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WoodlandLife

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January 2025

New Year Heralds Woodland Pond's Expansion and Renovation!

The coming year will be an exciting one with the realization of the many years of design and preparation coming to fruition in built form. So much planning and preparation has happened over the last couple years, but especially in the last 6 months, and we will at last see our plans become a reality.

This past 6 months we engaged numerous consultants to support our endeavor, including Architects, Civil Engineers, Structural and Mechanical Engineers, Acoustic Consultants and Foodservice consultants. Collectively we are working with the Construction Manager to develop a budget and construction schedule for the first phase of construction.

We are well under way with our process with the village Planning Board. We have had two meetings, and they have completed sufficient review to refer our project to the Ulster County Planning Board for their consideration. The Village also set a date for the Public Hearing for January 21. This is an opportunity for the public to comment on the proposed alterations and additions to the campus.

At the conclusion of the Schematic Design phase, our Construction Manager, Wohlsen Construction, prepared a detailed cost estimate. At present the total cost of the first phase of construction in the Community Building is estimated to be about \$17 Million. It is now our job to ensure that through the rest of the design process and construction documentation, including the selection of finishes and materials, we maintain control of the budget and don't allow it to significantly increase.

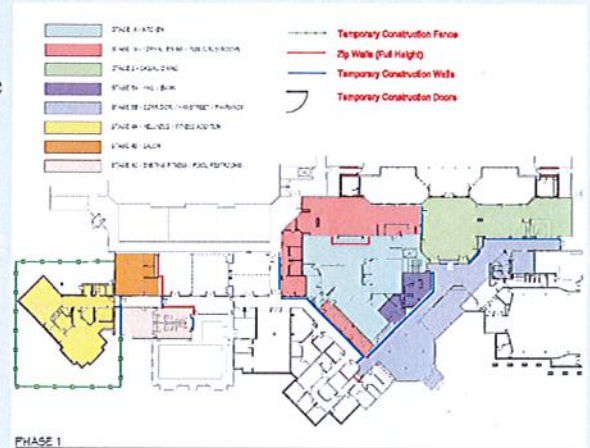
In the last couple months we have developed the design detail to ensure that it accomplishes all our practical needs. We have started to look at some of the design intent with regard to interior finishes and in January we will start to see specific selections for floor and wall finishes, ceiling finishes and lighting. This of course includes the selection of carpets – one element about which almost everyone has an opinion!

We have also refined the design of the fast casual dining area to ensure that it meets our needs. The Health Center design has been developing as we concentrate on the upcoming construction in phase one. Enhancements in the Health Center design include increasing the amount of daylight to the common areas and also improving the amenity of the outdoor areas with new walkways, sitting areas and planting.

Our plans are enhanced by the continued input from the residents, with their ideas and feedback informing our decision-making process.

This year we look forward to lots of construction activity, but also the opportunity to begin to enjoy some of the improved amenities for which we have been planning.

Dave Roberts, Capital Projects Manager



Dave's weekly updates are aired Fridays at 12:15 p.m. on WPTV and can also be viewed on our WP YouTube Channel.

Council Corner



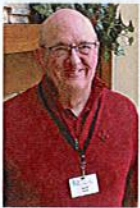
Residents' Council meetings this month are on **Thursday, Jan. 2 and Thursday, Jan. 16 at 10 a.m.** in the Classroom and on Zoom, and open to all residents. The first 15 minutes (EARS) are devoted to your input. If time permits there will be a second EARS at the end of the meeting. Agendas are posted 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, next to mail cubby 635, or you may also send an e-mail to the Council's attention at WPRC100@gmail.com.

There is one *Council Connections* session scheduled for this month on **Thursday, Jan. 16 at 2 p.m.** in the PAC. The guest is Dining Director Phil Cavallo. He will be interviewed by Ina Pottorff, a member of the Dining Committee.

Evelyn Rosenthal, Corresponding Secretary

2025 Resident Council Officers Elected

The Residents' Council is pleased to announce their leadership slate for 2025:



Dave Smith
President



Tom Gilder
Vice Pres.



Molly Jones
Recording Sec.



Larry Randall
Corresp. Sec. /
Board Liaison

Thanks from Family of New Paltz

Once again, Woodland Pond delivers for the local community! Thank you for all of your donations to Family of New Paltz this holiday season. Every year, the need grows and every year Family of New Paltz provides quality gifts to families in need in our community. Your generous donations brought joy and light this holiday season. On behalf of Family of New Paltz and myself, thank you for your continued support of this fine organization.



