

The Health Center

at Woodland Pond

Contributors:

Philip Mehl, Lyn Mehl, Margaret Nijhuis, Suzanne Orchowski, Gretchen Daum

Woodland Ponderings

Health Center

May 2024

Layout, Editor:

Cynthia Carangelo

Photos:

Jane Basso, Larry Randall, Cynthia Carangelo, Krysten Pollard



What Does He Do, Anyway?

Hello and happy Spring.

I thought I'd use my allotted real-estate in the newsletter this month to chat about what happens during my average work day at Woodland Pond. After all, as the Administrator of the Health Center, residents, staff, and families have a right to know!

I generally arrive at work between 6:45 and 7AM. It is my goal to be available for the departing night shift should they ever need to talk to me. After all, it is my responsibility to ensure that all shifts of this 24 hour operation have access to me. Then, coffee in hand, I begin

what I find to be the single most important quality assurance work that I do all day: I pull a report for progress notes from every discipline on every resident in the health center for the last 24 hours. This reading allows me to have an understanding about what is happening with every resident as well as the challenges and needs the staff may have in meeting the needs of the residents. Are pertinent disciplines aware of changes? Have the residents' respective care plans been updated? Were there any incident reports that require a team discussion to determine root cause and preventative interventions?

Next come daily report meetings. Here, representatives from all disciplines gather to discuss how each resident is doing and how we are addressing their health and psychosocial needs. We also review incident and grievance reports. These meetings are very collaborative and all voices matter. Issues discovered in

chart review are also reviewed. As one might imagine, new issues and priority situations may unexpectedly arise and thus determine focus and direction for much of the day. In some instances, an issue may derail anything that had been planned for the rest of the day. That is life in healthcare. There is constant interdisciplinary triaging to determine where resources and efforts are channeled.

Once back in my office, I try to go through my emails of the last 12-24 hours. It is my intention to answer every email in that time frame. Frequently, one of these emails will reveal a new regulation or mandate from the *numerous* regulatory bodies. This requires system analysis, policy changes, and staff education. Late mornings and afternoons often consist of the various meetings and committees that occur around Woodland Pond. These may be Quality Assurance Meetings, Safety Committee, employee evaluations, Health Center Committee, requested staff, family or visitor appointments, and departmental ad hoc meetings.

Before I leave for the day, I do an assessment to make sure all urgent issues are addressed or in the process of being addressed before we do it all over again the next day. Some days I have a bit of lunch in my father's room and take a coffee break in my mother's room in the afternoon, time permitting. No day is ever the same but the focus is. I am so fortunate to be surrounded by some of the best professionals in the field and I look at it as my absolute honor and obligation to support them as they are the faces of each resident's care and well-being.

Philip Mehl, Health Center Administrator

Memorial Day Observance



On **Friday, May 24 at 2 p.m.** residents are invited to the annual Memorial Day observance in the Health Center Great Room as we present a program of readings and music to honor the fallen.

WP veterans, members of the Interfaith Committee and the Handbell Ringers will be leading the program.

On **Monday, May 27 at 2 p.m.** in the Health Center Great Room, pianist Justin Kolb will present a program of music by American Composers.

ROVE Employee Profile

From the ROVE Committee

Anyone who's ever waited tables in a restaurant knows it's not an easy job. The same is true for serving in a senior residence, but Monique Lawrence has a knack for making it look easy.

Monique graduated from New Paltz High School in 2021 and has worked at Woodland Pond for 2 ½ years, always in dining. This is her first job and she wanted to work here to learn to communicate with seniors. She considers it to be a good experience, meeting with the residents and staff and says she has learned to be more patient dealing with people.

