

# The Health Center

at Woodland Pond

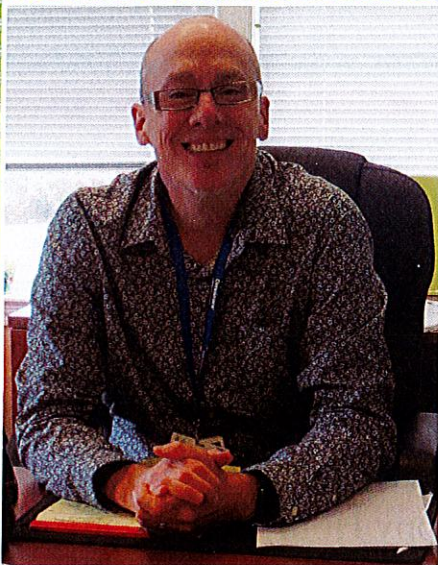
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Mehl, Suzanne  
Orchowski

## Woodland Ponderings

### Health Center

### April 2024

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Cynthia  
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**Photos:**  
Sarah Motherway,  
Sue Close



#### Find a Way to Yes.

Greetings from Administration!

This is a message I have touched upon in the past, but I am inspired to “put it out there” again, especially as the weather is becoming more welcoming!

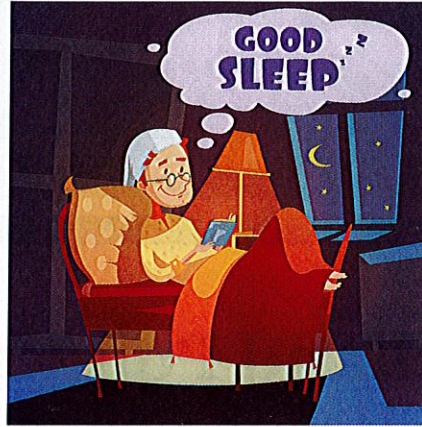
It is easy to assume when one’s life transitions to the Health Center that many of the plans and dreams and activities that were once held are now impossible. These perceptions may lead to not even considering, mentioning, or exploring the possibilities. I like to say that moving to the Health Center just changes where your mail is delivered but life and growth can—and should!—go on! If there are events coming up that involve family and friends, we may be able to work with you to get you there. If there is a trip that you would like to go on, we would love to see how we can make that happen with you and your supports. If there is a hobby that you used to participate in or even would like to start that requires space or resources we’d love to explore that with you. If there is education you would like to pursue we may be able to help you pursue that interest.

Whether by using our technology for remote participation or putting together support and resources to get you to a destination, we’d love nothing more than to find a way to “YES!”

~Philip Mehl, Health Center Administrator



## The Health Benefits Of The Proper Furniture



Please join us on April 24th at 10:30am in the Great Room for a discussion on the health benefits of having a proper sleep system. This discussion will be led by Julie Daley, Home Furniture and Sleep Consultant at Raymour & Flanigan. She will be talking about the importance of an adjustable base, usage of the correct pillow, and lift chairs, among other furniture necessities.

## Upcoming Meetings

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

Monday, April 1st at:

1:15pm for SN in the Dining Room

1:30pm for AL in the GR

### **Assisted Living Café Renovation CHAT**

Friday, April 5th at 3pm (in conjunction with Happy Hour!) in the cafe

**Skilled Nursing Resident Council** \**Please note day change for both council meetings —due to the Eclipse activities on Monday*

