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the Quarter



WoodlandLife

Vol. 17, No.3

March 2025

March is Women's History Month

March is nationally observed as Women's History Month, commemorating the vital role of women in American history. At Woodland Pond we observe it, too! In keeping with this year's national theme, *Moving Forward Together! Women Educating & Inspiring Generations* we will honor Woodland Pond's women residents and staff members whose professional careers have been in the field of education. From pre-school to post-graduate levels — if you taught in any capacity, we want to salute you!



There will be a three-week display set up across from the Reservation Desk from **March 3 to March 21**, highlighting several women educators in history whose contributions made a significant and lasting difference, and also honoring our own significant number of Woodland Pond women who chose teaching as their career.

The Thursday evening movies will highlight the month's theme and will feature four notable female educators:

Mar. 6 - *Montessori: Let the Child be the Guide* - a 2018 documentary on the oldest Montessori school in France.

Mar. 14 - *The Miracle Worker* - the classic story of Helen Keller's teacher Anne Sullivan (shown in Classroom)

Mar. 21 - *Christa McAuliffe - Reach for the Stars* - an intimate portrait of NASA's Teacher in Space on board the ill-fated space shuttle Challenger mission in 1986.

Mar 28 - *Freedom Writers* - based on true story of Erin Gruwell, a young teacher in a racially divided LA school.

We are also planning a special Women Educator's Tea for our honorees on **Wednesday, March 12 at 1 p.m.** in the Health Center Great Room. Watch for additional details.

The P.I.G.L.E.T.S. are Coming!

Over the past several years we have enjoyed working with a number of PIGLETS (seniors from New Paltz High School) as they have made periodic visits to share their talents and become involved in intergenerational activities with Woodland Pond residents. It is always a positive experience!

P.I.G.L.E.T.S. is the acronym for **P**articipation **I**n **G**overnment, **L**iterature, **E**conomics for **T**oday's **S**tudents.

There will be several fun intergenerational activities facilitated by groups of 4-5 students during the first two weeks in March. Watch for postings near the Mail Room and on Connected Living that will display the students' activity fliers, and please try to make time in your schedule to attend one or more of the programs they have prepared for you.

They are excited to come engage with Woodland Ponders!

Blood Drive is March 21



Woodland Pond is partnering with the American Red Cross to host a blood drive on **Friday, March 21** from **10 a.m. - 3 p.m.** in the PAC. Please join our lifesaving mission and schedule an appointment. Contact Brigitte Blum at ext. 5800, or returning donors can also book online with the American Red Cross.

The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime.

Thank you for supporting the American Red Cross blood program!

Brigitte Blum, Human Resources Director

Council Corner



Residents' Council meetings in March will be held on the **first and third Thursday, March 6th, and March 20th** 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 in the Mailroom. You may also send an email to WPRC100@gmail.com.

Council Connections for the month will feature Ina Pottorff and Billie Stevens of the Interfaith Committee being interviewed by Pat Houk. The program will take place on **Thursday, March 20, at 2 p.m.**, live in the PAC, or on Channel 1340.

Larry Randall, Corresponding Secretary

From Woodland Pond's Board of Directors

The Board's Governance Committee is responsible for screening all candidates for the Board and making recommendations to the full Board. This committee recently completed the extensive task of screening all nine candidates who expressed interest in replacing the two retiring resident directors who had reached the maximum years of continuous service specified by our bylaws. The candidates submitted resumes to the Residents' Council along with a brief biography and were given a set of questions to answer, focusing on various aspects of Board service. They were invited to meet with Chris Drouin, Board Chair, and the two retiring residents, to answer any questions they might have regarding service on the Board.

After that meeting, all six members of the Governance Committee gave due deliberation to all the written material the candidates had provided and conducted several in-person interviews. Further discussions, focusing on skill sets that might expand and complement the talent pool of our present Board members, resulted in the unanimous selection of Ina Pottorff and Tom Gilder. Subsequently, the full Board unanimously approved the committee's recommendation of these two candidates. The number of residents who volunteered to offer their service, coupled with the impressive quality of all, made this a challenging process and bespeaks the impressive dynamism that infuses Woodland Pond.

Dick Barry, Secretary



WP resident and board member Dick Barry interviewed WP Board of Directors Chairman Chris Drouin for one of last month's Council Connections sessions.



WP Benefit Fund Update

This year, the Woodland Pond Benefit Fund has decided to increase the amount it contributes to the Woodland Pond Educational Assistance Program, raising it to \$6,000. 2024 saw an increase in the number of residents supporting our work, and we are looking forward to continuing our financial growth in 2025.

Thanks for your help in doing this good work.

