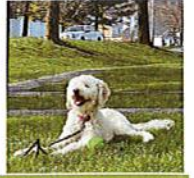




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Feature



WoodlandLife

Vol. 15, No.8

August 2023


The Woodland Pond A-Team


Our Woodland Pond Alzheimer's Team (called the Woodland Pond A-Team) would like to thank all of our residents and staff for their support in moving towards the goal of \$15,000 for the Alzheimer's Association. We are happy to report that we have currently raised \$4,000 towards our goal! Alzheimer's and dementias are the leading cause of death and illness in individuals over the age of 65, so we feel that it is our duty to actively participate in making a difference.


For those who are interested in signing up for the team, please visit the website below or visit the Concierge for a registration form. By registering for the A-Team, you are not bound to donating, fundraising, or walking on the day of the Walk to End Alzheimer's. Your registration simply is a way for the team to grow its support network. If you have any questions, please contact Kamryn Ilgner.


<http://act.alz.org/goto/woodlandpond>

Save these Upcoming Important Dates:

 **Thursday, Aug. 3** - Alzheimer's Night in the Main Dining Room, regular reservations. *Enjoy a fun Happy Hour at the Pub from 3:30 – 4:30, then an exceptional menu curated by Executive Chef Jarrod Kutz in the Main Dining Room, made up of seasonal and specialty favorites. Fifteen percent (15%) of proceeds from the night will go directly to the Alzheimer's Association.*

 **Tuesday, Aug. 15** - Ice Cream Party in the Courtyard, 1 – 3 p.m. *Another fun day in the sun with our community coming together for a great cause! 50% to benefit the Alzheimer's Association.*

 **Sunday, Sept. 10** - Woodland Pond Family Clam Bake - *Save the date to invite your family, friends, and neighbors to a Clam Bake here at Woodland Pond to celebrate our annual Woodland Pond anniversary and to benefit the Woodland Pond A-Team! Details to come soon.*

 **Saturday, Oct. 14** - Walk to End Alzheimer's at the Walkway over the Hudson. *All residents, staff, families, and friends are welcome and encouraged to attend the Walk! Woodland Pond will be sponsoring the Welcome Brigade at the event, in addition to having a team walk the event. If you'd like to participate, but are concerned about your ability to stand or walk for a long period of time, please still consider attending, as we will have multiple opportunities for participants with various jobs. We hope to have everyone there with us!*

Kamryn Ilgner, Strategic Initiatives Specialist

Kaleidoscope of the Arts ~ Save the Date!



Mark your calendars now to plan for our 11th annual *Kaleidoscope of the Arts Show and Sale* on **Saturday, October 21** in the Performing Arts Center, with a sneak preview shopping for staff only on Friday afternoon, Oct. 20.

The annual showcase highlights the creative talents of Woodland Pond residents and gives fellow residents, families, employees, and visitors from the wider community the opportunity to admire and purchase items from resident participants while also supporting the Woodland Pond Benefit Fund.

The initial meeting to plan this year's *Kaleidoscope of the Arts* will be **Thursday, Aug. 10 at 11:00 a.m.** in the Art Studio. Anyone interested in serving on this year's planning committee is invited to attend!



August meetings of your Residents' Council are **Thursdays, Aug. 3 and Aug. 17 at 10 a.m.** in the Classroom and on Zoom, and are open to all residents. The first 15 minutes (EARS) are devoted to your input. Agendas are posted in the Mail Room and Library on the Mondays preceding each meeting. You may be in touch with your Council by putting signed, written comments in the Council Cubby in the Mail Room, at the bottom right of the bank of cubbies by the window, or you may also send an e-mail to junefiner@yahoo.com.

There will be no *Council Connections* sessions this month.

June Finer, Corresponding Secretary

From Woodland Pond's Board of Directors

Ray Smith and I were happy to participate in the Residents' Council's Association Meeting on June 28, see the broad interest and answer the excellent questions posed by residents pertaining to the Board. Tom Gilder's meticulous power-point presentation outlining how the Board functions included both a broad and detailed look at its structure. Tom wisely left plenty of time for residents to ask questions directly to Ray and me. For those who missed this presentation but would like to see it, go to Woodland Pond at New Paltz YouTube; once there, click on Videos and select *Residents' Association Meeting 6/28/23*. A big thank you for your support.



Dick Barry, Secretary

WP Benefit Fund Committee Update

The wonderful response to our "Good News" last month made it clear - WP residents want to support the Benefit Fund, but are not clear on how to do so. It's easy - the Concierge has addressed envelopes available for you. Inside are instructions on how to make out your check, or use your credit card. Also, you can donate to honor the memory of a friend, or salute a fellow resident.