Tuesday, April 9th at 2:00pm in the SN Lounge

### **Assisted Living Resident Council**

Tuesday, April 9th at 2:30pm in the Great Room

### **Activity Planning Meeting**

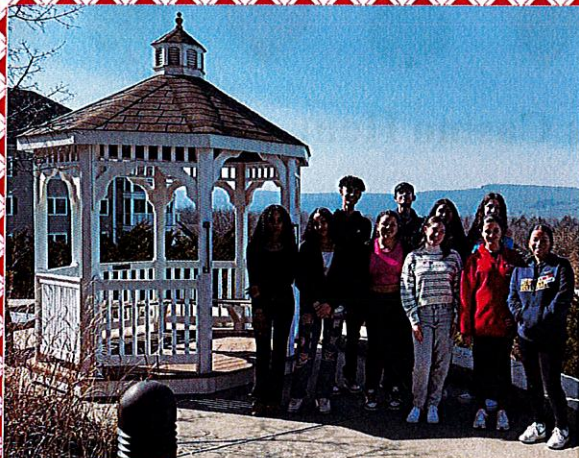
Friday, April 12th at 2:45pm



### **Laundry Meeting with Rob Dunn**

Monday, April 29th at 11am in the GR





## The P.I.G.L.E.T.S. Visit to Woodland Pond

In March, the P.I.G.L.E.T.S. (Participation in Government, Literature, Economics for Today's Students), seniors from New Paltz High School, visited Woodland Pond for intergenerational activities. They will be returning this month for board games. Here are some pictures from the photo share!



**We remember our friends who passed away in March.  
They will be missed.**

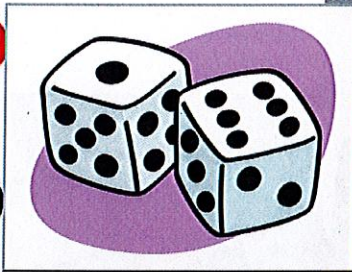


Joan Romash  
Jean Druffner  
Phyllis Rosner



**Las Vegas High Rollers Casino Hour**

Viva Las Vegas— Woodland Pond style!!  
Residents enjoyed playing blackjack, roulette, and dice while sipping on some fancy mocktails created by Sarah Motherway!





## **Special Programs**

*Programs in Great Room unless otherwise noted*

**Therapeutic Art Class with Michelle Eddison**  
Mondays, April 1st and 15th for AL/SN at 10:30am  
Friday April 5th at 9:30am *in the GVDR*

**Jazz Pioneers Band (rehearsal)**  
Mondays, April 1, 8, 15, 29 from 7–9pm in the GR

**Kingston Community Singers: Spring Fling Concert**  
Wednesday, April 3rd at 2:00pm

**Music with Bill Nastasi**  
Saturdays, 6th and 20th at  
1pm *in the GVDR* and 2:15pm *in the SN Lounge*

**Classical Piano with I-Heung Lee**  
Wednesday, April 10th at 2:00pm

**New Paltz High School Game Day**  
Friday, April 12th at 10:30am

**Earth Day Flower Craft with Barbara Rubin**  
Tuesday, April 16th at 2pm in the Great Room

**April Birthday Party with Ed Rocks**  
Wednesday, April 17th at 2:00pm

**Spring Break Party**  
Thursday, April 25th at 2pm

**Volunteer Appreciation Day Drop-In**  
Friday, April 26th at 10:30am

**Music Through the Decades with Lauren Mueller**  
Saturday, April 27th at  
1pm *in the GVDR* and 2:15pm *in the SN Lounge*

**Art Appreciation with Michelle Eddison: Female Artists**  
Monday, April 29th at 2:00 pm



## 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](mailto:CCarangelo@wpatnp.org). As space is limited, Residents are asked to please understand the need to "take turns."

### **Alexis Diner**

Wednesday, April 10th departing at 11:30am

### **Target Shopping**

Wednesday, April 17th departing at 1:30pm

### **Chinese Lunch Inning**

Thursday, April 18th at 12:00pm

### **Crock Pot Cooking Club Dinner: Ham and Scalloped Potatoes**

Monday, April 22nd at 5:00pm in the Great Room

### **Dorsky Art Museum**

Wednesday, April 24th departing at 1:30pm

*\*all trips depart from Reception*

## Passover

The 2024 First Night Seder will be **Monday, April 22 from 5 to 8 p.m. in the PAC**. The cost will be about \$45 for WP catering charges and the meal, which will include matzoh ball soup, a choice of fish, chicken, brisket, or vegetarian, dessert, and non-alcoholic beverages. BYOB. The maximum number of people we can have is 50 and you can invite family and friends. Reservations are required -- sign up at the Concierge Desk.

The coordinators of the event are Evelyn Rosenthal and Ina Pottorff.



