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WoodlandLife

Vol. 15, No.10

October 2023



Kaleidoscope of the Arts Show & Sale ~ Friday & Saturday, Oct. 20 & 21



It's here! Woodland Pond's 10th annual *Kaleidoscope of the Arts: Craft Show and Sale* is **Saturday, Oct. 21 from 10 a.m. to 4 p.m.** in the Performing Arts Center. (The show will be open on **Friday, Oct. 20 from 2-4 p.m. for staff only.**)

The talented residents displaying and/or selling their original crafts will be offering handcrafts, books, jewelry, needlework, woodwork, paintings, ornaments, photography, home-made jams, greeting cards, sculpture and much more! In addition to having the Performing Arts Center filled with a variety of creative crafts, there will be the ever-popular bake sale in the Art Studio — always an early sell-out! If you would like to help by baking or assisting with the bake sale, contact Eileen Francesconi, Jan Kissinger, Sharon Raphael or Vivian Yettru.

Another event highlight — the beautifully-wrapped gift baskets raffled off at the end of the day. Winners need not be present to claim their prize! Non-perishable food items, 'themed' items and gift certificates from area businesses will be featured in the baskets. Proceeds from participating crafters' table reservations, bake sale and gift basket raffles all go to the *Woodland Pond Benefit Fund*. If you'd like to donate items for the gift baskets, please get them to Joan Kleinegris by Thursday, October 12. You can find a list of items needed for the gift baskets and bake sale on the display poster across from the Hostess Station and in the Mail Room..

Kaleidoscope of the Arts is not just for residents to attend — please invite your family and friends in the wider community to come enjoy the day with you!

Special thanks to this year's Planning Committee: Paul Fargis, Anne Gordon, Ann Hanover, Joan Kleinegris, Joan Mandy, Kitty Mitchell, Carol Natoli, Kathy Timm and Vivian Yettru, with staff assistance from Sarah Leonard and Gretchen Daum. Thanks also to the army of resident-volunteers who are so generously offering time and talents to assist with the many tasks required to present this event. And kudos to many staff for their assistance, specifically from the Concierge, Housekeeping, Dining, and Facilities departments. Each year we look forward to this event that spotlights the extraordinary creative talents of our Woodland Pond Residents.

Come join us!



Additional Important October Events

Wednesday, Oct. 4 - Multi-Agency Emergency Exercise
See newsletter insert

Saturday, Oct. 14 - Walk to End Alzheimer's
See newsletter insert

Oct. 12-16 - Residents' Council Election - See pg. 2

Wednesday, Oct. 25 - Residents' Association Annual Meeting

Friday, Oct. 27 - Red Cross Blood Drive - See pg. 2



October meetings of your Residents' Council are **Thursdays, Oct. 5 and Oct. 19 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, Oct. 19 at 2 p.m. in the PAC**, with Dining Committee Chair Joan Kleinegris as the guest. She will be interviewed by Halema Hassan.

Please see the Nominating Committee's article below for details about the upcoming Council Election, and plan to attend the Residents' Association Annual meeting on **Wednesday, Oct. 25 at 3 p.m.** in the PAC, at which time the newly elected members of the Council will be introduced.

June Finer, Corresponding Secretary

From Woodland Pond's Board of Directors

Like the boards of most organizations, we take a short break during July and August and return to a scheduled calendar of full Board, committee and sub-committee meetings beginning in September. At the start of this new cycle, we refocus on ongoing issues and add new goals and emerging concerns. Our efforts are always geared to working closely with, and providing the strongest support to, Michelle and her management team in continuing to improve all aspects of life at Woodland Pond for the betterment of all our constituents. We approach these tasks with renewed vigor and individual commitment.



Dick Barry, Secretary

Residents' Council Election is This Month

On **Wednesday, Oct. 11 at 3 p.m.** the candidates for five seats on the Residents' Council will be in the Performing Arts Center to introduce themselves and answer questions from residents. The candidates are: **June Finer, Tom Gilder, Mel Oshen, Evelyn Rosenthal and Dave Smith.**

This meeting will be recorded and available for viewing on WPTV-1340. Voting will begin on **Thursday, Oct. 12.** The ballot box will be at the Concierge's desk **until Monday, Oct. 16 at noon.** In order to vote, simply request a ballot at Concierge, place your vote in the ballot box, and have your name checked off the list. Health Center residents who wish to vote will receive ballots in the Health Center. Election results will be announced on October 16 by 3 p.m. and will be posted in the Mail Room.

Nominating Committee: Alice Cross, Chair; Sue Gilder, Ronnie Jaffe, Wayne Lavender, Cynthia Lee, and Sharon Raphael.

