We can often REPAIR and REUSE things and preserve their value, whether it is monetary, environmental, or sentimental. The Repair Café is a fun social activity that brings together volunteers with practical skills – craftspeople and amateurs – with folks that may not have the tools, skills or access to parts to fix their stuff. They show people how to fix their things, encourage them to appreciate their value, and kindle their enthusiasm for a sustainable society.



The Sixth Repair Cafe at WP is coming on **Saturday, Feb. 15!** Bring your items to the PAC between **11a.m. and 3 p.m.** And best of all, it's free!

*Yakov Pipman, for the Reuse and Repair team of the Sustainability Committee / Photos by Michele Caccavano*

## Council Corner



Residents' Council meetings in February will be held on the **first and third Thursday, Feb. 6<sup>th</sup>, and Feb. 20<sup>th</sup>** in the Classroom at **10 a.m.** They are also accessible via Zoom and are open to all residents. The first 15 minutes (the EARS session) is open for your comments and questions. If time permits, a second EARS will be held at the end of the meeting. Agendas are posted in the Mail Room and the Library on the Monday preceding the meeting. Communications to the Council should be in writing, signed, and placed in the Council Cubby next to cubby #635. You may also send an email to [WPRC100@gmail.com](mailto:WPRC100@gmail.com).

Two *Council Connections* sessions are planned for this month and will feature David Smith interviewing Yakov Pipman as the "stirrer" of the Repair Café on **Thursday, Feb. 6 at 2 p.m.**, live in the PAC, or on Channel 1340. The second Council Connections session will be **Thursday, Feb. 20 at 2 p.m.** in the PAC and will have as guest Chris Drouin, Chairman of the Woodland Pond Board of Directors. He will be interviewed by Dick Barry.

There will also be a quarterly meeting of the Residents' Association on **Wednesday, Feb. 26 at 3 p.m.** in the PAC. All residents are welcome and encouraged to attend.

*Larry Randall, Corresponding Secretary*

## From Woodland Pond's Board of Directors



At a recent meeting, the Board voted to recognize its members who had completed three full three-year terms (nine years) of service with the official designation of Director Emeritus. With this designation comes the opportunity to continue to participate in Board meetings but without voting privileges. In presenting this motion, Chris Druin, our Board Chair, said we should not lose the many years of Board experience that these designated members could offer. The vote was unanimous.

Next June, the first members who will become Directors Emeritus will be Mark Schain, Ray Smith and Dick Barry. While they will be welcome to participate in future Board meetings, there is no obligation as the choice is entirely theirs.

*Dick Barry, Secretary*

## WP Benefit Fund Update



It's time to thank the generous pet owners for their recent donations to our fund. Thanks to the leadership of Evelyn Rosenthal, they have funded one of the new benches along the new Walking Trail. It will have a plaque dedicating it to the Pet Ponders.

Pets play an important role in the enjoyment of life by our residents.

*Anne Gordon, Chair*

## Special Campus Events This Month

- \* **Sunday, Feb. 2 at 2 p.m. in the PAC** - Piano students of local musician and teacher Julian Baker will perform a variety of music from their lesson books, some classical music and popular favorites. Come offer your supportive presence to these young musicians.



- \* **Super Bowl Party!** Ok, Phillies and Chiefs fans ... come gather with your neighbors for all the Super Bowl festivities on **Sunday, Feb. 9, starting at 6 p.m.** in the PAC. Feel free to bring your own beverages and finger food snacks to share!

- \* Make your friend or loved ones' Valentine's Day extra special by ordering a singing telegram — a *Valen-tune!* In conjunction with the Brain Health Team, this fundraiser for the Alzheimer's Association started last year and was a big success. Each telegram costs \$3 and order forms will be available at Concierge or HC Reception desk. The HC Activities staff will deliver the telegrams throughout the week of Valentine's Day.



We will offer payroll deduction and residents can charge it to their account. Informational fliers will be posted. For questions or if you'd like to join in the singing, please call the Activities office at 256-5917 or email [sclose@wpatnp.org](mailto:sclose@wpatnp.org). Last day to order is February 11.



- \* We'll also celebrate Valentine's Day with a Simple Melodies special performance by the Aloha Strummers Ukulele Band on **Friday, Feb. 14 at 3 p.m.** in the PAC. These talented ukulele players always put on a fun show ~ and one of their members is our own resident Lucy Muller!