### **Massage Therapy at the Health Center!**

Kate West has been a Licensed Massage Therapist for over 20 years. She has worked in a variety of care facilities/settings and has brought her experience and expertise to the residents of the Health Center.

Kate says there's no need to worry about mobility limitations— she works with our staff to accommodate specific needs, allowing everyone to enjoy the many benefits massage has to offer. Her services are available to all and notes “5-10 minute hand/shoulder/foot massage is ideal for residents in Memory Care.”

Residents (and/or loved ones of residents) interested in this service or those with questions can call Charlene McCumber, Medical Services Coordinator, at 256-5920 for more information. Kate can be reached at 914-805-9119 or email, [kwestlmt@gmail.com](mailto:kwestlmt@gmail.com)

### **Who's Who in the Woodland Pond Health Center**

Have a question but you're not sure who to ask? Woodland Pond's Who's Who in the Health Center is an organizational chart to help guide you to the correct team member. The chart includes photos and contact information from Administration to managers and key staff. Also included on the chart is each team member's primary duties & responsibilities. If you haven't received a copy of the chart, just call us in the Activities department at 845-256-5917.







## Meet Your Neighbor: Kathy Kelly

*As told to Cynthia Carangelo*

Kathy (with a 'K' so that both her first and last initials are the same!) was born in Dobbs Ferry in Westchester County. Her father was in the service in Panama. Her mother was a nurse at the hospital, where Kathy was born, a block down the street. Her family moved to Wappingers Falls at the end of her junior year of high school, where her father worked in construction and opened his own business.

After graduating from Wappingers Falls High School, Kathy went to Dutchess Community College for two years before continuing her college education at the University of Bridgeport in Connecticut where she graduated with a degree in Physical Education. After graduation, she taught for one year at South Junior High School in Newburgh. Following that, she worked at Our Lady of Lourdes for 35 years. While working at Our Lady of Lourdes, she became the Athletic Director and held the position for 12 years. She was not only the first female Athletic director at the school, but was the first in all of Dutchess County!

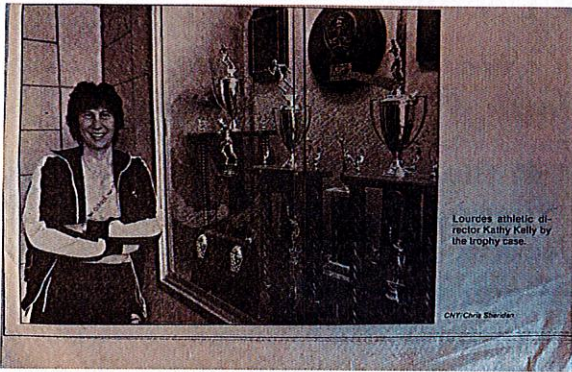
Throughout high school, college, and afterwards, Kathy played many different sports—field hockey, tennis and basketball. She qualified for the third Northeast team in the annual tournament in 1963 at Wellesley College, which could have qualified her for the Olympics. However, when the team realized they weren't going to get to play—most of the tournament had been cancelled due to a snowstorm—they left and went to Niagara Falls!

Kathy got married at the age of 32. When she reached the age of 30, she started to panic! She met her husband through a friend, Judy. Judy had been bartending and met a guy there that had just been divorced...

and long story short, Kathy and he ended up getting married!





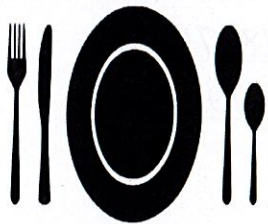


Kathy had purchased property in Pennsylvania after she had bought a camper. She had the intention of driving cross-country, but was having too much fun! She would camp on the property on the weekends. After she was married, her husband began to get tired of camping every weekend (“He got tired of emptying the ‘you know what!’”) and they decided to build a house on the property. In 1987, her husband

built a five bed, 3 bath house with plenty of amenities, including a spa and sauna, pinball, pool, and a bar with a jukebox and a player piano.

Kathy’s husband passed away in February 2004. After his passing, she was living alone. Her aunt had gone to a seminar and learned about Woodland Pond, which very much interested Kathy. Even though she had to sell her house in Pennsylvania to move to Woodland Pond, she wanted to be young enough when she moved in to enjoy all of the activities here, and she was still playing tennis and golf in her spare time. She moved in on October 1, 2009—the same day as her friend Joan Kleinegris. She knows plenty of other teacher from Lourdes here as well. These days, you can still find Kathy playing cards, mahjong, or creating/ painting ceramics.