Your Benefit Fund at Work!



The Kaleidoscope of the Arts Show and Sale is a vital fundraiser for our Fund. We would like to thank all who are working to make it a success - the Committee whose hard work organizes the sale in the PAC, soliciting residents for donations to the bake sale and the gift basket raffle, and creating the amazing baskets themselves.

Also thanks to the many residents who contribute bakery items, and items for the baskets. Your generosity makes this event a huge success.

News - the construction of the new awning in front of the Library doors is now complete!

Our thanks and best wishes go, also, to Kamryn Ilgner for the many ways in which she helped to move forward the work of this committee.

Anne Gordon, Woodland Pond Benefit Fund Chair

❤️ Red Cross Blood Drive Scheduled ❤️

Woodland Pond is partnering with the American Red Cross to host our third blood drive of the year on **Friday, Oct. 27 from 10 a.m. to 3 p.m.** in the Performing Arts Center. Please join our lifesaving mission and schedule an appointment. You may contact Brigitte Blum at ext. 5800, or returning donors can also book online with the American Red Cross.

The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime. Thank you for supporting the American Red Cross blood program!

Brigitte Blum, Human Resources Director



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, 1p.m. [4th Central Lounge]
Handbell Ringers: Tuesdays at 1 p.m. [AS]
Hearts Players: Mondays at 1 p.m./Saturdays at 12:30 p.m. [GR]
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, Oct. 27 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: Wednesdays at 11:15 a.m. [AS]

Interest Groups continued:

- Square Dance: Wednesday, Oct. 18 at 3 p.m. [AS]
Table Games: Mondays at 7 p.m. [ClS] Saturdays at 2 p.m. [AS]
Watercolor Class: Monday, Oct. 2 and 16, 10 a.m. [AS]
Women's Tea: Mondays at 2 p.m. [ClS]
 (2nd Monday Tea Talk in the PAC).

Committee Meetings for October

- Library Committee - Monday, Oct. 2 at 12 p.m. [ClS]
 Contact: Virginia Cannon, Chair
Finance Review - Monday, Oct. 2 at 1 p.m. [CR]
 Contact: Dave DeWilde, Chair
Dining - Tuesday, Oct. 3 at 10 a.m. [GR]
 Contact: Joan Kleinegris, Chair
Physical Plant - Wednesday, Oct. 4 at 10 a.m. [ClS]
 Contact: Deborah Moore, Chair
Décor/Design - Thursday, Oct. 5 at 1 p.m. [CR]
 Contact: John Ortner, Chair
R.O.V.E. - Monday, Oct. 9 at 11 a.m. [Game Room]
 Contact: Suzanne Orchowski, Chair
Welcome - Tuesday, Oct. 10 at 11 a.m. [GR]
 Contact: Alice Cross, Chair
Landscape - Wednesday, Oct. 11 at 2 pm. [CR]
 Contact: Deborah Moore, Chair
WP Benefit Fund - Wednesday, Oct. 18, 10 a.m. [CR]
 Contact: Anne Gordon, Chair
Kaleidoscope - Thursday, Oct. 19 at 11 a.m. [AS]
 Thursday, Oct. 26 at 11 a.m. [PAC]
Land Conservation - Friday, Oct. 20 at 3 p.m. [CR]
 Contact: Dave Smith, Acting Chair
Interfaith - Monday, Oct. 23 at 10:30 a.m. [GR]
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary
Health Center - Tuesday, Oct. 24 at 1 p.m. [ClS]
 Contact: Margaret Nijhuis, Chair
Sustainability - Wednesday, Oct. 25 at 2 p.m. [ClS]
 Contact: Joy Dryer, for the Steering Committee

Attention Bingo Fans ...

Viv Stoner is ready to start up Bingo again this month! Come on **Wednesday, Oct. 4 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

The Guns of August by Barbara Tuchman

Woodland Pond Library is focusing on world history this month. Barbara Tuchman, in this Pulitzer Prize-winning book, takes a global perspective as she recreates the conflict and carnage of World War I. European and world history was forever changed by this war.

An eminent and renowned historian, Tuchman recounts the political events, power intrigues, and terrible diplomacy that caused the war. She describes military and royal history with a compelling narrative. She concludes that the results of the war had destroyed the beliefs of the times before 1914 and could never be restored. World War I decided the course of world history for the next hundred years!

Anita Kantor

Book Club



The book club is presently reading *Long Petal of the Sea* by Isabel Allende. The discussion at our next meeting on **Tuesday, Oct. 3 at 7 p.m.** in the Conference Room. During October we will be reading *The Color of Water* by James McBride in preparation for a discussion at the November meeting.

