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Neighbors



WoodlandLife

Vol. 15, No. 5

May 2023

Woodland Pond and Alzheimer's Association Begin Collaboration



Woodland Pond has become a community partner with the Alzheimer's Association to bring our immediate and local community resources together to face the challenges that

Alzheimer's disease and other dementias bring to individuals and families.

Leadership has decided to be a sponsor for the Association's annual October fundraiser, *Walk to End Alzheimer's*, scheduled to take place on **Saturday, Oct. 14** at the Walkway Over the Hudson.

As a sponsor and community partner it is our job to represent Woodland Pond while promoting the Alzheimer's Association. Woodland Pond will have a team of residents, staff, and families participating to support our community members and friends.

Please save the date of the walk and be on the lookout for fundraising information. We are excited to share this information and hope you choose to participate with us in some capacity. Let's make an impact and make a difference!

Kamryn Ilgner, Strategic Initiatives Specialist

Woodland Pond Adopts a Highway



Woodland Pond is now enrolled in the New York State Department of Transportation *Adopt A Highway* program. For the first cleanup, scheduled on Monday, May 1, Land Conservation Committee members and management volunteers will be trained to safely and properly pick up roadside trash.

Subsequent events will be open to more members of the Woodland Pond community. "Our" mile is on NYS Rte. 299 before and after Lowe's shopping center. Look for the blue sign!

*Dave Smith
for the Land Conservation Committee*

Memorial Day Observance



On **Monday, May 30 at 2 p.m.** residents are invited to our annual Memorial Day observance in the Performing Arts Center as we present a program of songs and readings to honor the fallen.

Members of the Interfaith Committee and the Handbell Ringers will be assisting in the program.



WP Benefit Fund Committee Update



Last month the Fund received a generous gift in memory of a former resident. In part, the note accompanying the check read: "With a big thank you to the staff who cared for (name)." This is a reminder to us all that this is a good way to commemorate a friend or relation, or express our gratitude towards the Health Center staff who care for our loved ones.

Be sure to tune in to WPTV (channel 1340) to hear Anne Gordon, a guest on *Council Connections* on **Thursday, May 18 at 2 p.m.** in the PAC. Everyone is invited to come with their questions and comments. Many thanks!

Anne Gordon, Committee Chair



May meetings of your Residents' Council will occur on **Thursdays, May 4 and May 18 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 one session on **Thursday, May 18**, with special guest Anne Gordon, Chair of the Resident Benefit Committee. She will be interviewed by Dave Smith.

June Finer, Corresponding Secretary

From Woodland Pond's Board of Directors

The numerous and varied financial aspects of a large, incorporated entity such as Woodland Pond require careful, vigilant and knowledgeable attention. We are fortunate to have a President and CEO whose professional background is strongly grounded in finance and therefore fully understands our many complex financial matters. We benefit further from a Director of Finance who demonstrates a talent for making the details of management's financial decisions understandable to our residents.



While not every Board member has to be steeped in financial acumen, it is important for some of its members to have broad experience in financial dealings in order to fulfill the Board's supervisory responsibilities. To that end, we can count among our members a significant number whose livelihoods have centered on finances. We have two certified public accountants, a retired managing director of a New York City bank, the owner of an investment advisory firm and a retired veteran of tax-exempt/public finance portfolio-management teams. Additionally, several of our other members have held or presently hold leadership positions in various fields requiring the building and supervising of large budgets. All these varied experiences enable your Board, together with management, to make astute short-term and long-term decisions for the continued financial health of Woodland Pond.

Dick Barry, Secretary

From Dining Services



Are you ready for Cinco de Mayo? On **Friday, May 5** we'll be offering a special menu for dinner service in the Dining Room.



We will be serving a Mother's Day Brunch on **Sunday, May 14** with three seatings at 11:30, 12 and 12:30. Reservations must be made by Wednesday, May 10.

Ashley France, for the Dining Team



ArtScope Exhibit



New Exhibit Begins This Month!

Cathy Copeland is a representational landscape artist who specializes in pastel painting. She has earned both national and international awards for her paintings. She describes herself as an observer of nature who strives to capture the image as well as the feeling of the moment in her paintings. She has a strong sense of movement through her use of energetic mark making and dramatic depiction of light and shadow. Cathy is an Associate member of the Pastel Society of America as well as a member of The Connecticut Pastel Society and The Adirondack Pastel Society.