Anne Gordon, Chair

Project Finance Meeting #2

Please join Michelle and Dave on **Thursday, March 13 at 1 p.m.** in the PAC for the second quarterly project financial update. We know you are interested, and we know you have questions. Please come!

Beginning this month Management Q&A starts at 1 p.m.

Scenes from last month's Repair Cafe



Repair Café volunteers pose for a group photo



Photos by Larry Randall, Michele Caccavano and Joy Dryer (See more photos of the event on Connected Living!)



Interest Groups



Ann's Hands Crafters: **1st & 3rd Tues., 3 p.m.** [AS]
Book Club: **1st Tuesday at 7 p.m.** [Classroom]
Bingo: **Wednesday, Mar. 5 at 1 p.m.** [PAC]
Brain Health Team: **2nd Thursday 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 Photography Group: **3rd Tues. 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 Group: **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 30th in CR)
Opera/Ballet Night: **2nd & 4th Fridays, 7:15** [PAC]
Pet Ponders: **4th Wednesday 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, Mar. 28 at 2 p.m.** [ClS]
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] (on 21st in HC Great Room)
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: **1st & 3rd Wednesday, 2:30 p.m.** [AS]
Table Games: **Mondays at 7:15 p.m.** [ClS] and **Saturdays at 2 p.m.** [AS]
Watercolor Class: **Mondays, Mar. 10 & 31, 10 a.m.** [AS]
Women Connect: **Mondays at 2 p.m.** [ClS]

Committee Meetings for March

Library Committee - **Monday, Mar. 3 at 12 p.m.** [ClS]
 Contact: Virginia Cannon, Chair
Finance Review - **Monday, Mar. 3 at 1 p.m.** [AS]
 Contact: Fred Wolinsky, Chair
Dining - **Tuesday, Mar. 4 at 10 a.m.** [Classroom]
 Contact: Joan Kleinegris, Chair
Physical Plant - **Wednesday, Mar. 5 at 10 a.m.** [ClS]
 Contact: Fred Wolinsky, Chair
Art & Décor - **Thursday, Mar. 6 at 1 p.m.** [Art Studio]
 Contact: Kitty Mitchell, Chair
R.O.V.E. - **Monday, Mar. 10 at 11 a.m.** [GR]
 Contact: Suzanne Orchowski, Chair
Welcome - **Tuesday, Mar. 11 at 11 a.m.** [GR]
 Contact: Alice Cross, Chair
Landscape - **Wednesday, Mar. 12 at 2 p.m.** [ClS]
 Contact: Deborah Moore, Chair
Mental Health & Wellness - **Friday, Mar. 14, 10 a.m.** [AS]
 Contact: Ronnie Sue Jaffe, Chair
WP Benefit Fund - **Wednesday, Mar. 19, 10 a.m.** [CR]
 Contact: Anne Gordon, Chair
Land Conservation - **Friday, Mar. 21 at 3 p.m.** [CR]
 Contact: Larry Randall, Chair
Interfaith - **Monday, Mar. 24 at 10:30 a.m.** [GR]
 Contact: Ina Pottorff, Chair / Jane Konitz, Secretary
Health Center - **Tuesday, Mar. 25 at 2 p.m.** [ClS]
 Contact: Jill Ortner, Chair
Sustainability - **Wednesday, Mar. 26 at 2 p.m.** [ClS]
 Contact: Joy Dryer, for the Steering Committee



Sustainability Committee News

“TURN OFF THE TAP”: Stop Making Plastics

Last month SusComm.’s educational speaker Deb Weltsch offered residents a comprehensive talk on how plastics, especially microplastics, effects everything, everywhere in our environment, and in our own bodies.



Microplastics Everywhere: A member of “Beyond Plastics” Speakers Bureau, she explained the devastating toll that plastic packaging, especially single-use, takes on public health, climate change, and the environment in general. Detail after detail showed us how chemicals from plastic containers leach in the food and liquids they hold. This “chemical migration” accelerates if the food is acidic, salty, or contains fat. We eat and breathe microplastics, which are found in our lungs, kidneys, blood, brains, and reproductive organs.

What Can I Do? Only 6% of plastics gets recycled. Over 80% ends up in landfills, or gets incinerated, creating more greenhouse gas and toxic “ash”... blown out to sea via rivers. Thus recycling is NOT the answer. Reducing plastics production is the only solution.



This article can only briefly express great appreciation for Deb’s extensive review of what is plastic, its history, and its terrible effects on environment and humans. What we each can do starts with the three steps in this picture. We hope to discuss this more with Deb !

Joy Dryer, SusComm.’s Communications Comm.

