

# The Health Center

at Woodland Pond

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## Woodland Ponderings

### Health Center

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## Greetings from Administration!

My musings for this month's newsletter are written with the goal of deputizing us all with the important task of naming and keeping track of our privilege. Privilege can be stealthy and is very good at camouflaging itself. Privilege also succumbs easily to its arch-rival, victimhood. Let me give an example of how I recently lost the trail of privilege and instead, fell victim to victimhood!

I was lamenting and huffing and puffing to my oldest daughter my stress at the myriad of things I had to accomplish before I go on vacation that included things for work, things for home, appointments for my health issues, and traveling up north to take care of the lawn for our Adirondack cabin. She stared at me incredulously and together we reinterpreted what I was expressing. I work at a job that allows me the time and resources to go on a beautiful vacation and provides me with health insurance. The things I have to take care of prior involve friends and family that I am lucky and grateful to have in my life. The lawn I have to take care of is for a family



vacation home. I am not a victim!

How often do we succumb to this? Things every day don't go right. Expectations every day may not be met. We too often define our existence by the "worst" moments of our day while setting expectations that will often not be met. Many reading this live or work in our health care community where there are people all around us who by and large care deeply and are trying hard to be good neighbors, care givers, and support systems. Every day we can find things that did not go exactly right. But, boy oh boy could we live or work in far worse places with far less support! Chances are, we are not generally not victims unless we choose to see ourselves that way and THAT makes for a pretty sad and frustrating existence.

~Philip Mehl, Health Center Administrator

## Grief Support Group Fall Sessions

Hudson Valley Hospice is pleased to offer WP residents a grief support group. This 8-session group is designed to help participants move through the grieving process that occurs as a result of the death of a loved one. The group meets **twice a month on Mondays at 10 a.m.** in the Classroom. The next group begins on **October 9<sup>th</sup>**. Prior registration is required. Contact the Bereavement Center at 845-240-7579 to sign up. If you need assistance to register, please contact any of the Activities staff. This opportunity is brought to you by the WP Mental Health Task Force.





## Marcia Pena Thompson, as told to Cynthia Carangelo

I was born in a little town in New Mexico called Taos. The town is surrounded by mountains. It wasn't until WWII that this tiny little town got its name on the map, when the United States government set up a secret town about 40 miles north called Los Alamos, or "little trees" in Spanish. Los Alamos at the time was a closed-off town and unbeknownst to us it was where they were researching and creating the atom bomb, which was later tested somewhere in the middle of New Mexico. If they had tested it in Los Alamos, I wouldn't be sitting here talking to you today!

Two different groups of people lived in Los Alamos- the scientists conducting the research and the locals hired to do the cooking and cleaning. The scientists and their families lived there year round. There were schools set up for the children and the other towns would play against them in sports. The town is now open to the public (although there is still very much research occurring there), but I remember being bussed there when I was in high school for integrated sports-- I was on the cheering squad-- and driving up to the town entrance were tall gates surrounded by military men.

Since my childhood, Taos has become an artist's colony. There are many different colleges in the area and the University of New Mexico in particular holds their summer art courses in Taos. Artists flock there in particular because of the beautiful scenery and landscape of the mountains.

The first Europeans came from Spain to settle in New Mexico in the 1500s - that's how long my family has been in the area. They settled there due to the numerous three-to-four stories tall pueblos that the Indians had built in the area, so they knew it was populated. The Spaniards called them "Indians", or "los Indios" in Spanish, because they thought when they arrived in the New World that they were actually in India! Taos itself is bisected by a river. Every two years, a chief was elected from alternating sides of the river.

My maternal grandparents had an arranged marriage. There were four "clans" in the area where they came from and these clans were intermarried like





crazy! In fact, the current governor of New Mexico is Michelle Luhan- her family must be from one of the original tribes.

My grandparents lived right next door to us, so it was like having a second home. My grandfather was a schoolteacher and a salesperson, as teaching did not pay that much. He sold tractors, trailers and other farm equipment before becoming a shoe salesperson for the Buster Brown Shoe Company.



My dad was born in Texas. He moved to New Mexico because his brother had tuberculosis and the rumor was that the mountain air in New Mexico would be good for his lungs. It was in New Mexico that he met my mother. My mother was 16 and my father was 28 or 29 years old when they met. My grandparents forbade them from courting. Not only did they have a huge age difference, but also he was a widower with a daughter (who my father's in-laws raised). Of course, they secretly continued to date. My mother was very strong-willed—I think she gave

my grandparents a lot of trouble! My dad finally got permission from my grandfather to marry my mother and they got married when she was in 8th or 9th grade. Their first child was born three years later, then the rest one after the other. There were seven children in all. I was number three, right in the middle. The pictures above are me and my favorite brother, John. We were a year and a half apart and extremely close. When we moved away from each other we would still call each other at least once a week.

