



■ Pages 6-7
Scenes Around
Our Campus

In This Issue

■ Pg. 11
Meet New
Neighbor



WoodlandLife

Vol. 16, No.3

March 2024



Women's History Month



In observance of Women's History Month our **Thursday evening films at 7 p.m. in the PAC** will highlight women who have been instrumental in advocating for equal rights throughout our history.

March 7 – *One Woman, One Vote* - documents the events that culminated in the passing of the 19th Amendment.

March 14 – *Marian Anderson: A Portrait in Music* - best known for her 1939 brave performance at the Lincoln Memorial after the DAR refused to allow her to sing at their Constitution Hall because of her skin color.

March 21 – *9 to 5: The Story of a Movement* - in this documentary, female office workers in '70s Boston inspire change with a call for better pay, more opportunities, and an end to sexual harassment.

March 28 (which is also Major League Baseball's Opening Day) - *Hardball: The Girls of Summer* - a documentary about top female baseball players in America fighting for equality, recognition and acceptance in a sport that continues to exclude women and girls.

The P.I.G.L.E.T.S. are Coming!

Over the past several years we have enjoyed working with a number of PIGLETS (seniors from New Paltz High School) as they have made periodic visits to share their talents and become involved in intergenerational activities with Woodland Pond residents. It is always a positive experience!

P.I.G.L.E.T.S. is an acronym for Participation In Government, Literature, Economics for Today's Students.

There will be 4-6 different fun intergenerational activities facilitated by groups of 4-5 students on **March 11, 13, 19, and 21.**

Watch for a poster soon near the Mail Room that will display the students' invitational fliers for their activities, and please try to make time in your schedule to attend one or more of the programs they have prepared for you.

They are excited to come engage with Woodland Ponders!

Blood Drive is March 22



Woodland Pond is partnering with the American Red Cross to host a blood drive on **Friday, March 22 from 10 a.m. - 3 p.m.** in the PAC. Please join our lifesaving mission and schedule an appointment. Contact Brigitte Blum at 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

FREE

HERB CLINIC

DIET * LIFESTYLE * HERBS

Woodland Pond at New Paltz

March 17

90 minute 1:1 holistic health consultations
9:15-10:45am & 11am-12:30pm

TO BOOK EMAIL CLINIC@ARBORVITAENY.COM
INCLUDE NAME, PHONE, TIME PREFERENCE
& BRIEF DESCRIPTION OF HEALTH
GOALS/CONCERNS

@arborvitae.ny

Council Corner



March meetings of your Residents' Council are **Thursdays, March 7 and March 21 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. If time permits there will be a second EARS at the end of the meeting. Agendas are posted in the Mail Room and Library on the Mondays preceding each meeting. You may be in touch with your Council by putting **signed**, written comments in the Council Cubby in the Mail Room, at the bottom right of the bank of cubbies by the window, or you may also send an e-mail to evelynr17@earthlink.net.

Our *Council Connections* session this month will be **Thursday, March 21 at 2 p.m.** in the PAC. Guest speaker will be John Ortner, Chair of Décor & Design Committee. He will be interviewed by Wayne Lavender.

Evelyn Rosenthal, Corresponding Secretary

Mark Your Calendar!

**Resident Association Quarterly Meeting
Wednesday, March 27 at 2 p.m. in the PAC**




Dining Services - Special Events for March




Friday, March 8 – International Women's Day – watch for specialty menu items

Wednesday, March 13 – Get to Know Your Neighbors Dinner

Sunday, March 17 – St. Patrick's Day! We will offer specialty menu items for the room service/ to-go meals (i.e. Corned Beef & Cabbage) and we will have the Made-to-Order omelet action station at brunch service that day. 

Tuesday, March 19 – We will be having a wine tasting at Happy Hour in the Pub.


Saturday, March 23 and Sunday, March 24 – We will be offering specialty menu additions for the Purim holiday.

Thursday, March 28th – Baseball Opening Day!
 We will be serving hot dogs and soft pretzels in the Bistro/Pub, and it will be our second Get to Know Your Neighbors Dinner

Sunday, March 31 – We will be offering a special Easter Sunday Brunch.

Ashley France, for Dining Service

From Woodland Pond's Board of Directors

Transparency is a vital element in the proper and productive functioning of our community. Board members subscribe to an impartial fiduciary standard of care holding the Woodland Pond community's interests first. But the most important person to consistently demonstrate transparency is our CEO, Michelle, in her forthright dealings with the Board and in keeping residents informed of upcoming changes affecting the community that have been approved by the Board. Her commitment to transparency is most recently demonstrated in sharing with residents the current steps the Board has approved in exploring expansion possibilities. With her clear, ongoing communication on this major topic, there will be no surprises. Additionally, the surveys she is initiating invite all interested parties to submit their suggestions regarding Woodland Pond's interior conformation for the future. 

Be assured that transparency will continue to be a hallmark of all our ongoing efforts in meeting the evolving challenges of keeping Woodland Pond In the vanguard of attractive and flourishing senior communities.