## Interest Groups



Book Club: **1st Tuesday at 7 p.m.** [Classroom]  
Bingo: **Wednesday, Feb. 5 at 1 p.m.** [PAC]  
Brain Health Team: **2nd Thursdays at 10 a.m.** [CR]  
Brainteasers: **Wednesdays at 10 a.m.** [AS]  
Canasta: **Wednesdays & Saturdays at 1 p.m.** [GR]  
Chess Players: **1st, 3rd & 4th Tuesdays, 10 a.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 Wednesdays at 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.** [PAC]  
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]  
Sunday Chat: **Sundays, 2 p.m.** [ClS] (on 2nd & 9th in the CR)  
Opera/Ballet Night: **2nd & 4th Fridays, 7:15** [PAC]  
Pet Ponders: **Wednesday Feb. 26 at 7 p.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, Feb. 28 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]

Groups continue next column

## Interest Groups continued:

Shalom Space: **Fridays at 4 p.m.** [PAC]  
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 11:30 a.m.** [AS]  
Square Dance: **Wednesday, Feb. 19, 2:30 p.m.** [AS]  
Table Games: **Mondays at 7:15 p.m.** [ClS] and **Saturdays at 2 p.m.** [AS]  
Watercolor Class: **Mondays, Feb. 10 & 24, 10 a.m.** [AS]  
Women Connect: **Mondays at 2 p.m.** [ClS]  
Yarn Mavens: **1st & 3rd Tuesdays, 3 p.m.** [AS]

## Committee Meetings for February

Library Committee - **Monday, Feb. 3 at 12 p.m.** [ClS]  
 Contact: Virginia Cannon, Chair  
Finance Review - **Monday, Feb. 3 at 1 p.m.** [AS]  
 Contact: Fred Wolinsky, Chair  
Dining - **Tuesday, Feb. 4 at 10 a.m.** [Classroom]  
 Contact: Joan Kleinegris, Chair  
Art & Décor - **Thursday, Feb. 6 at 1 p.m.** [CR]  
 Contact: John Ortner, Chair  
R.O.V.E. - **Monday, Feb. 10 at 11 a.m.** [GR]  
 Contact: Suzanne Orchowski, Chair  
Welcome - **Tuesday, Feb. 11 at 11 a.m.** [GR]  
 Contact: Alice Cross, Chair  
Physical Plant - **Wednesday, Feb. 12 at 10 a.m.** [ClS]  
 Contact: Fred Wolinsky, Chair  
Landscape - **on hiatus until March**  
 Contact: Deborah Moore, Chair  
Mental Health & Wellness - **Friday, Feb. 14, 10 a.m.** [AS]  
 Contact: Geoffrey Gibson, Chair  
WP Benefit Fund - **Wednesday, Feb. 19, 10 a.m.** [ClS]  
 Contact: Anne Gordon, Chair  
Land Conservation - **Friday, Feb. 21 at 3 p.m.** [CR]  
 Contact: Larry Randall, Chair  
Interfaith - **Monday, Feb. 24 at 10:30 a.m.** [GR]  
 Contact: Ina Pottorff, Chair / Billie Stevens, Secretary  
Health Center - **Tuesday, Feb. 25 at 2 p.m.** [ClS]  
 Contact: Jill Ortner, Chair  
Sustainability - **Wednesday, Feb. 26 at 2 p.m.** [ClS]  
 Contact: Joy Dryer, for the Steering Committee



## Sustainability Committee News

SusComm 2025 Theme: *Is being sustainable worth it?*



SusComm Presenter **Tuesday, Feb. 18 at 2 p.m. in the PAC:** Deb Weltsch from “Beyond Plastics.” Deb is a retired Reference Librarian, served as Environmental Commissioner for Town of Rosendale, VP for the John Burroughs Natural History Society Board, and has a deep love and respect for the natural world.



Plastic Straws not recyclable. End up in landfills.

Black Plastic can contain unregulated toxic chemicals.



Synthetic Turf exposes you to hazardous chemicals. Microplastics pollute.

Tea bags. (Try using loose tea).



**Consider (your) individual will vs. (the) Common Good at WP.** Heating & cooling is the largest energy user at Woodland Pond. Our common rooms post a regulated temperature range 70-74

degrees in Winter. Try this: bring a sweater or shawl to put on, or take off, so you can adjust to that room’s temperature. Better than calling the Concierge to ask that the room temperature adjust to you !

*Joy Dryer, for SusComm Communications Committee*



### Next Woodland Hikers Outing

On **Wednesday, Feb. 5** we will leave from the lobby at **2 p.m.** to hike on Lenape Lane in New Paltz. Please bring water and pole(s) and wear sturdy shoes or boots, and sign up with the Concierge to ensure your seat on the bus. ~ *June Finer*

### iPhone Photography Club

At our next meeting on **Tuesday, Feb. 18 at 7 p.m.** in the Classroom we will be inviting new members with an introductory session, followed by our regular meeting which will feature a short film on a famous photographer. New members welcome!

## Bus Trips for February



**Saturday, Feb. 1 at 12 p.m.** – Met Live in HD presents *Aida* in Poughkeepsie. Depart at 11:30 a.m.

**Saturday, Feb. 1 at 7:30 p.m.** – Professor Daniel Levitin presents a free lecture on *the medical benefits of music*. At Vassar College’s Skinner Hall of Music. Departure is 6:30 p.m.

