

# The Health Center

at Woodland Pond

**Contributors:**

Philip Mehl, Lyn Mehl, Linda OKeefe, Susan Orchowski, Sue Close, Grace Juhren

## Woodland Ponderings

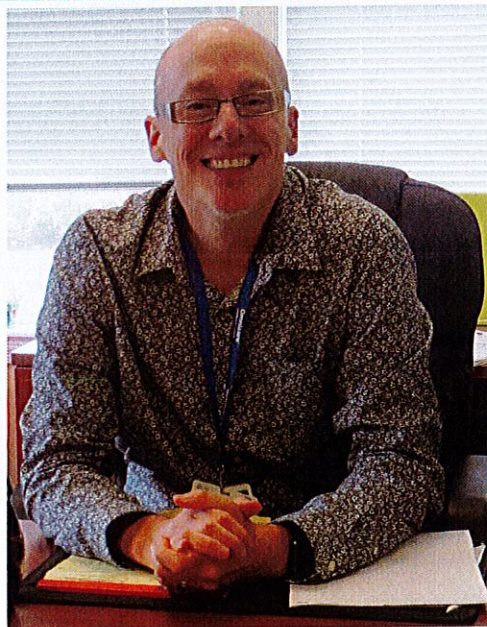
Health Center  
August 2023

**Layout, Editor:**

Cynthia Carangelo

**Photos:**

Cynthia Carangelo, Sue Close, Michelle Eddison



### Greetings from Administration!

I have been serving on a Grand Jury the last several weeks. While I have served on a trial jury in the past, the Grand Jury is a very different experience. Of course, I cannot divulge any details about the cases but there are some observations I can share.

There are so many junctures in our lives where we are faced with the opportunity to act or react. I believe there is a difference between these two words. When we "act" we have ideally taken time to consider what has just happened, how it affects us and the people around us, and then consider the implications of our choices before we act. How will our action change the situation? How will it affect those around us? What are the likely positive and negative implications of our potential action?



Conversely, when we "react", we are driven and controlled by emotion solely. We are impulsive and take little to no regard about how our reaction will ultimately affect us or those around us beyond the immediate gratification of our response. As I have heard cases during my Grand Jury Service, I am struck by how many lives have been ruined by reactions.

Let us recognize and own our very real power over the course of our lives. What we say, what we do, and how we ACT can make a significant difference in the quality of our lives and relationships.

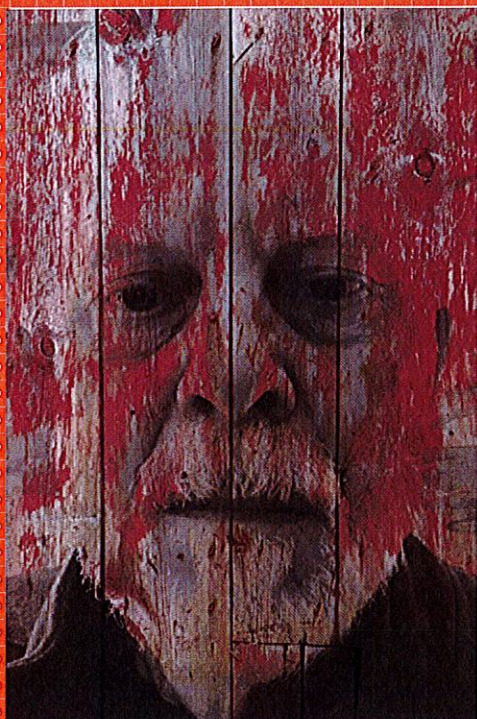
~Philip Mehl, Health Center Administrator

## New Location!

The Activities department is moving up in the world...literally! We are in our new office, located in the Great Room on AL. Not only do we have more space, it allows us to be more accessible for residents. We have an "open door" policy and welcome residents, families and staff to stop by!







## Larry Randall, as told to Linda O'Keeffe

I was born in Port Jefferson NY, a Suffolk County town on the north shore of Long Island and I just celebrated my 81st birthday. I'm the oldest of three sons with two years separating each of us. I and my next brother were born before the end of World War II and my third brother, who was born in 1946, is now officially a baby boomer.

