

The Health Center

at Woodland Pond

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Woodland Ponderings

Health Center

March 2024

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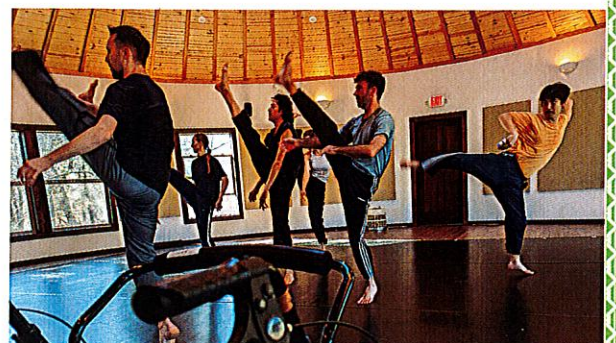


Creativity and Illness

In February, residents of Woodland Pond were invited to attend a dance rehearsal entitled “To My Arms/ Restore” by the Doug Varone Dance Company. After nearly a month of being on precautions due to illnesses in the Health Center, it was quite fitting that the first half of the performance (“To My Arms”) is based on the dancers’ emotions that they felt during the COVID pause in 2020. The second half (“Restore”) is a reflection of today’s world and is meant to bring about a “message of community, defiance, and resilience of ever-present danger.”

Whether dealing with short-term illnesses like flu, COVID, or RSV, or any of the number of long-term illnesses we may face, creativity is always abound here at Woodland Pond. The ability to see this performance really brought home, for me especially as a music therapist, how creativity can help one deal with the multitude of emotions that illness can bring up. Whether watching or participating, alone or in a group, creative arts programming allows us to feel and express our emotions and guide us on the road to healing, physically and mentally. I invite you to join in on the many creative arts programs that we hold here at Woodland Pond— music therapy, therapeutic art classes, crafting, and entertainment! Repressing emotions can actually make the healing process more difficult— you are not alone, come join us!

~Cynthia, WP Activities Coordinator and Music Therapist





Greetings From Administration!

I chatted with a good friend of mine this past weekend who delivered what felt like a confession. He stated he “felt lazy today.” This friend is a college professor, a Mason, and belongs to numerous boards and community organizations. Meanwhile, I had been home the entire week with what was surely the flu so I had an “excuse.” While it is certainly the case that I had no business or even ability to be at work spreading my germs around (you do NOT want this bug), we have been conditioned to feel that if we aren’t being super productive, creating something, participating in something, or otherwise involved in some busy work, that we are exhibiting some sort of character

deficit.

There is a vast chasm of difference between having some routine “lazy days” and being an altogether unmotivated unproductive member of a friend group, organization, or society. We may look down upon those taking a “lazy break” and even admonish ourselves for doing the same.

The age old Protestant Work Ethic has undoubtedly been part of our conditioning that idleness is the “work of the devil” or, more secularly, evidence of poor character and drive. I believe the truth of the matter is that our body and minds should, nay *need*, time to be restful, recuperative, and self-indulgent in the ultimately valuable work of taking care of ourselves. Practices related to this effort may include sitting home on the couch, napping, turning off the phone, going for walks, or watching guilty pleasure TV. I further believe we should not have to “confess” that we engaged in such days, but rather celebrate that we care enough about our physical and mental health to do so! So, when is your next lazy day?

~Philip Mehl, Health Center Administrator

Happy Birthday, March!



3/1 Erika Weiss
3/13 Norman Sasowsky
3/19 Bob Waugh
3/23 Irene Fitzgerald
3/28 Helen Bosland
3/31 Penina Schwartz

Staff Birthdays:
3/1 Jasmine Olivier
3/14 Lindsey Ort
3/14 Philip Mehl

Join us on March 27th at 2pm for our monthly birthday celebration with Bill and Wayne!

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 an acronym for Participation In Government, Literature, Economics for Today's Students.

There will be 4-6 different fun intergenerational activities facilitated by groups of 4-5 students on **March 11, 13, 19, and 21.**

Watch for a poster to be posted soon near the Mail Room that will display the students' invitational fliers for their activities, 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!