John Fischer is a photographer who grew up in Ulster County, in Tillson. After leaving the area for several years to work a desk job in Boston, John became a traveler in 2010. While he visited all 50 states and several countries, he also started enjoying spending more and more time back in Ulster County, taking photographs, reconnecting with old friends, and meeting more people. In 2018, after finding success with his local photography, John settled back down in Kingston, and released his book *Ulster County - Discovering Home*, which is a collection of photos and writing about John's experience of returning home again.



Opening Reception
Monday, May 8 at 7 p.m. (PAC)

Creativity flourishes at Woodland Pond



Interest Groups



Book Club: First Tuesdays at 7 p.m. [CR]
Bingo: Wednesday, May 3 at 1 p.m. [AS]
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]
Gardeners: Thursday, May 4 at 11 a.m. [AS]
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]
Table Games: Mondays at 7 p.m. [ClS] and Saturdays at 2 p.m. [Art Studio]
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]
Playreaders Group II: Thursdays at 4:15 p.m. [AS]
Poetry Group: Friday, May 26 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]
Shalom Space: Fridays at 4 p.m. [ClS]
Short Story Group I: 1st & 3rd Tues., 4 p.m. [ClS]
Short Story Group II: 2nd & 4th Tues., 4 p.m. [ClS]

Continued next column

Interest Groups continued:

Social Bridge: Tuesdays and Thursdays from 12:30-3:15 p.m. [GR]
Spanish Chat: Wednesdays, 11:15 a.m. [AS]
Table Games: Mondays, 7pm [CL] and Saturdays at 2 p.m. [AS]
Variety Film Series - Fridays, May 12, 19, 26 at 1 p.m. [PAC]
Watercolor Class: Mondays, May 1 and May 29 at 10 a.m. [AS]
Women's Tea: Mondays at 2 p.m. [ClS] (2nd Monday Tea Talk in the PAC).

Committee Meetings for May

Library Committee - Monday, May 1 at 12 p.m. [ClS]
 Contact: Virginia Cannon, Chair
Finance Review - Monday, May 1 at 1 p.m. [CR]
 Contact: Dave DeWilde, Chair
Dining - Tuesday, May 2 at 10 a.m. [GR]
 Contact: Joan Kleinegris, Chair
Physical Plant - Wednesday, May 3 at 10 a.m. [ClS]
 Contact: Deborah Moore, Chair
Décor/Design - Thursday, May 4 at 1 p.m. [CR]
 Contact: John Ortner, Chair
R.O.V.E. - Monday, May 8 at 11 a.m. [Game Room]
 Contact: Suzanne Orchowski, Chair
Welcome - Tuesday, May 9 at 11 a.m. [GR]
 Contact: Alice Cross, Chair
Landscape - Wednesday, May 10 at 2 pm. [CR]
 Contact: Deborah Moore, Chair
WP Benefit Fund - Wednesday, May 17, 10 a.m. [CR]
 Contact: Anne Gordon, Chair
Land Conservation - Friday, May 19 at 3 p.m. [ClS]
 Contact: Dave Smith, Acting Chair
Interfaith - Monday, May 22 at 10:30 a.m. [GR]
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary
Health Center - Tuesday, May 23 at 1 p.m. [ClS]
 Contact: Margaret Nijhuis, Chair
Sustainability - Wednesday, May 24 at 2 p.m. [ClS]
 Contact: Dawn Sangrey, for Steering Committee



From the Library
A Book Review

The Things They Carry by Tim O'Brien

Memorial Day mourns those who died while serving their country. Woodland Pond Library's Book of the Month is Tim O'Brien's *The Things They Carried*. It is considered one of the finest books about the Vietnam War.

Part fiction, part memoir, it is a brutal narrative about how a soldier endures pain, terror and grief under pressure of war. A major theme examines the physical and emotional burdens carried along with the guns, gear and downpours, as the soldiers march through the jungles of Vietnam. The book is composed of stories that reflect memoirs, doubts and guilt.

The Things They Carried was a finalist for the Pulitzer Prize and received vast national acclaim. An award winner, Tim O'Brien's haunted memories prompted serious discussion about the war.

Anita Kantor, for the Library Committee

LIBRARY USE HINT- Our library runs on donated books and we have a policy for donating books. If you wish to donate a book or two drop it in the basket labeled for donated books. If you have a stack of books to donate PLEASE contact the Library Committee chair (Virginia Cannon) to make an appointment for committee members to come to your home to evaluate the books. Too often books that are unsuitable for the library are being "dumped" in the library donation basket.

