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# JANUARY 2026

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## WOODLAND PONDERINGS THE HEALTH CENTER AT WOODLAND POND

Online at [WoodlandPondNP.org/health-services](http://WoodlandPondNP.org/health-services)

### CONTRIBUTORS

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### A Note From Administration

The last quarter of 2025 was not a good one for me. There were some significant unforeseen financial expenditures, a seemingly never-ending renovation in my home, an uptick in challenging situations here at work, the totaling of an automobile, having to put down my dog, and the death of my brother. As we approached Christmas, my husband and I were both sick and feared whatever remnants of plans we did have were going to be dashed because that is how it felt all things were going.

As it turns out, my Christmas Eve and Christmas Day were nothing short of fantastic and quite therapeutic. There were wonderful times spent with family and friends, beauty and thoughtfulness in the form of food, décor, and gifts, and most importantly, the gift of love being expressed and received. This reminded me yet again about the power

## A Note From Administration, Continued

we do have over our own lives even as very real events seem to blow us around as if we have no agency or control at all. However, as Christmas Eve approached, a large part of me wanted to declare, "JUST FORGET IT! IT'LL ALL BE BAD BECAUSE THAT'S HOW THINGS GO!"

I had to make the very deliberate decision to "clean the slate" of my mind and approach the days openly and be on the active lookout for what is good, beautiful, and loving in my life. I had to declare my own agency over my actions and use my own mental resources to see all that is good. Revisiting the list of aforementioned challenges with this decided outlook led me to see things a bit differently. I am thankful for a steady job in which I can work on financial obligations. I am privileged to be able to facilitate a renovation in my home. The feedback and satisfaction surveys at work have been phenomenal and gratifying for the Health Center. I have a new-to-me car again. I have deep, beautiful memories of my dear sweet dog and my brother's immense suffering has ended. Of course, grieving is perpetual but having a framework in which I can recall all the ways I have internalized those whom I have lost helps.

For the New Year, let us all be sure to honor and feel our pain and challenges, but not surrender to the belief that that is all there is. It takes agency and a conscious effort and choice to see what is beautiful around us, but it is there, I assure you. Living and working in a community such as this one guarantees that we are not alone and that there is potential every single day.

Happy New Year to all!

Philip Mehl, LCSW, LNHA



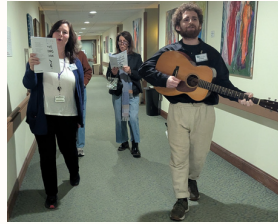
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# DECEMBER HIGHLIGHTS

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## A MUSICAL MONTH!

December was full of musical entertainment for our residents! We kicked off the month with a holiday performance by The Jazz Pioneers. Our resident-led music groups-the WP Dulcimers, the Pondaliers, and the Handbell Ringers- provided us with beautiful songs. And we had lots of caroling from staff, residents, and visitors!



## TWO BY TWO PETTING ZOO

Thanks to the WP Benefit Fund, the entire Woodland Pond community was visited by the Two By Two Animal Haven, a traveling animal program whose purpose is to educate the public about animals, their welfare and conservation. Residents and staff were able to pet and hold a snake, a bunny, a chinchilla, a turtle, and even a baby kangaroo!



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# WOODLAND POND COMMUNITY HIGHLIGHTS

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*\*Programs will take place in the Health Center Great Room unless otherwise indicated*

Mel Oshen's Talk: *UFO's now UAP's*-- Friday, January 2<sup>nd</sup> at 2:00pm in the IL Classroom

Speaker Series with Barbara Neiman-- Monday, January 5<sup>th</sup> at 10:30am and Mondays, January 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup> at 3:30pm

Art Class with Michelle Eddison-- Mondays, January 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> at 9:30am for GV and Mondays, January 5<sup>th</sup> and 19<sup>th</sup> for AL/SN

Music Appreciation: Mozart-- Tuesday, January 6<sup>th</sup> at 1:30pm

Ballet Night-- Friday, January 9<sup>th</sup> at 7:00pm *in the PAC*

Brad Devin's Photo Presentation-- Tuesday, January 13<sup>th</sup> at 2:00pm

Piano Music with Justin Kolb-- Wednesday, January 14<sup>th</sup> at 2:00pm

Community Connections-- Thursday, January 15<sup>th</sup> at 2:00pm *in the PAC*

Art Appreciation with Michelle Eddison: Van Gogh-- Friday, January 16<sup>th</sup> at 2:00pm

Resident Lecture Series: Judy Rothman-- Friday January 16<sup>th</sup> at 2:00pm *in the Flex Space*

Sing Along With Gretch!-- Friday, January 16<sup>th</sup> at 3:00pm

Music Appreciation: John Coltrane-- Sunday, January 18<sup>th</sup> at 1:30pm

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## WOODLAND POND COMMUNITY HIGHLIGHTS, CONT'D

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Chair Yoga with Martha Cheo-- Monday, January 19th at 10:30am

