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WoodlandLife

Vol. 15, No.11

November 2023

Woodland Pond's Annual Salute to Veterans



On **Friday, Nov. 10** we will hold our annual recognition of all Woodland Pond residents and employees who have served our country with distinction and honor in the armed forces.



Woodland Pond resident and employee veterans will be invited to a special complimentary "*Thank You, Vets*" Pancake Breakfast prepared by our Dining team on **Friday, Nov. 10 from 9-10:30 a.m.** (*The breakfast is by invitation-only for our veterans and 1 guest.*)

All residents and staff are invited to the annual recognition program at **1:30 p.m.** in the Health Center Great Room. Always a meaningful part of the program is the reading of the roll call by our President/CEO Michelle Gramoglia. Special music will be provided by the Woodland Pond Handbell Ringers.

We have a list of 55 residents and staff members who are veterans and there are likely several more we don't know about. If you are a veteran and haven't already given us your service background, please stop by the Concierge desk and pick up a brief, biographical form to help us learn of your service. We will need to know your information by Monday, Nov. 6.

Our traditional *Display of Honor* will be across from the Hostess Station throughout the day on Nov. 10. If you have any memorabilia from your military service or the service of family members to share in the display, you are invited to bring your items to the Concierge Desk. Please be sure to label your items!

Attention, Vets! Hudson Valley Hospice's next Veterans' Café at Woodland Pond is **Wednesday, Nov. 15 at 2 p.m.** in the HC Great Room. Join the discussion! Refreshments provided.



Kaleidoscope of the Arts 2023



Our 10th Annual *Kaleidoscope of the Arts Show & Sale* was another success as staff, residents, families and friends enjoyed the wide variety of creative talents of resident crafters. The bake sale raised \$1,110 and the gift basket raffle proceeds totaled \$1,257. Adding the crafters' registration fee, the full proceeds resulted in \$2,727 raised for the Woodland Pond Benefit Fund.

Kudos to the Planning Committee and special thanks also to the many resident-volunteers who assisted with every aspect of the event! At right, enjoy these pictures of the day (and more on pg. 11 and on Connected Living!)



Photos by
Michele
Caccavano



November meetings of your Residents' Council are **Thursdays, Nov. 2 and Nov. 16 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 junefiner@yahoo.com.

There will be one *Council Connections* session this month on **Thursday, Nov. 16 at 2 p.m.** in the PAC, with Memoir Group participant Bernice Hummel as the guest. She will be interviewed by Ronnie Sue Jaffe.

June Finer, Corresponding Secretary

From Woodland Pond's Board of Directors

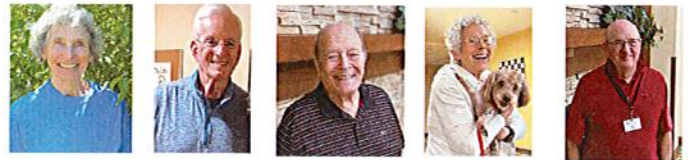
In the ongoing search for excellent candidates for our Board of Directors, among the many factors we consider are professional and personal backgrounds that encompass a variety of areas of expertise/interests/connections. Some examples include accounting and financial management, non-profit governance or board experience, demonstrated leadership/motivational skills, strategic planning, healthcare and human services, risk management, real estate and communications/marketing/public relations/social media. Depending upon the various backgrounds of our current Board members, we assess areas of strengths and absences and try to fill any gaps for a well-balanced membership.



Dick Barry, Secretary

Residents' Council Election Results

Congratulations to newly-elected Residents' Council members:



June Finer Tom Gilder Mel Oshen Evelyn Rosenthal Dave Smith

Special thanks to outgoing Council members Joe Timm (remainder of Joe's term was served by Tom Gilder); Bill Wolz, and Betsy Tuel. June Finer was reelected for another term.

Your Benefit Fund at Work!



The Kaleidoscope was a great success, and a big boost to our bottom line. Thanks to everyone who worked so hard.

Two of our committee have resigned, leaving vacancies. If you think you have something to contribute to our work, please let me know. I must emphasize that we never solicit donations from our residents. Our work consists of planning events and publicity, and investigating grant proposals. Our committee members are always available to answer any questions.

Anne Gordon
Annette Power Johnson
Joan Hollister

Anne Gordon, Woodland Pond Benefit Fund Chair

From Dining Services



On **Thanksgiving Day, Thursday, Nov. 23** there will be three dinner seatings: **1 p.m., 2:30 p.m., and 4 p.m.** This is open for residents and family members.