My uncle, who also had three sons, ran a dairy farm with my father in Port Jefferson in the tiny hamlet of Mount Sinai, but don't go looking for the ten commandments there! Spread across 80 acres, Randall Farms had many cows and all the usual pertinences of a dairy farm including a processing plant

so, with the help of around 20 employees, we pasteurized the milk, as well as bottled and delivered it, at a time when home delivery was pretty standard.

Mount Sinai was a couple of miles away from our house so, strictly speaking, I didn't grow up on a farm or have regular chores, but as a kid I spent adventurous weekends there. I tried my best not to get into any big trouble and I remember having the most fun playing up in the hay mow of the large, constantly expanding barn, which my grandfather originally built in 1889. We also grew field corn that ended up in a silo, stalks and all. At the silo's base, the corn fermented so we had to make sure not to feed it to the cows and turn them into alcoholics.

Since me and my brothers were born four years apart, there was lots of common ground and, of course, we often rough-housed but it was always without animosity. Not to brag, but I was perhaps the most studious and maybe birth order played a role in that? The eldest often takes up the challenge to be more successful and live up to parental expectations. Our middle brother died a few years ago but I continue to have an excellent relationship with my brother Andy. He lives in North Dakota and when I had my stroke he drove all the way here and stayed with me for about three months. It's gratifying that we are still so close.

My mother was a professional pianist who taught on the Steinway grand that occupied our living room. She was also a voice coach and helped adults re-



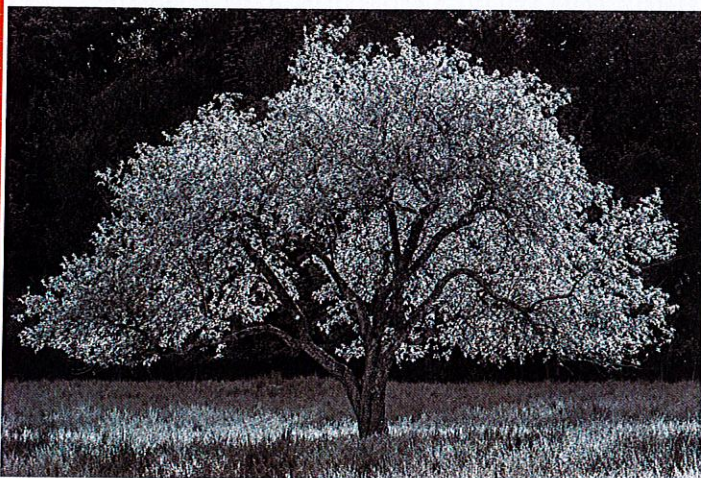
-fine their singing capabilities. For a couple of years, before she married my father, she was the personal accompanist to a dramatic contralto, a woman named Louise Homer, who had sung at the Metropolitan Opera for 19 consecutive seasons and who was once described as owning "the world's most beautiful voice."

When I was four, my mother started teaching me piano and by the time I was eight we mutually agreed that it wasn't working, similar to a spouse who isn't necessarily their child's ideal driving instructor. At the age of seven I took up the cello but put it aside when I went to college and I no longer play any instrument.

The public school system at Port Jefferson gave me a decent education. My grades were probably in the top 5% of my class. My least favorite subjects were math and the sciences which I just couldn't relate to. I can't tell you why, but my first choice for further education was Reed, a small, co-ed liberal arts college in Portland, Oregon. Back then it had an excellent reputation and it still does. A few years ago, in a survey of all the colleges in the country including the Ivy Leagues, it had the highest percentage of graduates who went on to get a doctorate.

I was only there for three years because between my junior and senior years my mother got very ill and subsequently died from breast cancer. She was only 49. As I was the oldest, I didn't want to be far away from my father and brothers so I skipped the Fall semester. In the Spring I enrolled at the New School for Social Research in Manhattan where I ultimately earned my Bachelor's Degree in English Literature. From there I went on to NYU to earn an M.A. in the same subject.