My father was the chief of police in Taos. As I said earlier, it was a small town, so there wasn't a lot of crime. I remember that it was cember of 1944. My grandparents had been living in Utah at the time-- it was during the war and my grandfather was working at an Army base-- December of 1944. My grandparents had been living in Utah at the time-- it was during the war and my grandfather was working at an Army base-- and they were in Taos visiting for Christmas. On that night, my father was called to town due to a stranger



## Garden View Fashion Show

Check out some highlights from our fashion show in August! Our Ambassador of Cheer, Arlene, designed and emceed the show. Residents Liz Alexander, Jack Levy, Jean Druffner, Lyn Mayo, Helen Cherry, Louise Mandy, and MaryAnn Swanzey dressed to the nines to strut their stuff down the runway! Residents were accompanied by Activities staff members Jane Basso and Francesca Bruno. There were also a few guest stars: Alex, Grace Juhren, and "Sumo Sue" Close.





with a gun in the bar. Remember, it was a small town so everyone knew everyone. My dad was always reasonable, wanting to simply “talk it out.” He tried to reason with this stranger and brought him outside just to talk, but the man ended up pulling the gun on my father and shot him. I was 14 at the time.

Because my mother was so young when my parents married, she never finished high school and was a housewife. Although she never finished school, she was very well read— she was in two book clubs. Education was a big deal in our household. I was my parents’ star pupil, always coming home with the A’s!

After high school, I went to Chicago to become an RN at Michael Reese Hospital. It was one of the oldest and largest hospitals in Chicago and it had a nursing school right at the hospital. The doctors’ wives mentored the nursing students and arranged with other schools in the area to host parties. This was how I met my husband, Neville Ross.

When I first met Neville, I thought his name was “Nibble!” He didn’t correct me until our second or third date! One of the first things that we did together was meet his parents. His mother taught language at a local school and was very impressed that I spoke Spanish. His parents were always very good to me.

We got married when I finished nursing school. My husband was going to law school at the University of Chicago at the time and I worked while he was going to school. I always thought that he picked the wrong profession—he should have been a language teacher like his mother since he spoke German, French and Russian in addition to English—plus, he hated law! We had three daughters together. When I started having children, they came as a surprise. I was still attending classes part-time at the University of Chicago-- it was the first school to have part-time courses, due to the soldiers coming back from the war. My husband worked mornings and I took the evening shift or the night shift if his coursework interfered. I’m still not sure how I survived!



While living in Chicago, my husband decided that he wanted to go to graduate school at NYU. He was there for a few months and decided that was THE PLACE to be. I loved Brooklyn—it was like living in the movies!

We were married 20 years before we divorced but we remained friends. The last five years were very difficult and I was de-



## **Special Programs**

*Programs in Great Room unless otherwise noted*

### **Therapeutic Art with Michelle Eddison**

Mondays, September 4th and 18th at **10:30am** in the **Great Room**  
Thursdays, Sept. 7th, 21st, and 28th at **10am** in the **Garden View DR**

### **Music With Bill Nastasi**

Saturdays, September 2nd and 23rd  
**1:15pm** in the GV Dining Room  
**2:15pm** in the SN Lounge

### **Music Through the Decades with Lauren Mueller**

Sundays, September 3rd and 17th  
**1:15pm** in the GV Dining Room  
**2:15pm** in the SN Lounge