This dinner will be by reservation only and the online reservation system will not be available for this date! Please email dservices@wpatnp.org or call 845-256-5963 to make a reservation. Reservations must be made by **Monday, Nov. 20.**



Our last kitchen tour of 2023 **will be on Friday, Nov. 17 at 11 a.m.** We will resume kitchen tours in January 2024. Come check out the inner workings of our kitchen!

Ashley France, for the Dining Team

Note: Please see an Update from the Dining Service Committee Chair Joan Kleingris on [page 9](#).



Interest Groups



- Beginner's Mah Jongg: Saturdays at 9:30 a.m. [GR]
Book Club: 1st Tuesdays at 7 p.m. [CR]
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. [ClS]
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]
Hookers Craft Group: 1st & 3rd Tuesdays, 3 p.m. [AS]
iPhone Camera Club: 3rd Tuesdays at 7 p.m. [ClS]
Loss in Literature Group: 1st Tuesdays, 4 p.m. [CR]
Mah Jongg: Mondays and Fridays at 1 p.m. [AS]
Memoir Class: 2nd and 4th Mondays, 3 p.m. [CR]
Men's Coffee – Saturdays at 9:30 a.m. [PAC]
Opera/Ballet Night: 2nd/4th Fridays, 7p.m. [PAC]
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, Nov. 24 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. [ClS]
Short Story Group I: 1st & 3rd Tues., 3:30p.m. [ClS]
Short Story Group II: 2nd & 4th Tues., 3:30p.m. [ClS]
Social Bridge: Tuesdays and Thursdays from 12:30-3:15 p.m. [GR]
Spanish Chat: on hiatus until January

Interest Groups continued:

- Square Dance: Wednesdays, Nov. 1 & 29 at 3 p.m. [AS]
Table Games: Mondays at 7 p.m. [ClS] Saturdays at 2 p.m. [AS]
Watercolor Class: Mondays, Nov. 6 & 13, 10 a.m. [AS]
Women's Tea: Mondays at 2 p.m. [ClS]
 (2nd Monday Tea Talk in the PAC).

Committee Meetings for November

- Physical Plant - Wednesday, Nov. 1 at 10 a.m. [ClS]
 Contact: Deborah Moore, Chair
Décor/Design - Thursday, Nov. 2 at 1 p.m. [CR]
 Contact: John Ortner, Chair
Library Committee - Monday, Nov. 6 at 12 p.m. [ClS]
 Contact: Virginia Cannon, Chair
Finance Review - Monday, Nov. 6 at 1 p.m. [ClS]
 Contact: Dave DeWilde, Chair
Dining - Tuesday, Nov. 7 at 10 a.m. [GR]
 Contact: Joan Kleinegris, Chair
Landscape - Wednesday, Nov. 8 at 1 pm. [ClS]
 Contact: Deborah Moore, Chair
R.O.V.E. - Monday, Nov. 13 at 11 a.m. [Game Room]
 Contact: Suzanne Orchowski, Chair
Welcome - Tuesday, Nov. 14 at 11 a.m. [GR]
 Contact: Alice Cross, Chair
WP Benefit Fund - Wednesday, Nov. 15, 10 a.m. [CR]
 Contact: Anne Gordon, Chair
Land Conservation - Friday, Nov. 17 at 3 p.m. [CR]
 Contact: Dave Smith, Acting Chair
Sustainability - No meeting this month
 Joy Dryer, for the Steering Committee
Interfaith - Monday, Nov. 27 at 10:30 a.m. [GR]
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary
Health Center - Tuesday, Nov. 28 at 1 p.m. [ClS]
 Contact: Margaret Nijhuis, Chair

Attention Bingo Fans ...

Viv Stoner is ready to start up Bingo again this month! Come on **Wednesday, Nov. 1 at 1 p.m. in the PAC**. \$2.00/card and jackpot prizes in store! We play the first Wednesday of each month!





From the Library Book Review



Women of Words, edited by Janet Bukovinsky and illustrated by Jenny Powell, is an anthology that features the classics of literature by women. Short biographies accompany selections from the author's best-known works. Original color portraits of each writer are included and add to the beauty of the book.

The anthology reveals the challenges and difficulties of women writers in their times. These women didn't let housework, depression, childbirth, disapproval, madness or poverty stop their writing.

Open this book and meet writers like Jane Austen, Emily Bronte, Colette, Edith Wharton, Gertrude Stein and others. Read about their lives, see their portraits and enjoy the included excerpts! These 'women of words' contributed some of the best in women's literature.