Next Woodland Hikers Outing



On **Wednesday, March 5** we will leave from the lobby at **2 p.m.** to hike in the Minnewaska State Park to view the Awosting Falls. Please bring your pole(s) (mandatory) and wear appropriate footwear and clothing for possible snowy/cold conditions. Make a reservation at Concierge for the trip to ensure a seat on the bus.

~ June Finer

Bus Trips for March



Saturday, March 1 at 7:30 p.m. – Bard College presents The Orchestra Now and American Ballet Theatre Studio Company performing works Jerome Robbins, George Balanchine, Kevin McKenzie, and others set to music by Verdi, Chopin, Tchaikovsky. Depart at 6:15 p.m.

Sunday, March 2 at 3 p.m. – The Sugar Hill Salon Woodwind Quartet performs at Vassar’s Skinner Hall. Depart at 1:45 p.m.

Wednesday, March 5 – Woodland Hikers to Minnewaska State Park. Depart at 2 p.m.

Thursday, March 6 – Early dinner at Christina’s Italian Restaurant in Kingston. Depart at 4 p.m.

Friday, March 7 – Poughkeepsie Galleria shopping. Depart at 11 a.m.

Saturday, March 8 at 2 p.m. – The County Players at the Falls Theater in Wappingers Falls present *Witch*. Departs at 1 p.m.

Wednesday, March 12 at 7:30 p.m. – SUNY NP Music Department presents a choral concert featuring favorites from Barber, Mozart, Powell and Runestad and more. (Includes several Woodland Pond residents performing.) At Studley Theater. Depart at 6:45 p.m.

Friday, March 14 at 2:00 p.m. – The Dorsky Museum at SUNY NP new exhibit “Movement” features multiple perspectives including migration, immigration, place, political displacement, social change, isolation, and physical motion itself. Departs at 1:45 p.m.

Saturday, March 15 at 1:00 p.m. – Met Live in HD at the Bardavon *Fidelio*. Depart at 11:30 a.m.

Tuesday, March 18 – Lunch at Sideshow BBQ Kitchen and Bar, a new restaurant in New Paltz serving BBQ and other southern favorites in a casual setting. Depart at 12:15 p.m.

Thursday, March 20 at 7:30 p.m. – Bardavon Film Series presents a free screening of *Network*. Departs at 6:00 p.m.

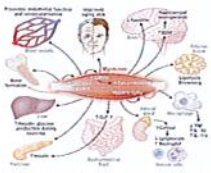
Saturday, March 22 at 7p.m. - Spring Equinox Concert with Betty and the Baby Boomers. At Redeemer Lutheran Church, NP. Depart at 6:15 p.m.

Saturday, March 29 at 7 p.m. – Ars Choralis performs *Fiat Lux* (Let There Be Light), featuring “Seven Last Words of the Unarmed” by Joel Thompson. At Riverview Missionary Baptist Church of Kingston. Depart at 6 p.m.

Sunday, March 30 at 3 p.m. – Newburgh Chamber Music presents: *Parthenia – A Consort of Viols*. At St. George’s Episcopal Church. Depart at 1:45 p.m.

Wellness Notes

A Fitness Message From Matt



Over the past decade, many studies have been conducted on the safety and quality of life in seniors. We are aware as the body ages, it becomes vulnerable to health-related illnesses such as chronic diseases, cognitive health issues, and muscle mass loss. Our body is a continuous operation of complex functions, therefore avoiding issues in these specific areas will significantly improve your chances of living a long, healthy life. These studies show that exercise will enhance your resilience against various diseases and boost your longevity through a process called “Myokines.”



When muscles contract during exercise small proteins called myokines are released. Produced by muscle cells, they play a critical role in regulating brain health, muscle maintenance, and inflammation. They can cross the blood-brain barrier, which is important because it helps improve memory and brain function by reducing neuro-inflammatory factors and promoting new brain cells.

While cognitive function is important, maintaining muscle mass should also be a priority. Muscle is a glucose sink; it will decrease your risk of insulin resistance and metabolic syndrome. During times of illness muscles secrete myokines that help with inflammation and decrease the severity of these illnesses or diseases. Myokines can help combat sarcopenia (muscle loss associated with aging) by stimulating muscle protein synthesis and can curb muscle breakdown.

Exercise induced myokines offer several benefits to the body and with regular physical activity, you'll allow muscles to grow and stimulate the release of this super protein. Through simple weight-lifting, swimming, and other aerobic exercises, over 600 types of myokines can be released. Many of these proteins help mitigate other age-related diseases such as arthritis, dementia, Alzheimer's, and heart disease.



Take some time each day to focus on staying active and fit. It could be 10, 20, or 30 minutes, but anything is better than nothing. The great thing about exercise is that there are multiple ways to work out and challenge the body. It is also important to remember that exercise can be tailored to your needs and abilities, making

sure to have a safe and effective workout.

