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WoodlandLife

Vol. 15, No. 6

June 2023

Woodland Pond as a Community Partner with the Alzheimer's Association, and More

The goal of our community partnership with the Alzheimer's Association is to provide services and resources to decrease the difficulties people face due to Alzheimer's and other dementias. Woodland Pond's other goal is to have the most attended and fundraised team at the Walk to End Alzheimer's 2023.

On Saturday, October 14 all residents, staff, families, and friends are invited to attend the walk and fundraiser towards our team goal of \$15,000. There are a variety of ways to participate and contribute to this initiative. Several fundraisers and events are being planned.

More specific information will be provided in weekly and monthly news, so please be sure to reference *Woodland Life*, calendars, the *Chanticleer*, weekly addresses, and campus notices to stay up-to-date with the latest on Woodland Pond's initiatives with the Alzheimer's Association.

We are hoping to see involvement from all of our residents, in support of a cause that impacts so many of us.

Kamryn Ilgner, Strategic Initiatives Specialist

EVERYONE IS INVITED!

KICKOFF TO SUMMER BBQ

In support of

alzheimer's  association*

for the first day of
Alzheimer's and Brain Awareness Month

JUNE 15TH | 12:00 - 2:00
COURTYARD

PRESALE: \$14 per ticket (by May 27th)
AT THE DOOR: \$16 per ticket

TICKETS AT CONCIERGE OR RECEPTION!
(declines and paystub deductions only)

DINE OUTSIDE OR TAKE AWAY! Tickets include
hamburgers, hot dogs, fixin's, assorted salads, drinks,
watermelon, brownies, and more!



Pondalier Spring Concert



Woodland Pond's resident chorus, The Pondaliers, will present a spring concert with three performances: **Monday, June 5 at 2:30 p.m.** in the Health Center's Great Room, then two shows in the Performing Arts Center on **Wednesday, June 7 at 7 p.m.** and **Friday, June 9 at 3 p.m.**

"With songs from Bach, American spirituals, musicals, and even the Mamas and the Papas, there's a little something for everybody," says director Dorcinda Knauth. "Come hear a favorite tune; even learn a new one. Either way, we're sure you'll have a great time!"

Please sign up at the Concierge for the PAC concert (Wednesday evening or Friday afternoon) that you plan to attend.



Red Cross Blood Drive Scheduled

Woodland Pond is partnering with the American Red Cross to host our second blood drive of the year on **Friday, June 30 from 10 a.m. to 3 p.m.** in the Performing Arts Center.

Please join our lifesaving mission and schedule an appointment. You may contact Brigitte Blum, ext. 5800, or returning donors can also book online with the American Red Cross.

The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime.

Thank you for supporting the American Red Cross blood program!

Brigitte Blum, Human Resources Director

Council Corner



June meetings of your Residents' Council will occur on **Thursdays, June 1 and June 15 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. The agendas are posted in the Mail Room and Library on the Mondays preceding each meeting. You may communicate with your Council by putting signed, written comments in the Council Cubby in the Mail Room, located at the bottom right of the bank of cubbies by the window, or you may also send an e-mail to junefiner@yahoo.com.

Council Connections sessions are held at **2 p.m.** in the PAC on the same day as the Council meetings. This month there will be just one session on **Thursday, June 15**. Watch for an update announcement about the guest speaker.

June Finer, Corresponding Secretary

Mark Your Calendar!
Residents' Association
Quarterly Meeting
Wednesday, June 28 at 3p.m.
in the PAC

From Woodland Pond's Board of Directors

A top priority for Woodland Pond's management and Board is cybersecurity. We are keenly aware that, according to a national data-breach investigative report by Verizon in 2022, the health-care industry – and Woodland Pond would be included in this broad heading – is the number-one industry in terms of cybersecurity incidents and disclosure of non-public information and protected health information. As technology expands and grows more complex and sophisticated, so, too, do the efforts of the scammers who want our valuable information for illegal purposes.



It is also well established that seniors are frequent victims of fraud, once their personal information, whether it be health-related, financial or biographical, is compromised. To combat this endless challenge, management, with the full support of the Board, devotes time, money and attention, including assessments from outside experts, to reviewing and upgrading the cybersecurity systems we have in place to keep our community's information safe. This is another area that Michelle and her team deal with on a steady basis, providing ongoing updates to the Board.

Dick Barry, Secretary



WP Benefit Fund Committee Update ~ Meeting Goals



This year, so far, we are so pleased to share that your generosity has enabled the Benefit Fund to meet all three of its goals (and it's only MAY!)

The three stated goals of the Benefit Fund are to provide funding for:

Staff Educational Scholarships. The Fund contributes \$2,000 annually to assist employees seeking higher education and training. Several Woodland Pond staff members have benefitted from the 2023 contribution, as this helped to offset the cost of their nurse training programs!