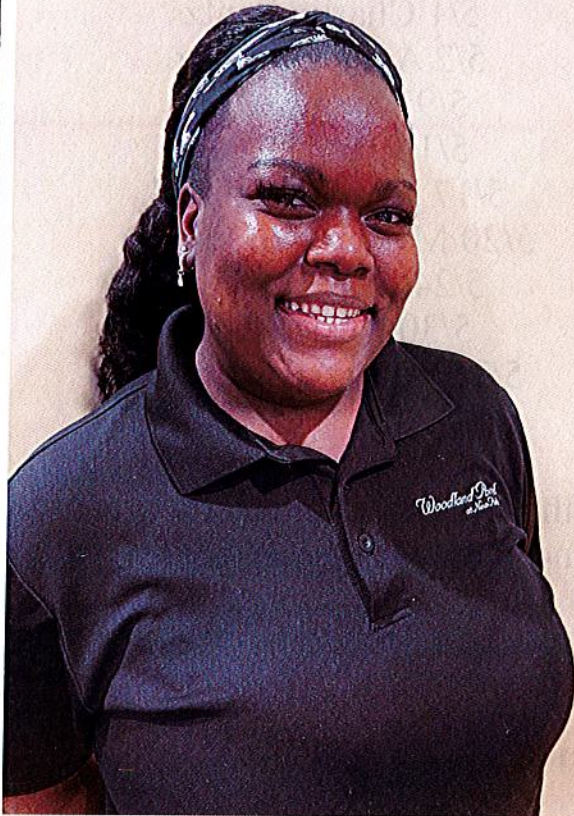
Recently she has been trained to work the Hostess desk and in the Pub.

Monique works out in a gym, which helps her lift and carry heavy trays with four or more plates (sometimes up to an incredible eight).

When not at work Monique enjoys hanging out with family and going shopping. She is the youngest of three girls.

In the fall Monique will start nursing training with a goal to specialize in pediatric nursing, and hopes eventually to work in a hospital setting. Monique is one of the Woodland Pond employees who benefits from your donation to ROVE (Reward Our Valued Employees).

Suzanne Orchowski, ROVE Committee Chair



Happy Birthday, May!

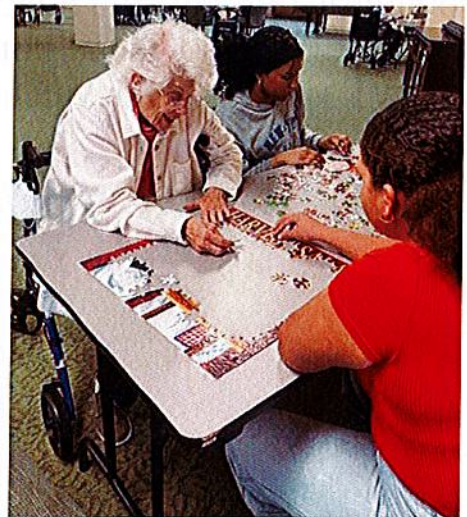
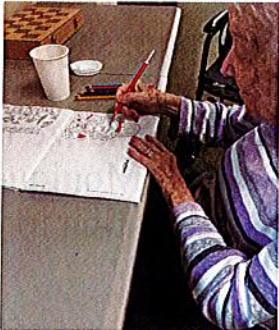


5/1 Charlie Lantz
5/2 Anna Greising
5/9 Doug Logan
5/16 Jack Dacey
5/17 Joan McDonald
5/20 Myrna Weisselberg
5/24 Delly Epstein
5/30 Nessie Karp
5/31 Mary Alice Scully

Please join us on May 22nd for our May birthday party with entertainment by Bill and Wayne!

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

In April the P.I.G.L.E.T.S. (Participation in Government, Literature, Economics for Today's Students), seniors from New Paltz High School, made a return visit Woodland Pond to join our Health Center residents in playing a variety of board games!



Special Programs

Programs in Great Room unless otherwise noted

Therapeutic Art Class with Michelle Eddison
Mondays, May 6th and 20th for AL/SN at 10:30am
Tuesday, May 14th at 9:30am *in the GVDR*

Jazz Pioneers Band (rehearsal)
Mondays, May 6th and 13th from 7–9pm in the GR

Music with Bill Nastasi
Saturdays, May 11th at
1pm *in the GVDR* and 2:15pm *in the SN Lounge*

Guest Speaker: Susan Slotnick
Tuesday, May 7th at 2pm

Mother's Day Music with Kathy Lawrence
Sunday, May 12th at 2pm

Woodland Pond Dulcimers Concert
Monday, May 20th at 2pm

May Birthday Party with Bill and Wayne
Wednesday, May 22nd at 2pm

Memorial Day Observance
Friday, May 24th at 2pm

Classical Pianist Justin Kolb: American Composers
Monday, May 27th at 2pm

Art Appreciation with Michelle Eddison: Female Artists Part II
Tuesday, May 28th at 2pm