PAC Movies

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



First Friday Classic Movie: In the spirit of Kentucky Derby weekend enjoy the 1944 horseracing classic *National Velvet*, starring a young Elizabeth Taylor and Mickey Rooney, on **Friday, May 5 at 7 p.m.**

Opera Night: This month is for Gilbert & Sullivan fans with *The Yeomen of the Guard* up first on **Friday, May 12 at 7 p.m.** and *The Mikado* on **Friday, May 26 at 7 p.m.**

The Friday Variety Film Series at 1 p.m. returns with an Alfred Hitchcock Festival on three Fridays: *The Trouble with Harry* on May 12, *I Confess* on May 19, and *Sabotage* on May 26. (Note:) Bob Brunet's weekly series will be on hiatus the rest of the spring and summer and will pick up again in October.

Bus Trips for May
Sign Up at the Concierge Desk



Wednesday, May 3 at 2 p.m. – Woodland Walkers outing to walking on the trails of the Mohonk Preserve from their Spring Farm trailhead.

Thursday, May 4 at 7:30 p.m. – The SUNY New Paltz College Community Chorale, Concert Choir and Chamber Singers present their final concert of the season at Studley Theatre. Depart at 6:45 p.m.

Friday, May 5 at 10:30 a.m. – Shopping trip to the Middletown Galleria

Sunday, May 7 at 3 p.m. – Rhinebeck Performing Arts Center presents *Hello Dolly*. Depart at 1:45 p.m.

Wednesday, May 10 at 7 p.m. – The Bardavon presents "Step Afrika." Depart at 6 p.m.

Thursday, May 11 at 7 p.m. – Katherine Duke and members of the Erik Hawkins Dance company perform at the Freedom Plains United Presbyterian Church in LaGrangeville. Depart at 6 p.m.

Friday, May 12 – Day Trip to Albany with a stop at the Washington Square Park to view the tulips showcased at the Annual Tulip Festival then to the Colonie Center for lunch and shopping. Depart at 9:30 a.m.

Wednesday, May 17 at 10:15 a.m. – Outing led by Fitness Instructor Grace Juhren to the Walkway over the Hudson and a stop at the Frozen Caboose ice cream shop.

Friday, May 19 at 7 p.m. – Chamber Music and Dance concert at the Senate Garage in Kingston. Depart at 6 p.m.

Sunday, May 21 at 1 p.m. – The Bardavon's Met HD Encore presents a live satellite broadcast of Mozart's *Don Giovanni*. Depart at 12 noon.

Wednesday, May 24 – Early Dinner Adventure to Yobo Oriental Restaurant in Newburgh. Depart at 4:30 p.m.

Book Club

The Book Club meets **Tuesday, May 2 at 7 p.m.** in the Conference Room. Our discussion will be on *Secrets of a Charmed Life* by Susan Meitner, which we have been reading during April.



New members are always welcome to join us!

Michele Caccavano

Wellness Notes Be TICK Aware!



May is a wonderful time of year. Everywhere you look the trees and flowers are blooming and the grass and yards look greener every day. We now return to many more outdoor activities. Changes in climate patterns, like the warmer winter we just had, can allow ticks to be more prevalent. A bite from a tick can transmit several diseases, including Lyme disease and Babesiosis.

The Spring is when ticks come out of hiding. The Hudson Valley has a distinct focus area of tick population. It's important to be proactive and to safeguard yourself from tick bites and the tick-borne diseases they carry.

Here are some actions to take so you can enjoy this season:

- * Wear light-colored clothes and cover the skin with long pants and sleeves
- * Avoid highly dense brush and woods - stay on a path
- * Routinely do a tick check after you come inside - a magnifying glass can help
- * Take a shower within 2 hours of coming in from outdoors
- * Place jackets / clothes in the dryer for 10 minutes
- * Use insect repellent as directed by the label. The longer you are outside the more chances there are for ticks – you may need to re-apply the insect repellent. Ticks do not like the scent of essential oils such as lemon, cinnamon and peppermint.
- * If you find a tick, remove with pointed tweezers. Grasp as close to the skin as possible, pull upward. Wash the area well and be aware of any signs of fever, chills, headaches, body aches, rash and muscle/joint pain. Note the date of the tick findings and call your MD for instructions.
- * It is also important to regularly check your pets for ticks and follow the veterinarian's suggestions for prevention.

Don't give up on enjoying your outdoor activities. The best defense is to protect yourself and your pets!