Program Development. A special music program, paid for by the Benefit Fund, will be taking place soon. We hope to bring one or more additional programs to you in 2023, as well!

Physical Plant Development. The Fund will pay for feasibility studies for physical plant projects on campus to enhance the lives of residents. In 2023, we are working with an architect to bring to life a long-time vision and wish of bringing an atrium-like space to skilled nursing. We expect concept drawings within the month!

Your donation money is at work on these goals. More to come!

Anne Gordon, Benefit Fund Chair



ArtScope Exhibit Continues



Our recent ArtScope artist, photographer John Fischer, gave Woodland Pond a complimentary copy of his book entitled: *Ulster County: Discovering Home*. It is available in the Independent Living Lobby for residents to enjoy. His photographs continue on display in the PAC, as well as the lovely pastel landscape paintings by Cathy Copeland.



[ArtScope Reception photos above and at right were taken by Michele Caccavano]

Creativity flourishes at Woodland Pond!



Interest Groups



- Book Club: First Tuesdays at 7 p.m. [CR]
- Bingo: Wednesday, June 7 at 1 p.m. [PAC]
- 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. [ClS]
- 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 1 p.m. [AS]
- Hearts Players: Mondays at 1 p.m./Saturdays at 12:30 p.m. [GR]
- iPhone Camera Club: Third Tuesdays at 7p.m. [ClS]
- Loss in Literature Group: 1st Tuesdays, 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 and 4th Fridays at 7p.m. [PAC]
- Pinochle: Fridays at 1 p.m. [GR]
- Playreaders Group I: Thursdays at 2:30 p.m. [AS]
(No session on June 8)
- Playreaders Group II: Thursdays at 4:15 p.m. [AS]
(No session on June 8)
- Poetry Group: Friday, June 30 at 2 p.m. [CR]
- Pondaliers: Mondays at 3:30 p.m. [PAC]
- Rummi-Kub: Every evening at 7 p.m, plus Sundays at 2 p.m. [GR]
- Scrabble: Fridays at 10:30 a.m. [GR]
- Shalom Space: Fridays at 4 p.m. [ClS]
(On June 23, in the PAC)
- Short Story Group I: 1st & 3rd Tues., 4 p.m. [ClS]
- Short Story Group II: 2nd & 4th Tues., 4 p.m. [ClS]
- Social Bridge: Tuesdays and Thursdays from 12:30-3:15 p.m. [GR]
- Spanish Chat: Wednesdays, 11:15 a.m. [AS]

Continued next column

Interest Groups continued:

Variety Film Series - On hiatus until October

Watercolor Class: Mondays, June 12 and June 19 at 10 a.m. [AS]

Women's Tea: Mondays at 2 p.m. [ClS] (2nd Monday Tea Talk in the PAC).

Committee Meetings for June

Décor/Design - Thursday, June 1 at 1 p.m. [CR]
Contact: John Ortner, Chair

Library Committee - Monday, June 5 at 12 p.m. [ClS]
Contact: Virginia Cannon, Chair

Finance Review - Monday, June 5 at 1 p.m. [CR]
Contact: Dave DeWilde, Chair

Dining - Tuesday, June 6 at 10 a.m. [GR]
Contact: Joan Kleinegris, Chair

Physical Plant - Wednesday, June 7 at 10 a.m. [ClS]
Contact: Deborah Moore, Chair

R.O.V.E. - Monday, June 12 at 11 a.m. [Game Room]
Contact: Suzanne Orchowski, Chair

Welcome - Tuesday, June 13 at 11 a.m. [GR]
Contact: Alice Cross, Chair

Landscape - Wednesday, June 14 at 2 pm. [CR]
Contact: Deborah Moore, Chair

Land Conservation - No meeting this month
Contact: Dave Smith, Acting Chair

WP Benefit Fund - Wednesday, June 21, 10 a.m. [CR]
Contact: Anne Gordon, Chair

Interfaith - Monday, June 26 at 10:30 a.m. [GR]
Contact: Ina Pottorff, Chair or Billie Stevens, Secretary

Health Center - Tuesday, June 27 at 1 p.m. [ClS]
Contact: Margaret Nijhuis, Chair

Sustainability - Wednesday, June 28 at 2 p.m. [ClS]
Contact: Joy Dryer, for the Steering Committee

A Note From Short Story Group I

The Short Story Group I meets the **first & third Tuesday of every month from 4 - 5 p.m.** in the Classroom, with Trina Greene, leader. If interested in joining, please sign the list at the Concierge desk. We have a limit to the number of participants due to time and space. Joining is a commitment to participate regularly, as we function as a group responding to each short story.

Trina Greene, Group Leader



From the Library A Book Review

In honor of Father's Day, Woodland Pond Library reveals the paternal bonds of fatherhood in *All the Light We Cannot See* by Anthony Doerr. A deeply moving novel, it illustrates the devotion of a French father raising and seeking survival of his beloved blind daughter. Doerr deals with ethical themes and relationships of many characters as war rages around them. He interweaves the lives of the blind French girl and the young German soldier whose paths cross in occupied France during the devastation of World War II.