Matt Romer, Fitness Coord., ext. 5960 / mromer@wpatnp.org

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 10!
- * *Parkinson's Support Group* - meets **4th Wednesdays at 1p.m.**, Classroom.

Health Center Committee Update

Have you heard of **The Neighbor Corps**? This project begun by the Health Center Committee creates opportunities for residents in Independent Living to help out in the Health Center units of Assisted Living, Skilled Nursing and Garden View. There are a variety of ways that IL residents can participate. Several IL residents deliver mail to residents in the Health Center. This frees up Health Center staff to provide more professional assistance to the residents and also brings socializing opportunities for the residents.



Some Neighbor Corps members help with art and craft activities while others read, play cards or board games with residents. One IL resident likes to go to the Health Center to share stories or just engage in conversation with a group. If you would like to find out more about ways to participate or would like to volunteer, contact Jill Ortner or any member of the Health Center Committee.



The next Health Center tour will be **Monday, March 24 at 1 p.m.**, meet in the IL Lobby.

Jill Ortner, HC Committee Chair

Monthly Reminder

Is your Emergency Packet Up-to-Date?
Forms are available outside
Mary Jo's office.

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

Brain Health Team News



According to the Alzheimer's Association, taking positive, everyday actions can make a difference in one's brain health and may lower the risk of cognitive decline and have short and long term benefits.

Check the *Woodland Life* calendar to see what can challenge your mind. Try something new. Do something artistic. Play games. Listen and participate in discussions, presentations and music. Have fun!

Brain Health Team's 2025 fundraising for the Alzheimer's Assoc. started with \$200 and Singing Valen-tunes. Thanks to the Health Center's Activities Manager, Sue Close; Music Therapist Cynthia Carangelo; Activities Specialist Jane Basso; Garden View Program Coord. Sarah Motherway and Ambassador of Cheer Arlene Wilson. For \$3.00 a tune, they delivered Valentine smiles and surprises to approximately 60 residents, family and staff. One resident felt it was such fun she donated \$20.

Look for monthly BHT presentations. Presenters are from the HC staff and the ALZ staff who will bring updates on studies, research and care. The next presentation is *Responding to Dementia-Related Behaviors* presented by Joan Carl on **Friday, March 7 at 1 p.m. in the PAC.**

The Brain Health Team invites new members to join their **second Thursday meeting at 10 a.m.** in the Conference Room.

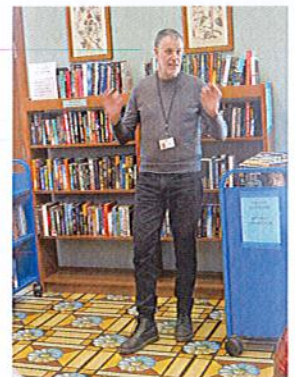
Pat Houk, for the Brain Health Team



The Library Committee held a well-attended Open House last month, offering information about all our Library has to offer. Capital Projects Manger Dave Roberts also reviewed plans for renovations in the Library.



The HC Activities staff sang up a storm on Valentine's Day as they delivered nearly 60 Valen-Tunes!



The Super Bowl is over, the Eagles defeated the Chiefs, but everyone who attended the game won, too. There were cheers and enjoyment by all! Thanks to all who participated in the pool and brought snacks and drinks to the "Tail Gate" party. Special thanks to fellow residents Sue, Tom and Dave and also for staff assistance. Looking forward to Super Bowl LX next year!

*~ Artie Raphael
[Photo by Sue Cusack]*



The Aloha Strummers Ukulele Band offered a festive touch to our Valentine's Day with their upbeat tunes!



Our picturesque winter campus last month, thanks to some very cold, snowy and icy days! Photo at left by Pat Houk; center, by Deborah Moore; and right, by Joy Dryer.

Woodland Pond

A Poem for March by Frieda Feldman



*"Poppies grow in my garden
All spring and summer long,
Now, they bend with winter's weight.
I wonder what went wrong."*

Next Poetry Group meeting is **Friday, March 28 at 2 p.m.** in the Classroom. We welcome all poets, jugglers, acrobats, and dancers with words.

Climate Change Talk with Mel

A talk on "Climate Change" will be presented by Mel Oshen on **Friday, March 7 at 2 p.m.** in the Classroom. It is clear that all of us are being told in no uncertain terms that climate change is a threat to the planet and its present and future inhabitants. Not all experts are in agreement. So, what exactly is the truth? How concerned should we be for Earth and our grandchildren's future? What exactly have we been guilty of? Is there time to make adjustments to how humans treat our environment in order to allay change? Perhaps it's all a hoax and there should be no concern. Then again, we have California wild fires, snow in Florida, severe hurricanes and tsunamis. Let's see if we can decipher the issue.