**Tuesday, Feb. 4** – Lunch Adventure to IPHO, a Vietnamese restaurant in New Paltz. Depart at 12 p.m.

**Wednesday, Feb. 5** – Woodland Hikers outing to Lenape Lane in New Paltz. Depart at 2 p.m.

**Friday, Feb. 7** – Shopping at the Poughkeepsie Galleria Mall. Depart at 11 a.m.

**Friday, Feb. 7 at 8 p.m.** – County Players at the Falls Theater presents “*Into the Breeches*.” Depart at 6:45 p.m.

**Wednesday, Feb. 12** – Lunch and guided tour of the Culinary Institute of America in Hyde Park. Depart at 11:00 a.m.

**Saturday, Feb. 15 at 4 p.m.** – The Greater Newburgh Symphony Orchestra presents *Moxart*, featuring the music of Tchaikovsky, Copeland and Rachmaninoff. At Mount St. Mary College in Newburgh. Depart at 2:45 p.m.

**Sunday, Feb. 16 at 4 p.m.** – The Howland in Beacon presents pianist Clayton Stephenson, a finalist at the 2022 Van Cliburn International Piano Competition. Depart at 2:45 p.m.

**Thursday, Feb. 20 at 5 p.m.** – Early Dinner at Henry’s at the Farm at Buttermilk Falls in Milton. Depart at 4:30 p.m.

**Saturday, Feb. 22 at 7:30 p.m.** – HVSO presents *A Night on Broadway* at the Seeger Theater at Beacon High School. Depart at 6:15 p.m.

**Sunday, Feb. 23 at 3 p.m.** – The Center for Performing Arts in Rhinebeck presents Agatha Christie’s *The Mousetrap*. Depart at 1:30 p.m.

**Friday, Feb. 28 at 12 p.m.** – Dassai Blue Brewery in Hyde Park tour and tasting. Depart at 11:30 a.m.



### Winter Weather and Bus Transportation

As we continue through winter it may be necessary to cancel transportation services during inclement weather. You may need to reschedule medical appointments. Grocery shopping will be rescheduled when possible.

While several venues will accommodate cancellation for which residents have purchased tickets 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

Live.Life.Healthy

No matter what your age--- you can find activities and exercise to meet your fitness level and needs. Exercise and activity do not have to be vigorous to be beneficial. Give up some of your sedentary moments and choose to move. A small daily walk in your own hallway is available to you.



Now think and focus on the “why” – your “why ... your reason to get moving and exercise:

- \* Maintain and improve balance - good balance enhances coordination to safely perform daily tasks.
- \* Improve circulation – this benefits your heart and lungs and all the work they do for you each moment.
- \* Increase strength and joint mobility – this can decrease joint discomfort and inflammation.
- \* Movement can improve the quality of sleep
- \* Improve digestion/elimination – help keep weight and glucose in check
- \* Help increase moods and decrease depression – maintain stress and better memory
- \* Fitness actions add to quality of life and for maintaining independence!

The National Institute on Aging emphasizes the immense importance of exercise to age well. Whether it is walking, water exercises, dancing, yoga or some strength exercise. Get in a variety. The best time to start is now. Feel good about what you can do and over time it does get easier, and the reward is your improved health.

Wellness Wishes,

Mary Jo

Mary Jo Murray, R.N., Wellness Nurse, ext. 2901

### 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)
- \* *Parkinson's Support Group* - meets **4th Wednesdays at 1p.m.**, Classroom.
- \* *Friends of Bill W* - **4th Saturdays at 7 p.m.** in the Art Studio. The group continues to explore and share on the power of the Twelve Steps in our daily lives. This month is Step 9!

### Monthly Reminder

Is your Emergency Packet Up-to-Date?

Forms are available outside Mary Jo's office.

### A Fitness Message From Matt ~ *Daily Wins*



Our daily schedule tends to be busy with appointments, chores, and tasks. We're all busy, but we should prioritize making 3 small wins each day across physical, mental and spiritual areas. These can be short and small on days that you're busy and pinched for time, but you should also invest more time and energy in them on days when your capacity allows it.



A **physical win** can be a short walk, some light exercises, stretching, swimming some laps, or taking the stairs. Movement boosts your energy and health.

A **mental win** can be reading a few pages of a book, learning something new, or completing a challenging workout. Allowing your brain to activate and think in different ways will help expand your perspectives.

A **spiritual win** can be meditating through yoga, quiet self-reflection, prayer or gratitude practice. Nurturing your inner world will help promote better sleep, create a brighter outlook and improve your mood.

These are all small habits that we should work towards daily to help elevate our wellbeing. These do not require major effort and can be won with just a few minutes each day. Set realistic goals, develop a routine, and track your progress. Remember, progress happens through intentional daily practice, not dramatic overhauls.