A *New York Times* bestseller for over 200 weeks, this beautifully written novel won a Carnegie Medal as well as the Pulitzer Prize. A TV adaptation of *All the Light We Cannot See* is scheduled for release by Netflix in November, 2023.

Anita Kantor

Book Club



We will be discussing *The Power of One* by Bryce Courtenay at the June discussion on **Tuesday, June 2 at 7 p.m.** in the Conference Room. The following month in July we will be reading *Anxious People* by Frederick Backman.

New members are always welcome to join us!

Michele Caccavano

PAC Movies



Attention *Dr. Who* Movie Fans! The TARDIS will materialize again on **Sunday, June 11 at 4:30 p.m.** in the PAC. Come see the Doctor save the universe and/or the Earth again. Please let Evelyn or David Rosenthal or Kitty Mitchell know what your favorite episodes are.

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

First Friday Classic Movie: *The Devil & Daniel Webster*, starring Edward Arnold and Walter Huston, **Friday, June 2 at 7 p.m.**

Opera Night: This month features are *Attila* on **Friday, June 9 at 7 p.m.** and *Mefistofele* on **Friday, June 23 at 7 p.m.**

The Friday Variety Film Series is on hiatus for the summer and will pick up again in October.

Bus Trips for June Sign Up at the Concierge Desk



Friday, June 2 at 11 a.m. – Poughkeepsie Galleria Shopping Trip

Saturday, June 3 at 1 p.m. – The UPAC in Kingston presents Met HD live satellite broadcast of Mozart's *Die Zauberflöte*. Depart at 12 p.m.

Sunday, June 4 at 4 p.m.– Organ recital at Episcopal Church of the Messiah, Rhinebeck. Depart 3 p.m.

Wednesday, June 7 at 2 p.m. – Woodland Walkers outing to hike around Minnewaska Lake.

Saturday, June 10 – Historic Huguenot Street in New Paltz presents a mid-17th century marketplace depicting life in 1645 New Netherland, with leather and wood-working, hearth cooking, tailoring, blacksmithing, and more. Depart at 10 a.m.

Saturday, June 10 at 7:30 p.m. – Greater Newburgh Symphony Orchestra presents: *Play of the Waves* at Mt. St. Mary's College in Newburgh, featuring music by Elgar, Britten, Makris, and Debussy. Departure is 6:15 p.m.

Sunday, June 11 at 3 p.m. – The New Deal Creative Arts Center proudly presents *Fiddler on the Roof* at the Rhinebeck Center for Performing Arts. Departure is 1:45 p.m.

Sunday, June 18 at 3 p.m. – Bachfest concert at Vassar's Skinner Hall will include *Concerto for Two Violins in D minor; Harpsichord Concerto in E Major; Brandenburg Concerto No. 4;* and motet *Jesu, Meine Freude* with choir and orchestra. Depart at 2 p.m.

Tuesday, June 20 – Early Dinner Adventure to the High Falls Café in Hurley, featuring classic American cuisine. Depart at 4 p.m.

Wednesday, June 21 – enjoy a scenic drive to the Minnewaska State Park Visitor Center; enjoy the views on the outdoor patio; those interested may take a short stroll. On the return home, stop at the Walkkill Market for ice cream. Depart at 1 p.m.

Saturday, June 24 at 7 p.m. – Ars Choralis presents the Brahms *Requiem* at the Maverick Concert Hall in Woodstock. Depart at 5:45 p.m.

Sunday, June 25 at 2 pm. – The Studio at Shadowlands Stages in Ellenville presents *The 39 Steps*, Depart at 12:45 p.m.

Thursday, June 29 – Evening of food, music and fellowship at the Bruderhof Community in Rifton Depart at 4 p.m.

Wellness Notes



Swimming is beneficial!

Swimming can be the right exercise that is helpful without intensifying an existing health issue. Even a short session in the water can work absolute wonders on your health. The buoyancy of the water acts like a cushion for your joints and movements. The gentleness of swimming is one way to decrease inflammation and increase range of motion in your joints. This is also great to improve posture and back discomfort.

Other benefits include:

- Increases cardiovascular health – lowers blood pressure and increase circulation
- Increases muscle tone, balance and flexibility – also helps maintain bone density
- Increases metabolism and decreases unwanted weight
- Improves mood and increases relaxation – decreases anxiety, depression and stress
- Aids in better sleep



In addition to the many benefits in swimming it is also an opportunity for fun and friendship! We are so fortunate to have a swimming pool right here at Woodland Pond. Take a glimpse at our water activities on the calendar and give it a go! Be sure to follow all pool safety guidelines.

Wellness Wishes and Keep on Swimming!