Anita Kantor

Book Club



The book club will discuss *The Color of Water* by James McBride at our **Tuesday, Nov. 7** meeting at **7 p.m.** in the Conference Room. During November we will be reading *Lesson in Chemistry* by Bonnie Garmus with a discussion at the December meeting. New members are welcome!

Michele Caccavano

Calling All Folk Singers!

If you enjoy singing folk songs, come join us **Friday, Nov. 17 at 2 p.m.** in the PAC for a casual singalong. You're welcome to bring along a list or copies of your favorite songs!



PAC Movies



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

First Friday Classic Movie: A 1931 feature *The Public Enemy* starring James Cagney and Jean Harlow. **Friday, Nov. 3 at 7 p.m.**

Opera Night: This month's features: *I Due Foscari* on **Friday, Nov. 10 at 7 p.m.** and on **Friday, Nov. 17 at 7 p.m.** is *Nabucco*.

Thanksgiving Day Special Feature - Thursday, Nov. 23 at 6 p.m. - A family-friendly Australian adventure, *Ride a Wild Pony*, starring Michael Craig, John Meillon, and Robert Bettles.

Bus Trips for November



Wednesday Nov 1 at 2 p.m. - Woodland Walkers outing to Black Creek Preserve in Esopus.

Friday, Nov. 3 - Lunch/Shopping Adventure to Connecticut – lunch at the Mall, then to Trader Joe's. Depart at 10 a.m.

Friday, Nov. 3 at 8 p.m. - Faculty and Guest Concert at Vassar College features a duo recital by Peter Wiley, cello and Anna Polonsky, piano. Depart at 7 p.m.

Saturday, Nov. 4 at 7 p.m. - The Orchestra Now at Bard College presents "Exodus: Jewish Composers in Exile" At Sosnoff Theatre. Depart at 5:45 p.m.

Sunday, Nov. 5 at 7:30 p.m. - The Capella Festiva Chamber Choir performs at Christ Episcopal Church in Poughkeepsie. Depart at 6:30 p.m.

Tuesday, Nov. 7 at 7:30 p.m. - SUNY New Paltz Fall Concert series presents Laurel Massé, a founding member of the Grammy Award-winning vocal group *The Manhattan Transfer*. Depart at 6:45 p.m.

Wednesday, Nov. 8 - Art exhibition "Indian Theater: Native Performance, Art, and Self-Determination Since 1969" at the Hessel Museum of Art, Bard College. Depart at 10 a.m.

Saturday, Nov. 11 at 3 p.m. - The Performing Arts in Rhinebeck presents *Peter and the Starcatcher*. Depart at 2 p.m.

Sunday, Nov. 12 at 1:30 p.m. - The Performing Arts of Woodstock presents *Sweet and Sad*, a play set in Rhinebeck on the 10th anniversary of 9/11. Depart at 12:30 p.m.

Tuesday, Nov. 14 - Thanksgiving Interfaith Service @ Redeemer Lutheran Church in NP. Depart at 6:30 p.m.

Thursday, Nov. 16 - Early dinner at the Lemon Squeeze Restaurant in New Paltz. Depart 4:30 p.m.

Saturday, Nov. 18 at 7:30 p.m. - The Coach House Players perform *Pippin*. At 12 Augusta St. in Kingston. Depart at 6:45 p.m.

Sunday, Nov. 19 at 3 p.m. - The Woodstock Symphony Orchestra performs. Depart at 1:45 p.m.



Election Voting Transportation Info



The Woodland Pond bus will provide shuttle transportation to the polling location for early voting, **Wednesday, Nov 1 and Saturday, Nov. 4 from 9-11 a.m.** and on Election Day **Tuesday, Nov. 7 between 9 a.m.-1 p.m. and 1-3 p.m.** Please sign up at Concierge.

Wellness Notes



With Thanksgiving approaching, enhance your life with thankfulness. There's power in gratitude. Practicing gratitude can actually improve emotional and physical wellbeing. This includes high blood pressure, sleep disturbances, immune system, indigestion and anxiety.

When you are in a state of gratitude, fears and worries disappear! We can all get easily caught up in what is not going smoothly. We lose sight of thoroughly enjoying all that we have in this present moment. The practice of daily gratitude leads to fewer discomfort symptoms and to enjoying a better outlook on life, which all promotes wellness!