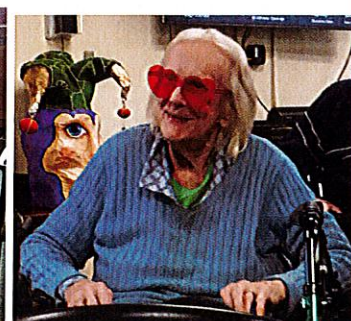
Singing Telegrams, AKA "Valentunes!"

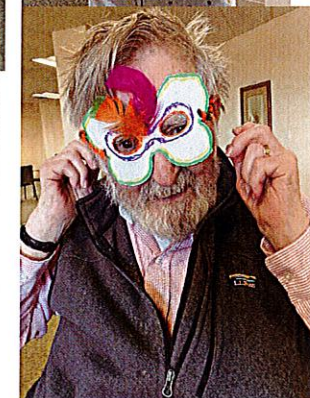
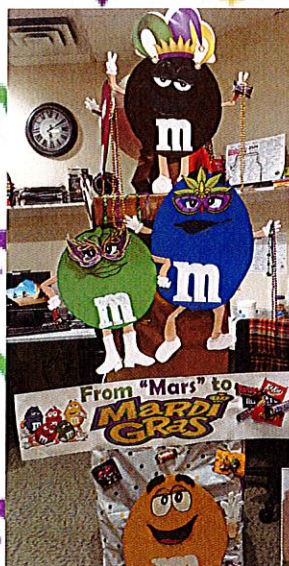
This year's Valentine's Day celebration included singing telegrams from the WP Activities gals, dubbed "Valentunes." We delivered 18 in total throughout the campus and over the phone, and the donations will benefit the WP "A-Team!"



Valentine's, Round Two!

We had so much fun on Valentine's Day with our singing telegrams, that we had to have another fun time the following week with Arlene's "Grand Finale Valentine's Party!" We sang, danced and partied all afternoon!





Mardi Gras 2024!

We celebrated Mardi Gras New Orleans style! We created our own masks, decorated wheel-



chairs and walkers, and had a parade through the units with beautiful floats made by our Activities Director, Sue Close! Also a **huge** thank you to Matt Perconti from Housekeeping for painting the jester head, the comedy/tragedy masks and the silhouette musicians for our floats and party!

Employee Profile



Woodland Pond Concierge staff are not only highly trained to handle many tasks but also need to be flexible to move between routine jobs and sudden emergencies. As residents, we rely on their assistance with a dizzying array of problems. Lisa Cea is one such Concierge employee who manages the job effortlessly (or so it seems). Whether assisting a resident with a cell phone problem, restarting the video system in the PAC, or answering questions on the phone, she gets the job done, and always with a smile.

Lisa was hired for Concierge before the first residents moved in, working out of cottage 123 for two

weeks while waiting for the C of O for the main building. At that time, she was doing paperwork, collecting the mail and, with Michelle Gramoglia (who was not yet our CEO), inspecting apartments. Initially Lisa worked full time 8:00 AM to 4:00 PM, now she has the 1:00 PM to 9:00 PM shift and has had many other shift changes along the way.

She considers Woodland Pond to be a second home. When not working Lisa likes gardening, shopping and spending time with her family. Her son, Nicholas, is a sports writer and her daughter, Olivia, is in social work. Her husband, Rob, is a retired police officer who now writes for TV. He has worked on "Women of a Certain Age" and is the author of "True Crimes." Lisa is one of the Woodland Pond employees who benefits from your donation to ROVE (Reward Our Valued Employees).