Music Appreciation: Debussy
Wednesday, May 29th at 2pm

May 1L Highlights at a Glance

Wednesday, May 1 at 3 p.m. - WP Folksingers [Courtyard]

Thursday, May 2 at 1 p.m. - Meet the Author: Betty McDonald [PAC]

Monday, May 6 at 7:30 p.m. - Travelogue with Peter Brown [PAC]

Tuesday, May 7 at 7 p.m. - Hudson Valley Flute Ensemble Spring Concert [PAC]

Friday, May 10 at 3 p.m. - Simple Melodies with *The Starlight Trio* [Courtyard]

Monday, May 13 at 7 p.m. - IBM Chorus Spring Concert [PAC]

Wednesday, May 15 at 1:30 p.m. - Management Q&A [PAC]

Wednesday, May 15 at 7:15 p.m. - An Evening of Musical Potpourri [PAC]

Thursday, May 16 at 2 p.m. - *Council Connections* [PAC]

Monday, May 20 at 7 p.m. - New Paltz Garden Club Mtg w/Guest Speaker [PAC]

Wednesday, May 22 at 2 p.m. - Dulcimer Players Spring Concert [PAC]

Thursday, May 23 at 1:30 p.m. - Tree of Faith Program [PAC]

Friday, May 24 at 2 p.m. - Memorial Day Observance [HC Great Room]

Tuesday, May 28 at 7:15 p.m. - WP Playreaders Performance [PAC]

Wednesday, May 29 at 2 pm. - English Country Dance Demonstration [PAC]

Wednesday, May 29 at 7 p.m. - Bachfest Concert [PAC]



Guest Speaker Susan Slotnick

Tuesday, May 7th at 2pm

Please join us in the Great Room for a special presentation by Susan Slotnick. She will be showing and discussing her prize-winning short film "The Game Changer." The film is about her groundbreaking dance company inside maximum security men's prisons.

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



Nancy Hetzler
Bob Waugh
Ruth Decker

Spring has officially sprung at Woodland Pond, as seen in the beautiful photos below (courtesy of resident Larry Randall.) Please spend some time outside in the many wonderful outdoor spaces that Woodland Pond has to offer! Activities will start to take place outside and if you'd like to get outside for a walk, please let nursing or activities staff know so we can arrange to get you there!





Meet Your Neighbor: Nancy Bovee

As told to Cynthia Carangelo

Nancy was born in Camden, NY in 1943 in her grandmother's house. She had four sisters and one brother and Nancy was the second to youngest. Her father was a lumberjack for many years before he started working for Camden Wire (now International Wire). Her mother worked at Rochester

Shoe Tree making shoe stretchers.

When she was about three years old, her family moved to Illion, NY to be near her maternal grandmother. They eventually moved to Hoffmeister, which is up in the Adirondacks. They lived at a one-house camp before moving into a bigger house. One sister stayed in the house with her parents while Nancy and her other siblings slept in a tent in the yard. When she was attending school, she had the longest bus ride in New York—almost 31 miles! She remembers it as being a fun ride.

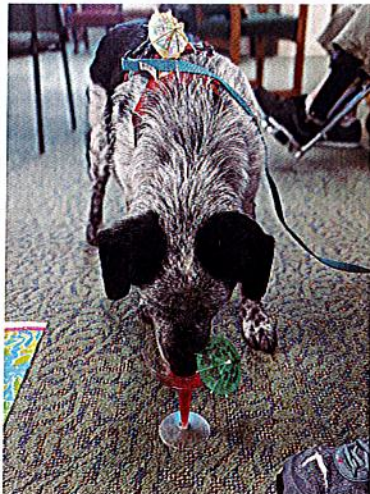
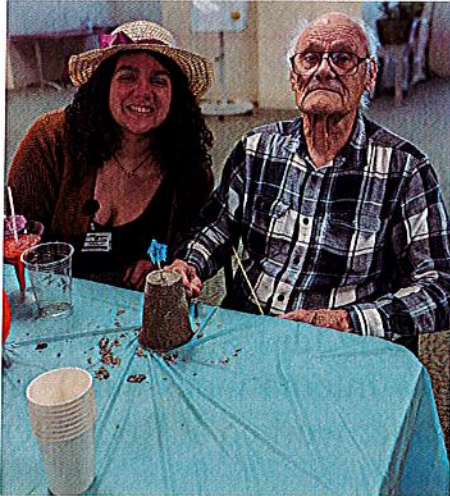
They eventually moved back to Camden where she met her husband. She knew his brother before she knew her husband. They met by accident and she didn't really like him at first! But as they began to hang out with another couple they began to fall in love. They were 15 years old at the time and married when they were 17.