## Ambassador of Cheer & Diners Club Luncheon Dates at the Bistro



### Ambassador of Cheer (by invitation):

Friday, April 5th at 12 noon

**Diners Club for GV:** Thursday, April 11th at 12 noon  
and Monday, April 29th at 12 noon

## Welcome Our New Hairdresser!

We’re excited to introduce Lauren Penzato, the Health Center’s new hairdresser! Some of you may recall Lauren as she has worked at WP previously in dining services and, later, as a Certified Nursing Assistant. Lauren **will be starting Monday, April 8th at 10am**; more dates to follow! To make an appointment, please call Charlene McCumber at 256-5920.



## Earth Week Guest Lecture

*Being "Green" at Woodland Pond : How you can take simple actions to help your home, health & the environment*

On **Tuesday, April 23 at 2 p.m.** in the PAC, Julie Noble, Environmental Education and Sustainability Coordinator for the City of Kingston, will discuss a wide range of "green" opportunities residents and staff can take, including Recycling/Reuse/Repair; Composting; Dining/Food; Home/Office; Travel, Getting Around The Community; Energy (Efficiency and Renewables) and Outdoor Recreation.

In her professional capacity Julie manages the City's environmental projects, initiatives and programming, including energy, land use, climate adaptation, transportation, recycling and environmental education and serves as the Climate Smart Community Coordinator. In addition to her official role for the City of Kingston, Julie has personal ties to Woodland Pond as well, as the sister of our President/CEO Michelle Gramoglia.

*This program is sponsored by the Sustainability Committee.*

## Family Council Meeting

**April 30th from 5pm-6pm via ZOOM**

Resident loved ones are invited to join us for our next Family Council meeting via ZOOM. **The link is:** <https://us02web.zoom.us/j/84078071725?pwd=R2phRWVEWk0yYjlyOGdQeGlHeW1sUT09>  
Meeting ID: 840 7807 1725 Passcode: 814511

Family Council is an opportunity for family and loved ones of residents to meet with our President and CEO, Michelle Gramoglia, Director of Long Term Care, Philip Mehl, Director of Nursing, Debra Vining, Director of Social Services, Nicole Petit, and our Activities Director, Sue Close. We'll be available to discuss news and share information about the Health Center.  
Should you have questions, please call Sue at 845-256-5917.



## National Volunteer Week is April 21-27



National Volunteer Week is celebrated annually in April; the week-long celebration places a spotlight on inspiring people whose invaluable seeds of kindness through volunteering are bettering the community and our world.

Here at Woodland Pond we have a host of inspiring people who find opportunities each day to don their volunteer hats and look for large and small ways to offer assistance and make a difference.

If you serve on the Residents' Council, on any committee, lead an interest group, or assist with a myriad of significant tasks that make life a bit easier for your fellow residents and staff, we celebrate you!

And if you quietly share your talents outside of our immediate Woodland Pond community by volunteering for local organizations in need of assistance, we salute you!

We will celebrate all of our volunteers with a joint Volunteer Drop-in/Reception on **Friday, April 26 from 10:30-11:30 a.m.** in the Health Center Great Room. If you volunteer in any capacity, consider this your invitation to come as we celebrate your "Seeds of Kindness!"



Please let Concierge know if you plan to attend by Friday, April 19.

If you aren't an active volunteer, try looking for an opportunity to share your talents. We need you!