You will receive a "thank you" letter from our affiliate, the Community Foundations of the Hudson Valley. They will also notify your Honoree that a donation has been made on their behalf (but will not disclose the amount).

Thanks to everyone who has let us know that you appreciate the Committee's work in making the Benefit Fund a true benefit to all the residents of Woodland Pond.

Anne Gordon, Benefit Fund Chair

Emergency Exercise on Wednesday, October 4th

On **Wednesday, Oct. 4**, Woodland Pond will be hosting an emergency exercise that will simulate a realistic lockdown event on campus. This event has been thoughtfully and carefully planned out by members of the Executive Team, alongside county and state emergency planning professionals, to ensure the utmost safety and wellbeing of Woodland Pond residents, staff, and active emergency personnel. Please note that details of the exercise will not be released to anyone other than the planning team, to ensure optimal results.

Due to the lockdown, no one will be allowed back inside the campus once the exercise has begun. This is one notification to alert all residents and their families, companions, and visitors to be aware of this requirement.

All appointments or meetings off campus should be rescheduled, unless the individual plans to stay off campus through the entirety of the exercise. Any appointment or meeting off campus that may not be rescheduled should warrant the individual to make arrangements to stay off campus that day. There will be NO Woodland Pond transportation available on October 4th. Please note that ALL on campus operations and activities will remain normal.

Emergency personnel will be fully present throughout the campus on this date to respond to the event, but to also protect all individuals on campus. In the event that there is an actual emergency during the timing of this emergency exercise, actions will cease and the emergency will be attended to appropriately. Any questions or concerns about this event may be directed to Kamryn Ilgner.

As preparation for this, please save the date of **Monday, August 7th at 2 p.m.** for an Emergency Preparedness presentation from the Ulster County Department of Emergency Services. This program will be in the PAC.

Kamryn Ilgner, Strategic Initiatives Specialist



Interest Groups



Beginner's Mah Jongg: Saturdays at 9:30 a.m. [GR]
Book Club: Tuesday, Aug. 1 at 7 p.m. [CR]
Bingo: on hiatus until October
Brainteasers: Wednesdays at 10 a.m. [AS]
Canasta: Wednesdays & Saturdays at 1 p.m. [GR]
Chess: Thursdays at 7 p.m. [GR]
Current Events Group: Wednesdays at 4 p.m. [CIs]
Dulcimer Players: Mondays at 1 p.m./ Thursdays at 3:30 p.m. [PAC]
Duplicate Bridge: 2nd & 3rd Wednesdays, 1p.m. [4th Central Lounge]
Handbell Ringers: Tuesdays at 1pm [AS]
Hearts Players: Mondays at 1 p.m./Saturdays at 12:30 p.m. [GR]
iPhone Camera Club: Third Tuesdays at 7p.m. [CIs]
Loss in Literature Group: Tuesday, Aug. 1, 4 p.m. [CR]
Mah Jongg: Mondays and Fridays at 1 p.m. [AS]
Memoir Class: 2nd and 4th Mondays, 3 p.m. [CR]
Men's Coffee – Saturdays at 9:30 a.m. [PAC]
Opera/Ballet Night: 2nd/4th Fridays, 7p.m. [PAC]
Philosophy Circle: 2nd & 4th Weds at 11 a.m. [CR]
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, Aug. 25 at 2 p.m. [CR]
Pondaliers: On hiatus until September
Rummi-Kub: Daily at 7 p.m., Sundays, 2 p.m. [GR]
Scrabble: Fridays at 10:30 a.m. [GR]
Shalom Space: Fridays at 4 p.m. [CIs]
Short Story Group I: 1st & 3rd Tues., 3:30 pm [CIs]
Short Story Group II: no sessions this month
Social Bridge: Tuesdays and Thursdays from 12:30-3:15 p.m. [GR]
Spanish Chat: Wednesdays at 11:15 a.m. [AS]
Variety Film Series - On hiatus until October

Interest Groups continued:

Watercolor Class: Mondays, Aug. 14 & 21 10 a.m. [AS]
Women's Tea: Mondays at 2 p.m. [CIs] (2nd Monday Tea Talk in the PAC). No session Aug. 7