Tips for strengthening your 'Gratitude muscle':

- * As you pass each person today, see something wonderful about them - a great smile, warm words exchanged or a friendly laugh.
- * Ask yourself – "What have I received today to be grateful for?"
- * Be grateful for the little things, a warm place to live, plenty of food to eat and clothes to wear.
- * Use every opportunity to say "Thank you" to someone.
- * Make time to give thanks at the end of every day. What am I most grateful for today?

So go out there and flex your Gratitude muscle and let stress drift away. Make a habit to express appreciation and gratitude. Be fully present in this moment – look all around you; there is so much to be grateful for right here and right now!



Smile and enjoy it all. You not only help yourself, you aid others around you, too.

Wellness Wishes,

Mary Jo

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

~ Scenes From Last Month's Alzheimer's Walk ~
Woodland Pond raised more than \$20,000 for the cause!



Over 100 residents and staff represented Woodland Pond at the Walk!

Support Group Meetings



- * *Caregiver's Support Group* – first **Tuesdays at 1 p.m.** in Conference Room.
- * *The Parkinson's Support Group* – **No Meeting this month**

Monthly Reminder

Your Emergency Packet should have the **most current** items:

- ◆ Emergency contacts listed with phone numbers
 - ◆ Medication list – hospital preference, primary doctor /address / phone#
 - ◆ Copy of all your insurance cards - front and back
 - ◆ Copy of Healthcare Proxy, Living Will, Advance Directives.
 - ◆ The MOLST form
- Forms are available outside the Wellness Nurse's office.

A Fitness Note from Grace

Last month a group of current and future residents joined me on a lovely hike to the River- to Ridge trail.



On **Thursday, Nov. 9** during the 9 a.m. exercise class our two nursing student interns will give a special presentation. Join us!

The next Fitness Center Workshop will be **Thursday, Nov. 16 at 1 p.m.** Please sign up at Concierge to attend.

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.

Special Musical Events This Month

Sunday, Nov. 12 at 4:30 p.m. - The Bucket List Ensemble returns for a fun afternoon of music featuring women in their 60's 70,'s and 80's with varying degrees of musical experience who perform songs about life and death, are selected by members of the group and include music native to the Hudson Valley. Ken McGloin directs the ensemble.

Wednesday, Nov. 15 at 7 p.m. - Local music teachers Valentina Shatalova and Carol Losee bring their talented piano students for a special recital. This annual event highlights students that participate in the Music Teacher's National Association District 5 Piano Festival.[PAC]

Tuesday, Nov 28 at 2 p.m. - *Another Eden - Arts in a New Garden*. Join Nora Brown and her "Movement Music and You" class participants as well as some other creative arts interest group participants in a delightful performance you are sure to enjoy! There will be music, poetry, dance and more!

November Tea Talk

All women are invited to our next 2nd Monday Tea Talk on **Nov. 13 at 2 p.m.** in the PAC for the interesting topic: "Finding Winnie: The True Story of the World's Most Famous Bear." Learn some basic terms about describing picture books and the wonderful true story about Winnie the Pooh!



Playreaders November Performance



The Playreaders are preparing for their next performance: "Thurber Stories" on **Monday, Nov. 27 at 7 p.m.** in the PAC.

Join them for a fun evening!

Life at Wood



ArtScope Exhibit Continues



Our current ArtScope exhibit features paintings by David Munford, whose work deals with landscapes, and Michael Piotrowski, who is both a painter and printmaker.



Creativity flourishes at Woodland Pond

Square Dancers Need You!

Our professional caller, Sandy Corey, will be back to lead us in the fun of square dancing monthly on **Wednesday, Nov. 1 and Wednesday, Nov. 29 at 3 p.m.** in the Art Studio. Mark your calendar!



No partner? No problem. Singles are always welcome. It's a great way to meet new people while getting some exercise and having fun.

Questions? Call Deborah Moore at 845-419-3355.

Photos by Artie Raphael

Woodland Pond

"A thankful heart is not only the greatest virtue, but the parent of all the other virtues."

[Cicero]

Happy Thanksgiving!



At right: landscaping begins at one of the nearly-completed new cottages.

Photo by Larry Randall



Last month's chamber music concert provided by long-time Woodland Pond friends Marcia Gates, Jill Sokol, Ruthanne Schempf and Susan Seligman was again a wonderful treat, now a special annual tradition!

Woodland Life Travels To ...



At left, Ronnie Sue Jaffe and Geoffrey Gibson took along our newsletter on a recent trip to Arizona to visit family ...