Michele Caccavano

PAC Movies



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

First Friday Classic Movie: A 1945 feature *Mildred Pierce*, starring Joan Crawford and Jack Carson, **Friday, Oct. 6 at 7 p.m.**

Opera Night: This month's features: *Romeo et Juliet* on **Friday, Oct. 13 at 7 p.m.** and on **Friday, Oct. 27 at 7 p.m.** is *I Capuleti E I Montecchi*.

Lifetime Learning Institute (LLI) 2023 Fall Session

Woodland Pond will host two 4-week classes on Fridays beginning Oct. 20 in the Classroom: *Guide to Planet Earth*, from 9-10:15 a.m. and *New Paltz and the Growth of Townships* from 1-2:15 p.m. Note: A registration fee is required to attend the classes, which may be full now. If you have questions, contact the LLI office at 845-257-2892.



Bus Trips for October



Sunday, Oct. 1 at 3 p.m. – Vassar College presents “In Homage,” with pianist Thomas Sauer performing a musical homage to his late teacher Edward Aldwell (WP resident Jean Aldwell’s husband) and several tributes from one composer to another. Depart at 1:45 p.m.

Friday, Oct. 6, 10 a.m. departure – Shopping trip to Woodbury Commons.

Friday, Oct 6 at 7 p.m. – Classical music concert at the Senate Garage in Kingston: “Joyous Spirit: Music for Voice, Strings & Piano.” Depart at 6 p.m.

Saturday, Oct. 7 at 7:30 p.m. – Greater Newburgh Symphony Orchestra season opener concert at Mt. St. Mary College, Newburgh. Depart 6:15 p.m.

Thursday, Oct. 12 at 7 p.m. – Blauweiss Media presents *The Roaring 1820s to Kingston Point Park* multimedia presentation at the Hudson River Maritime Museum in Kingston. Depart at 6 p.m.

Monday, Oct. 16 – Enjoy a Fall Foliage ride in the Catskills to the village of Tannersville, with a dessert stop and return ride through scenic Phoenicia. Depart at 1 p.m.

Sunday, Oct. 22 at 3 p.m. – Rhinebeck Performing Arts Center presents Eugene O’Neill’s *The Iceman Cometh*. Depart at 1:45 p.m.

Saturday, Oct. 28 – Visit to the Trolley Museum in Kingston on the Rondout Strand. Museum with early dinner after at one of the local restaurants on the Strand. Depart at 1 p.m. - return to WP approximately 6 p.m.

Sunday, Oct. 29 at 3 p.m. – The Northern Dutchess Symphony Orchestra presents *Latin Itinerary*, at the CIA-Marriott Pavilion. Depart at 1:30 p.m.



Discount Shopping Reminder



On every first Tuesday you can ride the bus into New Paltz for shopping and take advantage of Tops’ 6% senior discount and Shoprite’s 5% senior discount. The remaining weeks of every month will be the usual Wednesday New Paltz shopping transportation.

To be clear, the first week of every month shopping in New Paltz will only take place on the Tuesday to accommodate for this discount at both TOPS and Shop Rite.

Wellness Notes



The air is crisp and cool. The leaves are falling. Fall is here! This month is filled with a bounty of harvest, Octoberfests, football, apple picking, Halloween and of course, here in the glorious Hudson Valley we are surrounded by the tapestry of autumn colors.

There is plenty of opportunity to be outside - fresh air, walks/ hikes and outdoor events in the area. If you feel your endurance or balance could use some tweaking, ask your physician for a script for physical therapy. In preparing for the fall and winter follow up with your doctor to be sure you are up to date with your routine tests, medications and any inoculations that are recommended for you. Dress in layers when outside and be sure to wear proper seasonal footwear for good traction.

Take an inventory of your over-the-counter vitamins and medications - replace the expired ones so you are ready as the season comes into full session. Having some non-perishable food staples in your home can be convenient and handy.

Wellness Wishes,

Mary Jo

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

Grief Support Group Fall Sessions



Hudson Valley Hospice is pleased to offer WP residents a grief support group. This 8-session group is designed to help participants move through the grieving process that occurs as a result of the death of a loved one. The group meets **twice a month on Mondays at 10 a.m.** in the Classroom. The group begins **Monday, Oct. 9.** Prior registration is required. Contact the Bereavement Center at 845-240-7579 to sign up. The session dates: **Oct. 9 and 23, Nov. 6 and 20, Dec. 4 and 18, and Jan. 8 and 22.**

This opportunity is brought to you by the WP Mental Health Task Force.