With appreciation and love,

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

From Woodland Pond's Board of Directors

We are pleased to introduce another new member of our Board: Tom Smiley. Tom is the CEO of Mohonk Mountain House and a fifth-generation member of the family that has owned and operated the resort since 1869. Starting in 2003, he held positions in the Engineering Department and the Properties Division before arriving at his current position. Tom has a diverse background with management experience in construction, heavy equipment manufacturing, tech manufacturing and hospitality.



Tom has a B.A. in industrial engineering from Montana State University and an M.A. in Business Administration from SUNY, New Paltz. He is the chairman of the town of Marbletown Zoning Board of Appeals and chairman of the Business Advisory Council for the SUNY, New Paltz School of Business. Tom lives on the grounds of Mohonk Mountain House with his wife and their teenage son.

Dick Barry, Secretary

WP Benefit Fund Update



We are very grateful to our residents for their generous support during December. The Arts & Crafts Fair did extremely well, and an extra large number of you made direct donations to our fund.

Many thanks to the Arts & Crafts Fair Committee. They did a great job organizing the many aspects of the Fair, raffles, baked goods, and vendors, which resulted in a very profitable and enjoyable event.

We are looking forward to raising our support of the WP Employees Scholarship Fund next year, and exploring new ways to enrich our life here.

Anne Gordon, Chair

Scenes from The Arts & Crafts Fair





Interest Groups



Book Group: 1st Tuesday at 7 p.m. [Classroom]
Bingo: Wednesday, Jan. 8 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]
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 Thursday 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]
Sunday Chat: Sundays, 2 p.m. [Cls] (on 12th & 26th in the CR)
Opera/Ballet Night: on temporary hiatus
Pet Ponders: Wednesday, Jan. 22 at 7pm [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, Jan. 31 at 2 p.m. [CR]
Pondaliers: Resume Monday, Jan. 27 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: Wednesday, Jan. 15 & 29, 2:30 p.m. [AS]
Table Games: Mondays at 7:15 p.m. [Cls] and Saturdays at 2 p.m. [AS]
Watercolor Class: Mondays, Jan. 13 & 27, 10 a.m. [AS]
Women Connect: Mondays at 2 p.m. [Cls]
Yarn Mavens: 1st & 3rd Tuesdays, 3 p.m. [AS]

Committee Meetings for January

Art & Décor - Thursday, Jan. 2 at 1 p.m. [CR]
 Contact: John Ortner, Chair
Library Committee - Monday, Jan. 6 at 12 p.m. [Cls]
 Contact: Virginia Cannon, Chair
Finance Review - Monday, Jan. 6 at 1 p.m. [AS]
 Contact: Fred Wolinsky, Chair
Dining - Tuesday, Jan. 7 at 10 a.m. [Classroom]
 Contact: Joan Kleinegris, Chair
Physical Plant - Wednesday, Jan. 8 at 10 a.m. [Cls]
 Contact: Fred Wolinsky, Chair
Landscape - Wednesday Jan. 8 at 2pm [CR]
 Contact: Deborah Moore, Chair
Mental Health & Wellness - Friday, Jan. 10, 10 a.m. [AS]
 Contact: Geoffrey Gibson, Chair
R.O.V.E. - Monday, Jan. 13 at 11 a.m. [GR]
 Contact: Suzanne Orchowski, Chair
Welcome - Tuesday, Jan. 14 at 11 a.m. [GR]
 Contact: Alice Cross, Chair
WP Benefit Fund - Wednesday, Jan. 15, 10 a.m. [CR]
 Contact: Anne Gordon, Chair
Land Conservation - Friday, Jan. 17 at 3 p.m. [CR]
 Contact: Larry Randall, Chair
Sustainability - Wednesday, Jan. 22 at 2 p.m. [Cls]
 Contact: Joy Dryer, for the Steering Committee
Interfaith - Monday, Jan. 27 at 10:30 a.m. [GR]
 Contact: Ina Pottorff, Chair / Billie Stevens, Secretary
Health Center - Tuesday, Jan. 28 at 2 p.m. [Cls]
 Contact: Jill Ortner, Chair



Sustainability Committee News

New Year's Resolution: Be sustainable in your kitchen

One thing we can all agree on is resolving to be healthier for the new year. And SusCom is starting off the New Year with a focus on sustainable kitchen safety.



The latest research indicates that black plastic utensils, like spatulas and cooking spoons, could be secretly leaching toxic chemicals into our food.

What's different about black plastic, you say?