Matt Romer, Fitness Coord., ext. 5960 / [mromer@wpatnp.org](mailto:mromer@wpatnp.org)

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

## Put on Your Dancing Shoes!



This month Square Dancing will meet just one time on **Wednesday, Feb.19) at 2:30 p.m.** in the Art Studio. No partner necessary - come join the fun! A professional caller teaches us all we need to know.

[Photo by Artie Raphael]

English Country Dance continues on the **2nd and 4th Wednesdays (Feb. 12 and 26) at 2:30 p.m.** in the Art Studio. Newcomers are always welcome!



Photo by Artie Raphael

The Woodland Hikers kicked off 2025 with a New Year's Day campus hike through the Mill Brook Preserve. They welcome new hikers to join them — first Wednesday each month at 2 p.m., meeting in the Lobby to explore a different destination each month!

## Chess Group Invites You!

If you enjoy playing chess, come to the Game Room on the **1st, 3rd and 4th Tuesdays at 10 a.m.** to play. Newcomers are most welcome!



Talented violin students of Marka Young (at left) presented an outstanding recital for residents last month, as did piano students of Valentina Shatalova (center and right), who brought us 'Mozartfest!' in celebration of the composer's birthday and featuring his works and other composers of the Classical Era. Our supportive presence and response to these young musicians' efforts is greatly appreciated by the students and their instructors.

## PAC Movies

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



**Feb. 6 - *Is That Black Enough for You?!?* (2022) - Elvis Mitchell, Margaret Avery and Harry Belafonte**

**Feb. 13 - *Mudbound* (2017) - Carey Mulligan, Jason Clarke, and Mary J. Blige**

**Feb. 20 - *Stamped from the Beginning* (2023) Leer Leary, John Toon, and Angela Davis**

**Feb. 27 - *Shirley* (2024) - Regina King, Lance Reddick, and Terrence Howard**

Classic Movie: **Friday, Feb. 7 at 7 p.m.** features *It Happened One Night*, starring Clark Gable, Claudette Colbert, and Walter Connolly. (1934)

Opera/Ballet Night returns with this month: Frederick Ashton's *The Dream* on **Feb. 14** and **Friday, Feb. 28**, Prokofiev's *Romeo and Juliet*. **7:15 p.m. in the PAC.**

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If you can read music and would like to make joyful sounds, please consider joining the Handbell Ringers on **Tuesdays at 1:00** in the Art Studio.

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# Woodland Pond

## Brain Health Team Update

Dementia cases will double over the next 35 years. The study published in *Nature Medicine* in January and reported in the *Boston Globe* states increases in cases of dementia are primarily due to the growing aging population. The majority of dementia risk occurred after age 75, increasing as people reached 95. Dementia affects nearly 10% of people 65 and older.



Contributing factors are that the vascular risk factors are more common and hypertension, diabetes and high cholesterol increase dementia risk.

The study reinforces the urgency of trying to prevent or slow the onset of dementia. The major recommendations are to improve cardiovascular health with lifestyle changes (including diet and exercise) and medications to prevent and treat strokes. It encourages people to wear their hearing aids. (They help forestall dementia by allowing people to be more social and cognitively engaged.) The study analysis, funded by the National Institutes of Health, found disproportionate risk for Black Americans who developed dementia at a younger average age and had higher lifetime risk. For further information read the article by Pam Belluck, *Boston Globe*, January 14, 2025.

**Thursday, Feb. 27, 1 p.m. in the PAC** - Sarah Motherway, Garden View Dementia-Care Certified Activities Coordinator, will present *Programs and Post Transition Life in Garden View*. Discussion will include therapies used to manage symptoms of dementia.

*Pat Houk, for the Brain Health Team*



The iPhone photography group recently got together for dinner after working and learning together for the past 2 years. We also celebrated the first iPhone ArtScope exhibition by some members of the group. These photos are presently on display in the PAC. The group also thanked Michele Caccavano for providing instruction on how to best use the camera in the iPhone. The photo was taken by Athena Pino, one of the wait staff.

*Ronnie Sue Jaffe, for the iPhone group*

## A Thought for the Month

*"Small opportunities are often the beginning of great enterprises."*

*[Demosthenes]*



## Woodland Life Travels to ...the Amazon!

Molly and Tyler Jones escaped our cold winter weather and enjoyed a cruise on the Amazon, sending this photo taken from their cabin veranda as they motored up-river from Parintins to Manaus.



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!

## WP Honored by Alzheimer's Chapter

As Team Captain for the Brain Health Team, I accepted our 1st Place award at the Alzheimer's Awards Dinner for the 2024 Walk Across The Hudson. The five chapters that make up the entire Hudson Valley Area Association raised a total of 1.7 million dollars for 2024 alone!