Committee Meetings for August

Dining - Tuesday, Aug. 1 at 10 a.m. [GR]
 Contact: Joan Kleinegris, Chair
Physical Plant - Wednesday, Aug. 2 at 10 a.m. [CIs]
 Contact: Deborah Moore, Chair
Décor/Design - Thursday, Aug. 3 at 1 p.m. [CR]
 Contact: John Ortner, Chair
Library Committee - Does not meet this month
 Contact: Virginia Cannon, Chair
Finance Review - Monday, Aug. 7 at 1 p.m. [CR]
 Contact: Dave DeWilde, Chair
Welcome - Tuesday, Aug. 8 at 11 a.m. [GR]
 Contact: Alice Cross, Chair
Landscape - Wednesday, Aug. 9 at 2 pm. [CR]
 Contact: Deborah Moore, Chair
Kaleidoscope of the Arts - Thursday, Aug. 10, 11am [AS]
R.O.V.E. - Monday, Aug. 14 at 11 a.m. [Game Room]
 Contact: Suzanne Orchowski, Chair
WP Benefit Fund - Wednesday, Aug. 16, 10 a.m. [CR]
 Contact: Anne Gordon, Chair
Land Conservation - Friday, Aug. 18 at 3pm [CR]
 Contact: Dave Smith, Acting Chair
Health Center - Tuesday, Aug. 22 at 1 p.m. [CIs]
 Contact: Margaret Nijhuis, Chair
Interfaith - Monday, Aug. 28 at 10:30 a.m. [GR]
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary
Sustainability - No Meeting This Month
 Contact: Joy Dryer, for the Steering Committee

These committees/activities are on summer hiatus:



- * Bingo (Until Oct.)
- * Library Committee - resumes in Sept.)
- * Pondaliers - (resume in Sept.)
- * Short Story Group II - (resumes in Sept.)
- * Square Dancers (resume in Sept.)
- * Sunday Bible study (resumes in Sept.)
- * SusComm - (resumes in Sept.)
- * Variety Film Series (resumes in Oct.)



From the Library ~ Book Review

Mary Cassatt by Griselda Pollock

Mary Cassatt was one of America's great artists. She introduced Impressionism to art in America. In this fine illustrated volume, Griselda Pollock reveals Cassatt's life and legacy. In full color photographs, Pollock includes Cassatt's intimate paintings of women and children. Pollock studies Cassatt's paintings with thoughtful and historical commentary.

Woodland Pond Library contains many books featuring illustrated biographies of artists, as well as excellent guides to major museums. Browse and peruse the library's impressive Art section!

Anita Kantor

Book Club



This month we are reading: *A View Across the Rooftops* by Suzanne Keinmann with a discussion at the meeting on **Tuesday, Aug. 1 at 7 p.m.** in the Conference Room. During August we will be reading *The Midnight Library* by Matt Haig with a discussion in September. New members are always welcome!

Michele Caccavano



A Note From Dining Services



Tuesday, Aug. 8 – IL Dinner BBQ – \$16 per person



Wednesday, Aug. 16 – *Get to Know Your Neighbor* Dinner, featuring a special market appetizer, chef's special entrée and a special dessert.

Ashley France, for the Dining Team

PAC Movies



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

First Friday Classic Movie: *The Quiet Man*, starring John Wayne and Maureen O'Hara, **Friday, August 4 at 7 p.m.**

Special Encore Presentation: - On **Tuesday, Aug. 8 at 7 p.m.** enjoy a DVD re-airing of *Celebrate Woodland*, an original musical revue written by Lola Weiss and Halema Hassan and featuring 20 resident performers, that was part of Woodland Pond's 10th anniversary celebration in 2019.

Opera Night: This month's features: *Samson et Dalilah* on **Friday, Aug. 11 at 7 p.m.** and *Madama Butterfly*, **Friday, Aug. 25, 7 p.m.**

Bus Trips for August



Wednesday, Aug. 2 at 2 p.m. – Woodland Walkers outing to Lake Minnewaska Awosting Falls.

Friday, Aug. 4 at 11 a.m. – Poughkeepsie Galleria Mall Shopping Trip

Sunday, Aug. 6 at 3 p.m. – The Rhinebeck Center for Performing Arts presents *Sister Act*. Depart at 1:45 p.m.

Thursday, Aug 10 at 7 p.m. - HV Renegades ball game at Heritage Financial Park in Fishkill. Depart at 6 p.m.

Friday, Aug 11 at 3 p.m. – Bard Summerscape Music Festival performance of motets, hymns and organ music at the Church of the Messiah, Rhinebeck. Depart at 1:45 p.m.

Sunday, Aug 13 at 3 p.m. – Bard Summerscape: Vaughan Williams and Shakespeare opera *Sir John in Love*. At Bard's Sosnoff Theatre. Depart at 1 p.m.

Friday, Aug. 18 – A visit to Clermont State Historic Site in Germantown, country estate of seven generations of the Livingston family. Depart at 9:45 a.m.

Sunday, Aug. 20 at 4 p.m. – The Maverick Concert Series presents the Catalyst Quartet with cellist Gabriel Cabezas. Depart at 3 p.m.

Tuesday, Aug. 22 – A visit to the D&H Canal Museum and Visitor Center in High Falls. Depart at 9:45 a.m.

Wednesday, Aug. 23 – Lunch Adventure to the Gunk Haus in Highland. Depart at 11:30 a.m.