Wellness wishes,

Mary Jo

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

Mental Health & Wellness May Program

Building Resilience in the Age of Anxiety - Part II

Have you felt more anxious than usual these last three years during the pandemic? If so, you are not alone. To learn what you can do about it, attend the presentation by Dr. Amy Nitza, Executive Director of the Institute for Disaster Mental Health at SUNY New Paltz, on **Wednesday, May 17 at 3 p.m.** in the PAC. *This is a follow up to Amy's presentation in November 2022. In this presentation, she will be focusing on resilience.*

A Round Table discussion of the session will be held **Friday, May 19 at 11 a.m.** in the Conference Room.

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

Sarah Leonard, Resident Services Director

Important Tick Talk

All are welcome to attend an important informational session



Knowledge & Attention for Prevention & Early Detection of Tick-Borne Illnesses

Tuesday, May 16 at 2 p.m.
In the PAC

Participants will receive a free tick remover.

Presented by the Ulster County Dept. of Health and sponsored by the Land Conservation Committee



A Fitness Note from Grace

We have a lot of exciting things coming in May with our fitness activities. See below and don't forget to look at your calendars!

Wednesday, May 10 at 1 p.m. - Spring Health & Wellness Fair in the PAC.

Wednesday, May 17 at 10 a.m. - Trip to Walkway over the Hudson (please sign up at Concierge)

Wednesday, May 24 at 2 p.m. - Fitness Center Workshop

Our Yoga Party last month was a big hit!

Newcomers are welcome to attend Deborah Moore's yoga classes on Mondays and Fridays at 10 a.m. in the PAC.



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

A Note from the WP Gardener's Group



The newly re-formed Gardeners Group will meet **Thursday, May 4 at 11 a.m.** to continue their planning for this year's growing season in the Resident Community Garden outside the Art Studio. All green thumbs are welcome to join in the discussion!

Questions? Call or email Jean Suttmeier at 845-256-5638 or JSPines@gmail.com.



Ron Jay Johnson hosted a Veteran's Café for WP vets in April month as part of Hudson Valley Hospice's community outreach services to area veterans.



Benjamin Weil and Jim Stewart performed a lovely recital last month, a program of all Schubert music they dedicated in memory of WP resident Bill Swetow.

Calling all Woodland Pond Gardeners and Garden Lovers!

The New Paltz Garden Club is hosting their May meeting at Woodland Pond on **Monday, May 15 from 6-7:30 p.m.** in the PAC and invite interested Woodland Pond residents to attend. They will have a guest speaker from the Mill Brook Preserve and will provide refreshments, a raffle and a gardening Q & A. They look forward to meeting you and sharing their knowledge about the Garden Club and gardening in the Hudson Valley. After the meeting the Garden Club members will pay a visit to our Resident Community Garden.



The New Breaks Bluegrass Band's open rehearsal last month was great fun - a big crowd showed up to listen! [Photo by Lisa Cea]



Check out the new trail sign on Danskin Way made by Paul Fargis and Al Chasan.

Travelogue Reprise

For those who missed Rolf Nijhuis's presentations to the Men's Coffee and the Women's Tea groups about the trip he and Margaret recently took to Vietnam (or would like to see it again), he has kindly agreed to repeat the program on **Tuesday, May 9 at 7 p.m.** in the PAC.



The *Mindfulness of Life* ~ *The Way of Meditation* group will next meet on **Tuesday, May 9 at 11 a.m.** in the Art Studio. Newcomers are always welcome!



Attention Bingo Fans ...

Viv Stoner invites you to come to BINGO on **Wednesday, May 3 at 1 p.m.** in the Art Studio. \$2.00/card and jackpot prizes in store! Bingo is the **first Wednesday** of the month.



Woodland Pond



Fitness Instructor Grace Juhren took this photo of a recent group walk on our WP trails to catch signs of Spring. See the Fitness Calendar page for days and times for Grace's weekly walks. Join us!

Scenes From Our Earth Week Observance



Earth Week featured two fascinating lectures, two films, an amazing, informative display, a gardening project for Health Center residents, a fun contest, and a grand finale performance featuring New Paltz High School PIGLETS. Kudos to SusComm for an inspiring week!