Dick Barry, Secretary



The Woodland Pond Benefit Fund began 2024 with a couple of meaningful contributions from residents. We also made the first of our two yearly contributions to the Employees Scholarship Fund.

In April, we will host an appearance of Sally Cross at our monthly meeting. Sally, former director of the Community Foundations and a member of our Board, will talk about the possibilities for growth of both our Benefit Fund and the Woodland Pond Foundation. All residents are welcome to join us for this event.

Anne Gordon, Woodland Pond Benefit Fund Chair

February's Resident Mixer sponsored by the Welcome Committee drew 100 people out for an afternoon of fun and fellowship. More photos from the event are on page 6.

[Mixer photos by Sarah Leonard]





Interest Groups



Beginner's Mah Jongg: **Wednesdays at 1 p.m.** [AS]
Beginner's Mah Jongg: **Saturdays at 9:30 a.m.** [GR]
Book Club: **1st Tuesdays at 7 p.m.** [Classroom]
Bingo: **1st Wednesdays 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.** [CIs]
Dulcimer Players: **Mondays at 1 p.m./ Thursdays at 3:30 p.m.** [PAC]
Duplicate Bridge: **2nd & 3rd Wednesdays, 1 p.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: **3rd Tuesdays at 7 p.m.** [CIs]
LGBTQIA+ & Allies: **4th Tuesdays at 2 p.m.** [AS]
Loss in Literature: **Tuesday, Mar. 5 at 4 p.m.** [CR]
Mah Jongg: **Mondays and Fridays at 1 p.m.** [AS]
Memoir Class: **2nd & 4th Mondays at 3 pm.** [CR]
Men's Coffee – **Saturdays at 9:30 a.m.** [PAC]
Opera/Ballet Night: **1st & 4th Fri., 7:15p.m.** [PAC]
Pet Ponders: **Stay tuned for set meeting day/time**
Philosophy Circle: **2nd & 4th Weds. at 11 a.m.** [CR]
Pinochle: **Fridays at 1 p.m.** [GR]
Playreaders Group I: **Thursdays at 2:30 p.m.** [AS]
Playreaders Group II: **Thursdays at 4:15 p.m.** [AS]
Poetry Group: **Friday, Mar. 22 at 2 p.m.** [CR]
Pondaliers: **Mondays at 3:30 p.m.** [PAC]
Rummi-Kub: **Daily at 7 p.m., Sundays, 2 p.m.** [GR]
Scrabble: **Fridays at 10:30 a.m.** [GR]
Shalom Space: **Fridays at 4 p.m.** [CIs]
Short Story Group I: **1st & 3rd Tues., 3:30 p.m.** [CIs]
Short Story Group II: **2nd & 4th Tues., 3:30 p.m.** [CIs]
Social Bridge: **Tues. & Thurs. at 12:30 p.m.**[GR]

Groups continue next column

Interest Groups continued:

Spanish Chat: **Wednesdays at 11:15 a.m.** [AS]
Square Dance: **1st & 3rd Wednesdays at 3 p.m.** [AS]
Table Games: **Mondays at 7 p.m.** [CIs] and **Saturdays at 2 p.m.** [AS]
Watercolor Class: **Mondays, Mar. 4 & 18, 10 a.m.** [AS]
Women's Tea: **Mondays at 2 p.m.** [CIs]
 (2nd Monday Tea Talk in the PAC)
Yarn Mavens: **1st & 3rd Tuesdays, 3 p.m.** [AS]

Committee Meetings for March

Library Committee - **Monday, Mar. 4 at 12 p.m.** [CIs]
 Contact: Virginia Cannon, Chair
Finance Review - **Monday, Mar. 4 at 1 p.m.** [AS]
 Contact: Dave DeWilde, Chair
Dining - **Tuesday, Mar. 5 at 10 a.m.** [GR]
 Contact: Joan Kleinegris, Chair
Physical Plant - **Wednesday, Mar. 6 at 10 a.m.** [CIs]
and Thursday, Mar. 21 at 1 p.m. [AS]
 Contact: Deborah Moore, Chair
Décor/Design - **Thursday, Mar. 7 at 1 p.m.** [CR]
 Contact: John Ortner, Chair
Mental Health & Wellness - **Friday, Mar. 8, 10 a.m.** [AS]
R.O.V.E. - **Monday, Mar. 11 at 11 a.m.** [Game Room]
 Contact: Suzanne Orchowski, Chair
Welcome - **Tuesday, Mar. 12 at 11 a.m.** [GR]
 Contact: Alice Cross, Chair
Landscape - **Wednesday, Mar. 13 at 2 p.m.** [CR]
 Contact: Deborah Moore, Chair
Land Conservation - **Friday, Mar. 15 at 3 pm.** [CR]
 Contact: Larry Randall, Chair
WP Benefit Fund - **Wednesday, Mar. 20, 10 a.m.** [CR]
 Contact: Anne Gordon, Chair
Interfaith - **Monday, Mar. 25 at 10:30 a.m.** [GR]
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary
Health Center - **Tuesday, Mar. 26 at 1 p.m.** [CIs]
 Contact: Margaret Nijhuis, Chair
Sustainability - **Wednesday, Mar. 27 at 2 p.m.** [CIs]
 Joy Dryer, for the Steering Committee

From the Library ~ Book Review



Angela's Ashes by Frank McCourt

Frank McCourt's memoirs display his impoverished childhood in the slums of Limerick, Ireland. It is a compelling narrative, revealing squalor, hunger and alcoholism. Religious and political hatreds divide people and their families.