Suzanne Orchowski, ROVE Committee Chair
Photo by Michele Caccavano

Upcoming Meetings

Food Council with Dining Director, Amy

Monday, March 4th at:
2:00pm for SN in the Dining Room
2:30pm for AL in the GR

Skilled Nursing Resident Council

Monday, March 11th at 2:00pm in the SN Lounge

Assisted Living Resident Council

Monday, March 11th at 2:30pm in the Great Room

Activity Planning Meeting

Friday, March 8th at 2:30pm

Laundry Meeting with Rob Dunn

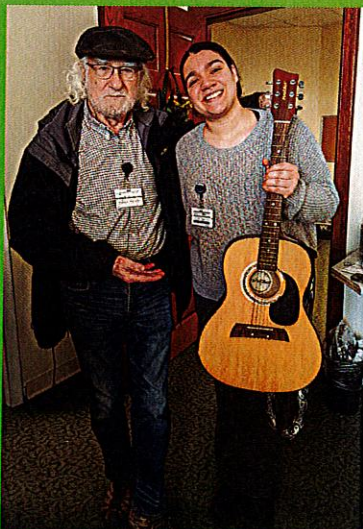
Monday, March 25th at 11:00 am in the GR



Thank You!

A huge thank you from the Activities staff to Yakov Pipman for finding this guitar for Activities Leader, Sarah Motherway, to use with the residents on Garden View! This guitar was located on the "Buy Nothing New Paltz" Facebook group. Yakov and the Sustainability Committee use this group as a way to donate items as well— this is a great way to find or donate items at no cost!

Thanks again, Yakov!





Veterans Café at Woodland Pond!

March 2024

**Please join us in supporting veterans
in need while enjoying refreshments
and conversation**

Tuesday, March 12, 2024: 2-3 PM

***Refreshments will be provided
in the Great Room**

**Have questions? Please contact Susan Close,
Activities Director at (845) 256-5971**

Hudson Valley
Hospice

Special Programs

Programs in Great Room unless otherwise noted

Therapeutic Art Class with Michelle Eddison

Mondays, March 4th and 18th for AL/SN at 10:30am

Tuesdays, March 5th and 19th *in the GVDR*

Music with Bill Nastasi

Saturdays, March 9th and 23rd at

1pm *in the GVDR* and 2:15pm *in the SN Lounge*

Music Through the Decades with Lauren Mueller

Saturday, March 30th at

1pm *in the GVDR* and 2:15pm *in the SN Lounge*

Smart Bells with Ujjala

Wednesdays, March 6th and 20th at 11am

NEW! HC/IL Tai Chi Class With Grace

Friday, March 8th at 1:30pm

Barefoot Dance Center Performance

Saturday, March 16th at 2pm

Health & Wellness: TED Talk on our Brain and Memory

Tuesday, March 19th at 11am

Composer Spotlight: Aaron Copland

Tuesday, March 19th at 2pm

Hamentaschen Social

Friday, March 22nd at 2:45pm

High Rollers Las Vegas Casino!

Tuesday, March 26th at 2pm

Special Programs, Continued

Programs in Great Room unless otherwise noted

March Birthday Party with Bill and Wayne

Wednesday, March 27th at 2pm

Let's Go Mets! Baseball Opening Day (With Refreshments)

Thursday, March 28th at 1:30pm

Traveling Treat Cart Room Visits: Egg Creams!

Sunday, March 31st starting at 2pm on all units

Health Center Outings/Innings

To sign up for a trip, you can notify the Activities staff, call our office at 845-256-5968 or email CCarangelo@wpatnp.org. As space is limited, Residents are asked to please understand the need to "take turns."