[Photos by Joy Dryer, Nora Brown and Gretchen Daum]



Several residents enjoyed an Earth Week planting project initiated by the Health Center Committee. [Photos by Margaret Nijhuis]

At right: Sue Gilder, a member of the SusComm's Planning Committee for Earth Week, presents first prize to Facilities staff member Brett Herman, winner of the "How Many Lightbulbs in the Container?" contest. Brett's 'guesstimate' of 612 lightbulbs was just off by one - there were 613! The prize, a globe planter, contains three plants, including a zebra plant inherited from Cynthia Fisher's older brother, who joined the Royal Canadian Air Force at age 17. By 18 he was flying fighter escorts over Germany and Burma for England's Royal Air Force. After his death in 1976, Cynthia found in his room in NYC this tough little plant, which were traditionally given to the pilots. Every 10 years it develops offshoots and this particular one is from the 5th division of the original plant. What a wonderful recycling story, with a very special history!



Woodland Life Travels to ... Hawaii!

Dave and Susan Smith took along a copy of *Woodland Life* on their recent trip to Oahu. "This was taken as we were about to board for a succession whale watch sail," explains Dave. "The third person in the photo is our cousin and traveling companion, Lorraine Bloom."



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!

Applauds Program Salutes Employee Service

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



Kacey Warbrick	Melissa Henneberger	Steve Berry
Carl Fagerstrom	Ashley DeRosa	Orres James
Tyler Vermilyea	Linda Storminger	Connor Ginn
Angel Murphy	Stephanie Chenery	Lisa Cea
Christopher LoCicero	Marissa O'Brien	Jason Irish
Ruth Fialcow	Gretchen Daum	Aaron Smith
Gina Christiana	Kamryn Ilgner	Grace Juhren
Mirna Hernandez	Dawn Altmann	Rob Stahli
Jackie Lanham	Marian Malcuit	Steven Jurado
Connie Rzeszewicz	Karina Hernandez	Patty Mitchetti
Serenity Rodriguez	Jeremy Figueroa	Joshua Taveras
Anthony Garcia	Theresa Fiscaletti	Kayla Cafaldo
Michael Perricone	Monique Lawrence	
Ethan Maldonado-Reyes		

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, May 9



Our May birthday party will be **Tuesday, May 9 at 2 p.m.** in the Classroom. Celebrants will receive an invitation to attend. (This month we have three 100+ years celebrants, noted with an asterisk!)

Celebrating this month are:

Rhoda Horowitz - May 2	Joan McDonald - May 17
Ellen Harp - May 4	Dr. Sol Mora - May 17
Joe Timm - May 5	Marilyn Richter - May 24
Elinor Gregor - May 7*	Tom Gilder - May 26
Johanna Hudak - May 8	Joan Hollister - May 27
Vivian Yettru - May 8	Mida Kaelin - May 29 *
Rea Stein - May 9	Bonnie Kaye - May 30
Bernice Hummel - May 11*	Vivian Stoner - May 30
Mary Chen - May 16	Mary Alice Scully - May 31



Welcome New Residents!

Karen Sandler ~ Apartment 412
Jack and Johanna Hudak ~ Apartment 631
Jay and Joan Mandle ~ Apartment 112
Stephanie King ~ Apartment 212

The Welcome Committee's monthly New Resident Social/Orientation is **Friday, May 19 at 2 p.m.** in the Classroom. New residents will receive an invitation in their mail cubby to attend.



ROVE Employee Profile

Many Woodland Pond employees are currently working in positions other than the one for which they were originally hired. In many cases a new position is a natural progression from the previous position ...but not always.



Alaina Cancel, who Independent Living residents know from her years in food service, most recently in the Pub, now works as a Certified Nursing Assistant (CNA), two very different positions. Alaina has worked in hospitality for 20 years, six of those years at Woodland Pond. Her jobs here have changed over the years from dining services assistant where she had many tasks assisting the dining director and chef, to running the Pub, a position she started in June of 2021.

Covid played a major role in Alaina's decision to change jobs. The isolation experienced by so many, and being the only one in her family "going" to work during COVID, gave her a greater passion for wanting to help people. She now works the night shift as a CNA in Skilled Nursing. Working nights is good but sleeping while the sun was out seemed strange at first. She especially likes being able to calm an agitated resident and desires to perfect being a CNA.

An interesting aside: Alaina grew up in Queens, has family in Florida, California, Michigan and Puerto Rico. She trains at the gym to help her adapt to the more physical requirements of being a CNA.

Alaina is one of the Woodland Pond employees who benefits from your contribution to ROVE.

Suzanne Orchowski, for the ROVE Committee

Fallen Person Training



On **Tuesday, May 30 at 2 p.m.** in the PAC, Director of Rehabilitation Jonathan Papin will present an informational and practical training in the proper technique for getting up from the floor in the event you have fallen, but are un-injured.