Although McCourt deals with illness and loss, he writes with humor and compassion. His beautiful writing is lyrical, reflecting his Irish brogue! McCourt captures love and dignity from a childhood of misery. *A New York Times* bestseller, the book received the Pulitzer Prize.

Anita Kantor

Book Club

We will discuss *The Sunflower* by Simon Wiesenthal at our March meeting on **Tuesday, Mar. 5 at 7 p.m.** in the Classroom. Please note our new location!

During March we will be reading *Fuzz-When Nature Breaks the Law* by Mary Roach. New members are always welcome!

Michele Caccavano

PAC Movies



Thursday @ the Movies: **Thursdays at 7 p.m.** This month we will feature films in observance of Women's History Month.

Classic Movie: **Friday, March 8 at 7 p.m.** - *American Matchmaker*, starring Leo Fuchs, Judith Abarbanel, and Judel Dubinsky (1940)

Opera Night: This month's features: *The Consul* on **Friday, Mar. 1 at 7 p.m.** and *Iolanthe* on **Friday, Mar. 22 at 7 p.m.**



ArtScope New Exhibit



On **Monday March 4 at 7 p.m. in the PAC** ArtScope will have the opening reception of paintings by Thomas Stratton, who is the late husband of WP resident Sally Schultz. The artist friends of Thomas will speak on his behalf on the evolution of his art over the years. We hope to see you all there.

Creativity flourishes at Woodland Pond

Attention Bingo Fans ...

Come on **Wednesday, Mar. 6 at 1 p.m. in the PAC**. \$2.00/card and jackpot prizes in store! We play the first Wednesday of each month!



Bus Trips for March



Friday, March 1 - Shopping trip to Poughkeepsie Galleria. Depart at 11 a.m.

Wednesday, Mar. 6 - Annual Flower Show at Adams Fairacre Farms store in Kingston. Depart 9:30 a.m.

Wednesday, March 6 - Early Dinner Adventure to The Mountain Brauhaus in New Paltz. Fine German cuisine. Depart at 4:30 p.m.

Friday, March 8 at 8 p.m. - *Orpheus in the Underworld* at the Sosnoff Theater at Bard College. Depart at 6:30 p.m.

Saturday, March 9 at 12 p.m. - *Met Live in HD: La Forza Del Destino* at the Bardavon in Poughkeepsie, with a pre-opera talk. Depart at 11 a.m.

Sunday, March 10 at 3 p.m. - AYA Piano Trio performs Beethoven, Brahms and Faure at Saugerties Methodist Church. Depart at 1:45

Thursday, March 14 at 7 p.m. - The Newburgh Free Academy performs a free dress rehearsal for the musical *Hairspray*. Depart at 5:45 p.m.

Saturday, March 16 at 3 p.m. - Lecture at The Dorsky Museum at SUNY NP *Performing Arts 2024*, collaboration with the Hudson Valley Performing Arts Laboratory featuring a theatric interpretation of the Museum's Spring 2024 Exhibitions. Depart at 2:15 p.m.

Tuesday, March 19 - Lunch Adventure to Rosie's Restaurant and shopping at Trader Joe's. Depart at 11 a.m.

Saturday, March 23 at 4 p.m. - The Greater Newburgh Symphony Orchestra presents *Rules of Three*, performing music of Florence Price, Enrique Soro and Gustav Mahler. At the College of Mount Saint Mary. Depart at 2:45 p.m.

Sunday, March 24 at 4 p.m. - Ars Choralis presents Eric Delson's *Missa Per Concordian* at Holy Cross Episcopal Church in Kingston. Depart at 3 p.m.

Thursday, March 28 at 8 p.m. - Vassar College Martel Theater presents *Hurricane Diane*. Depart at 7 p.m.

Hudson Valley Hospice Veterans Café



On **Tuesday, March 12 at 2 p.m.** in the HC Great Room, Hudson Valley Hospice will hold a Veterans Café in honor of all Woodland Pond residents and employees who have served our country with distinction and honor in the armed forces. All of our veterans are invited to come socialize and have some refreshments.

Kindly RSVP by Saturday, March 9 to the Health Center Activities Dept. at 256-5917. if you plan to attend.

Wellness Notes

Caregiver Space



The WP Mental Health and Wellness Committee is pleased to offer you Caregiver Space, a new group formed for any resident caring for a partner who resides with them in Independent Living or resides in the Health Center.

This group meets once a month on the **fourth Monday at 1:30 p.m. (March 25)** in the Interfaith Meditation Room in the Health Center and is facilitated by a member of the Mental Health and Wellness Committee. The facilitator will bring a topic to spark conversation among attendees about their caregiving experiences. During this same time care receivers are welcome to attend a Music Therapy session in the Conference Room led by HC Activity Assistant, Cynthia Carangelo, to give their caregiver a break and space to attend the group.