### **Hart Too Jazz Quartet**

Tuesday, September 5th at 2pm

### **Pool Party with Grace**

Friday, September 8th from 1-3pm

### **Art Appreciation with Michelle: Modern Sculpture and Louise Bourgoise**

Tuesday, September 12th at 2:30pm

### **Spa Day with Ujjala**

Wednesday, September 13th at 2pm

### **Entertainment with Vocalist Nancy Paroli**

Thursday, September 14th at 2:30pm

## Health Center Outings

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

### **AL Shadowland Stages Outing**

Sunday, September 3rd departing from Reception at 1pm

### **SN/GV Hudson River Park Picnic Outing**

Wednesday, September 6th departing at 11:30am from Reception

### **AL Lunch Inning: Bodacious Bagels**

Thursday, September 7th at 12:15pm in the Great Room

### **SN/GV Olive Garden Lunch Outing**

Wednesday, September 13th departing from Reception at 11:30am

### **AL Deising's Outing**

Wednesday, September 20th departing from Reception at 1:30pm

### **Lemon Tree Hair Cut Outing (All Units)**

Wednesday, September 27th departing from Reception at 10am





## Independent Living September Calendar Highlights

**Alzheimer's Night Fundraiser/Happy Hour-** Thursday, September 7th

**Family Day! Clam Bake/BBQ Alzheimer's Fundraiser-** Sunday, September 10th from 12-4 on the Courtyard

**Christi Battistoni Presents Healthcare at Woodland Pond-** Wednesday, September 13th at 2pm in the PAC

**Dedrick's Flu Clinic-** Thursday, September 14th from 9am-1pm in the Art Studio

**Mental Health and Wellness Program: *Transitions Part 2*-** Monday, September 18th at 2pm in the PAC

**Land Conservation Program: *Open Space Preservation in Ulster County & the Hudson Valley*-** Tuesday, September 19th at 2pm in the PAC

**Management Q&A-** Wednesday, September 20th at 1:30pm in the PAC

**Music in the Courtyard with *The Starlight Trio*-** Friday, September 22nd at 3pm

**Concert: *Music for Three Bassoons*-** Friday, September 29th at 2pm in the PAC

**Piano/Vocal Concert: *Benjamin Weil & James B. Stewart*-** Saturday, September 30th at 2pm in the PAC



## **Special Programs, Continued**

*Programs in Great Room unless otherwise noted*

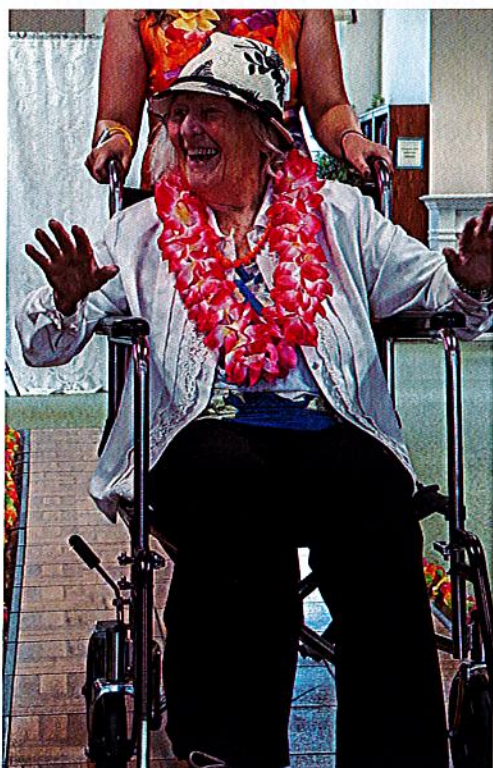
**Traveling Treat Cart: Hamentoschen**  
Friday, September 15th at 3pm for All Units

**HC/IL Rummikub Challenge**  
Thursday, September 21st at 2:30pm

**Autumn Apple Fest**  
Wednesday, September 27th at 2:30pm

**September Birthday Party with Music by Frankie Keene**  
Thursday, September 28th at 2:30pm

## **A Little More Fashion Show...**





-lighted to be free. I was working, self-supported, and doing what I wanted to do. Neville never really grew up and I was tired of raising a "son" in addition to our three daughters!

I met my second husband, Eugene, at work. He was a cardiologist. We were both refugees from a previous marriage. He educated me and I humanized him—he was very bright but very shy.

I eventually ended up with my MSW after taking classes part-time for many years. I worked in family counseling, which kind of prepared me for living at Woodland Pond, as one of the questions I always encountered was "What will we do with Mom?" and now I am on that side of the fence!

By the way, today is one of my "days off." Today I am reading a very interesting book, "The Jews of Spain." It's really neat because I'm learning history. When I was a young mom and working like crazy, I promised myself that when I retired I would take a day for myself every so often, where I just sit and do what I want to do, so here I am!

## **Upcoming Meetings**

### **Food Council with Dining Director, Amy**

Monday, September 4th

2pm for Skilled Nursing in the SN Lounge

2:30pm for Assisted Living in the Great Room

### **Activity Planning Meetings**

Friday, September 1st at 11:00am for Assisted Living in the Great Room

Friday, September 1st at 11:00am for Skilled Nursing in the Lounge

### **Skilled Nursing Resident Council**

Monday, September 11th at 2pm in the SN Lounge

### **Assisted Living Resident Council**

Monday, September 18th at 2pm in the Great Room

### **Family Council Meeting**

Tuesday, September 26th at 5pm in the Great Room

*For the Zoom link please contact Sue at x5917*



# ROVE CARTOON RAFFLE

As regular visitors to the mailroom, we are frequently entertained by new cartoons provided and created by Martin Lavanhar. Martin is now offering to create personalized original cartoons for Woodland Pond residents while also benefitting ROVE.