*Tom Gilder and Ina Pottorff pose with Woodland Pond's award.*

Tom & Sue Gilder and myself went to the Awards gathering to represent Woodland Pond and get the motivation for this year's Walk on October 18, 2025. Save the date!

*Ina Pottorff, for the Brain Health Team*

## Applauds Program Salutes Employee Service

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

|                      |                   |               |
|----------------------|-------------------|---------------|
| Linda Storminger     | Jasmine Sadiq     | Bill Lee      |
| Monique Lawrence     | Jason Irish       | Mark Baker    |
| Griffin Santos       | Miriam Benitez    | Tanya Lopez   |
| Juniper Grillo       | Garret Tanis      | Connor Ginn   |
| Melissa Henneberger  | Rob Stahli        | Athena Pino   |
| Mary Jo Murray       | Tatiana Arrieta   | Elise Sanchez |
| Connie Rzeszewicz    | Patty Mitchetti   | Nicole Klein  |
| Karina Hernandez     | Frank Loscalzo    | Faith Lewis   |
| Eva Goldshein        | Christal Sprenger | Cadence Odell |
| Tyler Vermilyea      | Jay McKinney      | Jasmine Colon |
| Huguette Pierre Noel | Camron Vidas      | Raven James   |
| Joshua Mejia         | Gaby Charleston   | Justin Mena   |
| Justin Evans         | Davi Besares      | Phil Palazzo  |
| Djenane Jeannis      | Leyne Boyle       | Julie Burns   |

Applauds forms are available at the Concierge Desk. They are given to the Human Resources Department. If your nomination is received after the deadline, it will be included in the following month's issue.

## Monthly Birthday Party is Tuesday, Feb. 11



We will recognize our birthday celebrants on **Tuesday, Feb. 11 at 2:30 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

### *Celebrating this month are:*

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

## Welcome New Residents!

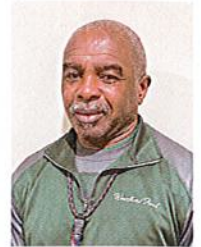
**Paul Walley - Apt 337 [North Wing]**  
**Louise Villa - Apt 441 [North Wing]**  
**Beverly Rainone - Apt 623 [Central Wing]**

The Welcome Committee's New Resident Social and Orientation is **Friday, Feb. 28 at 2 p.m.** in the Classroom. New residents receive an invitation to attend.



## From The Reward Our Valued Employees (ROVE) Committee

As residents of Woodland Pond, when something needs fixing, we need only to fill out a work order and, due to a capable maintenance staff, it gets fixed. One such staff member is Orres James. Orres can't claim to have worked at Woodland Pond from the very beginning, but almost. On February 10, he will have worked here for 15 years. He started in housekeeping and switched to maintenance eight years ago. He is a Tech 1 employee, meaning he does anything he's called to do, things as varied as starting a movie, unclogging a drain or doing a resident check.



Orres was born in Jamaica and moved to the US 27 years ago. He has two sons, the eldest, Delon, is employed by Sodexo and works as a cook in our kitchen. The younger son, Zayquon, is a college student who works here on a per diem basis.

When not at work, Orres like to fix things around his home. He also enjoys traveling and has recently visited Niagara Falls and Bermuda.

Orres is one of the Woodland Pond employees who benefits from your donation to **ROVE**.

*Article/photo by Suzanne Orchowski, ROVE Committee chair*

## About Preferred Pronouns

Why do some people choose to display their preferred personal pronoun(s) on their name badge, bio, and/or email signature? While many of us identify as binary (male or female) and prefer the pronouns of he or she, those who do not identify with either gender may prefer to be referred to as "they." The dictionary includes a definition of "they" as a singular pronoun. An example is, "Did anyone leave their car keys on the table?" Since we can't assume someone's gender identity or preferred pronoun(s) (he, she, or they) just by looking at them, in our modern culture, it is a courtesy to use the pronoun(s) someone prefers. Whether we are binary (he, she) or nonbinary (they), displaying our pronoun(s) supports inclusion and respect for all.

*from the LGBTQIA+ and Allies of Woodland Pond Resident Interest Group (Joe Cosentino, Chair)*





## Interfaith Committee News

The next meeting of the Interfaith Committee is **Monday, Feb. 24 at 10:30 a.m.** in the Game Room. If the mission of this committee interests you, "To foster an atmosphere of tolerance for spiritual understandings", whatever your faith may be, we invite you to join us and become a member.

Bible Study continues to meet in the Art Studio the **second and fourth Thursdays at 1 p.m.** in the Art Studio. The Prayer Group meets **Tuesdays at 11 a.m.** in the Interfaith Meditation Room in Assisted Living.

The IFC sponsored several *Tree of Faith* programs in 2024. If there any topics you would like to see that have not been presented previously, please contact Committee Chair Ina Pottorff, to request it.