Note: Everything discussed in this group is strictly confidential. The facilitator and attendees will not share what is discussed in the group, with anyone. This is a safe space for caregivers to share their thoughts and feelings. If you have questions, please contact Sarah Leonard at 256-5900.

Funeral Pre-Planning ~ A Gift To Your Family

There's a lot that goes into planning a funeral, but making those arrangements beforehand gives you time to consider all of your options and make sure that you're covering all of the necessary details. Still feeling unsure? Here are some of the most important reasons why planning ahead may be the best option:



- 1) Preplanning lets you create your own unique life celebration.
- 2) Including your family in the planning process can help them feel connected to you both in life and in death, knowing that your final arrangements reflect your desires.
- 3) Preplanning relieves your family of that burden and gives them more time and energy to focus on healing and remembrance. And there are more reasons why planning ahead makes sense. Come learn more!

You are invited to join Paul Hammerl from Copeland-Hammerl Funeral Home to learn more on **Tuesday, March 26 at 3 p.m.** in the PAC.

This program is sponsored by your Health & Wellness Committee.

Support Group Meetings



- * *Caregiver's Support Group* – first **Tuesdays at 1 p.m.** in the Conference Room.
- * *The Parkinson's Support Group* – meets **4th Wednesdays at 1 pm.** in the Classroom.

New Support Group Opportunity



A Design for Living 12-Step Recovery Meeting is open to Woodland Pond residents and staff who are actively using the 12 steps in their lives or are curious to know what they are and to seek a solution for everyday living with a spiritual focus.

Modeled after the concept of Friends of Bill W., an Alcoholics Anonymous meeting found onboard cruise ships that is named after William Wilson (Bill W.), a founder of Alcoholics Anonymous, was created to help members achieve and maintain sobriety. Cruises can be a tough environment for those passengers in recovery, so cruise lines offer Friends of Bill W. as a non-judgmental, helpful support group. At Friends of Bill W., people can meet fellow guests in recovery and form a support network.

We are hoping to bring this same open minded message to Woodland Pond! This monthly meeting is open to anyone who suffers from addiction or is affected by anyone in active addiction. Please join us for our first meeting on **Saturday, March 30 at 7 p.m.** in the Art Studio, and thereafter on the **4th Saturday of each month at 7 p.m.**

A Fitness Note from Grace

Tai Chi is back and in full swing for March. On **Friday, March 8 at 1:30 p.m.** I am doing a big, open Tai Chi class in the Health Center Great Room. You can do it seated or standing. This class is open to IL and HC residents. ALL are welcome! The class is gentle. It will run for roughly 40 minutes.

There are other tai chi classes and outdoor walks this month; just look at the fitness calendar.

Grace Juhren, Fitness Instructor

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



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

Life at Woo



Over 60 residents gathered in the PAC for last month's Super Bowl game. There was plenty of drinks and food shared during the exciting game. Thanks to Dining and Facilities staff for their help and to Jason Irish for his pre-game tech training for the resident-facilitators' ease on Game Day. [Photo by Artie Raphael]



Cynthia Fisher led a Valentine craft Make and Take session. [Photo by Yakov Pipman].



Geoffrey Gibson and June Finer dressed the part for their role as ushers for the first Theatre Night performance with Joe & Fred (below).

Photo by Shalom Schwartz

Kitty Mitchell will lead a Make & Take Easter craft session on Sunday, March 17 at 2 p.m. Watch for details!



[Photo shared by Fred Wolinsky]

Murder He Wrote

On **Tuesday, March 12 at 7:15 p.m.** in the PAC Woodland Pond resident and author Joe Cosentino will discuss his writing process, share some anecdotes about his books, read from two of his novels, offer some secrets about writing mysteries, and answer all of your questions. Come and see if you can figure out whodunit!



Joe Cosentino is the author of 34 novels, including his Nicky and Noah mysteries series (winner of *Divine Magazine's* Readers' Poll for favorite mystery); the Jana Lane mysteries (The Wild Rose Press); the Player Piano mysteries (Dreamspinner Press); the Cozzi Cove series (Ninestar Press); and the In My Heart series, Tales from Fairyland Anthology, Bobby and Paolo Holiday Stories, and Found at Last series (Dreamspinner Press). All of Joe's books are in the Woodland Pond author section of the Woodland Pond library.



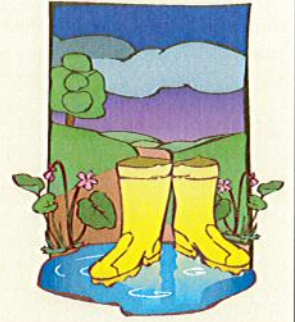
The birds have been busy and looking forward to spring! [Photo by Ronnie Sue Jaffe]



More scenes from last month's Resident Mixer sponsored by the Welcome Committee. [Photos by Sarah Leonard]

Woodland Pond

*Spring is when
you feel like
whistling even
with a shoe
full of slush."*
[Doug Larson]



Square Dancers Invite You!