Mary Jo

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

Mental Health & Wellness June Program

Nina Smiley, Ph.D., Director of Mindfulness Programming at Mohonk Mountain House in New Paltz, will give a presentation on **Friday, June 16 at 1 p.m.** in the PAC.

When meditation is seen as something you have to do “outside” of real life the desire to pursue this can be overtaken by the busyness of daily life. But daily life is when we can most use the benefits of mindfulness to reduce stress and enhance resilience. Nina offers an approach that makes mindfulness accessible to *real* people in *real* lives when they *really* need it. You’ll leave this session with an understanding of mindfulness that empowers you to bring it into your life and use it to support well-being, one moment at a time.

Nina graduated from Vassar College and earned a doctoral degree in psychology from Princeton University. She is co-author of *The Three Minute Meditator and Mindfulness in Nature*. Nina’s work has been featured in *The New York Times*, *O, the Oprah Magazine*, *Real Simple*, *Shape* and *Prevention*. Nina is the daughter of WP resident Frieda Feldman.

A Round Table discussion of this session will be held **Monday, June 19 at 1 p.m.** in the Conference Room.

This program is brought to you by the Mental Health and Wellness Task Force.

Sarah Leonard, Resident Services Director

Is Your Emergency Packet Up-To-Date?

Forms are available outside the Wellness Nurse’s office.

Tick Alert

During this very active tick season, please be sure to check yourself daily and carefully after spending any time outdoors.



A Fitness Note from Grace

Happy Summer! I would like to kick off the season with a *Fun in the Sun Morning*. Join me on **Tuesday, June 13th** for a morning walk in the Millbrook Preserve followed by Horseshoe Games later in the morning. We will meet at **9:15 a.m.** in the lobby before heading to the preserve. Horseshoe games begin at **11 a.m.** near the Resident Community Garden just outside the Art Studio. No sign up needed for events!

There will be two fitness center workshops this month: **Wednesday, June 7 at 1 p.m.** and **Thursday, June 29 at 1 p.m.** Sign-up with Concierge.

If you have any questions email Grace at gjuhren@wpatnp.org

Please refer to Connected Living for listings of weekly activities and special events, watch for any updates or changes on *Connected Living* screens.

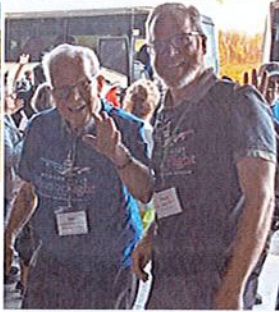


There is much to do in the Hudson Valley! Be sure to frequently check out the bulletin boards in the Cart Room for listings and fliers of upcoming events in the area. You may want to attend in car pools with some of your neighbors.

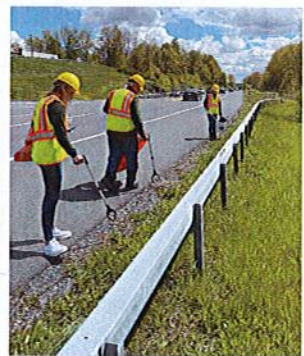
Life at Woo



In April Bill Stevens was among the latest group of Hudson Valley veterans to make an Honor Flight trip to Washington, D.C. He was accompanied by son Mark. [Photos shared by Bill and Billie Stevens]



Our 4th Repair Café organized by the Sustainability Committee was another great success! [Photos by Michelle Caccavano]



The Leadership Team and members of the Land Conservation Committee teamed up for the first cleanup session along Rte 299 (our Adopt-A-Highway Responsibility), and then several resident-volunteers tackled our campus spring cleanup!

At right: A large crowd turned out for last month's Health and Wellness Fair, featuring more than 20 health practitioners, businesses and WP health care staff all sharing information about the services they provide.

[Photo by Kamryn Ilgner]



May was quite the musical month! Above: The IBM Chorus and HV Flute Ensemble offered wonderful spring concerts, as did our own WP Dulcimer Players; and a number of local senior HS students gave a lovely piano and vocal recital.

Connie Hornbeck's nephew Paul Mance, who, with his wife, was visiting from Buffalo, gave an impromptu concert on his bagpipes in the Courtyard for a gathering of appreciative residents. You didn't need to have Irish or Scots blood to be stirred by the sound of the pipes!



Woodland Pond

"You will succeed best when you put the restless, anxious side of affairs out of mind, and allow the restful side to live in your thoughts."

[Margaret Stowe]



Pond Pets

by Lucy Muller

Some of you may remember Nash, the Marketing Department's mascot. Nash belongs to Courtney Pedersen and her family. They adopted Nash from Circle of Hope K-9 rescue, out of Franklin, NY, but Nash is originally from Tennessee. Sharon Jones, WP's hair dresser, set Courtney and her family up with this rescue group to help them find their fur baby.