It turns out that many black plastic utensils are made from recycled e-waste, such as wires in old computers and televisions, often made with flame retardants. When the utensils come into contact with high heat - such as a frying pan - the chemicals can be released. Recycling is a wonderful thing, but we certainly don't want flame retardants getting into our food!

So what do we do?

According to a recent in-depth article in the *NY Times*, it's best to ditch all our old plastic spatulas and spoons, even those of different colors. Fortunately, there are excellent alternatives made of silicone (great for non-stick surfaces), stainless steel, and wood or bamboo (which must be hand-washed).

What about those plastic **take out containers** from our dining room? To be safe, never use them to reheat food **in** the microwave. Use china or glass plates or bowls instead.

Save-The-Date: Deb Weltsch, a local Beyond Plastics speaker, will present at SusCom's educational program on **Tuesday, Feb. 18 at 2 p.m.** in the PAC. Stay tuned.

Here's wishing everyone a very happy, healthy and safe new year!

Steve and Robbin Goodman, for the Sustainability Committee

Martin Luther King Jr. Observance

On **Monday, Jan. 20** we will observe the Martin Luther King, Jr. holiday with a special film presentation at **3 p.m. in the PAC:** *Dr. Martin Luther King, Jr.: Historical Perspective: An Authorized Biography of Civil Rights Hero*. Using rare and largely unseen film footage and photographs, this film (endorsed by the King Foundation) explores how Dr. King's ideas, beliefs and methods evolved in the face of the rapidly changing climate of the Civil Rights Movement.



Bus Trips for January



Wednesday, Jan. 1 at 2 p.m. – Join the Woodland Hikers for an on-campus New Year's Day hike. Meet in the Lobby.

Friday, Jan. 3 – Shopping at the Poughkeepsie Galleria Mall. Depart at 11 a.m.

Friday, Jan. 10 – Lunch Adventure to Kingston to the Texas Roadhouse Restaurant and then shopping at Adams' Fairacre Farms. Depart at 11:30 a.m.

Saturday, Jan. 11 at 7:30 p.m. - *New Horizons* at the Woodstock Playhouse, featuring music from Mozart to Starburst. Depart at 6:15 p.m.

Sunday, Jan. 12 at 4 p.m. – The Howland Chamber Music Circle presents *Cann Duo*, performing piano selections by Mendelssohn, Leibowitz, Bach, Beethoven and Ravel. Concert is co-sponsored by the *Dr. Mary Louise Van Winkle Fund of the Community Foundations of the Hudson Valley*. (Mary Louise was a former WP resident and patron of the Howland Music Circle). Depart 2:45 p.m.

Monday, Jan. 13 – The FDR Library and Museum in Hyde Park. Current Exhibit: *Black Americans, Civil Rights and the Roosevelts*. Depart at 9 a.m.

Tuesday, Jan. 21 – an outing to the Resorts World Casino in Newburgh, NY. Over 1200 slots and electronic table games. Departs at 10 a.m.

Saturday, Jan. 25 at 3 p.m. – The Orchestra Now at Bard celebrates Chinese New Year, with pre-concert talk at 2 p.m. Departure is at 1:30 p.m.

Tuesday, Jan. 28 – Early Dinner at Ship's Lantern Inn in Milton, NY. Depart at 3:45 p.m.

Winter Weather and Bus Transportation



As we continue through winter please remember that it may be necessary to cancel transportation services during bad weather. You may be asked to reschedule medical appointments. Routine trips such as grocery shopping will be rescheduled when possible.

It may be necessary to cancel a trip for which residents have purchased tickets. While a number of venues will accommodate the cancellation and offer a rescheduled date or refund, it remains the resident's responsibility to cover the cost if it cannot be rescheduled/refunded.



Next Woodland Hikers Outing

On **Wednesday, Jan. 1** we will leave from the lobby at **2 p.m.** to hike the trails of our own Millbrook Preserve. Please wear sturdy boots/shoes, bring your pole(s) and water and sign up with the Concierge. ~*June Finer*

Wellness Notes



Experiencing humor and laughter can add to the keys of your good health. There are physical benefits of laughter.

A good laugh gives your diaphragm a nice workout to contribute to respiratory performance. It's hard to feel stress when you're laughing! There is an increase in blood flow and it releases muscle tension. It affects your overall wellbeing for your heart, reduces blood pressure, and boosts your immune system.

What makes you laugh? Can you find humor in everyday life? Laughter creates a wonderful positive atmosphere. Here are some ways to improve your funny bone:

- ◆ Train yourself to see the lighter side of life and find joy in small things; share jokes, funny stories, memories and comic pictures with friends and family
- ◆ Watch a comedy movie or show - invite others to join you
- ◆ Read funny, delightful stories
- ◆ Integrate playfulness into your daily life and smile more!