Our professional caller, Sandy Corey, will be back to lead us in the fun of square dancing on **Wednesday, Mar. 6 and Wednesday, Mar. 20 at 3 p.m.** in the Art Studio. Mark your calendar! The group will be meeting the **1st and 3rd Wednesdays** of each month until June. It's a great way to meet new people while getting some exercise and having fun. Questions? Call Deborah Moore at 845-633-8522.



Woodland Life Travels to ... Florida!



Last month Paul Fargis and Dawn Sangrey enjoyed catching up with two of our WP snowbirds, John and Libby Ross, in Sarasota, Florida.

If you are planning a trip to an interesting location (preferably out of the immediate local area), pack a copy of *Woodland Life* in your suitcase, send a photo of yourself with the newsletter, and it may be shared in a future issue. Let's see to where next in the world our newsletter travels!

Coming this month! Our WP Playreaders will give a performance of stories by Grace Paley and James Thurber on **Tuesday, March 26 at 7 p.m.** in the PAC.

On **Sunday, March 3 from 3-4 p.m.** in the Art Studio Marilyn Mallue invites you to stop by to see the open books from her February display in the Lobby's curio cabinet of recent Caldecott Medal winners for "the Most Distinguished American picture book for children."



from her February display in the Lobby's curio cabinet of recent Caldecott Medal winners for "the Most Distinguished American picture book for children."




Some of our Woodland Pond Picklers in action on the court. The group plays on Monday afternoons in Cottekill. Want to join in the fun? Contact Sue Gilder!



We celebrated Valentine's Day with a 'Love Your Library' Open House hosted by the Library Committee, who helped residents learn all about the services provided. And excellent resident-bakers provided delicious goodies!

Applauds Program Salutes Employee Service

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

Ashley DeRosa	Emily Watson	Jasmine Moss
Monique Lawrence	Trey Nitza	Chris Shea
Jonathan Papin	Anna Hervias	Molly Lupi
Jason Irish	Jeffrey Seitz	Justin Mena
Justin Evans	Joshua Mejia	Mark Baker
Miriam Benitez	Victoria Murphy	
Matt Perconti	Ryan Kraehmer	
Hena Saldivar Jimenez		

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, March 12



We will recognize our March birthday celebrants on **Tuesday, March 12 at 2 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

Celebrating this month are:

Addie Reynolds - Mar. 1	Dave Rosenthal - Mar. 15
Lena Trad - Mar. 3	Evelyn Rosenthal Mar. 17
Karen Sandler - Mar. 4	Lionel Heyman - Mar. 18
Sue Cusack - Mar. 6	Paul Fargis - Mar. 19
Caroline DeWilde - Mar. 7	Pril Smiley - Mar. 19
Marilyn Mallue - Mar. 10	Nancy Tischler - Mar. 19
Jean Aldwell - Mar. 11	Ann Hanover - Mar 22
Cal Schnitzer - Mar.11	Laura Wilensky Mar. 22
Vici Danskin - Mar. 12	Irene Michaels - Mar. 28
Tyler Jones - Mar. 12	Marcia Whitfield - Mar. 28
Artie Raphael - Mar. 14	Tamar Opler - Mar. 29



Welcome New Residents!



Susan Shaw ~ Apt. 520 [Central]

Henry Cavanagh & Laura Wilensky ~ Apt 440 [North]

The Welcome Committee's New Resident Social and Orientation is **Friday, Mar. 22 at 2 p.m.** in the Classroom. New residents will receive an invitation to attend.

A STITCH IN TIME



Thanks to the generosity of our residents, the Art Studio is now stocked with buttons, snaps, hook and eye set, needles and thread free to use to make minor repairs as needed. The only request is that items taken and not used, be returned.

Kitty Mitchell

From the ROVE Committee

Woodland Pond Concierge staff are not only highly trained to handle many tasks but also need to be flexible to move between routine jobs and sudden emergencies. As residents we rely on their assistance with a dizzying array of problems.



Lisa Cea is one such Concierge employee who manages the job effortlessly (or so it seems). Whether assisting a resident with a cell phone problem, restarting the video system in the PAC or answering questions on the phone, she gets the job done, and always with a smile.

Lisa was hired for Concierge before the first residents moved in, working out of cottage 123 for two weeks while waiting for the Certificate of Occupancy for the main building. At that time, she was doing paper work, collecting the mail and helping Michelle Gramoglia (who was not yet our CEO), inspecting apartments. Initially Lisa worked full time 8 a.m. to 4 p.m., now has the 1 p.m. to 9 p.m. shift and has had many other shift changes along the way. She considers Woodland Pond to be a second home and family.

When not working Lisa likes cooking, gardening, shopping and spending time with her family. Her son, Nicholas, is a sports writer and her daughter, Olivia, is in social work. Her husband, Rob, is a retired police officer who now writes for TV. He has produced "Women of a Certain Age" comedy series on Showtime and is the author of four true crime books.

Lisa 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

Calling All WP Gardeners ...Think Spring!