Nancy and her husband had three daughters together—Pip (aka Nancy, but Nancy didn't want to be yelling out her own name all the time!), Cindy, and Shari. Both Nancy and her husband worked at International Wire. Her husband worked there from the time he was 18 to the time he retired. After working there for 15 years he became a foreman and then went on to be the "head cheese" without ever having a high school diploma! He also worked at the bowling alley setting pins—there were no automatic setters back then! He was going back to school when he got sick. Nancy also spent time working at Rochester Shoe Tree and as a cashier at Super Duper. She remembers that their mortgage was \$75 per month, which was expensive at the time!

Nancy was also a handywoman. She knew how to sheetrock, paint, wallpaper, tile, and roof. She also knit and crocheted many items. In all of her "spare

Spring Break!

Woodland Pond went back to the “college days” for a Spring Break Party! We looked for lost items with our metal detector, built sand castles, got “tatted up” and drank some strawberry daiquiris!

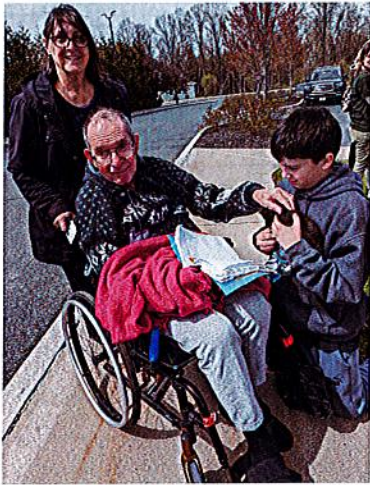



SPRING
Break
2024



Petting Zoo at Woodland Pond!

Thank you to Hope Farm Animal Rescue in Saugerties, NY for visiting us at Woodland Pond with plenty of fun animals to pet! We got to hold baby bunnies and guinea pigs, play with baby ranch foxes, feed goats, and brush horses!





time,” she made birthday and wedding cakes, but never charged for them because she couldn’t justify the prices—“I could have been a millionaire!”

Nancy lived in Spring Brook for 15 years before her daughter Pip had her move to Woodland Pond to be closer to her. Nancy now has 5 grandchildren and (“at last count!”) 16 great-grandchildren! Fun facts about Nancy: she loves black coffee and will drink it all day and she likes her room super cold, so be sure to bring a jacket when you visit!



Thank you to TK Floral Designs in Modena for supplying us with “bunches” of flowers for our flower arranging program. We will be partnering with them in the future months as they donate unused flowers for us to decorate Health Center residents rooms with!

Upcoming Meetings

Skilled Nursing Resident Council

Tuesday, May 14th at 2:00pm in the SN Dining Room

Assisted Living Resident Council

Tuesday, May 14th at 2:30pm in the Great Room

Activity Planning Meeting

Friday, May 3rd at 3pm



Please note:

The re-run of Michelle's weekly update will be shown in the Great Room on Tuesday's at 4pm.

New Sunday Programming!

Please join us in the Great Room on Sundays, May 5th and 19th at 10:30am for a religious program hosted by the Seventh Day Adventists. The program will begin with a bible-based public talk followed by a Watchtower study.

All are welcome!

ARE YOU INTERESTED?

QAPI = Quality Assurance/Performance Improvement.