Sunday, Aug. 27 at 4 p.m. – The Maverick Concert Series presents the Borromeo String Quartet, Depart at 3p.m.

Check Out the Bulletin Boards In the Cart Room

There is so much to see and do in the Hudson Valley! There are a number of interesting events happening in our area that you may want to attend in car pools with some of your neighbors.



Be sure to frequently check out the bulletin boards in the Cart Room for listings and fliers of upcoming events in the wider community.

Wellness Notes



We experience energy zappers are all around us in our daily life. Some are clearly visible, others are out of sight. If you experience an increase in your lack of get-up-and-go, try some of these energy boosters!

Water – staying hydrated nourishes our cells and promotes cellular energy. Also, take a dip in the pool – it’s refreshing, soothing and energizing.

Physical Movement – is one of the top ways to increase your energy. You don’t need special equipment; simply look for opportunities to increase your steps daily- a few steps can really add up.

Eat vegetables, grains, beans and fruit – good healthy food keeps your physical body in beneficial, energetic condition. Avoid too much caffeine, alcohol and highly processed food and sweets. Eat a variety of foods of the rainbow.

Socialization is significant to all of us – reach out to someone you have not heard from in a while or send a note. It can really make someone’s day. With a thoughtful act or words with good intentions you boost both the giver and the receiver.

Mindfulness – keep your thoughts in the present and positive. Play relaxing music, take thoughtful, slow careful breaths and be calm.

Environment - organize your environment and declutter items promptly to prevent a buildup. An environment that is pleasing to you feels energizing.

Healthy habits are significant in maintaining a satisfying quality of life. Making this a healthy day-to-day practice can aid you in tackling life challenges. Your energy levels will benefit you, your health and those around you, too.

Wellness Wishes,

Mary Jo

Mary Jo Murray, R.N., Wellness Nurse, ext. 5901

Is Your Emergency Packet Up-To-Date?

Forms are available outside
the Wellness Nurse’s office.

Come Chat With Us!

Learn about Dementia-Related Behavior
Friday, August 4 at 10:30 a.m. in the Classroom

Alzheimer’s Association staff will be available to discuss how behavior becomes an important form of communication as dementia progresses. Join us to learn to answer your questions, talk about how to decode behavioral messages, identify common triggers and learn strategies to help manage some of the most common behavioral challenges of Alzheimer’s disease.

Tara DeLuca is Senior Manager of Program Support and Community Partnerships for the Hudson Valley Chapter of the Alzheimer’s Association. She is a licensed Creative Arts Therapist and provides care consultations for Dutchess and Ulster Counties. This includes meeting with families, caregivers, the community, and persons with dementia to educate on the disease, provide resources and information, individualized to their current needs.

Brought to you by the Mental Health and Wellness Task Force

A Fitness Note from Grace

On **Friday Aug. 4 at 10 a.m.** there will be Horseshoe Games by the resident community garden outside the Art Studio. **Thursday, Aug. 17 at 1 p.m.** is the next Fitness Center Workshop. These workshops require sign- up with Concierge.



Save the date! All are welcome to attend a Woodland Pond Pool Party on **Friday Sept. 8 from 1-3pm**. Get your splash on in the pool with some pool games and enjoy some food, drink, and music in the PAC. It will be great fun!

Grace Juhren, Fitness Instructor

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



The Jazz Pioneers played to a large, appreciative crowd in the Courtyard on an absolutely perfect summer evening last month. It was an enjoyable break between many days of heat and relentless rain!



Lyra Music Fest student musicians performed an outstanding program of classical pieces, both solos and small ensembles. It was amazing they had only been rehearsing together for a week!



More than 100 residents attended the annual dinner hosted by the Bruderhof community at Woodcrest in Rifton. [Photos by Diane Tepper]



Michele Caccavano's keen eye with her iPhone camera catches extraordinary details of the flora and fauna around our campus. Michele frequently shares her skills at the iPhone Camera Club that meets monthly to learn techniques to enhance the picture-taking experience.



IL and Health Center residents enjoyed singing songs of our great country from East to West last month during one Simple Melodies session. Thank you Gretchen, for putting together a packet of songs so we can sing along as you lead us in playing the piano. More residents should come to the PAC from 3 to 4 p.m. on Fridays to sing with us. It's a different theme each week!

[note and photos by Artie Raphael]

Woodland Pond

Scenes from Our Annual Employee Appreciation Senior Living Week

Our hard-working staff were recognized last month with a week-long series of special events, including a departmental breakfast, a bake sale to benefit the Employee Cares Fund, a delicious BBQ lunch, a carnival day with treats and games in the Courtyard and an Ice Cream Social! As the saying goes — a great time was had by all!