Nash celebrated his 2nd birthday on March 22nd, as seen in the picture. He loves taking walks and chasing reflections from shiny objects. He eats just about anything, including blueberries and apple slices, but he has never ruined any of his parents furniture, thank goodness! He howls when he hears other dogs howl. It was said that he is part German Shepherd and part Australian Shepherd, and he has definitive characteristics of both breeds. Dogs truly are man's best friend and the Pedersens love spending time with Nash!



Woodland Life Travels to ... Pennsylvania



Carol and Tom Natoli took along a copy of *Woodland Life* on a recent trip to Pennsylvania, posing here at the Speedwell Forge Wolf Sanctuary in Lancaster County, PA.

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!

Maestro Russell Ger at Woodland Pond

The conductor of the Greater Newburgh Symphony Orchestra absolutely transfixed a Woodland Pond gathering last month with his talk on "The Maestro Mystique."



Many in the audience had previously heard and seen the Maestro in performances at Mount Saint Mary College in Newburgh and were prepared for his energetic and highly informed speaking style. For others it was an unexpected treat that had the audience buzzing for hours after the formal presentation was concluded.

If you would like to be included in future emails of GNSO concerts/events, please send your email address to Sue Bliss, a GNSO volunteer, at sbliss@non-profit-solutions.com. Upcoming performances at Mount Saint Mary College will be June 10 and July 22 and an Independence Day concert on July 1 at Boscobel in Garrison, NY. Details available at www.newburghsymphony.org or at 845/913-7157.


*Sue Bliss,
GNSO volunteer*

An Invitation from Health Center Activities

Please Join us **Tuesday, June 20th at 2 p.m.** in the Great Room for a recital performed by classically trained soprano, Alyssa DeLessio. Alyssa is a college graduate with a bachelors degree in classical voice, and has been a member of the Woodland Pond staff for three years. Her recital program includes works by Donizetti, Brahms, Purcell, and several other composers.

This program is a transitory gift to the residents of the Assisted Living, with the goal of conveying the deep joy, love, and growth she has experienced during her time spent at Woodland Pond.

Applauds Program Salutes Employee Service

These Woodland Pond employees received commendations from residents last month for their exceptional service: 

Brett Herman	Noel Parry	Olga Mirabal
Julie Burns	Deanna Stevensky	Patty Mitchetti
Connie Rzeszewicz	Lara Nodar	Phil Palazzo
Elijah Howell-Smith	Tammy Burns	Dustin Priest
Crystal Sprenger	Concierge	Grace Juhren
Brett Herman	Josh Taveras	Alyssa Delessio
Karina Hernandez	Stephanie Rzesewicz	Connor Ginn
Victoria Murphy	Connor Copeland	Kamryn Ilgner
Marissa O'Brien	Kacey Warbrick	Donna Nardella
Monique Lawrence	Julia Brooker	Jacob Karlin
Theresa Fiscaletti	Tom Tango	Ashley DeRosa
Sarah Gentillon	Ruth Fialkow	Bill Schiller
Bernadette 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, June 13



Our June birthday party will be **Tuesday, June 13 at 2 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

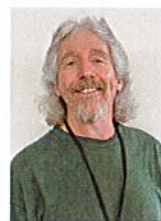
Celebrating this month are:

Cathy T. Kelly - June 1	Adella Decker - June 15
Jean Suttmeier - June 1	Joan Mandle - June 16
Judy Taft - June 1	Martin Lavanhar - June 18
Trina Greene - June 2	Harold Hyatt - June 21
Vivian Swetow - June 2	Don Coon - June 23
Ray Smith - June 4	Bill Stevens - June 23
Newt Ruffing - June 7	Jan Kissinger - June 24
Linda Gizzarelli - June 8	Libby Ross - June 24
Barbara Mittenberg - June 8	Anita Kantor - June 25
Irvan Boucher - June 9	Barbara Stemke - June 25
June Finer - June 9	Pat Kirkpatrick - June 27
Caroline Lavanhar - June 10	Carl Yettru - June 27
Helen Foehrenbach - June 12	Mosey Carpenter - June 28
Ernst Mossel - June 12	Sherry Chachkin - June 29
Alice Cross - June 13	Jack Levy - June 30

ROVE Employee Profile

Guest Room linens, salon towels, housekeeping mops and rags, or our favorite comforters that are too big for our washers, along with many other items, all get cleaned in Woodland Pond's laundry room. Many of us don't know where that is (it's located in the basement between Independent Living and the Health Center) and most of us don't know who runs it. Bill Kellerhouse and Scott Hasbrouck are a team of cooperation and contrasts.

Bill is in his 13th year working in the laundry room. Scott has been there six months. Bill mostly taught himself the ins and outs of the job by asking questions. Scott learned from Bill.



