

# The Health Center

at Woodland Pond

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## Woodland Ponderings

### Health Center

### July 2023

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### Greetings from Administration!

The Pandemic was declared officially over by the federal Government on May 11<sup>th</sup>. Sure we will still see cases of COVID infection among fellow residents, staff, family and friends but the public masking, business disruptions, and travel restrictions are largely behind us and life is returning to “normal”. One such area that will never be the same again is Health Care. The pandemic exposed and exacerbated the weaknesses that were already prevalent in Health Care. With an already shrinking workforce prior to the pandemic, nurses, doctors, nurses aids and EMT’s all fled the field in droves. The state of our country’s infrastructure was laid to bare as federal mandates were handed down to the states with various degrees of reception and states struggled to meet the supply and logistical demands of the mandates and population needs.

While not hit as hard some other facilities, we are only just now making some inroads on hiring/replacing staff. We are still in contact with our trade and governance organizations as a myriad of waivers and emergency rules are either repealed, altered or continuing with no explanation. Testing for COVID under certain circumstances is now built-in to our policies based on CDC recommendations.



Even as recent as this week, the Health Center is once again donating masks as a staff person who wasn't feeling well tested positive. It is likely that we will be providing COVID vaccines yearly just as we offer flu and pneumonia vaccines.

What most can agree on (and we haven't even touched upon the implications of a rapidly aging population) is the fact that health care workers are needed more than ever. We need to, on a personal and community level, listen to and value our health care work force consisting of people who feel called to work in this increasingly difficult and challenging field. We need to advocate and vote for those politicians and policies that recognize the critical needs of our health care system.

With all the political and cultural differences that abound in our country, we need to unite in what we all share in common! We are all aging and we all will need health care!

**~Philip Mehl, Health Center Administrator**

## **Community-wide Rummikub Tourney July 13<sup>th</sup> at 2:30 pm**

Rummikub, a Rummy game played with tiles instead of cards, is surely a favorite here at Woodland Pond! As such, we're hosting a *community-wide* Rummikub Tourney on Thursday, July 13<sup>th</sup> at 2:30 pm in the HC Great Room.

Whether you're new to the game or an experienced player, we invite Residents to join us for a delightful afternoon of gaming and refreshments. Interested players are asked to notify an Activities staff member, call the HC Activities office at 845-256-5968, or email: [sclose@wpatnp.org](mailto:sclose@wpatnp.org). Please sign up by July 11<sup>th</sup>. Hope to see you there!





## **Maryann Conde, as told to Linda O'Keeffe**

I was born in Vassar hospital in Poughkeepsie in 1936 and I turn 87 on July 13th. For the first 6 years of my life I lived in Milton. Then up until my first marriage I lived in Marlborough above Newburgh. Health-wise, I have a few aches and pains these days but happily nothing I can't handle.

My father, Peter, was 100% Irish and a devout Catholic. I remember him as a kind and caring

man even though his trade, welding and well drilling, eventually ruined his eyesight. My mother Muriel, who was French and totally suited her name, wanted to become a dancer but that wasn't to be. Her father died when she was seven and she was brought up by housekeepers because my grandmother was fully occupied running two dry goods stores in Jersey City and Bayonne.

Like me, my mother gave birth to three daughters and a son. I was her first child; 17 months later came Peter, who passed; eight years later came Jean and after a 20-year gap she had Linda, both of whom now live in Marlborough. My two sisters and I are very close. Just as in all of my relationships, I strive to keep confidences and be a good listener. There's a degree of pressure when you're the oldest. You're held to a higher standard where you have to excel and achieve more and, arguably, my long professional life bears that out. But then by nature, I always had a "get up and go" attitude.

Fortunately, I was a good student. English was my favorite subject next to Latin - I studied that for three years - and my parents couldn't afford college so instead they sent me to business school where I took courses in accounting and shorthand. Everything I learned along the way served me well in my career as a paralegal working with and for lawyers.