Cartoons can commemorate a person, pet, event or fond memory and can be serious or just for fun. Get one for yourself or give it as a unique gift. How do you get one of these one-of-a-kind cartoons created especially for you? **Through a raffle.**

ROVE committee members will start selling raffle tickets outside the mail room at our ROVE information table on Sept. 6, Sept. 7, Sept. 11 and Sept. 12. Tickets will sell for \$10.00 each and there will be one winner for every ten tickets sold – 10 tickets, one cartoon, 20 tickets, two cartoons, etc. Winners' names will be drawn on (date TBD) and will need to meet with Martin to plan their cartoon.

All proceeds will go to Reward Our Valued Employees (ROVE).

## REMINDER!

All residents who have opted to make a yearly donation to ROVE, please have your check in by Sept. 30. Checks should be made out to Woodland Pond with ROVE written on the memo line, put in an envelope marked ROVE and dropped off at Concierge. A special thank you to all residents who have donated monthly and to those who have already submitted their once a year checks.

Suzanne Orchowski  
ROVE Committee





## **Therapeutic Art with**



## **Michelle Eddison**

Have you attended one of our therapeutic art classes yet?? Michelle Eddison has classes on each of our units twice a month. Last month, pictured here, our SN/AL class made cards. In addition to her classes, this month Michelle will be presenting an Art Appreciation program in the Great Room about Modern Sculpture and Louise Bourgoise on September 12th at 2:30pm. Join us!

**We remember our friends who passed  
away in August.  
You will be missed.**

Susan Ymbras  
John Frederick  
Adele Warshawsky





## Happy Birthday, September!



**9/17 Harriet Ross**  
**9/19 Susan Wickman**  
**9/19 Joan Pugliese**  
**9/20 Bill Connors**  
**9/26 John Decker**  
**9/26 Richard Moore**

### LARGE PRINT BOOKS

Large print books are in great demand in both the Independent and the Health Center libraries. When the libraries were established all books were donated by residents, and there were very few large print books. However, since that time the collection of large print books has increased, mostly from donations outside the facility.

Recently Elting Library removed a collection of large print books (called weeding in library terms) from their shelves that were no longer popular with their readers. A librarian at Elting called Woodland Pond asking if we would like these books.

Of course! The library committee members went into action. Two members of the committee visited Elting to evaluate what books our readers would enjoy, followed by the bus driver transporting those books to Woodland Pond. Once at Woodland Pond the real work with the books began. Large print books in the independent collection were weeded to make room and sent to the health center library. All the books, for both libraries, have been processed and made ready to be shelved. The libraries are now refreshed with “new to us” books. Our readers send out a thank you to Elting Library, and those here at Woodland Pond that made this happen.

Just a reminder, as all our books are donated, if any residents know their home town libraries may be “weeding” large print books please keep the libraries at Woodland Pond in mind. Only large print books please. There is an unending supply of other books.

*Virginia Cannon, Library Committee Chair*



## SECOND SATURDAY WORSHIP WITH PASTOR LYN

Pastor Lyn Mehl will again lead an "Encounters With God" discussion on Saturday, September 9th at 10:45am. We meet in the Great Room for reflection and Holy Communion. Our time together will center on the prophet, Elijah, who had a most spectacular ministry with the nation of Israel. He was a great success and yet we meet him hiding in a cave in a deep state of depression. He is tired and angry at God. What can his life teach us today? How is his life similar to many of ours today? Where can we find God in the midst of our struggles? All Woodland Pond residents are warmly welcomed.

### **Church Services**

(held in the PAC in IL)

#### **Catholic Mass**

Thursday, September 7th at  
11:15am

Sunday, September 13th at  
11am (in the GR)

#### **Episcopal Service**

Thursday, September 21st at  
11:15am

### **Eucharistic Visits (all units)**

Sundays with Daniel &  
Wednesdays with Fran.

### **Prayer Group:**

#### **All Are Welcome!**

Meetings are held every  
Wednesday at 1pm in the Medi-  
tation Room.

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

## **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](mailto:theresa@ltccc.org)





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 Woodland*

### Contacts

Activities Department- Cynthia & Arlene/ Jane/Francesca	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- Roseanne Arciuolo	5928
Director of Social Services- Nicole Petit	5931
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– Aaron Smith	5704
SN Nurses Station	5921