Prior to working at Woodland Pond, Bill had worked in the kitchen at Mohonk Mountain House and in manufacturing. He had applied for a job in housekeeping and says he thinks he got the job because he showed up for the interview despite

dangerous driving conditions due to a bad ice storm. After one week in housekeeping, he was asked to work in the laundry room and has been there ever since.

Scott had assisted his mom in housekeeping, but working in the laundry room is his first "official" job in this arena. He learned about the job from his aunt, Connie Rzeszewicz, a Woodland Pond housekeeper.



An interesting aside: although featuring Bill and Scott in the June newsletters happened by random, by coincidence, they both have June birthdays. Happy Birthday Bill and Scott!

Bill and Scott are two of our employees who benefit from your contribution to ROVE.

Suzanne Orchowski, for the ROVE Committee




Welcome New Residents!



Margo Elkin ~ Apt. 431 North Wing
Peter and Linda Roberts ~ Apt. 602 South Wing

The Welcome Committee's monthly New Resident Social/Orientation is **Friday, June 23 at 2 p.m.** in the Classroom. New residents will receive an invitation in their mail cubby to attend.

A Note from Political Affairs Committee

Prior to the June 27 Democratic primary the Political Affairs Committee will hold a *Meet the Candidates* event on **Tuesday, June 6 at 7 p.m.** in the PAC for those interested in meeting our town and county candidates before the vote. 

Dorothy Jessup, for the Committee

Additional Special Events This Month

Friday, June 16 at 5 p.m. - Piano and flute students of Debbie Gulino perform classical and pop repertoire. Students ages range from 9 years to 17 years old. Refreshments following. Please come and encourage them; they've worked hard to prepare for the recital. [PAC]



Friday, June 23 at 3 p.m. - Rescheduled from last month: *Roses and Nightingales: Songs of the Sephardic Tradition* with Guitarist Bonnie Robiczek Meadow and mezzo-soprano Judith Kerman [PAC]

Tuesday, June 27 at 7 p.m. - Woodland Pond Playreaders presents: Short Stories about Children: *Charles* by Shirley Jackson, read by Kappa Waugh and *The Veldt* by Ray Bradbury, read by Catherine Cattabiani. [PAC]



Friday, June 30 at 3 pm. - Music in the Courtyard with the Accord Starlite Duo and Len Kobrinsky. [Courtyard - if inclement weather, they will be in the Game Room]

Our Annual Memorial Day observance was led by the Interfaith Committee and resident-veterans and musicians.



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



June 2 - *The Book of Why: Jewish Q&A* led by Ina Pottorff

June 9 - *The Catskills* with Tamar Opler

June 16 - *The Atheist in the Talmud*, with Larry Bush

* June 23 - *Music in Jewish life* – Sephardic musicians Bonnie Meadow and Judy Kerman (in the PAC)

June 30 - *Joining a Synagogue*, with Evelyn Rosenthal



Interfaith Committee News



There will be a Tree of Faith program on **Tuesday, June 27 at 2 p.m.** in the PAC, presented by a resident of the Bruderhof community. We will be visiting the Bruderhof in Rifton two days later in response to their kind invitation to join them for dinner. If you are new and not familiar with their story, this is a great way to learn it.

Our next meeting is **Monday, June 26 at 10:30 a.m.** in the Game Room. If you are interested in the mission of this committee, "To foster an atmosphere of tolerance for spiritual understandings," whatever your faith may be, we encourage you to become a member. We meet once a month to plan "Tree of Faith" programs as well as exploring matters of interest of all faiths.

Upcoming religious holidays in June: 4th - Trinity Sunday (Christian); Race Unity Day (Baha'i); 8th - Feast of Corpus Christi (Catholic); 16th - Feast of the Sacred Heart (Catholic); 16th - Martyrdom of Guru Arjan Dev Sahib (Sikh); 26th-July 1- The Hajj (Muslim).

Billie Stevens, Secretary

Health Center Worship Opportunities

Second Sunday Worship Service - May 28th was Pentecost. With Christmas and Easter it is one of three significant days on the Christian calendar. But it is not celebrated as much. Two weeks after Pentecost, on **June 10 at 11 a.m.** in our Second Saturday worship, we will ponder the meaning of this special day and attempt to answer some probing questions. Why were the followers of Jesus drunk so early in the morning? Why didn't their hair get burned? And what does it mean to be filled with the spirit? Hope to see you in the Great Room for our "spirited" sharing of our faith with Pastor Lyn Mehl.

Pray the Rosary with Us - IL residents are welcome to join us pray the rosary **every other Sunday at 10:30 a.m.** in the Great Room. Our next gathering will be on June 11th. Hope to see you there!

Weekly Prayer Group

An interdenominational prayer group meets **Wednesdays at 1 p.m.** in the Interfaith Meditation Room (2nd Floor Assisted Living, just off the elevator). Anyone welcome!