I married my first husband when I was 19 and we were together for 46 years. I had four children - Jeff, Susan, Sandra and Cynthia - by the time I was 26



which is maybe unusual for today but back then all of my friends were marrying young. That's just the way it was in the 1950's. In retrospect, it was good to have kids at that age because I had boundless amounts of energy. My mother gave birth to my sister Linda at the age of 42 which left her no time to play grandma to my brood so my Aunt Alice, who I had adored since I was a baby, filled that role. She married late in life and as she loved children she offered to babysit for me every day while I worked. It was a great arrangement!



As I was determined that my children would develop into good citizens I made sure they were involved with school and belonged to the Scouts. Needless to say, I did a lot of running. I was lucky to have had wonderful kids *and* a fulfilling profession so you could say that I had my cake and was able to eat it too!

For a time my work revolved around ERISA where I custom drafted retirement plans so they qualified with the IRS. After my first husband became ill - he had cancer and heart problems and eventually passed away - I returned to work at a law firm in Poughkeepsie where my expertise was commercial real estate. I mainly brokered deals between banks, lawyers and clients. At one point, I joined a legal firm on a per diem basis to do closings and as I headed up my own department I could dictate my terms so that was a rewarding period.

Around that time I was on the board of directors of a condominium and I was elected treasurer to the fire commissioner's board. Back then, the interest rate for CD's was 16% and I made them a lot of money! Of course in today's world I would be a lawyer, but back then it was much more of a man's world. I enjoyed every aspect of my work, particularly the research. I loved it so much - even those evenings when I was at home wading through a pile of books and literally had to pry my eyes open because I was so tired - that I was kind of upset when I had to retire.

To backtrack a bit, I met my second husband, Robert Conde, in Florida while I was staying at my sister's winter home for a week - he was the next





. door neighbor - and we married in 2004 when I was 68. He was retired but he had been an engineer at Pratt & Whitney Aircraft. He was a great golfer, an excellent cook and loved to travel - we had a condo in New Paltz, we spent Septembers in Cape Cod and wintered in Florida. He had three grown sons and it was a great marriage. It lasted 14 years until he had heart problems and passed. He died in May six years ago, and seven months later, in December, my son Jeff was killed. Like his father he had a bad heart and he made a point to exercise regularly. He walked every evening and a woman who was tending her baby in the back seat of her car while she was driving didn't see Jeff and drove

into him. His death was awful. Such a shock and so, so sad. He was only 58. He used to tease me a lot; instead of hugging me he would pick me up and squeeze me tightly. He was a lot of fun and had a wonderful personality. He liked to say, "don't bother with the small stuff, everything's fine." I still haven't gotten over his death and maybe I never will? After the funeral I came down with shingles and pneumonia and I had to stay in the hospital for three months.

Here at Woodland, I'm involved in lots of activities and I'm constantly busy. I have something going on every day. I'm the only person from Assisted Living who's a member of the Pondeliers singing group. I'm first soprano as I have a very high voice and singing always came naturally to me. I'm also on the Health Center Committee - I attend all the meetings - and I serve on the Floor and Decor Committee which maintains how our section looks. We're currently waiting for money to replace chairs and carpet. I love to read and do crossword puzzles. That's what sustained me through Covid. I like shopping, interacting with all the residents here and meeting new people. I have no problem talking in public, which is a gift I inherited from business school.

What do I consider to be the most fun part of my life? My family, which is pretty large. I have three step-grandchildren from my stepsons Michael and John and then from my girls I have three grandchildren and two great grandchildren. I'm so proud of them all. I'd like us all to spend more time together but we all lead such busy lives. I've experienced some hard times but through it all I've consistently valued the feeling of being fully alive. If I had to sum up my philosophy, it's "instead of watching life being lived on television, I'd rather actively live life."



## **Special Programs**

Programs in Great Room unless otherwise noted  
*Those programmed marked (SU) require prior sign up by  
contacting Cynthia at 256-5968.*

### **Therapeutic Art with Michelle Eddison at 10am**

Mondays, July 3rd and 31st on Garden View

Tuesdays, July 11th and 24th on Garden View

Mondays, July 10th, 24th, and 31st for SN/AL in the SNDR

### **Hudson River Cruise Trip (SU)**

Wednesday, July 5th departing from Reception at 9:45am  
*Sailing from Kingston to Hyde Park, enjoy a relaxing, 90-  
minute cruise on the historic Hudson River. A picnic lunch will  
be provided onboard.*