Woodland Life (sort of) travels to ...Florida

Dawn Sangrey and Paul Fargis left snow and ice behind and went to Sarasota, FL to spend time with fellow WP resident Libby Ross. Paul sent this photo with the caveat "We didn't have a copy of *Woodland Life*, so the paper I'm holding says 'Not *Woodland Life*.' It is 79 degrees here!"



If you are traveling to an interesting location (out of the immediate local area), don't forget to 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!

March Events with Dining Services



- * **Mardi Gras on Tuesday, Mar. 4** – King Cake will be on the menu at dinner service.
- * **Purim, March 13 and 14** – We will offer special menu options at dinner service.
- * **St. Patrick's Day, Monday, March 17** – We will offer a special menu featuring corned beef & cabbage at dinner service.
- * **Baseball Opening Day!- Thursday, March 27** – hot dogs, soft pretzels and other items in The Pub from 12 - 2 p.m.

Our next Kitchen Tour will be **Friday, March 14.** Meet at **11 a.m.** in the Bistro.

Ashley France, for the Dining Team

Women Connect ~ Donate Life

Mark your calendar for **Monday, March 10 at 2 p.m.** in the Classroom. All residents, both male and female, are invited to join us at our Women Connect session for an inspiring and informational presentation by organ recipient Mr. Butch Dener. Butch will relate his remarkable journey to regaining life. He will explain the value of organ donation and answer any of the questions you might have. This promises to be a first hand view of someone who has now experienced 20 additional years of life after just barely escaping the alternative.

SPREAD THE WORD!

~ Alice Ruffing, for Women Connect

Book Club



We meet **Tuesday, Mar. 4 at 7 p.m.** in the Classroom to discuss *Tom Lake: A Novel* by Ann Patchett. During March we will be reading: *The Light between Oceans* by M. L. Stedman. Newcomers are welcome to join us!

Michele Caccavano

Ping Pong/Table Tennis

Tuesdays, Thursdays and Saturdays in the Game Room

Come Join the Fun!



Applauds Program Salutes Employee Service

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

Riza Campbell	Lindsey Marquis	Ashley Merlo
Mary Jo Murray	Tatiana Arrieta	Carrie Burns
Marissa O'Brien	Gina Christiana	Orres James
Cameron Vidas	Ruth Fialcow	Davi Besares
Monique Lawrence	Matt Romer	Lisa Cea
Nicole Klein	Paul Russo	Mark Baker
Tom Rearick	Mariah Halpin	Julie Burns
Brandon Molina	Petra Heotzler	Kathy Rennie
Madgetta Forrester	Josephine Shemitz	Leyne Boyle
Cynthia Carangelo	Karina Hernandez	Jessica Cox
Gabby Charleston	Jay McKinney	Jane Basso
Ashley DeRosa	Athena Pino	April Meisner
Cecelia Garcia	Ryan Kraehmer	Molly Lupi
Frantz Brutus	Stephanie Petrose	Gloria Kieler
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, Mar. 11

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

Celebrating this month are:

Lena Trad - Mar. 3	Dave Rosenthal - Mar. 15
Marie Rosa - Mar. 4	Evelyn Rosenthal - Mar. 17
Karen Sandler - Mar. 4	Lionel Heyman - Mar. 18
Sue Cusack - Mar. 6	Paul Fargis - Mar. 19
Caroline DeWilde - Mar. 7	Pril Smiley - Mar. 19
Margaret Dabrusin - Mar. 7	Nancy Tischler - Mar. 19
Marilyn Mallue - Mar. 10	Laura Wilensky - Mar. 22
Jean Aldwell - Mar. 11	Irene Michaels - Mar. 28
Vici Danskin - Mar. 12	Marcia Witfield - Mar. 28
Tyler Jones - Mar. 12	Tamar Opler - Mar. 29
Artie Raphael - Mar. 14	



Welcome New Residents!



Gloria Pereira ~ Apt. 538
Steve and Sue Ann Peck ~ Apt. 325

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



From The Reward Our Valued Employees (ROVE) Committee

The residents of the Health Center are cared for by CNAs, LPNs and RNs. Melissa Stallings, one of the LPNs working in Assisted Living, knew from junior high she wanted to work in nursing. She started her career in health care while a Junior in high school when she worked as a CNA at Ten Broeck Commons Nursing and Rehab Center in Lake Katrina. She started training as an LPN while a senior in high school, then finished her degree one year later.



As an LPN, Melissa provides hands on care like CNAs but can also pass out meds and do certain treatments. She likes working at Woodland Pond because the atmosphere is like family – with emphasis on FAMILY. The people she works with support each other and help out in a crisis.