Land Conservation Committee Presents: Local Archaeology-- Tuesday,  
January 20th at 2:00pm

Bunny Visits with John Hoey-- Wednesday, January 21st at 10:30am

New Resident Social/Orientation-- Friday, January 23<sup>rd</sup> at 2:00pm *in the  
Classroom*

Simple Melodies with Cynthia-- Friday, January 23<sup>rd</sup> at 3:00pm

Art Appreciation with Michelle Eddison-- Monday, January 26<sup>th</sup> at  
2:00pm

Guest Lecture Series with Professor Keely Heuer: *Childhood in Ancient  
Greece, From Cradle to Citizenship*-- Tuesday, January 27<sup>th</sup> at 4:00pm *in  
the Flex Space*

Guest Lecture with Josh Koller: *Understanding A.I. in Everyday Life*--  
Thursday, January 29<sup>th</sup> at 4:00pm *in the Flex Space*

### January Birthdays



1/10 Mary Gellhaus

1/12 Kathleen Kane

1/17 Joan LaChance

1/19 Bette Mesches

1/20 Dorothy Jessup

1/23 Gary Mehl

1/28 Barbara Robertiello

1/29 Marian Baldwin

1/30 Gail Logan

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## MEETINGS AND TRIPS

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### Health Center Outings and Innings

#### West Ceramics

Wednesday, January 6<sup>th</sup> loading at 1:15pm

#### Ambassador of Cheer Bistro Lunch

Friday, January 9<sup>th</sup> at 12:00pm

#### Outback Steakhouse Lunch Outing

Friday, January 16<sup>th</sup> loading at 11:15am

#### Kohl's Shopping Outing

Friday, January 23<sup>rd</sup> loading at 1:15pm

#### Men's Lunch at the Bistro

Friday, January January 30<sup>th</sup> at 12:00pm



### Health Center Meetings

#### Activities Planning Meeting

Tuesday, January 6<sup>th</sup> at 3:00pm in the GR

#### Assisted Living Resident Council

Monday, January 12<sup>th</sup> at 1:30pm in the GR,  
*followed by the Dining Services Meeting at  
2:15pm*

#### Skilled Nursing Resident Council

Monday, January 12<sup>th</sup> at 2:30pm in the SN  
Lounge, *followed by the Dining Services  
Meeting at 3:00pm*

#### Family Council Meeting

Tuesday, January 27<sup>th</sup> at 5:00pm in the IL  
Classroom and on Zoom. Email  
[ccarangelo@wpatnp.org](mailto:ccarangelo@wpatnp.org) for the link



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## JANUARY PROGRAM HIGHLIGHTS

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### **Understanding A.I. in Everyday Life: A Hands-on Conversation with Josh Koller, Managing Director at Pypstream Thursday, January 29<sup>th</sup> at 4:00pm in the Flex Space**

A.I. now shows up in the news, on our phones, and in everyday tools- but it's not always clear what it actually is or what it can be used for. In this non-technical, interactive session, we'll talk in plain language about what A.I. is, how A.I. works, what A.I. "agents" are, and where people are already using these tools in daily life.

We'll also talk about how to use A.I. thoughtfully and safely, including what it's good at, where it can make mistakes, and when it's best not to rely on it.

To wrap up, we'll host a Q&A where we'll try out a simple A.I. agent together so you can see how it works firsthand. No technical background required-just curiosity!

### **Guest Lecture Series**

**Tuesday, January 27<sup>th</sup> at 4:00pm in the Flex Space**

Professor Keely Heuer will be here to lecture on "Childhood in Ancient Greece: From Cradle to Citizenship" Keely Heuer is the Assistant Professor of Art History at SUNY New Paltz, specializing on the visual culture of the ancient Mediterranean, particularly Greece and Rome. She received her Ph.D. from New York University's Institute of Fine Arts. Dr. Heuer leads unique summer study abroad programs focused on the archaeological sites and museums of Italy and Greece, and has published many articles about her research on the iconography of Greek vase-painting and the interrelations between Greek settlers and indigenous populations of pre-Roman Italy."

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## COMMUNITY UPDATES

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

"Thank you to all the kind residents for the generous gift. You don't know how much this means to us."

"Woodland Pond Residents! It's an absolute honor to be given a gift such as this. I'm grateful for the job I have and the relationship I've built with our lovely residents!"

"A BIG thank you to all the residents of Woodland Pond! This gift not only helps me and my family enjoy the holidays with less stress, but it makes me feel so appreciated!! Thank you for your generosity throughout the years."

This just a small sampling of the many notes of gratitude and appreciation from our staff after receiving a "Thank you" check from ROVE. We thank all of you for making it possible.