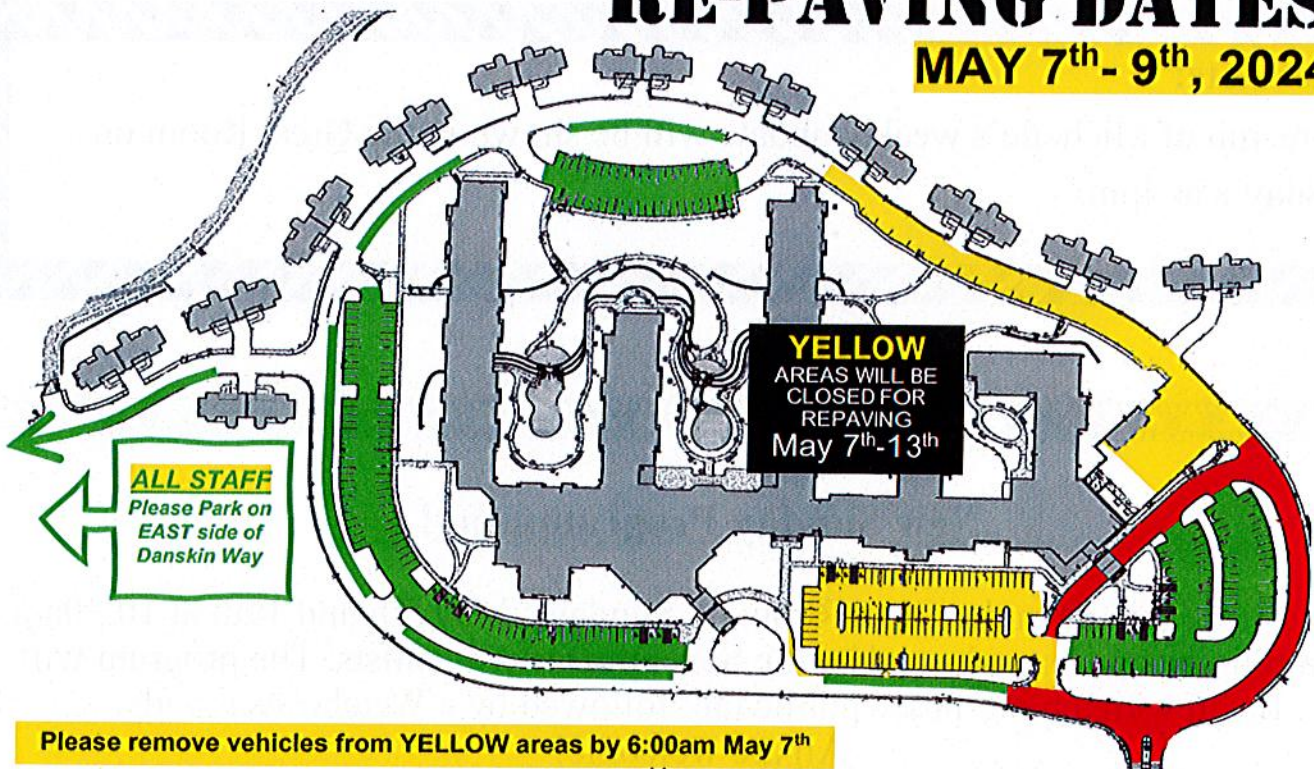
All levels of care at the Health Center are required to have a formal QAPI program. The QAPI program should be inclusive to residents, staff (management and frontline) and visible to visitors and families. The Woodland Pond Board also sends a representative. Any and all aspects of care and life at Woodland Pond can and should be reflected in QAPI. This can range from missing laundry to pain measurement scales and medication errors. The meeting occurs quarterly and the assistant to Philip Mehl, Karen Barahona, coordinates it.

The recent regulations are stressing participation from residents. If this sounds of interest to you would you please contact Karen (845-256-5972 or KBarahona@wpatnp.org) to discuss your participation.