Religious Holidays in February: 2nd, Candalmas; 13th, Tu B'shvat (Jewish); 14th, Lailat al Bara'ah (Islamic); 14th, St. Valentine's Day; 15th, Nirvana Day (Buddhist); 25th, Maha Shivaratri(Hindu); 28th-March 30, Ramadan (Islamic).

*Billie Stevens, Secretary*

## Philosophy Circle

Following the last two discussions about the meaning of "Just Society" and how to determine which societies might be designated as just, this month we might benefit from going backwards rather than forwards, at least in historical terms.

We will consider the condemnation and execution of Socrates by a "democratic" society and jury of his peers for the crimes of "impiety" for demeaning the religion of the State of Athens and for "corruption of youths" for engaging them in philosophical explorations. How might this event from so long ago help us understand what we now mean by a "just society"?

Please remember that this is to be a discussion and not a lecture. ~ *Tom Rocco, co facilitator*



## A Note From Dining Services

Look for a special Valentine's Day Dinner **Friday, Feb. 14** at the usual dinner seating times. You may make reservations by calling the Host Desk at 256-5963 or by email at [dservices@wpatnp.org](mailto:dservices@wpatnp.org).

We are looking forward to showing our new cooler and walk-in freezer at our next scheduled Kitchen Tour in March!

*Ashley France, for the Dining Team*



## Upcoming Shalom Space Programs

Fridays at 4 p.m. in the PAC

[Shalom Space welcomes all residents to join us]

Feb. 7 - *Tu Bishvat*, led by Iris Pomerantz

Feb. 14 - *Surviving the Holocaust* - Paul Davidovits

Feb. 21 - *Problems in Verse 1: "In the Beginning ..."* led by Shalom Schwartz

Feb. 28 - *The travels of the lyre and Jewish music* - led by Trina Greene

## Second Saturday Service

It's a unique story! A story that tests our understanding of what it means to be a Christian. Are we to be serious, 'finger-waggers'? Can we be party people? The story of the Wedding at Cana gives some answers. We will explore this story of the first miracle of Jesus on **Saturday, Feb. 8 at 11 a.m.** in the Health Center Great Room. Maybe we can learn something new together. Hope to see you there!

*Pastor Lyn Mehl*

## Health Center Committee Update



One reason most of us chose to come to Woodland Pond was because all levels of lifestyle and care are here. Whether we need to recover after surgery or illness or require long-term care, the Health Center at Woodland Pond fills the need. Here's one such story, willingly shared by an IL resident:

Ina Pottorf was a resident in Skilled Nursing for three and a half months following reconstruction of the cervical spine. She was in a hard collar and neck brace for 8 weeks, and her condition was considered "high risk." She needed a lot of care during her stay and has high praise for the staff. During the first month, her meals were delivered to her room; after that she ate in the dining room where she enjoyed the social experience of eating with others. As a vegan, it took some time for her to receive satisfactory meals, but the dining staff worked to improve her menus and she was pleased with the food. She received PT and OT twice a day six days a week, and she says the PT and OT therapists are "Top Notch."

When asked what the best thing about the Health Center was, Ina said, "The staff really cares, and I loved being able to be visited by my IL friends and my dog, Lucy." She also noted that the Health Center is equipped with the most up-to-date medical/PT equipment and devices.

*Jill Ortner, Health Center Committee Chair*

## From the Library ~ Book Review



*The Hill We Climb* by Amanda Gorman

Discover the power of poetry as you read *The Hill We Climb*. Amanda Gorman wrote and recited her eloquent poem for Joe Biden's Presidential inauguration. The poem captivated people around the globe as it called for unity. Gorman urged Americans to come together and overcome challenges it faces.

*Progress is sometimes painful, climb up the Hill.*

Her lyrical poetry reflected history with optimism. She appeals to America to see and be a light for a better future.

*For there is always light if only we're brave enough to see it, if only we're tough enough to be it*

The poem emphasizes the opportunity the future holds. Her message remains relevant beyond the inaugural.

*That is the promise to the Hill we climb, if we only dare. History has its eyes on us*

The poem received international acclaim. Amanda Gorman was the youngest poet to deliver a reading at a presidential inauguration. And the first person named National Youth Poet Laureate. Her books have achieved bestseller status.

Anita Kantor

## The Picture Book Nook on February 2

Join us **Sunday, Feb. 2 at 1 p.m.** in the Library to enjoy the beautifully illustrated poetry of some of your favorite poets such as Emily Dickinson, Shell Silverstein, and Amanda Gorman. Some books tell their stories in poetry (for example, Dr. Seuss) while other books follow themes (for example, the seasons) with many different poets.

Marilyn Mallue

## Attention Bingo Fans ...



Come join the fun on **Wednesday, Feb. 5 at 1 p.m. in the PAC**. \$2.00/card and jackpot prizes in store! We play the first Wednesday of each month!