SN Crock Pot Cooking Club Dinner: Irish Stew and Soda Bread

Monday, March 11th at 5pm in the Great Room

Shopping: Shop Rite

Wednesday, March 13th departing at 1:30pm

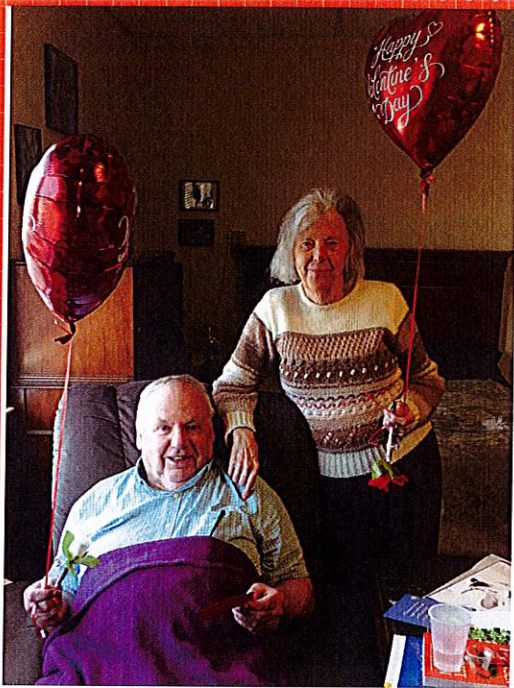
Dry Fly Coffee Company

Wednesday, March 20th departing at 1:30pm

New Paltz HS Theater Presents: Guys and Dolls

Saturday, March 23rd departing at 2:30pm

**all trips depart from Reception*



David and Gillian Page's Love Story

As told to Sarah Motherway

Gillian was born and raised in England; David was raised in Dutchess County. While attending college at Dartmouth, David decided he wanted to explore Europe with some friends for the late summer. After a long trip as a tourist, he hopped on the cheapest ship back to New York. Gillian was attending Exeter University in Devon, England when she received a scholarship from John D. Rockefeller to study at William and Mary in Williamsburg, Brooklyn. So naturally, Gillian hopped on the cheapest ship to New York. In 1958, on the T.S.S. New York, Gillian and David met and their love story began. The voyage was supposed to last just five days but, due to a hurricane, the trip lasted ten days.

Gillian and David laughed together while recalling the story of the hurricane. "The rest of the ship was quite sick but us college kids—there must have been eight of us—were having the time of our lives on the deck!" Gillian recounted. David said "We were dancing in the rain, ducking and running under the waves that crashed over the edges of the ship."

Though they resided on different decks and ate in different dining rooms, they both said they spent the next couple of days on the ship looking for each other and spending the afternoons getting acquainted. They ended up arriving in New York on Labor Day and David accompanied her to customs.

Though they went to different colleges they wrote each other letters every moment they could. During a holiday Gillian received a letter from David asking her to hop on the first bus she could to Washington. He had decided he wanted to hitch-hike to Washington and wanted her to meet him there. Gillian immediately hopped on the bus, using the last of her money to do so. Once the bus neared Washington, she realized that she wouldn't know which terminal he was waiting in. After fearing she would have to resort to the British Embassy since it was late and she had no money, someone mentioned there was another terminal with a bar inside. So Gillian made her way to the second terminal and there was David dutifully waiting for her while enjoying a drink.

Once they finished university, Gillian moved to Poughkeepsie and worked at Howard Johnson as a waitress to earn her fare back to England. That summer David proposed to her at a beautiful wooded spot in the Hudson Valley. Gillian returned to England, and soon after Gillian and David got married in England.

Independent Living February Calendar Highlights

March Highlights at a Glance

- Friday, Mar. 1 at 3 p.m.** - The Starlight Trio Musical Session [PAC]
- Monday, Mar. 4 at 7 p.m.** - ArtScope Opening Reception [PAC]
- Friday, Mar. 8 at 2 p.m.** - Historical Lecture: *The Dutch in NY* [PAC]
- March 11, 13, 19, 21** - New Paltz HS PIGLETS visits
- Tuesday, Mar. 12 at 2 p.m.** - Tree of Faith program: Zorastrian faith [PAC]
- Tuesday, Mar. 12 at 7:15 p.m.** - *Murder He Wrote* [PAC]
- Friday, Mar. 15 at 7 p.m.** - Violin Students recital [PAC]
- Tuesday, Mar. 19 at 2 p.m.** - Land Conservation Program: *Crossing the Wallkill*:
Guest speaker Ron Knapp [PAC]
- Wednesday, Mar. 20 at 1:30 p.m.**- Management Q&A [PAC]
- Thursday, Mar. 21 at 2 p.m.** - *Council Connections* [PAC]
- Friday, Mar. 22 from 10 a.m. - 3 p.m.** - Red Cross Blood Drive [PAC]
- Saturday, Mar. 23 at 7 p.m.** - Purim program [PAC]
- Sunday, Mar. 24 at 3 p.m.**- Piano/Vocal Recital: Benjamin Weil and James Stewart [PAC]
- Tuesday, Mar. 26 at 3 p.m.** - MH & Wellness program: Funeral Planning [PAC]
- Tuesday, Mar. 26 at 7 p.m.** - WP Playreaders performance: Stories by Grace Paley and James Thurber [PAC]
- Wednesday, Mar. 27 at 3 p.m.** - Residents' Assoc. Quarterly Meeting [PAC]