The Community Gardeners will meet on **Tuesday, March 26 at 11 a.m.** in the Art Studio to discuss the new season in our Community Garden outside the Art Studio with current gardeners and other interested residents, especially new ones! The Gardeners work together to transform the raised beds in the Community Garden outside the Art Studio into an annual feast for the eyes. Please contact Jean Suttmeier at 256-5638 for more information.

Jean Suttmeier, for the WP Gardeners



Interfaith Committee News

The next meeting of the Interfaith Committee will be **Monday, March 25 at 10:30 a.m.** in the Game Room. If you are interested the committee's mission "To foster an atmosphere of tolerance for spiritual understandings", whatever your faith may be, we invite you to join us and become a member. We have added several new members in the past year.

Our next Tree of Faith program will be **Tuesday, March 12 at 2 p.m.** in the PAC with guest speaker Freny Dalal, to speak about the Zoroastrian faith.

Note details on this page about our observances of Purim and Good Friday this month.

Please remember that there is a box in the mail room equipped with paper and pen to request prayers by our Prayer Group. They are glad to include your prayer needs in their weekly session.

Upcoming religious holidays in March: 1-28, Lent continues; 8th, Maha Shivaratri (Hindu); 10-31, Ramadan (Islam); 15th, Shri Ramakrishna Jayanti (Hindu); 21st, Ta'anit Esther; 23-24, Purim; 24th, Palm Sunday; 25th, Holi (Hindu); 28th, Holy Thursday; 29th, Good Friday; 31st, Easter.

Billie Stevens, Secretary

Guest Lecture: *How the Dutch Created America*

On **Friday, March 8 at 2 p.m.** in the PAC local historian Bob Ulrich will present how the America we know today got its start with the Dutch colony of New Netherlands, in the city named New Amsterdam.



Bob has been a lecturer at all of the area's Lifetime Learning programs, a guest lecturer at Friends of the Fishkill Supply Depot, the NYS Historical site at Fort Montgomery, the Henry Wallace Center, Dutchess County Historical Society, the Mohonk Mountain House and more.



Upcoming Musical Treats



Friday, Mar. 1 at 3 p.m. in the PAC - The ever-popular Starlight Trio returns for a fun session!

Friday, Mar. 15 at 7 p.m. in the PAC - Violin students of local teacher Marka Young will perform a recital. Come support these budding musicians!

Sunday, Mar. 24 at 3 p.m. - Benjamin Weil and James Stewart return for a piano/vocal recital to perform Schumann song cycles.



Upcoming *Shalom Space Programs*



Fridays at 4 p.m. in the Classroom
[Shalom Space welcomes all residents to join us]

- March 1 - *Politics Reconsidered* with Jo, Tamar & Ina
- March 8 - *The Story of Dinah in Genesis* - Jo Sanders
- March 15 - *Yiddish Updated* - Arthur & Lola Weiss
- March 22 - *Purim Explained* - Evelyn & Dave Rosenthal
- March 29 - *The Shanghai Ghetto* - Karen Sandler

Purim Observance



Saturday, March 23 at 7 p.m. in the PAC - All are welcome to come and participate in the observance of Purim, to include the reading of the Megillah - story of Esther, followed by discussion led by Shalom Schwartz.

Lenten Bible Study Continues



The Lenten Bible Study led by Rev. Tyler Jones continues on **Thursdays from 1-2 p.m.** in the Art Studio, with the final session on March 21 to be in the Conference Room. All are welcome to attend.

Second Saturday with Pastor Lyn

Pastor Lyn Mehl will lead a belated reflection on Ash Wednesday and Valentine's Day. Is Lent about giving up chocolate or about taking on a fuller understanding of LOVE? Can Lent make any difference as we live our lives at Woodland Pond? We'll explore this and the meaning of LOVE on **Saturday, Mar. 9 at 10:45 a.m.** in the Health Center Great Room. ALL are welcome!

Pastor Lyn Mehl

Time of Reconciliation with Father Sal

Father Sal will be available for Reconciliation on **Wednesday, March 27 from 11a.m.– 12 noon** in the Interfaith Meditation Room.

Good Friday Service

Members of the Interfaith Committee will lead a Good Friday service on **Friday, March 29 at 2 p.m.** in the Performing Arts Center, with scripture readings, prayers, a time of quiet meditation, and special music. All are invited to attend.



Meditation Group

The *Mindfulness of Life ~ The Way of Meditation* group led by Barbara Bash meets the **3rd Tuesday** each month at **11 a.m.** in Art Studio (**March 19**). Newcomers are always welcome to attend.



Sustainability Committee News

Your Small Action Steps can Support Local Environmental Groups

“Why do I do this?” Amy Kletter asked rhetorically as she started her talk. She was the Sustainability Committee’s guest speaker on Tuesday, Feb. 20. “It’s my way of coping with what’s going on in the world. I keep active to keep positive.”

Kletter certainly is active, very, as local political group Ulster Activists’s Environmental Comm. Chair. Her main message was that each one of us can do small actions that make a difference: write a letter to the editor; tell your local restaurant, dry cleaner, food market... to reduce plastic packaging; skip single use plastic stuff (utensils, water bottles, little condiment packets).