## Wanderlust Rhythms in the Health Center

Peter Brown will repeat his September Video Night program of a 2017 ten-day visit to Korea on **Tuesday, Feb. 18 at 2:30 p.m.** in the Health Center Great Room. If you missed it in September, here's your chance to catch another of his very popular video/music programs!

## Book Club



We meet **Tuesday, Feb. 4 at 7 p.m.** in the Classroom to discuss *The Personal Librarian* by co-authors Marie Benedict and Victoria Christopher Murray. During February we will be reading *Tom Lake: A Novel* by Ann Patchett. Newcomers are welcome to join us!

Michele Caccavano

## February 11 ~ Theatre Night Joe & Fred



Joe and Fred's seventh Theatre Night comes to the PAC on **Tuesday, Feb. 11, at 7:15 p.m.** with a staged reading of *Neighbor* by Joe Cosentino. In honor of Valentine's Day, this comic, timely, and touching one-act play tells the story of an unhoused couple, Tom and Daphne, who fall in love and find the true meaning of home. Featuring Fred Wolinsky, Joe Cosentino, and guest stars Deborah Moore and Ashley France.

Joe and Fred were both theatre professionals and enjoy bringing their talents to the residents of Woodland Pond.

This is a popular event, so sign up at the Concierge now to reserve your seat!



## ArtScope Exhibit Continues



The current ArtScope exhibit remains through this month. Our next ArtScope event on March 10 will feature the art of Vida Fargis, a textile designer, mixed media artist, and founder of Vida's Garden, a design studio for clothing and accessories. (As a program teaser, each design she creates is a plant she grew in her garden.) Watch for more details in next month's issue!

*Creativity flourishes at Woodland Pond*

## Photos & Poetry ~ a Great Combination!

Last month two residents shared the creative results of their joint venture to publish a book that pairs Michele Caccavano's beautiful photography with prolific poet Frieda Feldman's way with words. A packed audience thoroughly enjoyed their presentation and you can see the book in its permanent display location in the sitting area by the Mail Room.

*(Note: Please enjoy the book there and do not remove it to read!)*



*Michele and Frieda pose with their new book. [Photo by Halema Hassan]*

The next Poetry Group meeting is **Friday, Feb. 28 at 2 p.m.** in the Conference Room. Listeners are welcome, writers are welcome, even critics are welcome!

## Meet Your New Neighbors!

We are delighted that the following 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*

### **Beverly Rainone ~ Apt. 623**



Beverly was born in Spokane, WA and attended Washington State University. She graduated from Wood Tobe-Coburn School of Fashion (closed in 2017) in NYC. She has had a variety of positions in the fashion industry: Sportswear buyer for Bloomingdales, Fashion Editor,

Instructor and Alumni Director at Tobe-Coburn and to end her career, Corporate Fashion Director for Lane Bryant Stores. During Beverly's time at Lane Bryant, she traveled the country doing fashion merchandising at Lane Bryant stores and taught information seminars to store managers. She also appeared on the Dinah Shore and Phil Donahue talk shows regarding the fashion world.

Beverly and her husband Tom Rainone (Gem Olive Oil – now part of Sovena Foods of Portugal), retired to Highmount, NY, where they both became Alpine Ski Instructors at Highmount Ski Center, and were 52 year members of Professional Ski Instructors of America. Together with their son, they experienced many happy memories in Highmount before Tom passed away in 2015. Beverly looks forward to being here and meeting new people with hopes to still be able to go back to her grand domain at Highmount for mini-vacations.

### *Pond Pets*

*by Lucy Muller and Marit Kulleseid*

There are lots of small 'doggos' at Woodland Pond so it is lovely to have another larger breed here, besides our sweet Dash.

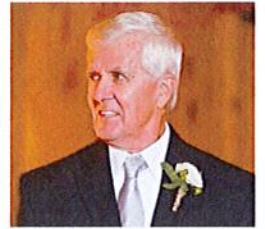
Wager is a beautiful Labrador Retriever. Marit told me her story:



"Her name is Wager," Marit wrote. "She was named by her first owner. (Maybe it was a betting litter). She is from South Carolina where she was mother of two litters and nearly died with the birth of her second litter. The owner, a breeder, had her spayed and then gave her away. I was looking for a "mature" dog and we had a mutual friend who put the deal together. This was at the beginning of Covid. I found a friend who was game to pick her up and bring her to me in Garrison. She was trained by her previous owner and well mannered, she was five-years-old and happy to meet us. She had a free run of our property and so being always on a leash when not in the apt. is new for her - but she adjusts easily. She's very gentle and loves meeting new people, and dogs! And yes, she sleeps on my bed."

Welcome Wager!