Photos by Crystal Spaeth and Tania Reyes. Please see more Employee Appreciation pictures on pg. 8

Lifetime Learning Institute (LLI) 2023 Fall Session

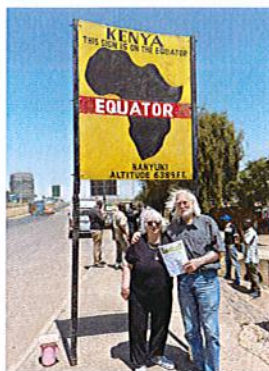
The Lifetime Learning Institute fall session of classes will begin in mid-September. Woodland Pond will host two classes beginning in October. Watch for the arrival of their catalogue soon. If you would like more info about LLI, you may call their office at 257-2892.



"Every friend is to the other a sun, and a sunflower also. He attracts and follows."



Woodland Life Travels to Kenya and NJ!



Lea and Yakov Pipman took a copy of *Woodland Life* along on their recent trip to Kenya to attend a medical conference. Lea describes in the photo at left, "We crossed from Meru in the Northern to Nairobi in the Southern hemisphere in just a simple step!" And in the photo at right, "Sadly, neither the zebras nor the giraffes at Nairobi National Park were interested to read our newsletter..."

Dave Stevenson visited the Barnegat Lighthouse on Long Beach Island, New Jersey over the 4th of July. "Though I didn't climb the 217 steps to the top, I caught the view on video monitors in the nearby museum," Dave reports. "Five days with family also included going to the beach, getting knocked down by a wave and rescued by a pretty young lifeguard, watching a small town parade, and watching fireworks from the roof of our rental beach house."



If you are planning a trip to an interesting location (out of the immediate local area), take along a copy of *Woodland Life* and 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!

Applauds Program Salutes Employee Service

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



Mark Baker	Aidan Barritt	Tanner Blum
Carrie Burns	Lisa Cea	Jorden Cook
Ashley DeRosa	Glavanah Dumas	Jude Ferrara
Ruth Fialkow	Jeremy Figueroa	Bailey Ginn
Cassidy Ginn	Juniper Grillo	Brett Herman
Myrna Hernandez	Ana Hervias-Olivos	Kamryn Ilgner
Elijah Howell-Smith	Jennifer Irving	Jason Irish
Anthony Izak	Orres James	Raven James
Tamar-Lynn Jean	Donna Nardella	Lara Nodar
Phil Palazzo	Matt Perconti	Tania Reyes
Michael Perricone	Anna Pirrone	John Schmidt
Connie Rzeszewicz	Crystal Sprenger	Jeffrey Seitz
Tyler Vermilyea	Phoebe Stacy	
Stephanie Rzeszewicz		

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, August 8



Our monthly birthday party will be **Tuesday, Aug. 8 at 2 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

Celebrating this month are:

Barbara Hyman - Aug. 4	Barbara Dwyer - Aug. 18
Mel Oshen Aug. 8	Margaret Nijhuis - Aug. 21
Al Chasan - Aug. 10	William Chen - Aug. 23
Bernice Leonard - Aug. 10	Barbara Metzger - Aug. 23
Joan Kleinegris - Aug. 11	Sandy LaPerche - Aug. 25
Ed Gallagher - Aug. 12	Mary Kowalik - Aug.26
Beth Cavanaugh Aug. 13	Charlie Cinfrani - Aug. 28
Kappa Waugh Aug. 15	Addie Haas - Aug. 29
Mary Lou Werlau Aug. 15	Evelyn Hill - Aug. 30
Lloyd Spiegler - Aug. 16	Maddy Lee - Aug. 30

Welcome New Residents!

Barbara Metzger ~ Apt 502 South Wing

The Welcome Committee's monthly New Resident Social/Orientation is **Friday, Aug. 25 at 2 p.m.** in the Classroom.

New residents will receive an invitation in their mail cubby to attend.

ROVE Update

As residents of Woodland Pond, we have been, and continue to be, very fortunate to be served and cared for by a competent, friendly staff. These are the people who unclog our sinks, drive us to appointments, serve our meals, answer our questions, clean our homes and care for us in the Health Center, among other services. Many are low-income earners working jobs that would, in the "outside" world, include tips for service. Woodland Pond's strict no-tipping policy prohibits our employees from receiving that additional source of income.

That's where the ROVE (Reward Our Valued Employees) Committee comes in. ROVE collects donations from residents to distribute to our hourly employees as a thank you gift at the end of the year. Hourly staff includes full time, part time and per diem workers, including college students working during the summer months and who choose to remain on the roster as per diem employees, then pick up some hours when home on vacations.