Melissa says she's a homebody who enjoys reading romance novels, thrillers and comedies. She has four pet chickens (they came with the house), down from a flock of 21, thanks to the local wildlife culling the flock. She also has two rescue cats named Madeline and Zoey. She enjoys going to the Outer Banks and would like to go to Ireland.

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

Article/photo by Suzanne Orchowski, ROVE Chair

Employee of the Quarter Recognized



Congratulations to Siobhan Morier, winner of the Employee of the 4th Quarter 2024! From her nomination form: "Siobhan is always positive and focused on the goal of making life on whatever unit she is working on better

for her colleagues and most importantly, the residents. Even as she keeps busy, Siobhan uses her remarkable art skills to dress up communication boards with beautiful holiday-themed drawings. She takes initiative, does not need to be prodded and is always busy."

As the winner, Siobhan received a personalized letter with a certificate and gift check.

Brigitte Blum, HR Director



Interfaith Committee News

The next meeting of the Interfaith Committee is **Monday, March 24 at 10:30 a.m.** in the Game Room. Newcomers are always welcome to join us!

Bible Study continues on the **2nd and 4th Thursdays at 1 p.m.** in the Art Studio and the Prayer Group meets Tuesdays at 11 a.m. in the Interfaith Meditation Room in Assisted Living.

If you have a topic to suggest for a future Tree of Faith program, contact Committee Chair Ina Pottorff.

Jane Konitz, Secretary

Philosophy Circle

Our March philosophy discussion on **Wednesday, March 12 at 11 a.m.** in the Classroom will concern how we think about the moral basis on which we want to live our life.

When we have an ethical choice to make, what governs our decision? Immanuel Kant, one of the greatest philosophers of all time, developed the concept of the categorical imperative: a universal moral law that is unconditional and applies to all people, regardless of their desires or circumstances. We'll explore what this means in theory and in practice, and think about its application to our own moral/ethical decisions.

Jo Sanders and Tom Rocco, co-facilitators

From the LGBTQIA+ and Allies Interest Group

The LGBTQIA+ and Allies of Woodland Pond Resident Interest Group is growing! Our monthly meetings have moved from the Art Studio to the PAC on the **fourth Tuesday of each month at 2 p.m.** All are welcome!

Thanks to Woodland Pond we are hosting an intergenerational celebration for LGBT+ individuals, their family members, and LGBT+ allies to share dinner, stories, and make new friends on **Monday, March 3, at 5:30 p.m.** in the PAC. For reservations contact LMarquis@wpatnp.org.

Also, in honor of International Transgender Day of Remembrance, we are hosting Phoenix Laxton of the LGBT Center of the Hudson Valley on **Monday, March 31 at 7:15 p.m.** in the PAC, who will discuss the latest information on issues surrounding the transgendered as well as provide information about the Center. All are welcome to attend this very timely discussion and bring their questions.

Joe Cosentino, Chair, LGBTQIA+ and Allies of Woodland Pond Resident Interest Group



Upcoming Shalom Space Programs Fridays at 4 p.m. in the PAC



Note on March 21 - meet in the HC Great Room

- * Mar. 7 - *The two Eves in Genesis*, with Shalom Schwartz
- * Mar. 14 - *Purim and costumes* - with Jo Sanders
- * Mar. 21 - *Program to be Announced*
- * Mar. 28 - *Jews and Addiction* - with Sue Cusack and Joe Grossman

[Shalom Space welcomes all residents to join us]

Second Saturday Service

Pastor Lyn Mehl will lead a reflective discussion on the Transfiguration story which transitions the church out of the Epiphany season into the season of Lent. This is a unique story of Jesus and his disciples that signifies the full destiny of Christ's walk to the cross and asks a question of his followers. Are we willing to make sacrifices in our lives also? (And so, relax! We aren't talking about giving up chocolate!)

(Note: We will meet in the IL Classroom at 11 a.m. Saturday, March 8.)

Pastor Lyn Mehl



Ash Wednesday Observance

There will be two service opportunities on **Ash Wednesday, March 5.** Rev. Tyler Jones will conduct an Ash Wednesday service for interested residents and staff at **11:15 a.m.** in the Game Room, to include the imposition of ashes. Short prayers and the Litany of Penitence and Holy Communion follow for those desiring a deeper sense of the meaning of the Lenten season.

Father Sal, priest from St. Joseph's Roman Catholic Church, will provide the imposition of ashes at **2 p.m.** in the Health Center's Great Room.

All are invited to attend either of these opportunities.