Sunday Bible Study Group Continues

The Bible study course led by Helen Foehrenbach continues **Sundays, June 4 and June 18 at 1 p.m.** in the Conference Room. Contact Helen at 845-656-1056.



Sustainability Committee News

How is “sustainable” defined at WP?

What is “sustainability?” For most people, ‘sustainable’ refers to limiting contributions that add warming to the Earth. But sustainability is not just preventing climate change. Julie Newman, MIT’s first Director of Sustainability says:

“From an environmental perspective, sustainability (refers to) resources we take from the Earth and how we use them, with an emphasis on not exhausting what the planet can supply.”

“Sustainability is a balancing act, aiming to provide enough resources for people to live... healthy... in the present, without compromising humanity’s future.”

Here at WP, the Sustainability Committee (SusComm) is reorganizing our efforts into 7 working subcommittees: Land Management; Energy; Compost & Paper; Reuse and Repair; Food and Dining; Trash; Communications. Each group meets separately. Stay tuned for updates. Better yet, join us in making our community “WPSustainable.” (General meetings - **4th Wednesday each month from 2-3 p.m.** in the Classroom.)

June Events:

Two climate change ‘heroes’ have taken up this challenge to help prevent warming of our climate.

Judith Enck: Sunday, June 11, 4-7p.m.: Mohonk Consultations will bestow an Achievement Award on Judith Enck, founder of *Beyond Plastics*. Her work has revealed how the plastics industry drives our climate crisis — plastics as the new ‘coal’. (To car pool, call any Steering Comm member. \$50 admission).

Kaitlyn Murray: Tuesday, June 20 at 2 p.m. in the PAC: (Wellness Nurse Mary Jo Murray’s niece) will share how her “La Vie Apres L’Amour” (Life after Love) company gives loved clothing new life, and prevents them from becoming additions to landfill.

Joy Dryer, on behalf of the Steering Committee

Next Woodland Walkers Outing



On **Wednesday, June 7** the Woodland Walkers will leave from the Lobby at **2 p.m.** to walk we will walk around Lake Minnewaska and then go down to the Awosting Falls. Please wear sturdy shoes, appropriate clothing and bring along some water. Sign up at the Concierge. Newcomers are always welcome to join us!

June Finer

From the Health Center Committee

Welcome back to Philip Mehl, Health Center Director! Philip has returned from a three month sabbatical that gave him time not only for relaxation but time to think and plan. He is happy to be back with the staff and residents of the HC. We also want to thank Michelle Gramoglia for her leadership of the Health Center in Philip’s absence. It was a heavy load to be CEO of Woodland Pond and to cover for Philip in the Health Center but she is pleased with the experience.

In addition we welcome Susan Close as the new Activities Director of the Health Center. The Health Center Committee works very closely with Sue and we are looking forward to accomplishing many goals with her.

The very successful tours of the HC under the guidance of Natalie Russak have enabled over 50 IL residents to visit the Health Center since January. We are taking a summer break but the tours will start again in September.

The Woodland Pond Neighbor Corps is a great opportunity for Independent Living residents to stay connected to neighbors in the Health center. If Independent Living residents are interested in helping with the Neighbor Corps, please contact Taylor Eskew at 646-492-1809 or rteskew@gmail.com. Taylor and Jill Ortner are working hard to settle the details of the Neighbor Corps to make this a reality that will bring pleasure to the residents of the Health Center.

Margaret Nijhuis, Health Center Committee Chair

2nd Monday Tea Talk

All women are invited to this month Tea talk on **June 12 at 2 p.m.** in the PAC. Frieda Feldman will read some of her poems, old and new.



Attention Bingo Fans ...

BINGO on **Wednesday, June 7 at 1 p.m.** in the PAC. \$2.00/card and jackpot prizes! Bingo will then be on hiatus and return in October!



Possible New Interest Group?

Are you interested in a philosophy discussion group? Based on short readings of the major ideas in both classical and modern philosophy, this group will explore concepts that have formed the intellectual backbone of civilizations. Pending interest, we will meet twice monthly, with readings available in advance. Please sign up at the Concierge desk by Monday, June 5, if you’re interested. ~ Jo Sanders

Meet Your Newest Neighbors

We are delighted to welcome several new residents this month. You may find that you have careers and interests in common. Please extend a warm welcome and invite them to lunch, dinner or an activity.

Edited by Halema Hassan

Jay and Joan Mandle ~ Apartment 112



Jay and Joan have been residents for a little over a year, but formally moving into Apt. 112 now while they wait for a cottage.

Jay and Joan met at a civil rights meeting while students at the University of Pennsylvania in 1964 and married the following May. They went on to earn Ph.Ds - Jay in Economic History with an emphasis on economic development in poor countries; Joan in Sociology with an emphasis on social change and social movements. Their academic careers included professorships at Temple University, Penn State and Colgate University, as well as at the University of Iceland, the University of the West Indies in Jamaica and Barbados, the University of Guyana, and Nankai University in China. Joan left her position as professor and Director of Women Studies at Colgate to become the Executive Director of the Democracy Matters Institute. The national non-partisan student organization is dedicated to strengthening democracy in the United States.