Mental Health & Wellness Program

Join independent living resident Raina Maissel's physician daughter, Dr. Gerda Maissel when she returns on **Thursday, Oct. 12 at 2 p.m.** in the PAC to discuss the topic selected by the Mental Health and Wellness Committee, *Solo Aging*. She'll discuss the myths and realities of the solo population and offer practical solutions to the challenges of solo aging.

Dr. Maissel is the founder of My MD Advisor, a private medical navigation service for people with complex healthcare issues.

A New Caregiver's Support Group

A Caregiver's Support Group facilitated by the Alzheimer's Association will meet the **first Tuesday of every month** beginning **October 3.** Sessions begin at **1 p.m.** and take place in the Classroom.

This group is for anyone who is providing care for a loved one. No sign up is required.



at



Resident Flu Vaccine Clinic

Date: Thursdays, Oct. 12 and 26

Time: 9 a.m. - 1 p.m.

Location: Art Studio

Sign up for your appointment with Jeanie in Dedrick's here at Woodland Pond and be sure to bring your insurance cards with you.



Support Group Meetings



* *The Grief Support Group* facilitated by Hospice resumes this month. Please see related details on this page.

* *Caregiver's Support Group* – first **Tuesdays at 1 p.m.** [Classroom].

* *The Parkinson's Support Group* – **4th Wednesdays at 1 p.m.** in the Conference Room.

A Fitness Note from Grace

Thanks to all who came to the 1st ever WP pool party! It was a great success. And a big shout out to Amy, Jared, Emily, Ashley, dining staff and to Crystal, Jeffrey and a bunch of others who helped with set up and take down.



Wednesday, Oct. 11 - River to Ridge trail in New Paltz. Meet in the Lobby at 9:30 a.m. for a 9:45 departure. The bus will pick us up at 12 p.m. to return to the campus. **Note:** There will be a shortened 9 a.m. pool class that day and a video will be shown for Chair Yoga at 11 a.m. The rain date is **Wednesday, Oct. 18.**

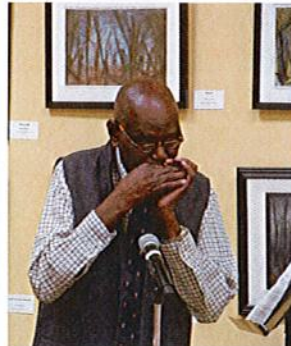
Grace Juhren, Fitness Instructor

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



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

Life at Woo



The Dulcimer Players offered another fine concert at the end of August, and Dr. Randolph Estwick, accompanied by Jean Aldwell on the piano, played three inspiring pieces on the harmonica.



An enormous crane raises materials to the roof as part of the replacement project of HVAC units for the South, Central and North Wings.

Quite a sight!



It was a picture perfect day for last month's celebration of residents and staff who have reached their 10-year anniversary at Woodland Pond. The staff honorees enjoyed a luncheon hosted by HR Director Brigitte Blum and 10-year residents and their neighbors enjoyed a reception in the Courtyard, with music by the ever-popular Starlight Trio.



Nice weather is helping to ensure steady progress on the construction of the new cottages on campus.



Michele Caccavano captured this close up of one of Vivian Stoner's majestic Mammoth sunflowers in the Resident Community Garden.



Ray Smith shared this photo of the lovely and large elephant ears on display between Cottages 1 and 2.



Donations Still Needed For Kaleidoscope!

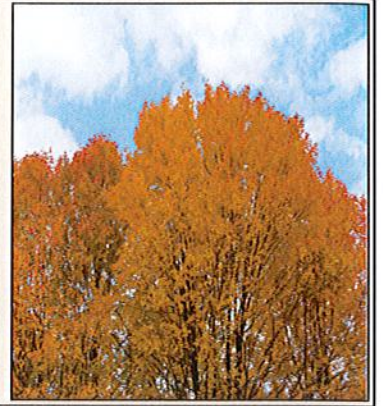
For our gift baskets, we need new, unopened, non-perishable food items (wine, crackers, cookies, jams, coffees, teas, etc.), also lotions, soaps, and more!

Deadline is Oct. 12
See complete list in the Mail Room.

Woodland Pond

"O suns and skies
and clouds of June,
and flowers of June
together, ye cannot
rival for one hour
October's bright blue
weather ..."

[Helen Hunt Jackson]



Wow — *Woodland Life* Has Really Been on the Move!



(At left), At the end of August, Lena Trad took along a copy of the newsletter to Coconut Creek, Florida, where she enjoyed visiting a friend she hadn't seen in 9 years.