## **Independent Living April Calendar Highlights**

- Thursday, April 4 at 1 p.m. - Shalom Space Guest Lecture: Professor Lew Brownstein [PAC]
- Monday, April 8 at 2:30 p.m. - Solar Eclipse Gathering Pub/Courtyard
- Tuesday, April 9 at 7:15 p.m. - Theatre Night with Joe & Fred [PAC]
- Friday, April 12 at 1 p.m. - MH & Wellness Program: MAID Act Update - [PAC]
- Monday, April 15 at 2 p.m. - Brain Health Group Guest Lecture: Meg Boyce, AD Association [PAC]
- Tuesday, April 16 at 2 p.m. - Intro to Elting Library Services - [Clis]
- Wednesday, April 17 at 1:30 p.m. - Management Q&A [PAC]
- Thursday, April 18 at 2 p.m. - *Council Connections*: guest Rob Dunn, Dir. Environmental Services [PAC]
- Monday, April 22 from 5-8 p.m. - Passover Seder (signup required) [PAC]
- Tuesday, April 23 at 2 p.m. - Earth Week Program: Guest Speaker Julie Noble
- Wednesday, April 24 at 2 p.m. - MH&W program: Advanced Directives [PAC]
- Friday, April 26 10:30-11:30 a.m. - Volunteer Drop-In/Reception [HC Great Rm]
- Friday, April 26 at 3 p.m. - Simple Melodies with The Starlight Trio [PAC]
- Tuesday, April 30 at 2 p.m. - Fallen Person Training w/Rehab Dir. Jonathan Papin

Guest Lecture Sponsored by Shalom Space  
Thursday, April 4, 1- 2:15 p.m. in the PAC

Professor Lewis Brownstein, historian, author, and the former Chair of the Political Science and International Relations Department at SUNY New Paltz, will present: *Negotiating the Terms for a Palestinian State: Borders, Refugees, Security, Water Rights, Settlements, and Jerusalem*. Note: This lecture is open to WP resident and staff only.



## ROVE Employee Profile



Most people seeking employment hope they qualify for a specific job. Rarely is a job created to fit the qualities of an employee, but that is precisely what happened with Arlene Wilson.

Arlene was hired five years ago as a dietary assistant in the Health Center. When COVID hit she became a screener, taking peoples' temperatures in a tent outside during the summer months, then inside by the mailroom and pool. That job faded as COVID restrictions were lifted and she began visiting residents in the Health Center. That's when the position of "Ambassador of Cheer" was created specifically for Arlene.

She works in all sections of the Health Center, but mostly in Skilled Nursing, bringing friendship and laughter to the residents whom she treats as family. She cannot say enough how much she loves the position, finding it "from the heart rewarding".

Prior to working at Woodland Pond Arlene was a Retail Manager, working in Kings, Ames and Barkers as the store changed names, a job she loved. She also spent 19 years as a waitress, working for her son-in-law who ran the College Diner in New Paltz. Arlene considers herself a homebody, but, when not at work she enjoys visiting with friends and shopping. She has a daughter, Laurie, who works helping a friend run a diner in Kingston, and a son, John, a former Marine, now working with service personnel suffering with PTSD. Arlene 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*



# Happy Birthday, April!



- 4/18 Sue Delgiudice
- 4/21 Bill Esser
- 4/23 Linda Roberts
- 4/24 Louise Mandy
- 4/26 Hubert Duvivier
- 4/27 Norman Chachkin
- 4/28 Audrey Mezzio

Join us on April 17th at 2pm in the Great Room for our monthly birthday celebration with Ed Rocks!





## **SECOND SATURDAY WORSHIP WITH PASTOR LYN**

Saturday, April 13th at 10:45am

A Riddle: What requires no money, no shopping, no special clothes, no special cooking, no college education and no "connections"? At our SECOND SATURDAY WORSHIP Pastor Lyn Mehl will lead us in mutual faith sharing as we just relax and enjoy the "Amazing Grace" and free gift of unconditional love that Easter brings. Christ is the only "connection" that we really need. We hope you will join our AL/IL "family."

### **Church Services**

(held in the PAC in IL)

#### **Catholic Mass**

Thursday, April 4th at 11:15am

#### **Mass with Father Burke**

Sunday, April 14th at 11:00am  
(in the Great Room)

#### **Episcopal Service**

Thursday, April 18th at 11:15am

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

Sundays with Daniel &  
Wednesdays with Fran.

### **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.*

### **Sunday Rosary Returns!**

Sundays, April 14th and 28th at 11:30am

The Rosary Group from St. Joseph's in New Paltz are returning this month. We will meet in the Great Room at 11:30am to pray the Rosary. All are welcome!

### **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)





*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