### **Rummikub Tournament (SU)**

Thursday, July 13th at 2:30pm

### **Movement to Music with Carlos!**

Friday, July 14th at 2:30pm

### **SN/GV KFC Picnic Lunch (SU)**

Tuesday, July 18th departing from Reception at 11:15am

### **AL Picnic Lunch (SU)**

Wednesday, July 19th departing from Reception at 11:15am

### **Alzheimer's Awareness Ice Cream Fundraiser**

Tuesday, July 18th at 2:00pm in the IL Courtyard

### **Water Gun Paint & Sip**

Thursday, July 20th at 10am in the Garden



## Special Programs, Continued

**Sangria and Salsa Social**  
Monday, July 24th at 2:00pm

**SN/AL Barnes and Noble Shopping Outing (SU)**  
Tuesday, July 25th departing at 1:30pm from Reception

**Lemon Tree Hair Salon Outing (SU)**  
Wednesday, July 26th departing from Reception at 10:30am  
*Residents interested in getting their hair done, please notify your nursing or Activities staff to sign up.*

**Birthday Party with Frankie Keene**  
Wednesday, July 26th at 2:30pm

**Summer Barbeques– IL Patio**  
Wednesday, July 12th for Skilled Nursing  
Thursdays, July 13th and 27th for Garden View  
(in the garden)  
Friday, July 14th for Assisted Living

### **\*Outings (marked SU)\*:**

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."





## **IL July Highlights at a Glance**

**Monday, July 3, 10 a.m.-12 noon**

Shredding Truck [outside Lobby]

**Monday, July 3 at 3 pm**

Lyra Music Fest Student Recital - [PAC]

**Wednesday, July 5**

4th of July BBQ [Dining Room/Courtyard]

**Monday, July 10 at 6:30 p.m.**

Jazz Pioneers Concert [Courtyard]

**Monday, July 17 at 7 p.m.**

ArtScope Opening Reception [PAC]

**Tuesday, July 18, 1-3 p.m.**

Alzheimer's Fundraiser Ice Cream Social [Courtyard]

**Tuesday, July 18, 2-3 p.m.**

SusComm-sponsored Clothing Donation Day [PAC]

**Wednesday, July 19 at 3 p.m.**

Management Q&A [PAC]

**Friday, July 21 at 2 p.m.**

Mental Health & Wellness Program: *Transitions* [PAC]

**Friday, July 21 at 3 p.m.**

The *Starlight Trio* Live Music in the Courtyard

**Monday, July 24 at 3 p.m.**

Special Film Presentation: Still [PAC]

**Tuesday, July 25, 8-10 a.m.**

Alzheimer's Breakfast Fundraiser [IL Dining Room]

**Wednesday, July 26 at 2 p.m.**

Alzheimer's Association program [PAC]







## ROVE Employee Profile

Woodland Pond requires a large staff to keep tidy. In addition to the staff members who clean our homes, others work exclusively in the public areas. Julie Burns is one of the most familiar staff members working in these areas.

By the time early rising residents go to the Pub for coffee, Julie will have already done a walk-through, picking up and straightening chairs in the Pub and Game Room. Her hours are 6:00 AM to 2:00 PM, which she says she's used to and likes because

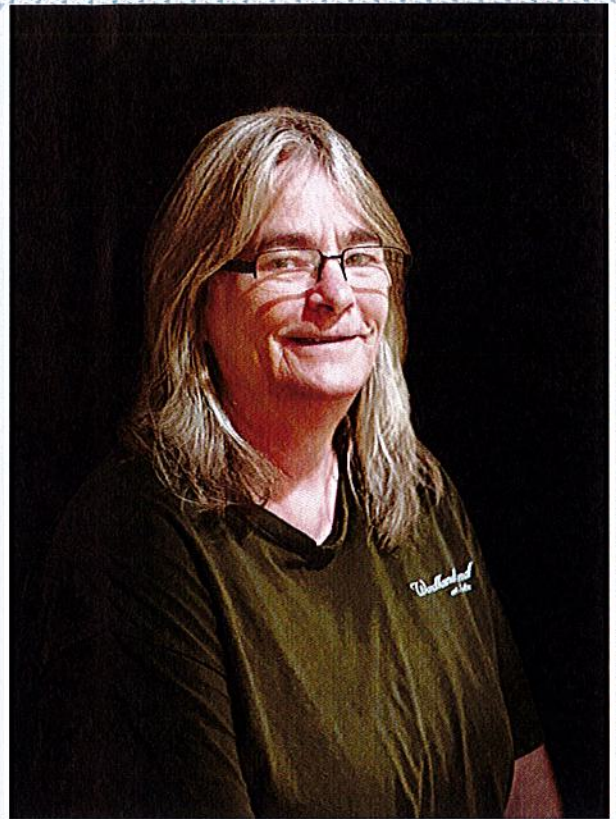
there are many daylight hours left when she gets off. Also, she can get more done early in the morning. The rest of the day she will work where she's been assigned, maybe in the lobby and common areas or cleaning the floors and elevators.