... at right, Diane Tepper brought her newsletter up to Mohonk for her birthday celebration. Diane says

people visit our backyard landmark resort for many special occasions and she found it 'exciting, luxurious and memorable.' ...



... and Jill and John Ortner took along their copy of *Woodland Life* for their trip to Bears Ears National Monument in Utah and the other Canyon-lands.

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 where in the world our newsletter next travels!

Holiday Card-Making Workshop

Join Terry Voightlaender for a free, 4-session holiday card-making workshop in the Art Studio to prepare your special greetings for the Thanksgiving, Hanukkah, Christmas and New Year's holidays.



This month's sessions will be on **Thursday, Nov. 9 at 10:30 a.m.** (Thanksgiving cards) and on **Thursday, Nov. 30 at 10:30 a.m.** (for Hanukkah cards). Two additional sessions on **Dec. 7** and **Dec. 21** will feature the Christmas and New Year's holiday cards.

Terry will provide all the supplies needed! Classes are limited to 15 participants; please sign up at Concierge.



This handsome buck was spotted behind Cottage 115, where Ronnie Sue Jaffe and Geoffrey Gibson enjoyed watching him while they ate breakfast.

Applauds Program Salutes Employee Service

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



Karina Hernandez	Riza Campbell	Lisa Cea
Lizana Brutus	Raven James	Rob Stahli
Stephen Jurado	Tyler Vermilyea	Ryan Pomeroy
Michael Hinton	Ruth Fialkow	Juniper Grillo
Emily Alexander	Gretchen Daum	Renae Recai
Tonya Reidinger	Johnny Farris	Nicole Klein
Catherine Abel	Monique Lawrence	Carrie Burns
Theresa Fiscaletti	Emily Watson	Jane Basso
Kayla Cafaldo	Donna Nardella	Mark Baker
David Besares	Phil Palazzo	

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, Nov. 14



Our monthly birthday party is **Tuesday, Nov. 14 at 2 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

Celebrating this month are:

Peter Bonk - Nov. 1	Jay Mandle - Nov. 16
Bob Dillon - Nov. 2	Dave Smith - Nov. 18
Kathy Kelly - Nov. 2	John Ortner - Nov. 19
Rolf Nijhuis - Nov. 3	Peter Roberts - Nov. 19
Ann Rodman - Nov. 9	Bob Brunet - Nov. 20
Stephanie King - Nov. 9	Sylvia Chasan - Nov. 21
Barbara Rubin - Nov. 10	Farrell Kane - Nov. 21
Jean Hyatt - Nov. 11	Ruth Sheets - Nov. 22
Suzanne Gillespie - Nov. 12	Geoffrey Gibson - Nov. 26
Gillian Page - Nov. 14	Jim Heffernan - Nov. 27
Bob Richter - Nov. 14	Pat Schaffel - Nov. 27
Cornelia Gallagher - Nov. 15	Beverly Bilder - Nov. 28

From the ROVE Committee

ROVE says **THANK YOU** to all residents who have contributed to this year's campaign to reward our hourly employees. We've all been bombarded with pleas for money. We've all felt the effects of inflation. Despite that, you have once again come through with a generosity our staff will appreciate. Once again you have proved that Woodland Pond residents are very caring people.

Our 2023 campaign has ended but we will be reaching out to you in January to start the 2024 campaign. Until then, have a wonderful rest of the year, and, once again, thank you.

Suzanne Orchowski, for the ROVE Committee

Next Woodland Walkers Outing



On **Wednesday, Nov. 1 at 2 p.m.** we will go to the Black Creek Preserve in Esopus, along the Hudson River. Wear sturdy shoes, and bring a hiking pole and water. Please sign up with the Concierge to ensure your seat on the bus.

June Finer

Income Tax Education for WP Residents

New residents of Woodland Pond who will have paid an Entry Fee and/or a Lifecare Fee in 2023 should be aware of important income tax information. This may affect their financial decisions in 2023, as well as their income tax return in 2024.

Bill Tuel, an IRS-certified volunteer tax preparer (and WP resident), will give an informative talk about income taxes on **Wednesday, Nov. 8 at 1 p.m.** in the PAC. The talk will include the deduction of portions of the Entry Fee and the Lifecare Fee as itemized medical expenses on your 2023 Income Tax return.

New residents are strongly encouraged to attend, but all residents are welcome. **This is NOT a Woodland Pond-sponsored meeting.** Woodland Pond management does NOT provide tax advice. This program is intended to allow residents to knowledgeably discuss their specific tax situation with their tax preparer, and should be provided to their preparer before their return is prepared.