As a former basketball referee, Jay remains close to the game, while Joan is a choral singer and a dedicated gardener. They enjoy biking and visting with their children and grandchildren and remain politically active in local, state and national politics.

Peter and Linda Roberts ~ Apartment 602

Welcome Linda and Peter Roberts. Linda will be residing in the Health Center but will frequently be with Peter in Independent Living.



Linda and Peter met in Munich, Germany where they both served with the United States Military. Linda used her German language skills as an assistant to the Commanding General while Peter was the Physician/Head of the U.S. Army Health Clinic. They have lived in Peter's hometown of Kingston since 1978, and are proud parents of three children and seven grandchildren.

Linda enjoys gardening, volunteer work, and Pilates. Peter is active with the Friends of Historic Kingston and enjoys golf and skiing. They both enjoy hiking in the Hudson Valley and biking on our local rail trails.

Stephanie King ~ Apt. 212



Stephanie King is moving from Vineyard Commons. She was born in Catskill, NY a small town about an hour north of New Paltz. She was active in Girl Scouts and activities of the Reformed Church.

Stephanie graduated from Skidmore College in Saratoga Springs with honors in Business. During her first marriage she and her husband moved several times due to his job: Illinois, Florida, California. They moved back to New York City where their beautiful daughter, Claudia, was born. Claudia went to school in Highland, then went to colleges in Ohio, and is an Elder lawyer. She, her husband Todd, and grandson, Spencer (age 10), live in Chesterland, east of Cleveland.

Stephanie's husband wanted a change of careers so the couple moved to Wappingers Falls, and opened a child care center in the home they owned. It was a successful enterprise, but unfortunately their marriage ended in divorce.

Several months later she met Dick King at a Parents Without Partners meeting. They found they had much in common and were married within a year. He was a teacher and had a home in Highland. She sold the child care center in Wappingers Falls and moved into his home in Highland. She realized that Highland had no child care. New York has strict rules for child care centers, so, working with the Highland Town Board she was successful in having the Apple Land Child Care Center built, which she directed for 20 years. After retirement, she and Dick took several wonderful trips and cruises. Unfortunately, he developed colon cancer and died a week after a spectacular 80th Birthday party. She could not manage a big house, so she sold it and moved to Vineyard Commons in Highland.

She attended a wine tasting and met Rob Greene from church who had lost his wife to cancer. He invited her to dinner and they realized that they shared a lot of interests. So, for the past 8 years, Rob has been her partner. They have traveled extensively in Asia, South America and Southern Africa. Stephanie is looking forward to connecting with old friends and meeting new people!



Woodland Pond
at New Paltz

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Michele Caccavano's camera has been keeping busy during our beautiful Spring season!

June Highlights at a Glance

- Thursday, June 1** - Alzheimer's Fundraiser: Summer BBQ [IL Courtyard]
- Monday, June 5 at 3 pm.**- Pondaliers' Spring Concert - [Health Center Great Rm]
- Tuesday, June 6 at 7 p.m.** - Democratic Primary: Meet the Candidates [PAC]
- Wednesday, June 7 at 7 p.m.** - Pondaliers' Spring Concert [PAC]
- Friday, June 9 at 3 p.m.** - Pondaliers' Spring Concert [PAC]
- Thursday, June 15 at 2 p.m.** - *Council Connections* [PAC]
- Friday, June 16 at 1 p.m.** - Health & Wellness Task Force Program:
Mindfulness with Nina Smiley [PAC]
- Friday, June 16 at 5 p.m.** - Recital with musical students of Debbie Gulino [PAC]
- Tuesday, June 20, 1-3 p.m.** - Alzheimer's Fundraiser Ice Cream Social
[Courtyard]
- Tuesday, June 20 at 2 p.m.** - SusComm Program: *La Vie Apres L'Amour* [PAC]
- Friday, June 23 at 3 p.m.** - *Roses & Nightingales: Songs from the Sephardic Tradition* [PAC]
- Tuesday, June 27 at 2 p.m.** - Tree of Faith Program: *The Bruderhof* [PAC]
- Wednesday, June 28 at 3 p.m.** - Residents' Association Quarterly Meeting [PAC]
- Thursday, June 29 at 4 p.m.** - Bruderhof Dinner at Woodcrest in Rifton
- Friday, June 30 - 10 a.m.- 3 p.m.** - Red Cross Blood Drive [PAC]
- Friday, June 30 at 3 p.m.** - *The Accord Starlite Duo* Live Music in the Courtyard

Want to share the
newsletter with your
family and friends?

They can read it
online at
www.wpatnp.org



Wayne Lavender shares some of the blooming scenes he has captured around our campus.