Humor, fun and laughter are powerful tools that can expand your mood and vitality.

Instructions from Frieda Feldman (An elder of Excellence) :

"Laughter is the universal solvent", it opens your heart, it is good for digestion. It brings fun that older people need to nourish them. Have you ever noticed that when you approach a stranger with a smile, it lifts both of you! It's easy and does not cost anything.

Are elders afraid to laugh? Do they feel it's not dignified? Do they fear strange looks they may get? Children have no fear of the need to how they look - watch them giggle / laugh and be fully engaged in that moment. It takes some practice – be bold – laugh until the belly shakes and find the joy of being present.



Wellness Wishes for the happiest of New Years,

MJ Murray RN, Wellness Nurse and Frieda Feldman RN

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)
- * *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 8!
- * *Parkinson's Support Group* - meets **4th Wednesdays at 1p.m.**, Classroom.

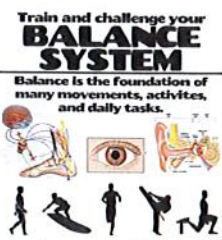
Food for Thought

"Laughter is wine for the soul."

[Sean O'Casey]



A Fitness Message From Matt



Balance is a key component to our movement and is the foundation of many daily tasks. Maintaining balance requires the interplay of 3 systems working together. These systems can be 'tuned' and improved through training.



Visual system: The eyes pick up visual information that helps us position and maintain our balance. (While balancing on one leg and holding onto a chair or countertop, close your eyes and you will notice that it is much harder).

Vestibular system: Components of the inner ear pick up our body's orientation, sense of balance, and acceleration. The vestibular system combines this with visual information from our eyes.

Proprioception: This is the body's ability to sense position and movement and is a crucial part of maintaining balance. It's a subconscious process that allows the brain to know where the body is in space without relying on visual input.

Balance can be improved at any age and by practicing our balance and single leg strength, we can create a positive impact on many day-to-day activities and tasks. Performing single leg balance exercises, tandem walking, climbing stairs, yoga, and joining a balance & stability class are all great ways to improve your balance. Challenge your balance and leg strength to create a strong foundation.

Matt Romer, Fitness Coord., ext. 5960 / 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.



Put on Your Dancing Shoes!

This month's Square Dancing dates are **Wednesday, Jan. 15 and Wednesday Jan. 29 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.

English Country Dance continues on the **2nd (Jan. 8) and 4th (Jan. 22) Wednesdays at 2:30 p.m.** in the Art Studio. Newcomers are always welcome!



Special Musical Events for January

Sunday, Jan. 12 at 5 p.m. in the PAC — Students of local violin teacher Marka Young in concert! They will be performing music by Mozart, Handel, Vivaldi and Bruch and will be accompanied by Valentina Shatalova on the piano.

Friday, Jan. 24 at 2:45 p.m. in the PAC — the ever popular Starlight Trio returns with their signature sound on guitars, vocals and keyboard, playing your favorite tunes and a few originals, as well.

On **Sunday, Jan. 26 at 3 p.m. in the PAC** — chase away the January blues and celebrate Mozart's birthday with lovely music from the Classical era performed by students of piano teacher Valentina Shatalova.

NP School Board Info Session



On **Tuesday, Jan. 7 at 2 p.m.** in the PAC residents are invited to join representatives from the New Paltz Board of Education and the Superintendent of Schools for an information session about the Capital Projects and proposition that will be voted on January 16th.

Life at Woo

January Poem

*The first snowflake tapped on my window,
Then, another came along.
I know, before the night was over
They'd be fifty million strong."*

[by Frieda Feldman]



Join us at our January Poetry Group meeting on **Friday, Jan. 31 at 2 p.m.** in the Conference Room. Bring a poem, write a poem, read a poem, write a poem, or — just listen.



A photo collage from our busy, Happy Holidays — we packed lots of special events into the month!



Midland Pond

A Thought for the New Year

“You are never too old to set another goal or to dream a new dream.”

[C.S. Lewis]



A couple of creative New Year wishes from fellow residents!



Happy New Year 2025

*Happy New Year everybody
Let's give 2025 a big cheer
Enjoy a fun New Year's Eve toast
Be it champagne, juice or a beer!*

Mike Powers

“If dance be the food of love dance on.” [Inspired by Shakespeare’s *Twelfth Night*, Act 1, Scene 1]

The Movement, Music & You class invites you to join them!
Tuesdays at 11 a.m. in the PAC.