To be effective we do not need to be experts. “Pick people and organizations that you trust, and follow their lead.” E.g., Kletter urged a single call to help stop a new fracking initiative in NY State. The local group FoodAndWaterWatch.org warns that a company seeks a NYS air permit to increase fracked gas amounts flowing through the 30-year-old Iroquois Pipeline from Canada’s border to NYC. (Its compressor stations would emit high levels of methane and cancer-causing chemicals.) Call Gov. Hochul’s office and urge her “to deny the air permit for the Iroquois Pipeline Expansion”: 855-980-2321.

Check out actions recommended by other local groups: beyondplastics.org; newpaltzclimateaction.org; scenicHUDSON.org; and Communities for Local Power (CLP). Energy conserving plans will be among those discussed at SusComm’s next general meeting **Wednesday, March 27 at 2 p.m.** in the Classroom.

Joy Dryer, for SusComm’s Steering Committee



Plastic packaging is the single largest source of plastic waste. Tell your local supermarket to decrease packaging & increase bulk and refillables.

Next Woodland Hikers Outing



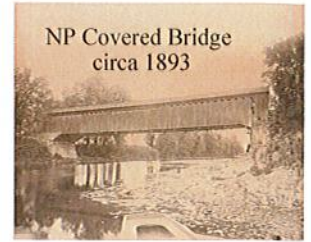
On **Wednesday March 6** we will leave from the Lobby at **2 p.m.** to hike the trails of Sojourner Truth State Park in Kingston. Much of it is on flat surfaces, but there is a short section that is not. Please wear sturdy shoes or boots, and bring a stick or hiking pole (required) and water.

June Finer

Land Conservation Presentation

The Land Conservation Committee will present "Crossing the Wallkill: New Paltz Covered Bridges Then & Now", an illustrated talk by Ron Knapp on **Thursday, March 19 at 2 p.m.** in the PAC.

The talk focuses on three covered bridges built across the Wallkill River in the 1820s in the Town of New Paltz - New Paltz Main Street Bridge, Perrine's Bridge, and Phillies Bridge, then brings the stories forward into the 20th century.



Today, Perrine's is the only one of these three still standing, but is now in the Town of Esopus. The abutments of Phillies, the covered bridge having collapsed in 1952 and then burned, are now in the Town of Gardiner. The history of the New Paltz Bridge at the foot of Main Street is complex. Newly discovered evidence helps tell its story.

Ron Knapp is a cultural/historical geographer who taught at SUNY New Paltz from 1968 to 2001, when he retired as SUNY Distinguished Professor Emeritus. He has authored or co-authored more than 20 books, including some on covered bridges in the U. S. and China. Two of these will be available for cash or check sale at the talk.

As background, folks may want to read Knapp's 2021 article "In Search of America's Covered Bridges" that focuses on these three bridges across the Wallkill. The article is online at

<https://built-heritage.springeropen.com/articles/10.1186/s43238-021-00028-8>

Larry Randall, Land Conservation Committee Chair



Do you like Singing Folk Songs?



The WP folk singing interest group next meets on **Friday, Mar. 15 at 2 p.m.** in the PAC and invite you to join them! They'll be singing songs from Scotland and Ireland. If you'd like to attend, please sign up at the Concierge so that enough song sheets can be prepared.

March Tea Talk



During this month's Tea Talk on **Monday, March 11 at 2 p.m.** in the PAC we will be celebrating National Girl Scout Day (which is actually March 12.) All former girl scouts and leaders are especially invited to come share your experiences!

Marilyn Mallue

Meet Your New Neighbor!

We are delighted that so new residents are calling Woodland Pond their home. Meet one of our newest, from the local area. Please invite your new neighbors to lunch, dinner or an activity.

Compiled by Halema Hassan

Susan Shaw ~ Apt. 520



Susan grew up in New Orleans, LA. She came north to Vassar College in Poughkeepsie, majoring in Art History. After college, she moved to Palo Alto, Ca., where she was the Slide Librarian in the Art History Department at Stanford University. She left there to travel, returning to

Poughkeepsie, where she clerked for a lawyer under an old law and passed the NYS Bar Exam.

She moved to New Paltz and opened a private practice and was also a part-time law clerk in the Ulster County Surrogate's Court. She was happily married to Fred Shaw, a woodworker, entomologist, and lower school teacher, for 45 years. After her two daughters were born, she closed her private practice and became a full-time law clerk in the Surrogate's Court; and then, in the Office of Court Administration, Third Judicial District (Albany). She retired from the Court in 2013.

Since then, she has volunteered at the Samuel Dorsky Museum of Art at SUNY New Paltz, where she maintains the Online Collection website and writes for the Museum's Instagram site. She also enjoys botanical drawing, reading, movies, and going to museums and art shows.

Landscape Committee Resumes!

Are you interested in the lovely trees, shrubs, ponds and giant garden beds that surround our campus? Would you like to help us formulate our plans for revitalizing them and caring for them? Those



items are the concern of the Landscape Committee. (We are NOT concerned with the individual garden plots and planters outside the Art Studio. That is the focus of the WP Gardeners Interest Group.)