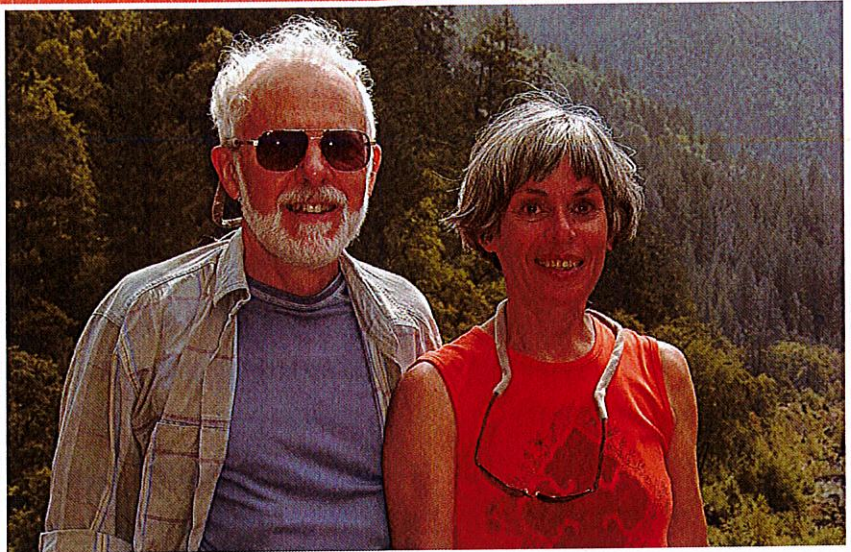
During this period I got married and, like every other male of my generation, I was hoping not to get drafted into the Vietnam War. Marla and I tied the



knot in 1966 when I was 24 and she was 21. We set up home in a very nice apartment in the Bronx while I continued working on my Masters part-time and held down a job as a research assistant at NYU on a grant-funded study of the city's air pollution patterns. I drove a van that was rigged up as a mobile laboratory and collect-



-ed air samples, specifically silver dioxide, from various locations. Because I'd driven so many vehicles for my father, I had a Commercial Driver's License which enabled me to pretty much drive anything on four wheels. The job paid me \$100 a week and offered me a draft deferment so it was highly practical.



Eventually, I tried teaching for a year and a half but I couldn't foresee myself long-term in that profession. By contrast, since I was a small child, I'd always felt at home in libraries and a number of people whose outlook on life I valued happened to be librarians. So I went up to SUNY Albany and as quickly as I could - over two semesters - earned my Masters in Library Science. From 1972 on I worked with books, in one form or another, for more than 30 years and I never regretted that choice. I was an acquisitions librarian and acting director at Rockland County Community College until 1981; a computer systems librarian for the U.S. Military Academy between 1981-1989; Director of SUNY College at Purchase between 1989-1998 and Project Coordinator for SUNY-wide library databases between 1998-2003.

During our first year of marriage, Marla attended NYU where she trained to become a physical therapist and got a job at the Hospital For Special Surgery in Manhattan. Once she had completed her studies we honeymooned by driving across the country and stopped in Wyoming at the Grand Teton National Park where we discovered rock climbing. After we returned home, my need to pursue climbing further led us to the Shawangunks and so began my familiarity with and fondness for New Paltz. Marla didn't continue to climb but we both enjoyed hiking the area's carriage roads and trails, cross country skiing, blueberry picking and bicycling. At the end of 1969 we decided to move here full time and the ground floor of the house we rented in the village is still there.

Along the way Marla became pregnant and our only daughter, Sky, was born in September of 1970. She inherited that name because Sky Top, one of the cliff formations on the Shawangunk Ridge, was highly visible from her nursery. At the



age of 18 Sky was diagnosed with Hodgkin's Disease and since then she has had many, many health challenges. She has two boys, Avery and Peregine, and a saint of a husband, Michael, who all live in Massachusetts. She and I text and telephone often.

Marla and I continued our physically active vacations and hiked out west and in Europe. We also took multi-day camping trips with outfitters to Utah, Wyoming, Idaho and Oregon and hiked on our own in Zion and Bryce Canyon National Parks. Over the years we took around six white water rafting trips on rivers in Idaho, Oregon and the Grand Canyon.

Throughout, I still made time to rock climb. The physical and mental challenges it offers were and still are of great appeal. To illustrate my continued, 50-plus years of interest, which began in 1967, just three days before my stroke in January of this year, I was using one of the climbing gyms in Poughkeepsie.