David and Gillian Page's Love Story, continued

The Pages honeymooned in Stromboli, a small island off the coast of Sicily (an adventure that deserves an article of its own). They then spent two years in Beirut, Lebanon. After living in the Middle East, they decided to settle in the Midwest in Iowa where they had their first and only daughter. The Pages then settled in Milton where they raised three more children and were surrounded by orchards. Gillian and David are still happily married and spend their days reading, completing jigsaw puzzles, reminisce on their youthful adventures, and spend time with friends and loved ones.

SECOND SATURDAY WORSHIP WITH PASTOR LYN

We are back on schedule for our SECOND SATURDAY WORSHIP. Pastor Lyn Mehl will again lead us in a belated reflection on Ash Wednesday and Valentines Day. Is Lent about giving up chocolate or about taking on a fuller understanding of LOVE? Can Lent make any difference as we live our lives at Woodland Pond? We'll explore this and the meaning of LOVE on SATURDAY, MARCH 9, in the GREAT ROOM, 10:45. ALL are welcome!

Church Services (held in the PAC in IL)

Catholic Mass

Thursday, March 7th at 11:15am

Episcopal Service

Thursday, March 21st at 11:00am

Easter Mass with Father Burke

Sunday, March 31st at 11:00am
(in the Great Room)

Prayer Group: All Are Welcome!

Meetings are held every Wednesday at 4pm in the Meditation Room.

Prayer requests can be left in the box outside of the Meditation Room.

Reconciliation with Father Sal Wednesday, 3/27 at 11:00am

Father Sal will be here on Wednesday, 3/27 for Reconciliation, held in the *Meditation Room* at 11am.

Eucharistic Visits (all units)

Sundays with Daniel &
Wednesdays with Fran.

Your Hudson Valley Ombudsman Contact Information

Hudson Valley LTC Ombudsman Program

82 Washington Street, Suite 201A

Poughkeepsie, NY 12601

Phone: 845-229-4680

Email: theresa@ltccc.org



Woodland Pond
at New Paltz

200 Woodland Pond Circle
New Paltz, NY 12561

Woodland Pond Department Numbers

For those residents that switched to Spectrum (AL/GV) you will need to dial 256 before each extension. If you reside in Skilled Nursing you only need to dial the extension. You will need to dial 9 before calling outside of WP.

Contacts

Activities Department- Cynthia & Arlene/ Jane & Sarah	5968/5681
Director of Activities– Sue Close	5917
AL/GV Nurse Manager– Marian Malcuit	5703
AL Nurses Station- South	5786
AL Nurses Station- West	5930
Billing Coordinator- Melissa Henneberger	5524
Clinical Nutrition Manager– Cara Mahoney, RDN	5925
Concierge Community Center	5600
Director of Concierge/Communication Services- Jason Irish	5970
Director of Dining Services- Amy McIntyre	5711
Director of Environmental Services- Rob Dunn	5512
Director of Facilities- Tom Tango	5705
Director of Long Term Care- Philip Mehl	5915
Director of Nursing– Debra Vining	5928
Director of Social Services- Nicole Petit	5931
Social Services Coordinator– Jasmine Olivier	5918
GV Nurses Station	5941
Hair Salon– Sharon	5712
Hostess Station	5963
Medical Services Coordinator– Charlene McCumber	5920
President and CEO– Michelle Gramoglia	5501
Reception	5910
Resident Services Director– Sarah Leonard	5900
SN Nurse Manager–	5704
SN Nurses Station	5921