We were on hiatus for the winter. This month we'll resume monthly meetings on **the second Wednesday** of each month (**Mar. 13**) at **2 p.m.** in the Conference Room. If you're interested in what we do, you are welcome to attend our meetings. Hope to see you there.

Deborah Moore, Chair

Pond Pets

by Lucy Muller and Sally Schultz



"Milo moved to Woodland Pond last summer, with his owner Sally Schultz. A purebred Havanese (a breed developed in Havana, Cuba), Milo will turn five years old this year. He is adorable, and makes

many Woodland Ponders smile when he is out and about. It's a good thing he's cute, because he is quite strong-willed and often demanding. Since Sally raised him from a puppy, she must claim some responsibility for his domineering ways.

Before moving to Woodland Pond, Milo lived in High Falls, where he had an electric fence and acres to roam in. Chasing the resident deer herd - which mostly put up with his antics - was a favorite sport. One particular deer was his special friend, and when the deer were elsewhere, there were always mice, chipmunks, and squirrels to pester."

Life is different on the leash at Woodland Pond, but as he adjusts we hope he will love it, because we sure love to see him on his walks.

From the Health Center Committee



March 18, 2024, Tour of Health Center by Natalie Russak, Admission Coordinator for the Health Center **Signup at Concierge!** Tour leaves Independent Living Lobby at **1 p.m.!**

What's happening in the Health Center? You can find interesting information in their monthly newsletters. They are available at <https://woodlandpondnp.org/health-services> and there is a hardcopy in the IL library. The activity calendars for each unit are also available on our Woodland Pond website. You will see the wonderful selection provided by Sue Close and her activity staff.

Margaret Nijhuis, Committee Chair



Larry Randall caught some of the creative floats for the Mardi Gras parade the HC Activities staff organized last month.





100 Woodland Pond Circle
New Paltz, NY 12561
(845) 256-5600

Publication Designer

Gretchen Daum

Proof Readers

Lisa Cea
Sarah Leonard

Photography

Michele Caccavano
Gretchen Daum
Paul Fargis
Halema Hassan
Ronnie Sue Jaffe
Tyler Jones
Sarah Leonard
Yakov Pipman
Larry Randall
Artie Raphael
Shalom Schwartz
Fred Wolinsky

Contributing Writers

Dick Barry
Brigitte Blum
Michele Caccavano
Sue Close
Joe Cosentino
Gretchen Daum
Joy Dryer
June Finer
Ashley France
Anne Gordon
Halema Hassan
Grace Juhren
Anita Kantor
Sarah Leonard
Marilyn Mallue
Pastor Lyn Mehl
Kitty Mitchell
Deborah Moore
Lucy Muller
Margaret Nijhuis
Suzanne Orchowski
Ina Pottorff
Larry Randall
Evelyn Rosenthal
Jean Suttmeier
Billie Stevens

Assemblers/Distributors

Eileen Francesconi
Bernice Hummel



A Friendly Reminder ...



*Daylight Savings Time begins
Sunday, March 10*

*First day of Spring is
Tuesday, March 19*



At left: Ronnie Sue Jaffe captured one of our typically lovely late winter sunsets.



At right, Tyler Jones offers proof that the beavers are busy in the Millbrook Preserve!

March Highlights at a Glance

Friday, Mar. 1 at 3 p.m. - The Starlight Trio Musical Session [PAC]

Monday, Mar. 4 at 7 p.m. - ArtScope Opening Reception [PAC]

Friday, Mar. 8 at 2 p.m. - Historical Lecture: *The Dutch in NY* [PAC]

March 11, 13, 19, 21 - New Paltz HS PIGLETS visits

Tuesday, Mar. 12 at 2 p.m. - Tree of Faith program: Zorastrian faith [PAC]

Tuesday, Mar. 12 at 7:15 p.m. - *Murder He Wrote* [PAC]

Friday, Mar. 15 at 7 p.m. - Violin Students recital [PAC]

Tuesday, Mar. 19 at 2 p.m. - Land Conservation Program: *Crossing the Walkkill*: Guest speaker Ron Knapp [PAC]

Wednesday, Mar. 20 at 1:30 p.m.- Management Q&A [PAC]

Thursday, Mar. 21 at 2 p.m. - *Council Connections* [PAC]

Friday, Mar. 22 from 10 a.m.- 3 p.m. - Red Cross Blood Drive [PAC]

Saturday, Mar. 23 at 7 p.m. - Purim program [PAC]

Sunday, Mar. 24 at 3 p.m.- Piano/Vocal Recital: Benjamin Weil and James Stewart [PAC]

Tuesday, Mar. 26 at 3 p.m.- MH & Wellness program: Funeral Planning [PAC]

Tuesday, Mar. 26 at 7 p.m. - WP Playreaders performance: Stories by Grace Paley and James Thurber [PAC]

Wednesday, Mar. 27 at 3 p.m.- Residents' Assoc. Quarterly Meeting [PAC]

Friday, March 29 at 2 p.m. - Good Friday service [PAC]