~Margaret Nijhuis

RE-PAVING DATES

MAY 7th - 9th, 2024



Please remove vehicles from YELLOW areas by 6:00am May 7th

Please Park only in GREEN areas May 7th - May 13th

NO PARKING IN RED AREA



Woodland Pond Volunteer Appreciation Social

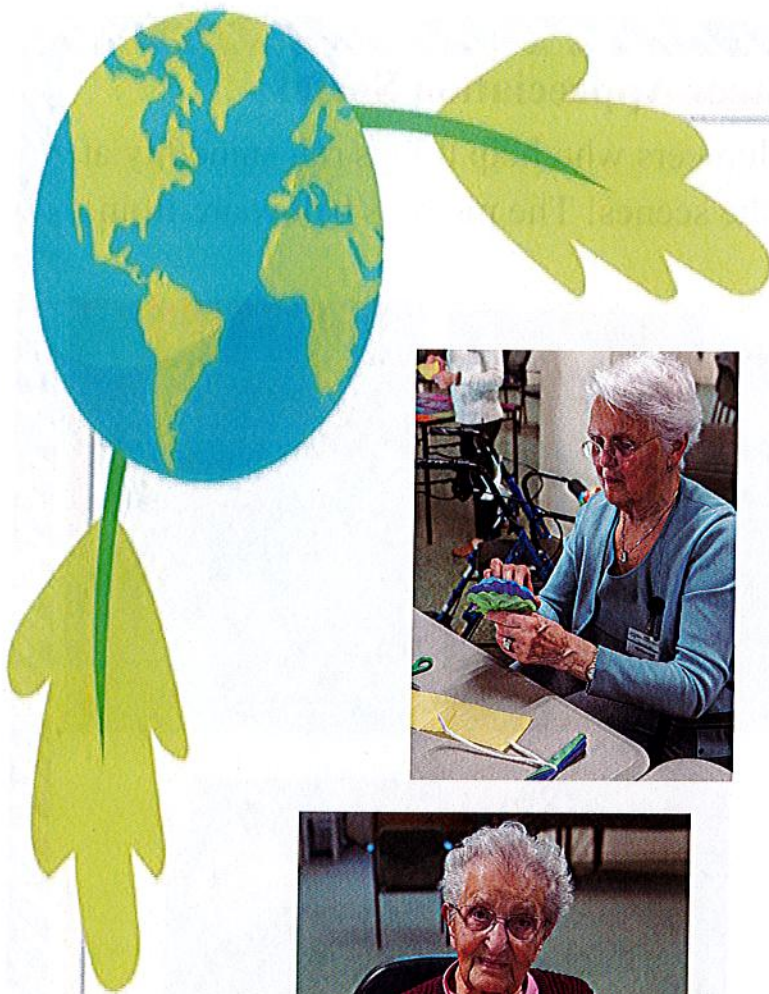
A huge thank you to our many volunteers who help things run smoothly at Woodland Pond behind and in front of the scenes! The pictures below are from our recognition social in April.



Memorial Service for Nancy Hetzler

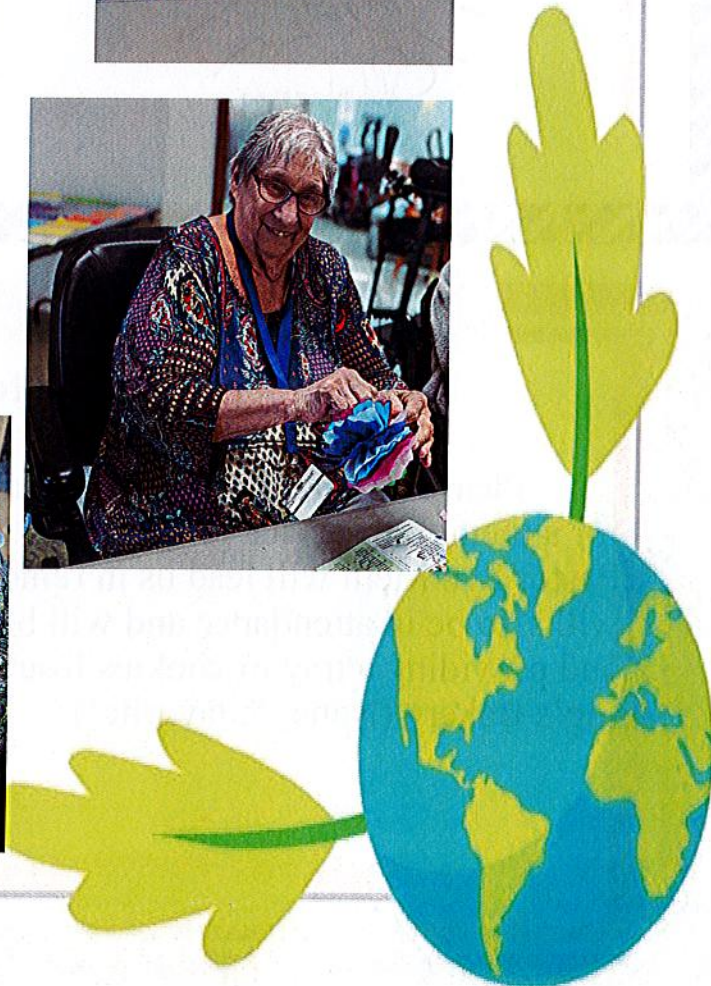
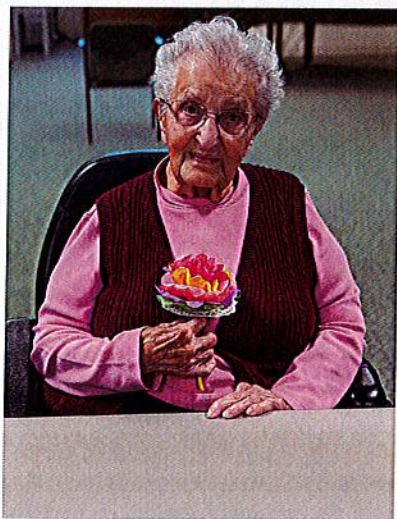
Please join us on Thursday, May 2nd at 2pm in the Great Room for a memorial service for Nancy Hetzler, who passed away in April. Pastor Lyn Mehl will lead us in remembrance. Nancy's niece Deb, will also be in attendance and will be showing a slideshow of pictures and providing a tray of cookies from Deising's Bakery (Nancy's favorite!)