Purim Observance



All are welcome to come and participate in the observance of Purim on **Thursday, March 13 at 7 p.m. in the PAC**, to include the reading of the Megillah - the story of Esther - followed by discussion led by Shalom Schwartz.

From the Library ~ Book Review



Wait Till Next Year by Doris Kearns Goodwin

Sports fans! Did your team lose the Super Bowl? Did your baseball team surrender the pennant? Wait till next year!

Doris Kearns Goodwin has written an emotional memoir of her personal history and love of baseball. She will transport you into the 1950's, the golden era of baseball. Fans in New York City were divided between the Dodgers, Giants and Yankees, as radios reported inning by inning. Goodwin relives the joy in Dodgers history when in 1955 they finally win the World Series. She describes the despair when the Dodgers leave Brooklyn for Los Angeles, which marks the end of an era.

The memoir is a social history of the 1950's. It is a sober portrayal of McCarthyism, threats of polio, the A-bomb, nuclear war, racial prejudice and integration. Eloquently written, the book recreates the drama and memories of the 50's. It will bring back your memories as well!

Doris Kearns Goodwin is a renowned historian. She is a Pulitzer Prize winner and *NY Times* best selling author.

Anita Kantor

Note: Baseball Opening Day is Thursday, March 27!

Land Conservation Program

Aquatic Creature Exploration: What's Teeming in Our Ponds and Streams?



Dive into the fascinating world of pond and stream life with Mohonk Preserve's Education Outreach Coordinator, Ashawna Abbott. Discover what macroinvertebrates are and learn how these tiny creatures play a big role in indicating water quality and supporting ecosystems. This engaging presentation will feature a few live creature specimens, offering a closer look at their unique adaptations and environmental importance. Ashawna will also share how Mohonk Preserve explores and studies these aquatic creatures through education programming and community science initiatives like StreamWatch. Keep in mind that Woodland Pond has several ponds, large and small, on our campus.

Join us for this next presentation arranged by your Land Conservation Committee on **Tuesday, March 18 at 2 p.m.** in the PAC.

Larry Randall, Land Conservation Committee Chair

Elting Library Check-In

Elting Library staff will come to our WP Library on **Thursday, March 13 at 2 p.m.** to answer questions about their many services for patrons. If you are a new resident, this is a good chance to get to know more about the local community library here in New Paltz.



New ArtScope Exhibit Opens



Our next ArtScope Opening Reception is **Monday, March 10 at 7 p.m.** in the PAC. We will be featuring the art of Vida Fargis. She's a textile designer, mixed media artist, and founder of Vida's Garden, a design studio for clothing and accessories. Each design is a plant she grew in her garden. As a gardener she nurtures her plants from seed to bloom, but going a step further she gives her plants a life beyond the garden on to people's everyday wear. While often Vida incorporates her designs into her art, she is naturally drawn to explore the subtle intricacies of plant and human life through artistic creations.

Creativity flourishes at Woodland Pond

Wanderlust Rhythms: Video Night with Peter Brown

Resident Peter Brown's next Video Night will take place on **Monday, March 17, at 7:30 p.m. in the PAC.**



Brown will introduce *Rainy Islands: United Kingdom & Ireland* (35 minutes), filmed during a 2016 tour of England, Wales, Scotland and Ireland. 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 is always a popular event, so sign up at the Concierge now to reserve your seat!

Attention Bingo Fans ...



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

Calling for Volunteer Handbell Ringers



The Woodland Pond Handbell Ringers have been playing since 2016 using the two-octave Buchholtz Memorial Brass Bells donated by the Poughkeepsie Friends Meeting. Most recently, we performed in November for an Interfaith Service of Thanksgiving and for Veterans Day. We are welcoming new players who can read music and who are committed to attend one-hour practices **every Tuesday at 1 p.m.** in the Art Studio. Jean Aldwell, an accomplished pianist, is our new conductor. Come, listen, and participate with the Woodland Pond Handbell Ringers as they make joyful music each week. ~ *Cynthia Lee, Director*



Upcoming Musical Treats

Friday, Mar. 14 at 2:45 p.m. in the PAC - The ever-popular Starlight Trio returns for their next fun session!

Sunday, Mar. 30 at 3 p.m. - Benjamin Weil and James Stewart will present a piano/vocal recital to include a Beethoven piano sonata and a song set by Hector Berlioz called "Les nuits d'été" ("Summer Nights"). Benjamin's mother Daphne Weil was a longtime WP resident, and Benjamin and Jim delight in continuing to return periodically through the year to share their musical talents with the WP family.

PAC Movies



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

This month we will feature films in observance of Women's History Month. (See titles on pg. 1.)