Questions? Contact Bill Tuel (845-419-2953 or at BillTuel@hvc.rr.com)

Welcome New Residents!



Tyler and Molly Jones - Apt 415 [South Wing]

The Welcome Committee's monthly New Resident Social/Orientation is **Friday, Nov. 17 at 2 p.m.** in the Classroom.

New residents will receive an invitation in their mail cubby to attend.



Interfaith Committee News

We are pleased to sponsor our next “Tree of Faith” program on **Tuesday, Nov. 14 at 3 p.m.** in the PAC. Our guest will be Rabbi Adam Cerino-Jones, who joined the Jewish Congregation of New Paltz in 2022. We look forward to his visit and hope you will join us. All residents are welcome to attend.

Our next meeting of the Interfaith Committee will be on **Monday, Nov. 27 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 join us and become a member.

We are planning an Interfaith Thanksgiving Service on **Wednesday, Nov. 22 at 1 p.m.** in the PAC. All are welcome to attend. There will also be a community Thanksgiving Service on **Tuesday, Nov. 14 at 7 p.m.** at Redeemer Lutheran Church for those who might be interested. WP bus transportation will be provided.

Upcoming religious holidays in November: 1st - All Saints Day; 2nd, All Souls Day; 12th, Diwali (Hindu, Sikh); 24th, Martyrdom of Guru Bahadur (Sikh); 28th Start of Christmas Fast; 28th, St. Catherine's Day; and 30th, St. Andrew's Feast Day.

Billie Stevens, Secretary

Memoir Writers Wanted!

Come and share your stories with the Memoir Group. You can learn new writing skills in a supportive setting, led by Rena Bonne. Your family will thank you! We meet on the **2nd and 4th Monday** every month at **3 p.m.** in the Conference Room. See you there!

Anne Gordon



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



- * Nov. 3 - *Jewish economic theory, especially charity.*
Led by Larry Bush (guest)
- * Nov. - *Judaism and animal issues*, led by Lucy Muller
- * Nov. 17 - *Yiddish updated*, led Lola and Arthur Weiss
- * Nov. 24. - Cancelled for Thanksgiving

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 (Nov. 21). Newcomers are always welcome.

Second Saturday with Pastor Lyn

There is comfort in friendships and relationships that cross religious, national or cultural boundaries. Scripture shares the story of Ruth and Naomi and the loyal, self-sacrificing bond they shared. We will explore the deep meaning of their love on **Nov. 11 at 10:45 a.m.** in our Second Saturday worship in the Great Room.

All are invited to this regular monthly gathering as we reflect, pray, sing and share Holy Communion in an informal time of togetherness led by Pastor Lyn Mehl. Join us!

Pastor Lyn Mehl

Weekly Prayer Group

An interdenominational prayer group meets on **Wednesdays at 4 p.m.** in the Interfaith Meditation Room (2nd Floor Assisted Living).

Bible Study

A Bible study led by Helen Foehrenbach meets the **1st & 3rd Sundays at 1 p.m.** in the Conference Room.



From The Dining Services Committee



The purpose of the Dining Services Committee is to represent the Independent Living residents and convey to Dining management residents' wishes and needs regarding menu options, food quality and adequacy of service. The committee works well with a very cooperative and open-minded Management team and has worked on:

- ◆ Opening the Pub on Saturdays from 12-2 p.m.
- ◆ Upon resident request, romaine lettuce can be substituted in green salads.
- ◆ “Greet Your Neighbor” meals are going well.
- ◆ “Happy or Not” machine is being used often.

The Dining Committee needs resident input. Meetings are open to all. Please join us on the **first Tuesday of the month at 10 a.m.** in the Game Room. The more the merrier! Remember to please voice your concerns immediately to Management so problems can be resolved quickly. Happy Holidays!

Joan Kleinegris, Dining Committee Chair



Sustainability Committee News

Hats off to New Gifting ideas for the Holidays

The Sustainability Committee zeroed in on the idea of “sustainable” gifts for the holidays... home or hand-made gifts, regifting, or gifts of your time or expertise. This idea of offering alternatives to the commercialization of holiday gift-giving emerged recently as Michelle has observed the daily pile of boxes growing taller and taller behind Concierge’s desk.