(At right) In August, Betsy and Bill Tuel and *Woodland Life* cruised with American Cruise Lines on the inaugural voyage of new ship *American Eagle*. The Eagle was christened at the

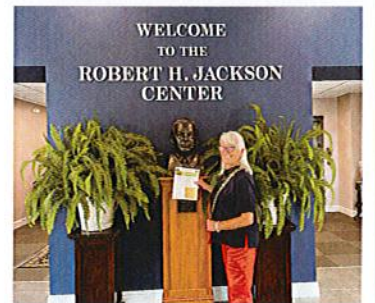


Massachusetts Maritime Academy. The Cape Codder trip started in Boston and went to Gloucester, Bourne for christening, Martha's Vineyard, New Bedford, Provincetown, Plymouth and back to Boston. The christening ceremony and a whale watching trip and fine food were highlights.

(At right) Joan Mandy brought her newsletter copy to New Hampshire on a visit with family at Lake Winnepesaukee.



(At right), Jill Fasciana took her newsletter on a trip to her hometown of Jamestown, NY, where she visited the Robert H. Jackson Center. Justice Jackson grew up nearby and first practiced law there. He became world-renowned as judge of the Nuremberg Trials. This Center provides a riveting history of the 1945 trials.



(At left) Lea and Yakov Pipman sent this photo taken on the veranda at the International Center of Theoretical

Physics in Trieste, Italy, overlooking a majestic sunset over the northern tip of the Adriatic Sea.

If you are planning a trip to an interesting location (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!

Connie Hornbeck brought the newsletter on a visit with her children and grandchildren to her son's house on Augur Lake near Keeseville, NY, in the Adirondacks - fishing, bird-watching, sharing lots of stories and joining them on a hike in the Boquet Nature Preserve.



Applauds Program Salutes Employee Service

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



Brett Herman	Lisa Cea	Bailey Ginn
Allysa Delessio	Anthony Izak	Rob Stahl
Joshua Taveras	Ryan Kraehmer	Renai Recai
Gina Christiana	Matthew Perconti	Orres James
Juniper Grillo	Emily Alexander	Jane Basso
John Holland	Julia Brooker	Jasmine Sadiq
Theresa Fiscaletti	Kayla Cafaldo	Tom Tango
Katrina Williams	Joseph Fannelli	Trey Nitza
Huguette Pierre-Noel	Marissa O'Brien	Ruth Fialcow
Ana Hervias Olivos	Eva Goldschein	
Stephanie Rzeszewicz		

Applauds forms are available at the Concierge Desk. They are given to the Human Resources Department. If your nomination is received after the deadline, it will be included in the following month's issue.

Monthly Birthday Party is Tuesday, Oct. 10



Our monthly birthday party is **Tuesday, Oct. 10 at 2 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

Celebrating this month are:

Clay Price - Oct. 1	Richard Kelder - Oct. 16
Katy McEntegart - Oct. 2	Dick Barry - Oct. 19
Deborah Moore - Oct. 4	Marilyn DiLascio - Oct. 19
Joy Dryer - Oct. 7	Marion DuBois - Oct. 19
Francoise Laderach - Oct. 8	Ann Guenther - Oct. 21
Jill Ortner - Oct. 8	Herme Mills - Oct. 22
Howard Stutzman - Oct. 9	Ken Evans - Oct. 24
Diane Tepper - Oct. 9	Jean Raffo - Oct. 24
Cynthia Lee - Oct. 10	Frieda Feldman - Oct. 25
Gordon Carville - Oct. 15	Arthur Weiss - Oct. 26
Sue Gilder - Oct. 16	Robert Gizzarelli - Oct. 31

From the ROVE Committee

ROVE thanks everyone who has contributed towards our end of year "Thank You" gift to our hourly staff. Since many of these staff members are low-income earners, a year end check makes a big difference to them. September 30 was our cut off date, however, sometimes circumstances get in the way, preventing us from making deadlines. With that in mind we are still accepting checks but please make your donation as soon as possible. Help us make it to the top of the thermometer! Checks should be made out to Woodland Pond with ROVE written on the memo line.

When planning your donation, keep in mind all the services we receive from our staff. They clean our homes, unclog our sinks, drive us to appointments, prepare and serve our meals, among other tasks. We suggest \$1,000 per person per year, way less than tipping would cost you if you received these services in hotels, restaurants and taxi rides. Our staff deserve and appreciate a thank you from all of us.