Our volunteer Lobby tree decorators set the stage for our annual Tree Lighting to kick off the holiday season.



*A hardy group of residents and staff braved a very cold early December morning to do our final Adopt-a-Highway cleanup for the year. We'll resume in the Spring!
[Photo by Dave Smith]*



Rabbi Leah Blumenthal helped kick off our Hanukkah celebration.

A Note from Resident Services

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



Happy New Year ~ we appreciate you all!



The Inaugural Dinner of the ‘Sue Club’

*An innovative dinner gathering took place last month of residents eligible to join the “Sue Club” (we have at least 10 residents who qualify!) The group is the brainchild of Suzanne Gillespie and the group plans more gatherings in celebration of their shared name, hoping to add more ‘Sues’ they discover!
[Photo by Tonya Reidlinger]*



“Women Connect” (AKA Women’s Tea)

We felt that our group name didn’t quite indicate what we are, and we decided to change the name of the Women’s Tea group to “*Women Connect.*” We meet **weekly on Mondays at 2 p.m. in the Classroom.** On the 1st, 3rd, and 5th (if there is one) Mondays, we will have a general discussion on a pre-announced topic. On the 2nd and 4th Mondays there will be a presentation on a specific topic. Refreshments will be served and we encourage all women residents to participate!



June Finer, for the group

Applauds Program Salutes Employee Service

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

Elise Ludewig	Tarell Fairley	Lisa Cea
Tyler Vermilyea	Camron Vidas	Frantz Brutus
Barbara Nicoli	Anissa O'Dell	Juniper Grillo
Mary Jo Murray	Monique Lawrence	Carrie Burns
Ashley DeRosa	Djenane Jeannis	Chris Shea
Gina Christiana	Ruth Fialcow	Orres James
Julia Brooker	Jay McKinney	Mark Baker
Hena Saldivar	Ryan Kraehmer	Davi Besarus
Marissa O'Brien	Eli Howell-Smith	Tatiana Arrieta
Stephanie Rzeszewicz	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, Jan. 14



We will recognize our birthday celebrants on **Tuesday, Jan. 14 at 2:30 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

Celebrating this month are:

Shalom Schwartz - Jan. 1	Susan Falk - Jan. 17
John Fracasse - Jan. 3	Anne Gordon - Jan. 18
Virginia Kohli - Jan. 4	William Tabb - Jan. 19
Dave Stevenson - Jan. 5	Edie Nelson - Jan. 22
Ida Brier - Jan. 7	Betsy Tuel - Jan. 26
Stan Drewnowski - Jan. 9	Sherman Raskin - Jan. 27
Phil Kissinger - Jan. 11	Marian Baldwin - Jan. 29
Kathy Kane - Jan. 12	Jean Crawford - Jan. 29



Welcome New Residents!



Kathleen Conner - Apt 405 [South Wing]
Paul Davidovits ~ Apt 406 [South Wing]
Tory Ettlinger ~ Apt 414 [South Wing]
Louise Villa ~ Apt 441 [North Wing]
Anne Briggs and Charles McCracken ~ [Cottage 113]

The Welcome Committee's New Resident Social and Orientation is **Friday, Jan. 24 at 2 p.m.** in the Classroom. New residents receive an invitation to attend.



Reflections & Images Presentation Monday, Jan. 13 at 7 p.m., Classroom



WP residents Frieda Feldman and Michele Caccavano have merged words and photographs to create a new publication, *Reflections & Images*. They invite you to come and find your way into a unique experience...



From The Reward Our Valued Employees (ROVE) Committee

You have probably noticed and read the comments from Woodland Pond staff, thanking residents for their year-end thank you gift. The ROVE Committee also thanks you for making those gifts possible through your generous donations.

As you know, the ROVE Committee is made up exclusively of Woodland Pond residents, not management. There are, however, two employees whose assistance we heavily depend on. **Melissa Henneberger** is the first. Many residents choose to make their donation as an amount added to their monthly statement. Every month Melissa tallies the monthly donations and writes a check for the ROVE treasurer (Bob Soraci), who then deposits the check in our Sawyer Savings Bank checking account. If you choose to write a check during the year, it goes directly to Bob and the bank.

Brigitte Blum is second. The amount of each check distributed is based on how many hours the employee worked during the year. Bridgette is the one who totals the hours for each employee – 260 of them in 2024. She also sees to the distribution of the checks.