ROVE would like to receive all donations for the 2023 campaign by September 30 to be included in this year's 'Thank You' checks to our employees. Your checks should be made out to Woodland Pond with ROVE written in the memo line. We suggest an amount of \$1000.00 (less than \$100.00 per month) per resident per year, but any amount will be greatly appreciated. We thank all those residents who have opted to donate monthly by adding an amount to their monthly statements. When making your donation think about how different your life would be without the services of our hourly employees.

Suzanne Orchowski, for the ROVE Committee

More scenes from Employee Appreciation Week
[Photos by Crystal Spaeth]



Special Musical Events This Month

Friday, Aug 4 at 3 p.m. - Simple Melodies session with the *Starlight Trio* (Susan Griss, Larry Bush and Len Kobrinsky), will be in the Courtyard. If inclement weather, in the PAC Come hear their smooth sounds on guitars and keyboard!

Friday, Aug. 11 at 3 p.m. - It's a special Simple Melodies session with the *Aloha Ukulele Strummers* (our own IL resident Lucy Muller is a member of the group) - PAC



Friday, Aug. 18 at 2 p.m. - *Pete & Woody: An Unlikely Friendship* – folk concert with Pat Lamanna & Steve Suffet. Combining 15 songs performed live, slides and narration, learn how Woody Guthrie became Pete Seeger's mentor, inspiration, and guide who set him on a journey that continued until Pete's passing in 2014. Their relationship changed when Pete became Woody's champion, helping to promote his songs and story as Woody's health deteriorated, a role Pete continued after Woody's passing in 1967. Much of Guthrie's world-wide popularity is a result of Pete's efforts. [PAC]



Tuesday, Aug. 22 at 3 p.m. - Classical voice recital by soprano Alyssa DeLessio, a college graduate with a bachelors degree in classical voice. Alyssa's program includes works by Donizetti, Brahms, Purcell, and other composers. A member of the Health Center staff for three years, Alyssa performed this program for HC residents in June and is delighted to do this encore performance in the PAC!

Friday, Aug. 25 at 4 p.m. - Enjoy another Music in the Courtyard, this time with the Beacon Jazz Lab returning for another summer fun session performing a variety of jazz standards.



Wednesday, Aug. 30 at 2 p.m. - The Dulcimer Players' summer concert will include a traditional Appalachian song, familiar songs to sing along with, and a Stephen Foster medley with piano accompaniment by Gretchen Daum. Some tunes are new, some are old, and for the first time ever, something kooky! Also featured in the concert will be Dr. Randy Estwick and Jean Aldwell, performing three pieces arranged for the harmonica and piano. [PAC] (The concert will also be performed in the Health Center's Great Room on **Monday, Aug. 28 at 2 p.m.**)



Interfaith Committee News



The next meeting of the committee is **Monday, Aug. 28 at 10:30 a.m.** in the Game Room. If you would like to join us, whatever your faith may be, please do. We are very welcoming. Our mission is "To foster an atmosphere of tolerance for spiritual understandings." We meet once a month to plan *Tree of Faith* programs to be presented to residents in the PAC. We also explore matters of interest of all faiths.

Deborah Moore led a class on "Feminism and the Bible" in July. It was very popular and well attended.

Upcoming religious holidays in August: 1st, Tu B'av (Jewish); 15th, The Assumption of Mary (Catholic); 30th, Raksha Bandhan (Hindu & Muslim);

Billie Stevens, Secretary



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



- * Aug. 4 - Borscht Belt Fest with Jo Sanders
- * Aug. 11 - Inventions by Jews, with Ina Pottorff
- * Aug. 18 - Sephardic Judaism, led by Addie Haas
- * Aug. 25 - Jewish Dietary Laws and Foods, Mel Oshen

Second Saturday with Pastor Lyn

Pastor Lyn Mehl will be leading another Second Saturday Worship at **10:45 a.m.** (a NEW time) on **August 12**. Continuing the "Encounters with Jesus" we will take an in-depth look at St. Paul. Was he really anti woman? Was his experience with the Risen Christ on the road to Damascus as valid as the three-year journey the disciples had with Jesus? We meet in the A.L. Great Room and IL residents are invited to come and grow with us.

Pastor Lyn Mehl

Weekly Prayer Group

An interdenominational prayer group meets **Wednesdays at 4 p.m.** in the Inter faith Meditation Room (2nd Floor Assisted Living, just off the elevator). Anyone is welcome to join us! (Please note the new time).

Parkinson's Support Group

A new Parkinson's Support Group has formed and will meet monthly on the **4th Wednesday at 1 p.m.** in the Conference Room. For more info, contact Marilyn Mallue at marilyn.mallue@yahoo.com or in her mail cubby 427.