Thank you also to all who purchased a raffle ticket for a personalized cartoon by Martin Lavanhar. As advertised, we drew one winning ticket for every ten tickets sold – 50 tickets sold, five winning tickets. We expected five winners but have only three because two of the winners held two winning tickets each. The winners are: Anne Gordon, one win, Barbara Hallam and Taylor Thompson, two wins each. Congratulations to all of you, have fun planning your cartoon(s)! If he hasn't already, Martin will be contacting you soon to plan your cartoon(s), and he will be busy!

Suzanne Orchowski, for the ROVE Committee

Square Dance Resumes This Month!

Our professional caller, Sandy Corey, will be back to lead us in the fun of square dancing monthly on **Wednesday, Oct. 18 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.



Photo by Artie Raphael

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



Welcome New Residents!



The Welcome Committee's monthly New Resident Social/Orientation is **Friday, Oct. 27 at 2 p.m.** in the Classroom. New residents will receive an invitation in their mail cubby to attend.

William & Margaret Tabb ~ Apt. 540 [North Wing]
June Martin ~ Apt. 421 [Central Wing]
Gordon and Claudia Carville ~ Apt. 309 [South Wing]



Interfaith Committee News

The next meeting of the Interfaith Committee will be on **Monday, Oct. 23 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. We meet once a month to plan "Tree of Faith" programs to be presented to all residents in the PAC as well as exploring matters of interest of all faiths.

The Committee continues to keep busy making arrangements for Tree of Faith programs. The next scheduled presentation will be a local Rabbi in November.

Upcoming religious holidays in October: 1-6th Sukkot continues; 6-8th, Shemini Atzeret; 7-8th, Simchat Torah (all Judaism); 4th, St. Francis of Assisi's feast day (Catholic); 15-24th, Navarati (Hindu).

Billie Stevens, Secretary

Health Center Committee Update

Tour of the Health Center

Monday, October 23, 2023 at 1 p.m.

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



Join us for the last tour of 2023. Tours will resume in January on the 4th Monday of each month.

Natalie Russak, Admission Coordinator for the Health Center, is conducting tours of the Health Center for the residents of Independent Living at Woodland Pond. The tour will start on **Oct. 23 at 1:00 p.m.** in the lobby of Independent Living. 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.

World Teacher's Day Tea



Thursday, Oct. 5 at 10:30 a.m. in the Health Center's Great Room. Retired educators, please RSVP HC Activities at 845-256-5917.



Attention, Vets! Hudson Valley Hospice's next Veterans' Café at Woodland Pond is

Wednesday, Oct. 25 at 2 p.m. in the HC Great Room. Join the discussion! Refreshments provided.



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



- * Oct. 6 - *Jewish Book of Why* - led by Ina Pottorff
- * Oct. 13 - Communication styles and Jewish values - presented by guest, SUNY senior Brina Novogrebelsky
- * Oct. 20 - Sex and drugs in the Catskills - presented by Bonnie Kaye
- * Oct. 27 - Missing husbands - led by Sylvia Chasan

Meditation Group Changes Meeting Day

The *Mindfulness of Life ~ The Way of Meditation* group led by Barbara Bash will now meet on the **3rd Tuesday** each month at **11 a.m.** in Art Studio (Oct. 17).

Newcomers are always welcome.

Second Saturday with Pastor Lyn

There is such 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 **Oct. 14 at 10:45 a.m.** in our Second Saturday worship in the Great Room.

Friends from I.L. are invited to join their A.L. neighbors for 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

Special Bible Study Series

Pastors Gary and Lyn Mehl invite Independent Living and Health Center residents to four classes on Christ's "Sermon on the Mount in the Health Center Great Room for **four Sundays: on Oct. 15 at 3:45 p.m.** and the remaining **Sundays, Oct. 22, 29 and Nov. 5 at 3 p.m.**



Come to again read these very familiar verses and review and challenge your faith life.

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.



Sustainability Committee News

RECYCLING REDUX: NEW COMPOST BIN

It's a square, shiny, silver 32 gallon Bin. It's a sealed container sitting in the corner of the cart room next to DR hostess desk. It's waiting especially for YOU.



SusComm's new compost bin. This is the only place to compost. Please read info sheet atop bin re: what to place into bin.

This Bin quietly, patiently, awaits your arrival to feed it.

It beckons you to deposit your organic kitchen scraps.

Yep. This is the Sustainability Committee's new COMPOSTING program. (It replaces the outdoor bins.)

Carry your scraps in a plastic bag (... possibly stored in your freezer). Empty into the bin.

Toss plastic bag into the garbage pail next to compost bin. Done. Good job!

Our kitchen empties the Bin daily. And Woodland Pond's composting company picks up this compost weekly.

An easy quick way to return nutrients to the soil. Thank you Ponders, for doing your part to recycle... Keep it up!