There's nothing much to tell about my stroke. I woke up in the middle of the night and the rescue squad took me to the hospital. Immediately afterwards, I couldn't move my left arm or leg. Thankfully, my speech, memory and general cognition weren't affected. I spent three days in the hospital and then I moved into Woodland's Skilled Nursing unit for 100 days before transferring to Assisted Living where I'm making considerable progress thanks to all the physical therapy.

The fact that I can't get up and walk to wherever I want to, in the way I used to - even around the block - is discouraging but I haven't let it get me down. Maybe I learned that from Marla who was a wonderfully determined woman? She too had a stroke several years ago and bounced back pretty doggone well. Within months, I remember us taking long walks together. Until the very end of her life we covered a couple of miles a day. Marla's final stroke occurred about two weeks after mine. Needless to say, that was a major shock!

We were married for 56 years. I guess you could call that an accomplishment but here at Woodland these kinds of long, marital durations are not unusual. Case in point is Arthur and Lola Weiss who are in Independent Living. He is 100 and she is 97 and they've been wed for 77 years!

For over 15 years I've served on the board of a local group, Friends of the Shawangunks, who are intent on conserving the Ridge. We all successfully prevented the Marriott Corporation from building a luxury hotel, and much more, on the Lake property in Minnewaska State Park.

Among many other things, I'm involved with a committee called Artscope which originally started out in Independent Living as an idea exchange for a group



of painters but grew and now its main function is to arrange, organize and hang art exhibits every couple of months. I'm part of what's jocularly called the hanging crew. All the shows are at Woodland and they mainly focus on artwork created by the residents but we've also shown work by residents' children and occasionally we feature the work of local artists and even staff members. The show we recently hung is up until the middle of September.

My creative process revolves around photography. I've had a camera since I was a kid but I never thought of myself as a "photographer." I took snapshots that made no pretension to being art and I never aspired to produce an image that was worthy of being hung. Along the way, I've become a student of this art form and as I made a point to learn more about it two things happened to stimulate my interest to take it more seriously: I retired in 2003 and in 2005 I bought my first digital camera and thanks to several online workshops, I've become reasonably proficient. When I take portraits of people there's no posing. I try to capture them as naturally as possible. And reflecting my interest in nature and the outdoors, I'm primarily drawn to landscapes. One of my favorite images - I converted it into black and white from color - is of an apple tree I captured outside Stowe in Vermont on the Trapp family property during a photo workshop one April. Fully in bloom, it's backlit by late day sun.

I like all kinds of music and I sometimes watch movies but not nearly as much as I used to. Back in the day, I was a member of the Museum of Modern Art's film centre and I favored directors like François Truffaut and Michelangelo Antonioni. I love his film, *Blow Up*, set in London in the Swinging Sixties. One of my all time favorites is a silent movie from 1928 directed by Carl Theodor Dreyer and starring Renée Jeanne Falconetti who is astonishing. I also love Ingmar Bergman films, particularly *The Seventh Seal* and *Wild Strawberries*.

My mother was religious and I benefited from regular attendance at Sunday school where I became familiar with the bible but rather than adhering to any organized religion, faith or philosophy I shy away from pigeon holes and think of myself as a spiritual person. Aspects of Buddhism seem to be compatible with my thinking but I'm not sure I can put it into words.

I guess George Bernard Shaw articulated one of my beliefs when he said, "We don't stop playing because we grow old; we grow old because we stop playing." Play can be pretty serious. My rock climbing is play but I take it very seriously and that's because if you screw up, you could die. It's highly risky but there again, it's risky walking along a street in Manhattan if you're not sensible. It's all an act of God. You can't plan for everything. Just like you can't plan to have a stroke or avoid one. Marla and I were both very active people; we ate well; we did a lot of things right in our lives but, here we are! Or rather, sadly, here she isn't!