On average, one in three adults over 65 fall each year. Jonathan will show a simple, yet effective technique to get up once you have fallen. Being able to assess for injury and then get yourself back on your feet – without causing further injury – is a necessary skill every highly independent senior should know!

Additional Special Events This Month *It's Spring Concert Time!*

Wednesday, May 3 at 1 p.m. in the PAC – *The Maestro Mystique: Deconstructing Conducting*. Join Russell Ger, Music Director of the Greater Newburgh Symphony Orchestra, as he delves into the fascinating world of conducting and its surprising array of skills and techniques with a multi-media presentation. Discover a whole new world and answer the old question: *What Does a Conductor Do?*

Wednesday, May 3 at 7 p.m. in the PAC - The Hudson Valley Flute Ensemble will bring a program of Spanish music, Gershwin, opera and jazz to their spring concert at Woodland Pond. They will be joined again by guest bassist Lou Pappas. They hope to see you there! Please sign up at Concierge to attend.

Wednesday, May 17 at 7 p.m. in the PAC - Senior piano and vocal students of local piano instructor Valentina Shatalova will perform a recital for WP residents.

Saturday, May 20 at 3p.m. in the PAC - Guitarist Bonnie Robiczek Meadow and mezzo-soprano Judith Kerman perform songs from the Sephardic tradition, Jews who settled around the Mediterranean after expulsion from Spain. This selection of love songs, lullabies and religious music is sung in Ladino, a variant of Spanish, with original guitar accompaniments composed by Bonnie Robiczek Meadow.

Monday, May 22 at 7 p.m. in the PAC - The IBM Chorus, who performed for the first time at Woodland Pond with a holiday concert, returns to present their spring concert of tunes for your enjoyment.

Thursday, May 25 at 2 p.m. in the PAC - The Woodland Pond Dulcimer Players will present their spring concert with some new tunes and old familiar pieces, traditional folk songs and sing-alongs. (They will perform their concert in the Health Center on **Tuesday, May 23 at 3 p.m.**)

Wednesday, May 31 at 7 p.m. in the PAC - It's time for Bachfest in the Hudson Valley and we are pleased to again be a venue for one of the concerts. The music of JS Bach and sons will be performed by frequent performers at Woodland Pond: Marcia Gates, flute; pianists Carol Losee, Ruthanne Schmeopf and Valentina Shatalova; Susan Seligman, cello, and Joel Evans, oboe. Please sign up at Concierge to attend.



Interfaith Committee News



The Interfaith Committee will present their next "Tree of Faith" program on **Tuesday, May 23 at 2 p.m.** in the PAC with a talk by the new rabbi from the New Paltz Synagogue, Adam Cerino-Jones, who joined the synagogue on August 1, 2022.

The next meeting of the committee will be **Monday, May 22 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 to be presented to residents in the PAC, as well as exploring matters of interest of all faiths.

Upcoming religious holidays in May: 5th - Buddha's Day or Vesak; 18th - Ascension Day; 25-27th - Shavuot (Jewish); 28th - Pentecost.

Billie Stevens, Secretary

WP has a Family Seder

On April 5 Woodland Pond held a full Passover Seder, something that has not happened for three years. Organized by Evelyn and Dave Rosenthal and others, they worked closely with the Dining staff to create a delicious dinner. Twenty-eight residents and some guests attended. We used the *New Union Haggadah*, with illustrations by Leonard Baskin.



*Photo by
Lisa Cea*

We supplied the ceremonial food including the Seder Plate, matzoh, sweet wine, and the charost (apples, walnuts, and sweet wine). Charost represents the mortar and bricks the Jews were forced to use while working as slaves in Egypt. Everyone took turns reading from the Haggadah, which tells the story of Israelites' exodus from Egypt, from oppression to liberation. The Seder was a great success, very meaningful and moving. Next year's first night Seder will be on Monday, April 22, 2024.

Evelyn Rosenthal



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



- May 5 - *The Jews of Soviet Russia* led by Karl Rodman
- May 12 - *Ancient Hebrew documents* with Mel Oshen
- May 19 - *Feminism in Modern Jewish Life* with guest Rabbi Rena Blumenthal
- May 26 - *Jewish Divorce*, led by Delly Epstein



Sustainability Committee News

Our 2023 **Earth Week Celebration** was the best yet! New this year: the light bulb counting contest; a planting activity for Health Center residents; *Youth Speaks* – an entertainment with Music, Dance, and Dialogue; and our Earth Dance Party. We focused on how Woodland Ponders can help preserve our Earth. Special thanks to the Earth Week team: George and Nora Brown, Eileen Francesconi, June Finer, Sue Gilder, Martin Lavanhar, Yakov Pipman, and Dawn Sangrey.