Joy Dryer, on behalf of the Steering Committee



From Dining Services

Get ready for our annual Halloween 'Spooktacular' dinner on **Tuesday, Oct. 31!** Ghosts, ghouls and everything in between are welcome to come to dinner in costume! Amaze your neighbors!



Science Lecture



On **Friday, Oct. 6 at 2 p.m.** in the Classroom, Mel Oshen will present "Aircraft and Spacecraft from the Wright Brothers to Planet Mars," a talk about the history and technology of flight from the Wright Brothers to the Lunar Landings and the International Space Station. Having been an aircraft and spacecraft engineer, he will explain he will discuss the methodology of design and manufacture. In simple terms and a demo, Mel will make it possible for participants to gain a cursory insight into the science of flight on Earth and beyond. [Please sign up at Concierge to attend.]



ArtScope Exhibit



Our next exhibit is scheduled to begin later this month, with the Opening Reception on **Monday, Oct. 30 at 7 p.m.** in the PAC. We will be featuring two painters: David Munford, whose work deals with landscapes, and Michael Piotrowski, both a painter and printmaker.

Creativity flourishes at Woodland Pond

Special Musical Events This Month

Friday, Oct. 13 at 3 p.m. - The *Starlight Trio* (Susan Griss, Larry Bush and Len Kobrinsky) will return with their signature sound on guitars and keyboard. [Courtyard / or the PAC, if inclement weather]

Sunday Oct 15 at 3 p.m. - Each year, WP hosts student musicians performing whose teachers are from various areas within our community. Many of these teachers belong to an organization called "The Hudson-Catskill Music Teachers Association", which is a sub category of the larger New York State MTA and then the Music Teacher's National Association.

It is now the teachers' turn to play! Each year the Hud Cat MTA presents a faculty recital of sorts. For all of the piano lovers out there, this is mostly a piano centric recital with pieces presented as solos and duets. You will see some familiar fingers playing! [PAC]

Monday, Oct 23 at 7 p.m. - Marcia Gates, flutist, will be joined by friends and colleagues Jill Sokol, flutist, Susan Seligman, cellist, and Ruthanne Schempf, pianist, for their annual chamber music concert to honor Marcia's mom, the late Dottie Wahl, a resident of Woodland Pond for five years from its opening in 2009. They will perform a varied program of flute solos and duets, cello solo, and piano solo by composers Bach, Mozart, Brahms, Gershwin, Debussy, Barber, Doppler and contemporary composer Gary Schocker. They are excited to return to play for their friends at Woodland Pond!



The Hookers Craft Interest Group gathers to work on their individual knitting, crocheting, and quilting projects.

Newcomers are welcome!

They meet the **1st and 3rd Tuesdays at 3 p.m.** in the Art Studio.



Meet Your New Neighbors

Please welcome Barbara Metzger and Mary and Ken Evans. They share many of the interests that exist in our community, so please reach out and welcome them!

Edited by Halema Hassan

Ken and Mary Evans ~ Apt. 430



Ken and Mary are moving from Hurley, NY where they resided for 50 years! A native of West Virginia, Mary met Ken during her freshman week at Bryn Mawr

College; Ken, from Michigan, was a junior at nearby Haverford College. They were married four years later and celebrated their 54th anniversary this year. Hurley, NY, has been their home since 1972. They have one son, Kaleb, who lives in Florida.

Mary has degrees in chemistry from both Bryn Mawr and University of Maryland. She later added on an MLS degree in library science from SUNY Albany. She was employed at Benedictine/HealthAlliance Hospital for 36 years, providing library and research services for the hospital, medical, and nursing staffs.

Mary's favorite activity is playing the mountain dulcimer and is so glad to join the other dulcimer players at Woodland Pond. Her volunteer activities have included Girl Scouts, NAMI, and United Way.

Ken has degrees in physics from both Haverford College and University of Maryland. After teaching a few years in Maryland, he taught physics for 30 years at Kingston High School. He also taught adjunct courses at Vassar, SUNY Ulster, and Marist Colleges.

Ken's lifelong passion has been chess, and he has played competitively since his school days. Attending local, state and national meetings of other physics teachers was something Ken especially enjoyed. The exchange of ideas enabled him to keep his teaching and lab work fresh every year. He spent a memorable year in Oxford, England with his family just before starting college. Another highlight for him was the summer of 1966 when he bicycled 1600 miles around England, Wales, and Scotland with two college roommates.

Barbara Metzger ~ Apt. 502

Barbara Metzger (née Otto) was born in 1938 outside St Louis Missouri. She relocated to Poughkeepsie NY in the 1960s with her husband L. Paul Metzger where they raised two children; Paul Metzger, b.1965 and Erica Crane, b.1968.