A third person we depend on is **Cherie Ingrassia** in Sawyer Savings Bank. Although not a Woodland Pond employee, she plays a critical role in our endeavor. Every November she cuts the checks – all 260 of them last year. In addition, she makes sure there is enough cash on hand to accommodate those employees who choose to cash their checks right away.

Thank you, Melissa, Brigitte and Cherie!

Suzanne Orchowski, ROVE Committee chair

Time and Light with Mel Oshen



You are invited to join Mel Oshen for his next talk: "Time and Light" on **Friday, Jan. 3 at 2 p.m.** in the Classroom.

Time and light are inextricably tied together. This subject material is not for the faint hearted, but Mel will reduce material to its most basic to help you understand why you have never seen light and when astronomers look at distant objects they see things as they were and not as they are. How do we manage light with our eyes, plus, is space travel possible? What are light years, and what is action at a distance. At its essence light is the same basic phenomenon as radio and X-rays and that time is a human construct.

Limited seating; sign up at Concierge to attend!



Interfaith Committee News

The next meeting of the Interfaith Committee will be **Monday, Jan. 27 at 10:30 a.m.** in the Game Room. If you are interested in the mission of this committee, "To foster an atmosphere of tolerance for spiritual understandings", whatever your faith may be, we invite you to join us and become a member.

"A Service of Lessons and Carols" was held in the PAC on December 15 led by Rev. Lyn Mehl, with readers from this committee. This has been held previously in the Great Room with a small audience. The attendance in the PAC was impressive with many positive comments about doing it next year.

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

Religious Holidays in January: 6th, Epiphany; 7th, Coptic Orthodox Christian Christmas; 14th, Pongal (Hindu); 14th, Mahayana New Year (Buddhist); 17th, Guru Gobind Singh Gurburab (birthday) (Sikh).

Billie Stevens, Secretary

Philosophy Circle

We'll be continuing our exploration of a just society, this month talking about the rights and liberties afforded to citizens. How is individual freedom balanced with the needs of the collective? How do we define the scope of fundamental rights, address potential conflicts between different rights, determine the appropriate role of government in protecting liberties, and ensure equitable distribution of rights across diverse groups? **Wednesday, Jan. 8 at 11 a.m.** in the Classroom.

Jo Sanders and Tom Rocco, co-facilitators

LGBTQIA+ and Allies Program



Woodland Pond's own Philip Mehl, Director of Long Term Care, will discuss "What is Sexual Orientation, Gender Identity, and All Those Terms and Pronouns I Don't Understand" in the PAC on **Wednesday, Jan. 29, 2 p.m.** All residents are encouraged to attend and learn about the needs of LGBT+ neighbors and staff at Woodland Pond. This event is sponsored by the LGBTQIA+ and Allies of Woodland Pond Resident Interest Group.

Joe Cosentino, for the Group



Upcoming Shalom Space Programs



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

- Jan. 3 - *The future of Shalom Space* - Ina, Tamar, Jo
- Jan. 10 - *Memories of a temple president* - Mel Oshen
- Jan. 17 - TBA
- Jan. 24 - TBA
- Jan. 31 - *A pastor's love affair with Jeremiah* - Lyn Mehl

Second Saturday Service

Epiphany will be celebrated in Pastor Lyn's Second Saturday worship. Also known as Dia de los Reyes (Day of the Kings) in Spanish countries, it celebrates the arrival of the Wise Men or magi. Who were these colorful figures anyway? What do we really know about them? Come to the Health Center Great Room on **Saturday, Jan. 11 at 11 a.m.** and join our informal service of singing, prayer, conversation and Holy Communion. All are truly welcome.

Pastor Lyn Mehl

Health Center Committee Update



Invitation - Once again we invite you to join Natalie Russak on a comprehensive tour of the Health Center. There will be tours on the **4th Monday of each month**. Our next tour will take place **on Jan. 27 at 1 pm.**, starting in the IL lobby.

Neighbor Corps - The "Neighbors" who sign up to do tasks in the Health Center are organized by Sue Close, Activities Director in the HC. If anyone else wants to help, please contact Sue.



Our Committee: Jill Ortner will take the chairmanship of the Committee on Jan. 1, 2025. We are excited Jill has agreed to step into this role and want to thank her for her willingness to serve. I will continue on the committee in a different role and thank the committee for their wonderful cooperation in the past 2 ½ years. I know that we will accomplish even more under Jill's leadership. I appreciate that you attended meetings, met with residents in the HC, came regularly to our committee meetings and engaged in meaningful discussion of how we might improve the lives of the residents in the HC. The cooperation of the staff in the HC has been impeccable and I know that committee members value that above all.