*in loving
Memory*



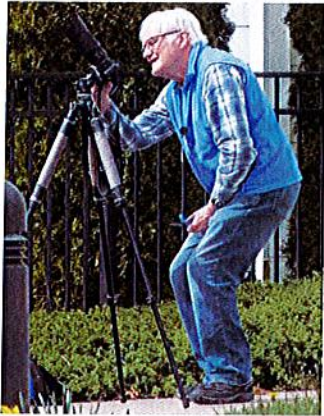
Happy Earth Day 2024!

Thank you to Barbara Lee Rubin, Margaret Nijhuis, and Cynthia Fisher for helping our Health Center residents celebrate Earth Day making beautiful tissue paper flowers together!



Solar Eclipse!

Residents and staff throughout the community building joined together to view the solar eclipse on April 8th!



SECOND SATURDAY WORSHIP WITH PASTOR LYN

Pastor Lyn Mehl will NOT be having Second Saturday Services on May 11 due to her recovery from surgery. We will resume gathering on June 8.

Church Services

(held in the PAC in IL)

Catholic Mass

Thursday, May 2nd at 11:15am

Mass with Father Burke

Sunday, May 12th at 11:00am
(in the Great Room)

Episcopal Service

Thursday, May 16th at 11:15am

Eucharistic Visits (all units)

Sundays with Daniel &
Thursdays with Fran.

Prayer Group:

All Are Welcome!

Meetings are held every Wednesday at 4pm in the Meditation Room.

Prayer requests can be left in the box outside of the Meditation Room.

Sunday Rosary

Sundays, May 12th and 26th at
11:30am

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

Your Hudson Valley Ombudsman Contact Information

Hudson Valley LTC Ombudsman Program

82 Washington Street, Suite 201A

Poughkeepsie, NY 12601

Phone: 845-229-4680

Email: theresa@ltccc.org



Woodland Pond
at New Paltz

200 Woodland Pond Circle
New Paltz, NY 12561

Woodland Pond Department Numbers

For those residents that switched to Spectrum (AL/GV) you will need to dial 256 before each extension. If you reside in Skilled Nursing you only need to dial the extension. You will need to dial 9 before calling outside of WP.

Contacts

Activities Department- Cynthia & Arlene/ Jane & Sarah	5968/5681
Director of Activities- Sue Close	5917
AL/GV Nurse Manager- Marian Malcuit	5703
AL Nurses Station- South	5786
AL Nurses Station- West	5930
Billing Coordinator- Melissa Henneberger	5524
Clinical Nutrition Manager-	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- Deb Vining	5928
Director of Social Services- Nicole Petit	5931
Social Services Coordinator- Jasmine Olivier	5918
GV Nurses Station	5941
Hair Salon- Sharon	5712
Hostess Station	5963
Medical Services Coordinator- Charlene McCumber	5920
President and CEO- Michelle Gramoglia	5501
Reception	5910
Resident Services Director- Sarah Leonard	5900
SN Nurse Manager- Gia Depuy	5704
SN Nurses Station	5921
Dining Systems Specialist- Faith Lewis	5795