## Upcoming Meetings

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

Monday, August 7th

2pm for Skilled Nursing in the SN Lounge

2:30pm for Assisted Living in the Great Room

### **Activity Planning Meetings**

Friday, August 4th at 11:30am for Assisted Living

Friday, August 4th at 11:30am for Skilled Nursing

### **Skilled Nursing Resident Council**

Monday, August 14th at 2pm in the SN Lounge

### **Assisted Living Resident Council**

Monday, July 17th at 2pm in the Great Room

### **Art in the Health Center!**

Seen here are our creative HC residents. Center and right are Kathy Kelly, Erika Weiss and Connie Hornbeck painting at our quarterly Sip & Paint. Bottom left are Francesca and Harriet Ross during our Therapeutic Art Class!





## Independent Living August Calendar Highlights

**Thursday, August 3rd**– Alzheimer's Night Fundraiser Happy Hour/  
Dinner

**Friday, August 4th at 10:30**– Come Chat: Dementia Behavior Program, CLS

**Friday, August 4th at 3pm**– Music in the Courtyard with *The Starlight Trio*

**Monday, August 7th at 2pm**– Emergency Preparedness Seminar, PAC

**Friday, August 11th at 3pm**– Simple Melodies with *The Aloha Ukulele Strummers*, PAC

**Tuesday, August 15th from 1-3pm**– Alzheimer's Ice Cream Social Fundraiser, Courtyard

**Wednesday, August 16th at 1:30pm**– Management Q&A, PAC

**Friday, August 18th at 2pm**– Seeger/Guthrie Musical Program with Folk Singers Pat Lamanna and Steve Suffet, PAC

**Tuesday, August 22nd at 3pm**– Vocal Classical Concert: Alyssa Dellezio, PAC

**Friday, August 25th at 4pm**– Music in the Courtyard with the *Beacon Jazz Lab*

**Wednesday, August 30th at 2pm**– Dulcimer Players' Summer Concert, PAC



## 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."*

### **SN/GV Frozen Caboose Ice Cream Outing**

Wednesday, August 9th departing from Reception at 1:30pm

### **Rhinebeck Performing Arts Center: "Sister Act" CANCELLED**

Sunday, August 13th departing from Reception at 1:45pm

### **Loeb Art Museum Trip**

Wednesday, August 16th departing from Reception at 1:30pm

### **AL Hudson River Cruise & Picnic Lunch**

\*\*Monday, August 21st departing from Reception at 9:45am

### **Lemon Tree Hair Salon Outing**

Wednesday, August 30th departing from Reception at 10am

### **Garden View Diner's Club**

Every Tuesday at 12:30pm in the Bistro with Francesca





## IL Pool

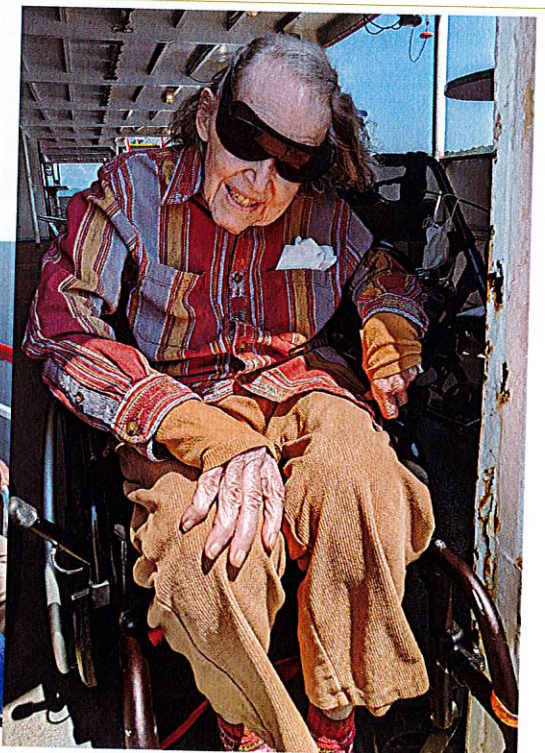
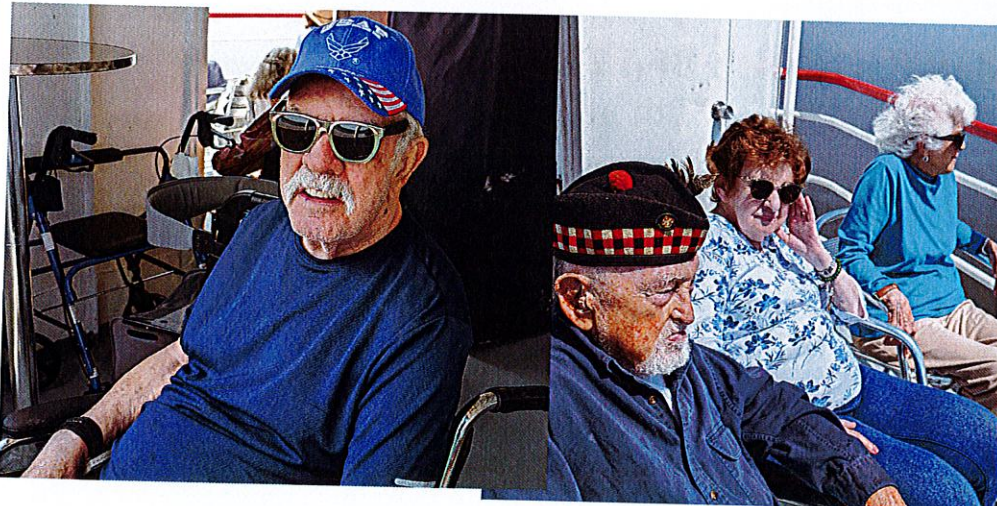
Save the date! All are welcome to attend Woodland pond's **Pool Party on Friday September 8<sup>th</sup> from 1-3pm**. Get your splash on in the pool with some pool games and enjoy some food, drink, and music in the PAC. It will be great fun!