The Fourth Repair Cafe at WP is planned for **Saturday, May 13, 11a.m. to 3p.m.** in the PAC.

Gather your items that need repairing — ripped clothing, frayed electrical cords, jewelry missing a stone, broken pottery, tired houseplants, and more! Join us for this restorative social and educational experience. You stay with your item, and the repairers fix it while you watch. Learn how things work.



SusComm is providing a service to residents who move and the families of those who have passed away. We help sort and find new homes for many items in these situations: clothing, furniture, whatever it is. Our team places the items in thrift shops and online sites, keeping still-valuable things from being wasted. This service is also provided after the Employee Free Store.

SusComm aims to encourage recycling, composting, and resource conservation throughout Woodland Pond. Join us for SusComm’s General Meeting, **Wednesday, May 24, from 2-3 p.m.** in the Classroom with chocolate, evaluation of existing programs, and planning new projects.

Dawn Sangrey, for the Steering Committee

Please enjoy the photos of our Earth Week celebration on page 7.



Next Woodland Walkers Outing



On **Wednesday, May 3** the Woodland Walkers will leave from the Lobby at **2 p.m.** to walk in the Mohonk Preserve from the Spring Farm Trailhead. Please wear sturdy shoes, appropriate clothing and bring along some water. Sign up at the Concierge to ensure your seat on the bus. Newcomers are always welcome to join us!

June Finer

From the Health Center Committee

May 22, 2023



**Tour of the Health Center
1:00 p.m.**

**Visit our highly acclaimed Health Center!
Sign up at Concierge!**

The May tour will be the final spring tour of the Health Center. There is still time to sign up for May 22 at the Concierge. We will resume with the tours in September.

Natalie Russak, Admission Coordinator for the Health Center, is conducting the tours of the Health Center for the residents of Independent Living at Woodland Pond. We will meet in the Independent Living lobby.

Natalie will tour all areas of the Health Center and go over all services. You will have a chance to ask questions. The tours will take less than one hour.

Special Note: **COVID tests are no longer needed** to visit the Health Center. “Stayed tuned” to see if masks will still be required for the May tour.

Margaret Nijhuis, Health Center Committee Chair

Got Some Talent?

Sue Close, the new Activities Director at the Health Center, is excited and eager to expand their schedule of programs and is seeking help from Independent Living residents.



Perhaps you could share your knowledge with a lecture or demonstration, entertain us musically (or otherwise), demonstrate your artistic abilities, call Bingo, host a trivial pursuit game ... the possibilities are endless!

If interested, please contact Sue at 845-256-5917 or by email, SClose@wpatnp.org. Thank you!

2nd Monday Tea Talk

This month’s Tea Talk program on **Monday, May 8 at 2 p.m.** in the PAC will feature a visual theme of gardening as we celebrate April showers bringing forth May flowers. Join us on the other Mondays at 2 p.m. in the Classroom.



Art Lecture



Join WP resident Norman Sasowsky, Professor Emeritus, U of Delaware, as he leads a discussion focused on three different artist's portraits from three different periods on **Tuesday, May 2 at 2:30 p.m.** in the Classroom. Please sign up at Concierge to attend.

Meet Your Newest Neighbors

We are delighted to welcome three new residents this month. Please extend a greeting and invite them for lunch or dinner. You may find that you have careers and interests in common.

Edited by Halema Hassan

Karen Sandler ~ Apartment 412



Karen is moving to Woodland Pond from Evanston, IL to be closer to her sons. Her older son lives in Brookline, MA and her younger son lives in Red Hook, NY. Karen grew up in the Chicago area but has also lived in Fort Wayne, IN and White Plains, NY. Karen moved back to the Chicago area and her roots when she retired. She

spent 30 years in the corporate world doing actuarial and underwriting work in life/health insurance. (Feel free to ask Karen any questions about her work.) Her hobbies are walking, dancing, reading and classic movies.

Jack and Johanna Hudak ~ Apartment 631

Jack and Johanna are moving to Woodland Pond on May 12. They met while attending graduate school at St. John's University in New York. Together they raised three children (Sarah, Jon and Beth) in Pleasant Valley, New York, where they resided for 38 years. On June 30th they will celebrate their 50th wedding anniversary.