### **Paul Walley ~ Apt. 337**



Paul was born in Farmingdale, Long Island. He is the oldest of three children, with two younger sisters. His first job was working as a professional caddy at the famous Bethpage golf course. He went on to Wagner College (Staten Island) to receive a B.A. in religion and philosophy. He met the love of his life, Carole, during his ordination to become a Lutheran minister, and they married after she graduated from SUNY Oneonta with a B.S. in Education.

The newlyweds attended Pennsylvania State University together where Paul received a M.F.A. in Theatre and Carole received a M.Ed. in Counseling. After that, Paul accepted a position as an ecumenical campus minister at SUNY New Paltz where he led worship, fellowship, religious centered activities and retreats as well as community service.

After retiring, Paul served as a Lutheran supply pastor throughout the Hudson Valley. Unfortunately, Carole passed in 2003 from ovarian cancer. Her memory lives on in their children and their grandchildren. Paul has always been drawn to music and theater, and enjoys swing dancing. One of Paul's favorite places is Cape Cod. Another big passion is rooting for the NY Mets — he hopes their big drought is coming to an end!

Paul's sister-in-law, Cynthia Lee (C-125), is ecstatic to have him move to Woodland Pond and introduce him to his new neighbors!

Would you like to see your pet featured in *Woodland Life*? Contact Lucy Muller!



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

**Publication Designer**  
Gretchen Daum

**Proof Readers**  
Lisa Cea  
Sarah Leonard

**Photography**  
Gretchen Daum  
Sue Gilder  
Halema Hassan  
Pat Houk  
Ronnie Sue Jaffe  
Tyler Jones  
Athena Pino  
Suzanne Orchowski  
Artie Raphael  
Susan Smith

**Contributing Writers**  
Dick Barry  
Peter Brown  
Michele Caccavano  
Joe Cosentino  
Sue Close  
Gretchen Daum  
Joy Dryer  
Frieda Feldman  
June Finer  
Suzanne Gillespie  
Anne Gordon  
Halema Hassan  
Ronnie Sue Jaffe  
Pat Houk  
Anita Kantor  
Marilyn Mallue  
Lyn Mehl  
Lucy Muller  
Mary Jo Murray  
Suzanne Orchowski  
Jill Ortner  
Yakov Pipman  
Ina Pottorff  
Larry Randall  
Tom Rocco  
Matt Romer  
Jo Sanders  
Billie Stevens  
Marcia Witfield  
Fred Wolinsky

**Assemblers/Distributors**  
Bernice Hummel  
Eileen Francesconi



*From her cottage window  
Susan Smith spied this red  
fox running along a snowy  
McBride Trail.*



*Marian Baldwin celebrated her  
102nd birthday with a number of  
her WP neighbors at the Ship's  
Lantern Inn. [Photo by Pat Houk]*



*Ronnie Sue Jaffe  
captured this early  
morning sunrise on the  
Shawangunk Mountains  
from her cottage.*

### **February Highlights at a Glance**

**Sunday, Feb. 2 at 2 p.m.** - Music Recital with students of Julian Baker [PAC]

**Thursday, Feb. 6 at 2 p.m.** - *Council Connections*: guest Yakov Pipman [PAC/WPTV]

**Sunday, Feb. 9 at 6 p.m.** - Super Bowl party [PAC]

**Tuesday, Feb. 11 at 7:15 p.m.** - Theatre Night with Joe & Fred [PAC]

**Wednesday, Feb. 12 at 2 p.m.** - Hudson Valley Hospice's Veterans Café [HC Great Room]

**Friday, Feb. 14, 1-3 p.m.** - WP Library Open House and Bake Sale [Library]

**Friday, Feb. 14 at 3 p.m.** - The Aloha Strummers Ukulele Band [PAC]

**Saturday, Feb. 15 from 11-3 p.m.** - WP Repair Café [PAC]

**Tuesday, Feb. 18 at 2 p.m.** - SusComm Program: *Beyond Plastics* [PAC]

**Tuesday, Feb. 18 at 2:30 p.m.** - *Wanderlust Rhythms: Korea* [HC Great Room]

**Wednesday, Feb. 19 at 1:30 p.m.** - Management Q&A [PAC/WPTV]

**Thursday, Feb. 20 at 2 p.m.** - *Council Connections*: guest WP Board Chairman Chris Drouin [PAC/WPTV]

**Wednesday, Feb. 26 at 3 p.m.** - Residents' Association Quarterly Meeting [PAC]

**Thursday, Feb. 27 at 1 p.m.** - Brain Health Team program: *GardenView Programs* [PAC]

Want to share the newsletter with  
your family and friends?

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

Attention, all Veterans!

The next Veterans' Café hosted by  
Ulster County Hospice will be on  
**Wednesday, Feb. 12 at 2 p.m.** in  
the Health Center Great Room. All veterans are  
invited to attend this special time of sharing.