Pool Buddy available! Activities will provide a pool buddy to HC residents interested in swimming at IL. Please notify the Activities staff or call us at 845-256-5968 so we can set up a date/time for you.

## **Hudson River Cruise!**

Some photos from our trip! If you didn't get the chance to join us last month, sign up for the August 21st trip with Activities!





## **Special Programs**

Programs in Great Room unless otherwise noted

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

Mondays, August 14th and 28th at **10:30am** in the **Great Room**

Thursdays, August 10th, 17th, and 31st at **10am** in the **Garden View DR**

### **Music With Bill**

Saturdays August 5th 2:15 in the Great Room

and August 19th at 2:15pm in SN Lounge

And at 1:15 in the Garden View Dining Room

### **Entertainment by Ed Rocks!**

Tuesday, August 8th at 2pm

### **Summer Fashion Show**

Thursday, August 10th at 2:30pm

### **HC/IL Rummikub Challenge**

Thursday, August 17th at 2:30pm

### **Woodland Pond Dulcimer Concert**

Monday, August 28th at 2pm

### **Traveling Treat Cart: Ice Cream Sundaes**

Starting at 2:30pm for All Units

### **Birthday Party with Bibi Farber**

Wednesday, August 30th at 2pm

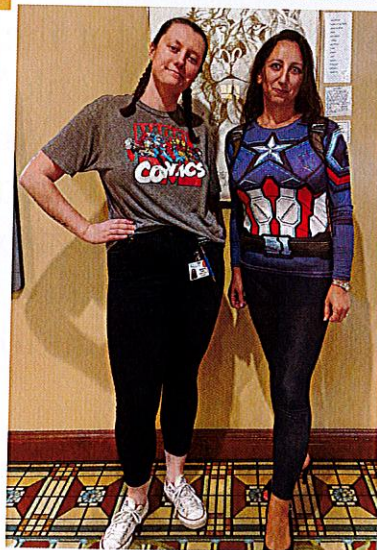
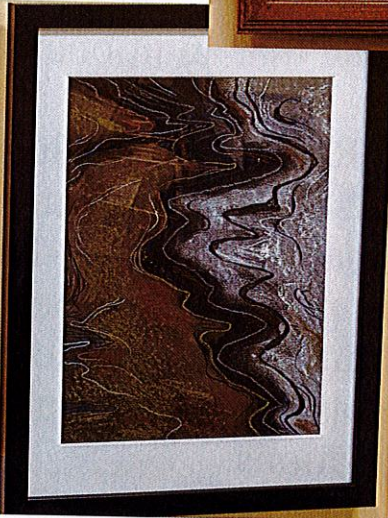
### **Summer Barbeques– IL Patio**