After getting his PhD from Hofstra University, Jack started a private practice specializing in children and adolescents. In addition to his private practice, Jack spent 30 years working as a School Psychologist in the Wappingers Central School District and many years as an adjunct professor at Dutchess Community College and Marist College.

Johanna also began work as a School Psychologist in the Wappingers Central School District, retiring in 2012 as the District's Director of Special Education and Student Services.

Since retiring they have enjoyed traveling in the United States and abroad, baking, gardening and visiting with family and friends.

Jack and Johanna are excited to be entering this next phase of their journey together, as members of the Woodland Pond Community. To celebrate their move to Woodland Pond they have planned a trip to Iceland.

Pond Pets

Article and Photo by Lucy Muller

I asked our lovely Kamryn Igner (Strategic Initiatives Specialist) to tell me about her dog, Charley.

"Charley is a lovable three-year-old, yellow lab who loves to be spoiled by her mom and dad as an only-dog!" Kamryn said. "While she isn't keeping me company at work, she loves to play outside with her ball, swim, go on side by side rides, take long walks, and snuggle with her blankies. I met Charley when my boyfriend and I starting dating, and we have been inseparable ever since."



We certainly love seeing Charley when she is spending time at Woodland Pond.

Come to Square Dance!

This month's sessions are **Wednesday, May 10 and Wednesday, May 24 at 3 p.m.** in the Art Studio.



Don't have a partner? No problem! Singles are always welcome. We'll pair you up with another dancer. Questions? Call Deborah Moore at 419-3355.



Thursday evenings in the Classroom often find several residents matching wits with two local youngsters who enjoy periodically coming to play chess.

[Photos by Artie Raphael]



Woodland Pond
at New Paltz

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Want to share the
newsletter with your
family and friends?

They can read it online
at www.wpatnp.org



Spring has sprung at Woodland Pond! At left, Michele Caccavano took a close up of blossoms from a Bradford pear tree on campus; center, Barbara Hallam captured a cheerful sight of forsythia cuttings outside Ann Guenther's apartment, and at right, Trina Greene sent a photo of the blooming crabapple between her cottage and Rea Stein's, describing it as "the happiest crabapple I've ever seen!"

May Highlights at a Glance

- Tuesday, May 2 at 2:30 p.m.** - Art Lecture with Norman Sasowsky [CIs]
- Wednesday, May 3 at 1 p.m.** - *The Maestro Mystique* with Russell Ger [PAC]
- Wednesday, May 3 at 7 p.m.** - Hudson Valley Flute Ensemble Concert [PAC]
- Monday, May 8 at 7 p.m.** - ArtScope Opening Reception [PAC]
- Tuesday, May 9 at 7 p.m.** - Travelogue to Vietnam - repeat program by Rolf Nijhuis [PAC]
- Wednesday, May 10, 1-3 p.m.** - Health & Wellness Fair [PAC]
- Saturday, May 13 at 11 a.m.- 3 p.m.** - Repair Café [PAC]
- Monday, May 15 at 6 p.m.** - NP Garden Club Meeting (residents invited) [PAC]
- Tuesday, May 16 at 2 p.m.** - Land Conservation Program: Tick Talk [PAC]
- Wednesday, May 17 at 1:30 p.m.** - Management Q&A [PAC]
- Wednesday, May 17 at 3 p.m.** - Health & Wellness Task Force Program: Amy Nitza, guest speaker [PAC]
- Wednesday, May 17 at 7 p.m.** - Senior Students' Piano/Vocal Recital [PAC]
- Thursday, May 18 at 2 p.m.** - *Council Connections* with guest Anne Gordon, WP Benefit Fund Committee Chair [PAC]
- Saturday, May 20 at 3 p.m.** - *Songs from the Sephardic Tradition* [PAC]
- Monday, May 22 at 7 p.m.** - IBM Chorus Spring Concert [PAC]
- Tuesday, May 23 at 2 p.m.** - Tree of Faith program [PAC]
- Thursday, May 25 at 2 p.m.** - Dulcimer Players Spring Concert [PAC]
- Monday, May 29 at 2 p.m.** - Memorial Day Observance [PAC]
- Tuesday, May 30 at 2 p.m.** - Fallen Person Training [PAC]
- Wednesday, May 31 at 7 p.m.** - Bachfest Concert [PAC]