I encourage all of the residents of IL to consider helping in the HC. I have done a variety of volunteer work in my life but my contact with the HC has been the most satisfying. ~ Margaret Nijhuis

From the Library ~ Book Review



Saving Freedom
by Joe Scarborough

History comes alive as you read *Saving Freedom* by Joe Scarborough! It is an absorbing account of President Harry Truman's fight to preserve western civilization. Although newly liberated from fascism, Europe was now threatened by Soviet anti-democratic aggression. Stalin had gained control of Eastern Europe. President Truman defended democracy against Soviet communist expansion as a Cold War erupted.

Scarborough relates President Truman's endorsement of policies of containment known as the Truman Doctrine. Using politics and Presidential power he united Republicans and Democrats to support his policies. Bi-partisanship created the Marshall Plan, NATO, and the defense of South Korea from North Korean invasion. These directives created American leadership and world power that lasted many years.

Joe Scarborough has written a well-researched history of American political leadership during a perilous time.

Anita Kantor

Book Club

We will meet **Tuesday, Jan. 7 at 7 p.m.** in the Classroom to discuss Kristen Hannah's novel *The Women*. During January we will be reading *The Personal Librarian* by Ruth Benedict. Newcomers are always welcome to join us!

Michele Caccavano

PAC Movies



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

Classic Movie: **Friday, Jan. 3 at 7 p.m.** - *Roman Holiday* (1953), starring Audrey Hepburn and Gregory Peck.

While Opera Night is on temporary hiatus, enjoy these films: on **Friday, Jan. 10** *All That Jazz*, and on **Friday, Jan. 24**, *Ray*. Both will be at **7 p.m.**



Attention Bingo Fans ...

Due to New Year's Day falling on the usual first Wednesday that we play, come on **Wednesday, Jan. 8 at 1 p.m. in the PAC**. \$2.00/ card and jackpot prizes in store! We normally play the first Wednesday of each month!

Land Conservation Committee Next Program

The Hudson: America's River is the next Land Conservation Committee talk.



How has the Hudson River transformed American history, politics, and culture? How has its unique geography, scenic beauty and a culture of entrepreneurship inspired people to innovate in the fields of engineering, environmental conservation, art, and architecture? Come and find out on **Tuesday, Jan. 21 at 2 p.m.** in the PAC!

Presenter Fran Dunwell draws on material in her 2008 book, *The Hudson: America's River*. From 1975-2020, Dunwell devoted her career to protection of the natural and historic heritage of the Hudson.

Larry Randall, for the Land Conservation Committee

Wanderlust Rhythms: Video Night with Peter Brown

Resident Peter Brown's next Video Night will take place on **Monday, Jan. 20 at 7:30 p.m.** in the PAC.



Brown will introduce *Vietnam, Cambodia & Bangkok* (32 min.), impressions from a two-week trip taken in 2014 to one of the most

dynamic regions of Southeast Asia. He will also present several of his shorter music videos, featuring Brown's original videography riffing on jazz standards performed by Andy Brown (guitar) and Petra Van Nuis (vocalist).

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

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



ArtScope Exhibit Continues



The current ArtScope exhibit features the paintings of Peter Fairweather, as well as a small exhibit of the iPhone photographers in the back alcove. The opening reception was on



Dec. 9th. Please continue to enjoy this unique display. In January we will discuss how the photos were achieved at our monthly iPhone Camera Club meeting on **Tuesday, Jan. 21 at 7 p.m.** in the Classroom. All are welcome.



Creativity flourishes at Woodland Pond

*Pond Pets—
by Lucy Muller, with Marie Steipp
Photo submitted by Marie*

My story begins on a rainy day in May, 2017 when I was left outside a house in Kingston. I found a dry place to hide under some Lily of the Valley plants. I was about 5 weeks old and weighed one and a half pounds. I now weigh 12 pounds. The people in the house (Marie and Jim) took me in and decided to let me into their hearts and home. They were going to name me Lily but when they found out I was a boy they came up with Linus. Life was good in Kingston.

Fast forward to April, 2024 when I was uprooted to a new home at Woodland Pond. At first, I was not too happy, it was all so strange. No steps to run up and down, not as many places to hide or things to investigate. Now that I have been here awhile, I am really liking it. I love the porch with the afternoon sun and all the birds and other interesting things happening just outside. I also try to help Marie out whenever I can by sitting on the computer when she is working or playing games. I enjoy batting my toys all around the apartment. But my most favorite pastime is taking naps, especially when the sun is shining on the floor or couch. I am very comfortable with my life right now. Eating, sleeping, playing ... life is good at Woodland Pond.