Michelle Gramoglia & Nora Brown sport hats made from scraps and used clothing by Oliver Manhattan, a New Orleans artist. They were gifts to Nora which she plans to regift. [Photo by Joy Dryer]

Here are some ideas discussed during SusComm’s October 17th presentation:

REGIFT. Give items you can no longer, or never used. A scarf? CD’s? Make your own gift? a picture frame? Offer an edible? A plant?

GIFT of (your) TIME instead of a thing. Plan a specific activity with a loved one, e.g., a dinner, a concert, a walk; make a cake; teach singing, sewing.

ESSENTIAL NEW. Distinguish between essential (e.g. new warm gloves, new computer) vs. unneeded non-essential gifts (e.g. one more sweater).

GIVE MONEY. Prefer to give money to a charity? e.g. an organization that gives a baby goat for a poor Guatemalan family, or micro loans to women starting a business in Nigeria? These websites evaluate what percent of donations support administrative costs, and which support mission activity: charitywatch.org and charitynavigator.org. Check them out before you donate.

The history of our winter holidays reveal shared symbolism and values: bringing light into end-of-year (December) darkness, and celebrating gratefulness and bestowing affection on loved ones.

Join SusComm and ReGifting experts on **Wednesday, Nov. 1 from 1-2 p.m.** in the Art Studio to plan a “Make This!” Workshop. Sign up at Concierge Desk.

Joy Dryer, on behalf of the Steering Committee

“Gratitude is the fairest blossom which springs from the soul.”

[Henry Ward Beecher]



Sustainability Committee Presentation

David Shepler, one of the owners of Zero Place, will present “Setting the bar for transforming the built environment” on **Thursday, Nov. 9 at 2 p.m.** in the PAC.

Zero Place, a high performance building development, opened its doors to New Paltz in April, 2022. It is located at 87 Chestnut St., New Paltz and is a net-zero energy building that leaves a minuscule carbon footprint and charges no utility fees for residents. Shepler had the idea for a net zero building in 2015, wanting to stretch the limits of building performance and create something sustainable on a large scale.

This exciting, new initiative, here in New Paltz, gives us the opportunity to examine more intensely, ways to deal with Global Warming.

Nora Brown, for the Sustainability Committee

SusComm Webinar - Nov. 28

SusComm presents Professor Douglas Tallamy, author of *Nature's Best Hope* (via webinar) on **Tuesday, Nov. 28, at 7 p.m.** in the PAC. Woodland Pond’s current landscape designs are ineffective at sustaining the plants and animals that sustain us. Tallamy will discuss simple steps that each of us can- and must- take to reverse declining biodiversity and will explain why we, ourselves, are nature’s best hope.

Dawn Sangrey, for the Sustainability Committee

Land Conservation Committee Presents:

The Land Conservation Committee and Artscope are pleased to host a presentation by Kevin Cook, local artist and expert on the Hudson River School of painters. Kevin will explore the history of those painters, who first drew attention almost 200 years ago to the magnificent landscapes in our area and beyond. Their work, which still inspires artists, contributed greatly to awakening Americans to the need to preserve our landscapes. It is perhaps not too much to suggest that the Hudson River painters marked the beginning of land conservation efforts that continue to this day, resulting in the creation of the parks, preserves and vistas which we are privileged to enjoy today.



Kevin’s presentation will take place in the PAC on **Tuesday, Nov. 21 at 2 p.m.**

Larry Randall, for the Committee

Meet Your New Neighbors

We are delighted that several new residents will be calling Woodland Pond their home between now and the end of the year. They are looking forward to meeting their new neighbors, so please invite them to lunch, dinner or an activity. This month we welcome June Martin and William and Margaret Tabb.

Edited by Halema Hassan

William and Margaret Tabb ~Apt. 540



Margaret (Mikesell) and Bill Tabb met at Earlham College, a Quaker College in Richmond, Indiana. They married at the Friends Meeting in Washington, D.C. In 1968 then moved to Storrs, Connecticut where

Bill taught Economics and Margaret received a Ph.D. in English Literature. In the early 1980s they moved to New York City. Margaret taught at John Jay College of Criminal Justice and Bill at Queens College and the Graduate Center, all part of the City University of New York. They lived for more than forty years across the street from Bill's junior high school, also spending time in a small house inherited from his parents in a quiet spot near Patterson, New York.

Bill continues to write books on economics and politics that Margaret edits. Bill has lectured around the world, affording the family rich cultural experiences, including for his daughter, Kathryn. When she was four they lived in Japan while he was a lecturer at Kansai University in Osaka and Margaret lectured at other Japanese universities on Shakespeare, her specialty. At home after retirement, Margaret has also taught in prisons. She is an avid gardener. Both enjoy classical music, dance, theater and visiting their grandson, whose parents, both college professors themselves, live a half hour from Woodland Pond.