Sustainability Committee News

Food Waste Can Increase Global Warming

Food scraps, yard waste and other biodegradables deposited in landfills emit methane as it breaks down. Globally, landfills and wastewater emit 67 million metric tons of methane — that's 20% of methane emissions, according to the United Nations. And, methane is a potent greenhouse gas, 25 times more potent than carbon dioxide in trapping heat in the atmosphere.

This increasingly dire situation emerges from the 30-40% of U.S. food supply— almost a million pounds of food — thrown out daily. Food waste, then, is the single biggest item in landfill. And, 39% of that overall waste occurs in our homes!

Woodland Pond's Dining Director Amy McIntyre knows these numbers. She's developed a 9-point plan to reduce food waste. This plan includes daily production sheets to track food amounts used AND not used, which leads to her careful ordering and food planning, e.g., the **Simply-To-Go** program features left over soup and repurposed food items from the day before.

We too, as residents, can do our part.

4 Easy To Do's:

1. Residents receive a 25-cent discount when we take home left-overs in our own containers.
2. Freeze those left-overs ... and your bread...and your compost.
3. Before shopping, make an inventory, then a shopping list so you don't overbuy.
4. Date food items to organize your refrigerator by FIFO. (First In, First Out).

By careful planning ahead, we all can reduce food waste that ends up in landfill.

Joy Dryer, on behalf of the Steering Committee



There was an excellent response to last month's Used Clothing Donation Day, a collaborative effort by SusComm and Apres L'amour owner Kaitlyn Murray, posing here with three residents who helped that day. [Photo by Joy Dryer]



ArtScope Exhibit Continues



Please continue to enjoy the exhibit in the Performing Arts Center, featuring artwork created by employees Cassidy Ginn, Linda Storminger, Bailey Ginn and Michelle Eddison. These photos from last month's opening reception were taken by Michele Caccavano.



Creativity flourishes at Woodland Pond

2nd Monday Tea Talk



This month's program for the monthly Tea Talk on **Monday, Aug. 14 at 2 p.m.** in the PAC will feature a YouTube presentation, *Mary Cassatt Radical Impressionist*, which explores the life and contribution of one of the few women who were able to be included in the then dominated male membership of the Impressionist Movement. All women are invited to attend!

Note: Women's Tea will not meet on **Monday, Aug. 7**, so that all can attend the Emergency Preparedness presentation at 2 pm. in the PAC.

Alice Ruffing

Got Art?

The Administration and the Décor/Design Committee will be photographing and cataloguing the artwork hanging in the halls. Please be sure the artwork is labeled on the back with the owner's name and the artist and title, if known. Also indicate if it is a gift to or on loan to Woodland Pond. If you see artwork that is not labeled and you know who the artist or owner is, please put that information on a tag and tape it to the frame. Questions? Please contact someone on the Décor/Design Committee.

John Ortner, Chair

Next Woodland Walkers Outing



On **Wednesday, Aug. 2 at 2 p.m.** we will leave on the bus to go to Minnewaska and walk around Lake Minnewaska and down to the Awosting Falls. Wear sturdy shoes, bug spray, and bring a pole and water. Please sign up with the Concierge to ensure your seat on the bus.

June Finer

A Joint Service Project of the Health Center and Library Committees

The promise to upgrade and reorganize the Health Center Library came true last month. Located in the Great Room, the Library has undergone a dramatic change. New book shelves and a large assortment of new titles have been added. A new arrangement of shelving makes access easier for all.



The health Center's Library has received a dramatic makeover. [Photo by Margaret Nijhuis]

Under the direction of Ginny Cannon, the Chair of the IL Library Committee, several volunteer work parties were organized to do the work of preparing the books and doing the shelving. Sue Close, HC Activities Director, provided encouragement and the assistance of WP staff to help with the heavy work. Thanks to everyone who helped to complete this project.

In addition, book service is now available to residents of Garden View. A library cart has been stocked with books and will make the rounds frequently. HC staff member Tiffany Burpo has organized this.

Anne Gordon

Health Center Special Events Listings

We are please to return to our pre-Covid practice of providing a monthly list of Health Center special events IL residents are invited to attend. You can pick up a copy of this month's events in the Mail Room.

Resident Fall Recovery Training Monday, Aug.21 at 2 p.m. in the PAC

Attention all residents! This is a *highly recommended* informational, educational session that will outline what to do in the event of a fall.



Director of Rehabilitation Jonathan Papin will review the steps to take in the event of a fall and how to avoid a visit from EMS.

Your safety is a priority for us at Woodland Pond, and we want you to remain healthy and well to continue doing the things you love to do!