Wednesday, August 16th for Skilled Nursing

Thursday, August 17th for Garden View (in the garden)

Friday, August 18th for Assisted Living





### For the WP Employees!

July was all about celebrating our awesome Woodland Pond Employees! We had our Employee Art Show in the PAC, featuring artwork by WP employees Cassidy Ginn, Bailey Ginn, Linda Storminger and Michelle Eddison. Then we celebrated Senior Living Week with special events and themes every day! Thank you to all our amazing employees here at Woodland Pond!



## From ROVE

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



# *Happy Birthday, August!*

*Marilyn Rosenblatt 8/9*

*Ed Gallagher 8/12*

*Bob Carlzon 8/12*

*Phyllis Rosner 8/13*

*Elisabeth Weseley 8/15*

*Linda Zieres 8/22*

*Alice Bronson 8/22*

*MaryAnn Swanzey 8/23*

*John Frederick 8/24*

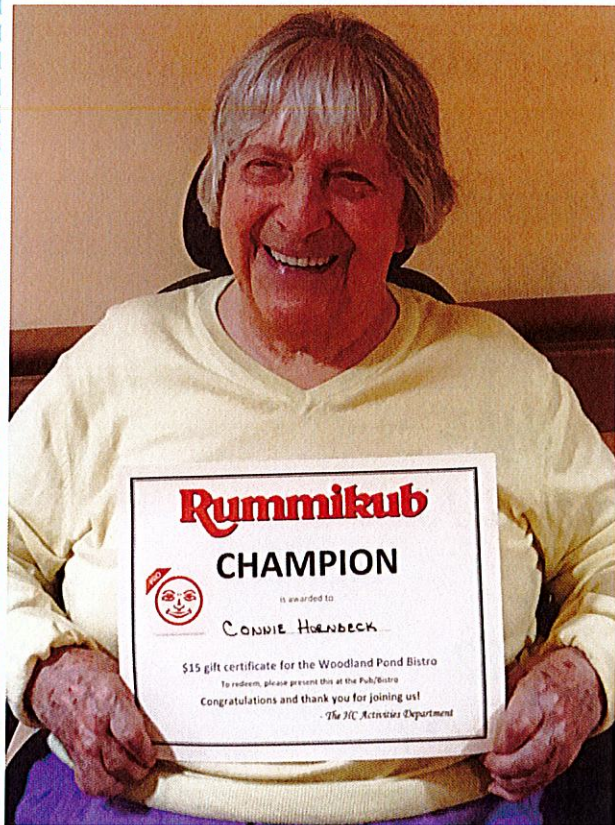
*Bill Brandt 8/26*

*Phyllis Bulgatz 8/27*

*Yvonne Sarn 8/30*







## HC/IL RUMMIKUB TOURNY RETURNS!

Last month we held our first ever Rummikub tournament with the Health Center and Independent Living. Connie Hornbeck (right) was our champion! Join us again on **August 17th at 2:30pm** in the Great Room to see if you can beat the champ!



## New and Improved!

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

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. Tiffany Burpo, GV nurse, has organized this.



## SECOND SATURDAY WORSHIP WITH PASTOR LYN

Encounters with Christ! This has been the theme of our Second Saturday worship service. On August 12 (at A NEW TIME!...10:45) we will study St. Paul. There is no one who influenced the church more than Paul but what do we really know? Was he really anti-woman? Was his experience of the Risen Christ as valid as the actual physical relationship Jesus had with the disciples? Y'all come and find out.

### Eucharistic Visits (all units)

Sundays with Daniel &  
Wednesdays with Fran.

### Church Services

(held in the PAC in IL)

#### Catholic Mass

Thursday, August 3rd at 11:15am

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

#### Episcopal Service

Thursday, August 17th at  
11:15am

### Additional Religious Program- ming:

#### All Are Welcome!

The Rosary Ministry will meet  
this month on Tuesdays, August  
8th and 22nd at 11am in the SN  
Lounge

#### And

#### Prayer Group:

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: [gloria@ltccc.org](mailto:gloria@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