More scenes from our Kaleidoscope of the Arts Craft Show and Sale...

June Martin ~ Apt. 421

June is moving here from Poughkeepsie. She grew up in Saint Louis, MO, and later moved to Spokane, WA with her husband. She subsequently moved to Poughkeepsie where she raised her 3 children - Roy, Lori, and Ken. From there she eventually moved to Los Angeles and Beverly Hills, CA until moving back to Poughkeepsie to be closer to her children and grandchildren and is now is starting to enjoy the pleasures of being a Great-Grandma!



June was a member of Marist College Center for Lifetime Studies and looks forward to continuing her studies closer to Woodland Pond. She enjoys playing bridge and other card games with her friends and had spent some time working as a volunteer for the bookstore at the Boardman Road Library. She is an avid reader and enjoys discussions with her book club. She enjoys the opera and ballet, as well as knitting, crocheting and crewel embroidery.

Pond Pets

Article by Lucy Muller, photos by Kathleen Desmery

Kathleen Desmery is the lovely lady who works at the concierge desk during the week. She has been helping us here since 2015. Kathleen lives in Gardiner with her three boys and husband, Mark and adorable pup, Jax.



"Jax is a rescue dog that we heard about from a woman, named Shira, that used to work in the Activities Department at Woodland Pond. We were not looking for a dog at the time but after we heard his sad story, and saw his photo, he visited our house and never left. We are his fourth and final family," Kathleen said. "Jax likes cuddling up to anybody that will let him, watching the Cowboys, protecting the house from squirrels and carrying his tiny tennis ball. Jax hates being alone and despises squirrels on his back porch."





Woodland Pond
at New Paltz

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
Kathleen Desmery
Joy Dryer
Halema Hassan
Pat Houk
Ronnie Sue Jaffe
Larry Randall

Contributing Writers
Dick Barry
Nora Brown
Michele Caccavano
Gretchen Daum
Joy Dryer
June Finer
Ashley France
Anne Gordon
Halema Hassan
Grace Juhren
Anita Kantor
Pastor Lyn Mehl
Lucy Muller
Mary Jo Murray
Suzanne Orchowski
Larry Randall
Jo Sanders
Dawn Sangrey
Valentina Shatalova
Billie Stevens
Bill Tuel

Assemblers/Distributors
Eileen Francesconi
Bernice Hummel



It has been a picture-perfect Autumn, as two of our resident-photographers can attest to: Larry Randall (left) and Michele Caccavano (right).

Don't Forget!
Daylight Savings Time
ends on
Sunday, Nov. 5.

Turn your clocks
back one hour
and enjoy an extra
hour of sleep!



November Highlights at a Glance

Thursday, Nov. 9 at 2 p.m. - Zero Place Presentation [PAC]

Friday, Nov. 10 - Veteran's Day Observance

9 a.m. - Veteran's Day Breakfast [IL Dining Room]

1:30 p.m. - Veterans' Day Program [HC Great Room]

Sunday, Nov. 12 at 4:30 p.m. - Bucket List Ensemble [PAC]

Tuesday, Nov. 14 at 3 p.m. Tree of Faith program: Rabbi Adam Cerino-Jones [PAC]

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

Wednesday, Nov. 15 at 2 p.m. - Veteran's Café [HC Great Room]

Wednesday, Nov. 15 at 7 p.m. - MTNA Student Piano Recital [PAC]

Thursday, Nov. 16 at 2 p.m. - *Council Connections*: guest Bernice Hummel, Memoir Group member [PAC]

Friday, Nov. 17 at 3 p.m. - Simple Melodies with the *Starlight Trio* - [PAC]

Tuesday, Nov. 21 at 2 p.m. - Land Conservation Program: Hudson River School of Painters [PAC]

Wednesday, Nov. 22 at 1 p.m. - Thanksgiving Interfaith Service [PAC]

Monday, Nov. 27 at 7 p.m. - Playreading: "Thurber Stories" [PAC]

Tuesday, Nov. 28 at 2 p.m. - *Another Eden* creative performance [PAC]

Tuesday, Nov. 28 at 7 p.m. - Suscomm Webinar: *Nature's Best Hope* [PAC]

Want to share the
newsletter with your
family and friends?

They can read it
online at
www.wpatnp.org