Linus

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

Mental Health and Wellness Committee, MHWC

MHWC recognizes celebrations can be taxing on one's health and well being. However, a Happier New Year! MHWC has been mindful of residents' needs. Working with Michelle and Sarah these support programs were offered to residents in 2024:

1. "End of Life" small group discussions
2. Three "Transitions" programs
3. Issues of AGING with elder law attorney
4. Funeral Planning with funeral director
5. Ten Caregivers' Peer-Support Group sessions
6. Advanced Directives, DNR and MOLST form - Staff
7. An independent, Medicare-approved therapist is now available for in-home sessions
8. Alzheimer's Assoc. and Hospice-led support groups

MHWC understands and values peer group discussion. *Based on the 2022 survey, there is more work to be done.*

On **Thursday Jan. 9 at 2 p.m.** in the PAC come be part of small group discussions on LOSS ... including loss of spouse, partner, pet, etc. *You needn't sign up - just come!*

MHWC meets **10 a.m. on the second Friday each month** and is open to all.

Geoffrey Gibson, Chair; Elizabeth Spiegler, Secretary,; Evelyn Rosenthal, Resident Council liaison. Members: Margot Elkin, Pat Houk, Ronnie Sue Jaffe, Wayne Lavender, Tamar Opler, Rea Stein.

Brain Health Team has a New LOGO



It's in time for the New Year and wishes for a happy and healthy 2025. Watch for our logo and regular brain health tips in future issues of *Woodland Life*.

Thanks again to resident donors who put us over our goal to \$5,182 for the Alzheimer's Walk.

Pat Houk, for the Brain Health Team

Fall Prevention Program

WP resident Dr. Randolph R. Estwick, a former Consultant, Physical Medicine & Rehabilitation, Begon County Regional Medical Center and Medical Administrator for former West Chester Developmental Service, will present a program - *Gait in Ambulation/Walking & Reduction in Falls* on **Friday, Jan. 31 at 1:30 p.m.** in the PAC.



Falls are frequent at senior adult communities, and many are never reported because most injuries which occur are minor. In his presentation Dr. Estwick will provide an overview on Gait Analysis (body dynamics in walking), define a fall, and provide statistics.



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The annual staff holiday party was a festive affair, made extra special by our fantastic Dining Team, and numerous resident-volunteers who served the delicious meal to staff.

[Photos by Sue Cusack]

An Inspirational Thought for the New Year

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

[Ralph Waldo Emerson]



January Highlights at a Glance

- Wednesday, Jan. 1, 4 p.m.** - Last night Hanukkah program/menorah lighting [PAC]
- Friday, Jan. 3 at 2 p.m.** - Mel Oshen’s talk: *Time & Light* [Classroom]
- Tuesday, Jan. 7 at 2 p.m.** - NP Board of Education Presentation [PAC]
- Sunday, Jan. 12 at 5 p.m.** - Violin Recital with students of Marka Young [PAC]
- Monday, Jan. 13 at 7 p.m.** - *Reflections & Images presentation* - Frieda Feldman and Michele Caccavano [Classroom]
- Wednesday, Jan. 15 at 1:30 p.m.** - Management Q&A [PAC/WPTV]
- Thursday, Jan. 16 at 2 p.m.** - *Council Connections*: guest Phil Cavallo, Dining Dir. [PAC/WPTV]
- Monday, Jan. 20 at 3 p.m.** - MLK Day documentary film presentation [PAC]
- Monday, Jan. 20 at 7:30p.m.** - *Wanderlust Rhythms* with Peter Brown [PAC]
- Tuesday, Jan. 21 at 2 p.m.** - Land Conservation Program: *The Hudson: America’s River* [PAC]
- Thursday, Jan. 23, 2-4:30 p.m.** - Resident Art Show [HC Great Room]
- Friday, Jan. 24 at 2:45 p.m.** - Starlight Trio [PAC]
- Sunday, Jan. 26 at 3 p.m.** - *Mozartfest* with students of Valentina Shatalova [PAC]
- Wednesday, Jan. 29 at 2 p.m.** - LGBTQIA+ program: Philip Mehl [PAC]
- Friday, Jan. 31 at 1:30 p.m.** - Presentation on Fall Prevention by Dr. Randolph Estwick [PAC]

Want to share the newsletter with your family and friends?

They can read it online at www.wpatnp.org