Barbara's husband passed away in 2002. He was a professor of sociology at Vassar and SUNY New Paltz. She subsequently met her partner of over 15 years, Wilson Turner (1938-2023). She has six grandchildren in their 20's.

Barbara was a homemaker and a successful antiques dealer throughout the 1980's and 90's in Millbrook NY. She was an energetic and involved parent volunteer while her children were students at Poughkeepsie Day School.

Never one to sit still, she renovated a small historic house in the heart of downtown Poughkeepsie as a business venture, refinished furniture, and landscaped her yard with abundant (and widely admired) gardens curating an artful collection of unique flowers, trees, shrubs and garden decor designed to provide interest and beauty all year-round.

Barbara also enjoyed handiwork, completing numerous needlepoint and embroidery projects in the past. She has collected art, baskets, art pottery (with a focus on Roseville Pottery), miniature boxes, and eclectic vintage artifacts and furniture. Barbara also loves to cook and bake. She also enjoys cuisines from around the globe and is an adventurous eater, eager to try new foods and restaurants.

In addition to her many hobbies, Barbara is an avid reader and also enjoys foreign films and TV series on Netflix.



Rocky

Pond Pets

Article by Lucy Muller, photos by Lisa Cea

Marley



Belle

Ever since I came to Woodland Pond I have had the pleasure of getting to know our fantastic Concierge person, Lisa Cea. She has such a caring heart and it extends to her own family of pets. Lisa told me about them: "Marley the Australian Shepard is an active 10-year-old herding dog. Besides being a loving beautiful creature, Marley is smart, agile and protective of his home and family. Marley shares his home with his 2-year-old brother Rocky (also a Australian Shepard) and two cats, Belle and Buddy. All get along famously and love to entertain Mom. Marley has visited Woodland Pond many times over the years and loves to peek his head over the Concierge Desk."



Buddy



Woodland Pond
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Save the Date!
Kaleidoscope of the Arts
Craft Show and Sale
Friday, Oct. 20 ~ 2-4 p.m.
(for staff only)
and on Saturday, Oct. 21
10 a.m. - 4 p.m.
Free Admission!
Open to residents, families, staff
and the wider community!



Residents' Association Annual Meeting
Wednesday, Oct. 25 at 3 p.m. in the PAC

October Highlights at a Glance

- Thursday, Oct. 5, 10:30 a.m.** - World Teachers' Day Tea - [HC Great Room]
- Thursday, Oct. 5** - Alzheimer's Night Fundraiser Happy Hour/Dinner
- Wednesday, Oct. 11 at 3 p.m.** - Meet the Council Candidates Session [PAC]
- Thursday, Oct. 12 from 9 a.m.-1 p.m.** - Detrick's Flu Clinic [AS]
- Thursday, Oct. 12 at 2 p.m.** - Mental Health & Wellness program: *Solo Aging* presented by Gerda Maissel, M.D. [PAC]
- Friday, Oct. 13 at 3 p.m.** - Simple Melodies with the *Starlight Trio* - [Courtyard]
- Saturday, Oct. 14** - Alzheimer's Walk - Shuttles departing from the Lobby
- Sunday, Oct. 15 at 3 p.m.** - Hudson-Catskill Music Teachers Assoc. Faculty Piano Recital [PAC]
- Wednesday, Oct. 18 at 1:30 p.m.** - Management Q&A [PAC]
- Thursday, Oct. 19 at 2 p.m.** - *Council Connections*: guest Joan Kleinegris, Dining Committee Chair [PAC]
- Saturday, Oct. 21, 10-4 p.m.** - Kaleidoscope of the Arts Show & Sale [PAC]
- Monday, Oct. 23 at 7 p.m.** - Chamber Music Concert [PAC]
- Wednesday, Oct. 25 at 2 p.m.** - Veteran's Café [HC Great Room]
- Wednesday, Oct. 25 at 3 p.m.** - Residents' Association Annual Meeting [PAC]
- Thursday, Oct. 26, 9 a.m.-1 p.m.** - Detrick's Flu Clinic [AS]
- Friday, Oct. 27, 10 a.m.-3p.m.** - Red Cross Blood Drive - [PAC]
- Monday, Oct. 30 at 7 p.m.** - ArtScope Opening Reception [PAC]
- Tuesday, Oct. 31** - Spooktacular Dinner! [Dining Room]
- Tuesday, Oct. 31 at 7 p.m.** - Playreading [PAC]

Want to share the newsletter with your family and friends? They can read it online at www.wpatnp.org