Pond Pets by Lucy Muller

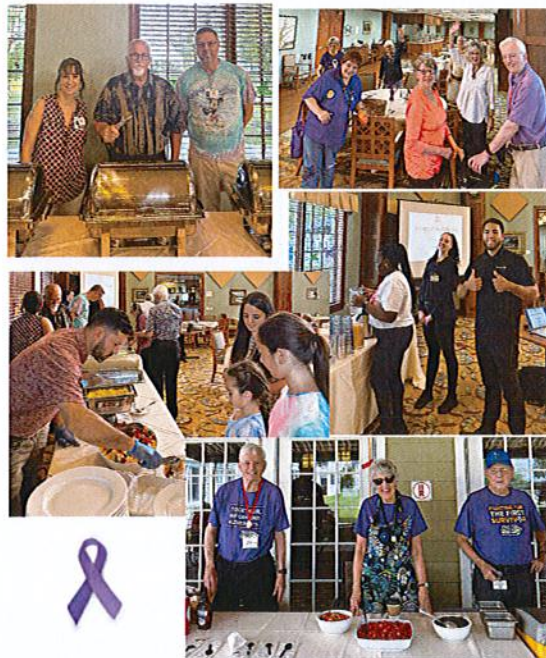
Our wonderful Accounting Department Assistant Melissa Henneberger sent me a photo and news about her dear doggo, Valentino.

“Valentino “Tino” is a 6-year-old golden doodle and my very first pet. He became part of our family Valentine’s Day. He used to come to work with me when he was a puppy and loved seeing all the residents! He loves playing in the snow, belly rubs and cheese. He dislikes thunderstorms and fireworks. He is the most patient and caring pup to his little human brothers,” Melissa wrote.



Do you have a pet you’d like to see featured in *Woodland Life*? Contact Lucy Muller and she’ll be glad to interview you!

Scenes from our July Alzheimer’s Association fundraising events: An All-You-Can-Eat breakfast served by our Executive Team and another fun Ice Cream Social. [photos by Kamryn Ilgner]



Tamar Opler won the raffle from the July Alzheimer’s Night in the Dining Room.

Thanks for all your support towards helping us reach our \$15,000 goal!

A Sneak Peak at September

Sunday, Sept.10 - WP Family Clambake

Wednesday, Sept 13 at 2 p.m. - Health Care @ WP
presentation by Finance Director Christi Battistoni

Friday, Sept. 29 at 2 p.m. - Bassoon Concert



Woodland Pond
at New Paltz

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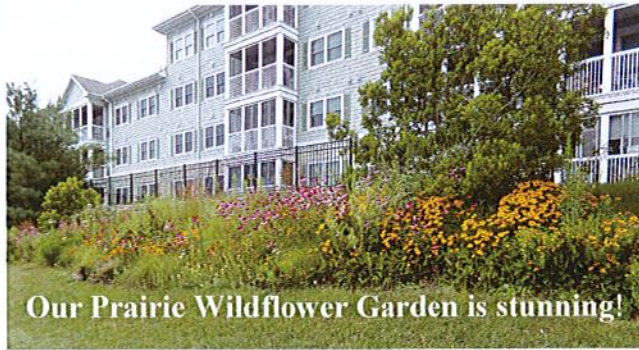
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Our Prairie Wildflower Garden is stunning!

Save the Date: Emergency Preparedness Presentation
Monday, August 7 at 2:00 p.m. in the PAC

Emergency preparedness and safety presentation by the Ulster County Department of Emergency Services with a panel full of first responders and emergency personnel. Attendance is highly encouraged for preparation of our upcoming emergency lockdown exercise in October.

August Highlights at a Glance

Thursday, Aug. 3 - Alzheimer's Night Fundraiser Happy Hour/Dinner

Friday, Aug. 4 at 10:30 a.m. - Come Chat: Dementia Behavior Program - Cls

Friday, Aug. 4 at 3 p.m. - Music in the Courtyard with The *Starlight Trio*

Monday, Aug. 7 at 2 p.m. - Emergency Preparedness Seminar - [PAC]

Friday, Aug. 11 at 3 pm. - Simple Melodies with the *Aloha Ukulele Strummers*
[PAC]

Tuesday, Aug. 15, 1-3 p.m. - Alzheimer's Fundraiser Ice Cream Social [Courtyard]

Wednesday, Aug. 16 at 1:30 p.m. - Management Q&A [PAC]

Friday, Aug. 18 at 2 p.m. - Seeger/Guthrie Musical Program with folksingers
Pat Lamanna and Steve Suffet

Tuesday, Aug. 22 at 3 p.m. - Vocal Classical Concert: Alyssa DeLessio [PAC]

Friday, Aug. 25 at 4 p.m. - Music in the Courtyard with the *Beacon Jazz Lab*

Wednesday, Aug. 30 at 2 p.m. - Dulcimer Players' Summer Concert [PAC]

Want to share the
newsletter with your
family and friends?

They can read it
online at
www.wpatnp.org