The ROVE Committee will be setting up an information table across from the Hostess desk, 12:00 noon – 2:00 and 4:30 – 6:30 on Wednesday, January 7 and again on Monday, January 12. If you have any questions concerning what we do or about the enrollment form that will be in your January statement, we're here to answer those questions. If you have no questions, stop by to say "Hello!"

Suzanne Orchowski, Chair



We remember our residents who passed in the month of December. Our thoughts are with their family and friends.



Barbara Mittenberg  
Audrey Mezzio  
Tom Rocco

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# COMMUNITY UPDATES, CONTINUED

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## Applauds For November!

The following employees received commendations from residents and/or fellow staff members for their exceptional service. Congratulations to all!

Mark Pampinella

Orres James

Jackie Perez

Liz Elliott

Renee Recai

Stephanie Rzeszewicz

Carrie Burns

Hene Saldivar

Frantz Brutus

Cadence O'Dell

Tanner Blum

Ruth Fialcow

Tonya Reidinger

Selina Sanchez

Gia Mercado

Johnny Farris

Lisa Cea

Arlene Wilson

Ken Larsen

Sumiya Myagmarjav

Luwayna Williams-Sprague

April Meisner

Celina Chamas

Monique Lawence

Marissa O'Brien

Loyal Goodermote

Chris Shea

Rupert Fuentes

Emily Watson

Melissa Quick

Jane Basso

Matt Wiltsie

Applauds forms are available at the Concierge desk as well as next to the elevator on Assisted Living. In addition, you may also ask an Activities staff member for a form.



## Your Hudson Valley Ombudsman Contact Information

Hudson Valley LTC Ombudsman Program

82 Washington Street, Suite 201A

Poughkeepsie, NY 12601

Phone: (845)229-4680, x5

Email: Pam@LTCCC.org

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## RELIGIOUS PROGRAMMING

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### **Religious Services- held in the Great Room**

**Catholic Mass-** Thursday, January 8<sup>th</sup> at 11:15am

**Episcopal Service-** Thursday, January 15<sup>th</sup> at 11:00am

### **Second Saturday Service with Pastor Lyn**

We anticipate a lively discussion on the question: Which do you prefer: Water or wine? We had a large turnout for our discussion on Mary in December and hope to equal it on JANUARY 10<sup>th</sup> at 11:00am in the Great Room. Join Pastor Lyn at the "party."

### **Prayer Group: All Are Welcome!**

Meetings are held on Tuesdays at 11:00am. Due to the Interfaith Meditation room being closed for renovations, the prayer group is now meeting in Alice Ruffing's apartment. Please contact Alice or Helen Foehrenbach if you are interested in attending to ensure there is plenty of space.

### **Eucharistic Minister Visits**

Thursday mornings with Fran  
Sunday mornings with Daniel

Both Fran and Daniel visit residents with the Eucharist from St. Joseph's Catholic Church in New Paltz. If you are interested in receiving visits, please contact Cynthia Carangelo, Activities Manager at 256-5917.

# WOODLAND POND DEPT. NUMBERS

- ACTIVITIES DEPARTMENT-  
ARLENE/SIOBHAN & ETHAN X5968/5681
- ACTIVITIES MANAGER- CYNTHIA CARANGELO X5917
- AL/GV NURSE MANAGER- RYAN SQUIRES X5703
- AL/GV UNIT CLERK- KATHLEEN DESMERY X5642
- AL NURSING STATIONS- SOUTH/WEST X5786/5930
- BILLING COORDINATOR- MELISSA HENNEBERGER X5524
- CLINICAL NUTRITION MANAGER- TANYA LOPEZ X5925
- CONCIERGE DESK X5600
- DINING SYSTEMS SPECIALIST- FAITH LEWIS X5975
- DIRECTOR OF CONCIERGE/  
COMMUNICATION SERVICES- JASON IRISH X5970
- DIRECTOR OF DINING SERVICES- PHIL CAVALLO X5711
- DIRECTOR OF ENVIRONMENTAL  
SERVICES- ROB DUNN X5512
- DIRECTOR OF FACILITIES- TOM TANGO X5705
- DIRECTOR OF LONG TERM CARE- PHILIP MEHL X5915
- DIRECTOR OF NURSING- DEB VINING X5928
- DIRECTOR OF SOCIAL SERVICES-  
AMBER GOLDMAN X5931
- EXECUTIVE COORDINATOR- LINDSEY MARQUIS X5656
- GV NURSING STATION X5941
- HAIR SALON-SHARON X5712
- HOSTESS STATION X5963
- PRESIDENT AND CEO- MICHELLE GRAMOGLIA X5501
- RECEPTION DESK X5910
- RESIDENT SERVICES DIRECTOR- SARAH LEONARD X5900
- SN NURSE MANAGER- GIA DEPUY X5704
- SN NURSING STATION X5921
- SOCIAL SERVICES  
COORDINATOR- SARAH MOTHERWAY X5918