Seven years ago, Julie was working in another senior facility when a friend of hers visited Woodland Pond and recommended she apply here. She did, was hired and has been here ever since. She likes working here because she feels safe and says everybody is super sweet from the CEO on down.

Interestingly, Julie's first job was working on a friend's dairy farm, milking cows and driving the machinery among other chores, a job she loved. She's also worked delivering car parts for a Ford Dealership.

Julie said she's a DVD junkie and, in her time off, enjoys going to thrift shops, flea markets and tag sales.

Julie is one of our employees who benefit from your contribution to ROVE.



*Suzanne Orchowski, for the ROVE Committee. Photo by Michele Caccavano*





It was a jolly June in the Health Center, as we decorated donuts for National Donut Day, celebrated the return of the monthly birthday party, sang with the Pondaliers, and enjoyed a concert by one of Woodland Pond's own, Alyssa Delessio. The smiles on our faces show we are ready for summer!





## Upcoming Meetings

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

Monday, July 3rd

2pm for Skilled Nursing in the SN Lounge

2:30pm for Assisted Living in the Great Room

### **Activity Planning Meetings**

Friday, July 7th at 10:30am for Assisted Living

Friday, July 7th at 11:30am for Skilled Nursing

### **Skilled Nursing Resident Council**

Monday, July 10th at 2pm in the SN Lounge

### **Assisted Living Resident Council**

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

Let's see... is it true some pet owners resemble their pets? In commemoration of All American Pet Photo Day, we're calling on all pet owners to submit a photo of you and your fur, feathered or finned baby to be featured in our next

newsletter. Photos can be sent to the HC Activities office or emailed to [CCa-rangelo@wpatnp.org](mailto:CCa-rangelo@wpatnp.org).

Please be sure to include your name and your pet's name.





## **Ambassador of Cheer Luncheons Return!**

Luncheons with Woodland Pond's Ambassador of Cheer, Arlene Wilson, return— with a new location! In June, Arlene began holding her luncheons in the Bistro on IL with much success. If you would like to attend one of her luncheons, please contact Arlene personally at x5968.



*Happy Birthday, July!*

- 7/3 Arvia Higgins*
- 7/9 Helen Cherry*
- 7/10 Lyn Mayo*
- 7/12 Joan Romash*
- 7/13 Maryann Conde*
- 7/19 Arnold Nemerofsky*







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 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



## SECOND SATURDAY WORSHIP WITH PASTOR LYN

In June we explored Pentecost, the Birthday of the Church. On July 8 we will look at the impact of the Day of the Spirit on the lives of the disciples. What happened to those scaredy-cat guys who were accused of being drunk at 9 in the morning!? What impact did these lower class, uneducated disciples have on the world? Join us at 11am in the Great Room for prayerful sharing, learning from each other and Holy Communion. And hey, I.L. residents are welcome also. There is plenty of room for more!

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

Sundays with Daniel &  
Wednesdays with Fran.

### **Church Services**

(held in the Performing Arts Center in  
IL)

#### **Catholic Mass**

Thursday, July 6th at 11:15am  
Sunday, July 9th at 11am (in the  
Great Room)

#### **Episcopal Service**

Thursday, July 20th at 11:15am

### **Additional Religious Program- ming:**

**All Are Welcome!**

The Rosary Ministry will meet  
this month on Tuesday, July 25th  
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)