Classic Movie: Friday, Mar. 7 at 7 p.m. features *The Bachelor & the Bobby Soxer*, starring Cary Grant, Myrna Loy and Shirley Temple (1947)

Opera Night this month will be Gilbert & Sullivan features: *HMS Pinafore* and *Trial by Jury* on **Friday, Mar. 14** and on **Friday, Mar. 28** is *Iolanthe*. The films begin at **7:15 p.m.**

Ann's Hands (formerly Yarn Mavens)

Ann Hanover was an inspiration to all who met her. While at Woodland Pond she was instrumental in many groups, the last being the Yarn Mavens.



Through the age-old practices of hand knitting, crocheting and sewing she inspired and created projects for the Yarn Mavens that would benefit Woodland Pond and the surrounding area. In the future, and in honor of the work she inspired, the Yarn Mavens will be referred to as *Ann's Hands*.

We meet in the Art Studio each month on the **1st and 3rd Tuesday at 3 p.m.** Come join us!

Kitty Mitchell, for the Ann's Hands crafters

Put on Your Dancing Shoes!

Square dance sessions are the **1st and 3rd Wednesdays at 2:30 p.m. (March 5 & 19)**

in the Art Studio. Bring your friends, bring your neighbors, and have some fun. No partner, no problem! We will pair you up. We change partners frequently. And don't forget Sandy, our professional caller, will teach you everything you need to know.



English Country Dance (ECD) continues in the Art Studio on the **2nd and 4th Wednesdays (March 12 and 26) at 2:30 p.m.** Newcomers are very welcome, and no partner is needed.

Pond Pets

by Lucy Muller and Cynthia Fisher

Cynthia and Armen are a lovely couple who have lived at Woodland Pond for many years. Here is the story of a lucky kitty who lives with them.

"After losing our dog, we adopted a cat from the DCSPCA," Cynthia wrote. "Her photo, from their web page, showed a Russian Blue type with silvery-gray fur and big golden eyes. She had been rescued from a home with 40 cats, as a new-born kitten, and kept in the SPCA cat room for a year. Although well-cared for, they did not have the staff to socialize with her. When we brought her home, she hid behind the clothes dryer and any dark corner available. Gradually she let us scratch her head and finally sat in our laps to pet her. She also comes to call for feeding. Our Tabby is a joy."



Photo by Cynthia Fisher

We're happy for Tabitha and all our well-loved Woodland Pond pets.

If you would like to have your pet featured in a future issue of *Woodland Life*, contact Lucy Muller.



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A Friendly Reminder ...



*Daylight Savings Time begins
Sunday, March 9*

*First day of Spring is
Thursday, March 20!*



March Highlights at a Glance

The P.I.G.L.E.T.S students will be here during the first 2 weeks in March. Watch for posted info on their scheduled visit dates and activities!

Monday, March 3 at 5:30 p.m. - Gen Mixer and Dinner [PAC]

Ash Wednesday, March 5: two worship opportunities:

11:15 a.m. - Ash Wednesday Service with Rev. Tyler Jones [Game Rm]

2 p.m. - Imposition of Ashes by Father Sal [HC Great Room]

Friday, Mar. 7 at 1 p.m. - Brain Health Team program [PAC]

Monday, Mar. 10 at 2 p.m. - Women Connect guest program: *Organ Donation* [Clis]

Monday, Mar. 10 at 7 p.m. - Artscope Opening Reception [PAC]

Wednesday, Mar. 12 at 1p.m - Women Educators' Tea [HC Great Room]

Thursday, Mar. 13 at 1 p.m. - Project Financial Update #2 - [PAC]

Thursday, Mar. 13 at 2 p.m. - Elting Library Check-In - [IL Library]

Thursday, Mar. 13 at 7 p.m. - Purim program led by Shalom Schwartz [PAC]

Friday, Mar. 14 at 2:45 p.m. - Starlight Trio [PAC]

Monday, Mar. 17 at 7:30 p.m.- *Wanderlust Rhythms - Rainy Islands: UK & Ireland* [PAC]

Tuesday, Mar. 18 at 2 pm. - Land Conservation prog: *Aquatic Creature Exploration* [PAC]

Wednesday, Mar. 19 at 1 p.m. - Management Q&A [PAC/WPTV]

Thursday, Mar. 20 at 2 p.m. - *Council Connections:* guests Ina Pottorff and Billie Stevens, for the Interfaith Committee [PAC/WPTV]

Friday, Mar. 21, 10 a.m.- 3 p.m. - Red Cross Blood Drive [PAC]

Thursday, Mar. 27 - Baseball Opening Day!

Sunday, March 30 at 3 p.m. - Piano/Vocal Recital with Benjamin & Jim [PAC]

Monday, March 31 at 7:15 p.m. - LGBTQIA program [PAC]

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

