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Our Campus

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Our 10-Year
Residents & Staff



WoodlandLife

Vol. 16, No.10

October 2024

Residents' Council Election is This Month

MEET THE CANDIDATES

On Wednesday, **Oct. 9 at 3 p.m.** in the Performing Arts Center the candidates for four seats on the Residents' Council will introduce themselves and answer questions from residents. The candidates are: **Helen Fohrenbach, Molly Jones, Cathy Kelly, Larry Randall, Karl Rodman and Fred Wolinsky.** This meeting will be recorded and available for viewing on WPTV – 1340.

Voting will begin on **Wednesday, Oct. 9** after the Meet the Candidates session. The ballot box will be at the Concierge's desk **until Monday, Oct. 14 at noon.** In order to vote, simply request a ballot at Concierge, after voting 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.



Helen
Fohrenbach



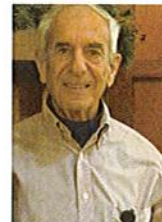
Molly
Jones



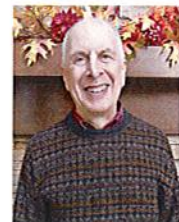
Cathy
Kelly



Larry
Randall



Karl
Rodman



Fred
Wolinsky

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

WP Arts & Crafts Fair on the Horizon



Planning continues for the **Saturday, Dec. 7** Woodland Pond Arts & Crafts Fair. The committee is reminding resident crafters and bakers to get your products ready. For more information about participation, you are welcome to attend our next meeting on **Thursday, Oct. 17, at 11 a.m.** in the Art Studio.

We are also looking for volunteers to help organize the Bake Sale. We are also looking for donations to the Gift Baskets, (wine, snack foods, toiletries, teas; anything (new) that would make a good small gift.) Let's continue to make the 2024 Fair a great Woodland Pond event!

Kitty Mitchell, 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. 25 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

Council Corner



Residents' Council meetings this month are on **Thursday, Oct. 3 and Thursday Oct. 17 at 10 a.m.** in the Classroom and on Zoom, and open to all residents. The first 15 minutes (EARS) are devoted to your input. If time permits there will be a second EARS at the end of the meeting. Agendas are posted in the Mail Room and Library on the Mondays preceding each meeting. You may be in touch with your Council by putting **signed**, written comments in the Council Cubby in the Mail Room, at the bottom right of the bank of cubbies by the window, or you may also send an e-mail to evelynr17@earthlink.net.

There is one *Council Connections* session scheduled for this month on **Thursday, Oct. 17 at 2 p.m.** in the PAC. Guest is Tom Tango, Dir. of Plant Operations. He will be interviewed by Fred Wolinsky.

Evelyn Rosenthal, Corresponding Secretary

Residents' Association Annual Meeting Wednesday, Oct. 30 at 3 p.m. in the PAC



WP Benefit Fund Update

The new walking trail is beautiful, but it needs places to sit and rest, and enjoy the surrounding woodlands. This would be the perfect time for residents or families to purchase a bench to memorialize a loved one. Lindsey Marquis has all the information and forms for ordering an attractive, comfortable bench with a plaque.



There are only eight sites for benches on the trail; if you are interested, act soon.

Anne Gordon, Chair of the WP Benefit Fund Committee



A Note from Dining Services

The Dining Team is planning to have special menus available for the Rosh Hashanah and Yom Kippur holidays.



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



From Woodland Pond's Board of Directors

As Woodland Pond embraces a period of significant change with our multi-faceted expansion and refurbishment plans, an essential guideline to undertaking these (and all) tasks is our recently revised Mission Statement. With contributions from our interested constituencies, leading to consensus, this clear, concise and broad document bears repeating:



"Woodland Pond offers the Hudson Valley's most fulfilling retirement lifestyle, providing endless growth opportunities, unrivaled care and deep personal connections for our residents and staff."

Together, we have succeeded with this brief statement in capturing the unique qualities, or essence, of Woodland Pond, of which we must be ever mindful as we move forward.

Dick Barry, Secretary

Scenes from our 15th Anniversary Renovated Trails Ribbon Cutting Ceremony, with special guests on hand from county and local governments as well as Steve Branche, who created the original Branche Trail 10 years ago as an Eagle Service Project.





Interest Groups



Book Club: 1st Tuesday at 7 p.m. [Classroom]
Bingo: 1st Wednesday at 1 p.m. [PAC]
Brain Health Group: 2nd Thursdays at 10 a.m. [CR]
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. [PAC]
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]
English Country Dance: Wed. Oct. 9 & 23, 2:30 p.m. [AS]
Handbells: Tuesdays at 1 p.m. [AS]
Hearts Players: Mondays at 1 p.m./Saturdays at 12:30 p.m. [GR]
iPhone Camera Club: 3rd Tuesday at 7 p.m. [Cls]
LGBTQIA+ & Allies: 4th Tuesday at 2 p.m. [AS]
Loss in Literature: First Tuesday at 4 p.m. [CR]
Mah Jongg: Mondays and Fridays at 1 p.m. [AS]
Mah Jongg II: Wednesdays at 1 p.m. [GR]
Mah Jongg II: Saturdays at 9:30 a.m. [GR]
Memoir Class: 2nd & 4th Mondays at 3 pm. [CR]
Men's Coffee: Saturdays at 9:30 a.m. [PAC]
Movement/Music & You: Tuesdays at 11 a.m. [PAC]
Opera/Ballet Night: 2nd & 4th Fri., 7:15 p.m. [PAC]
Pet Ponders: 4th Wednesday at 7p.m. [Cls]
Philosophy Circle: 2nd Wednesday at 11 a.m. [Cls]
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. 25 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. [PAC]
Short Story Group I: 1st & 3rd Tues., 3:30 p.m. [Cls]

Groups continue next column

Interest Groups continued:

Short Story Group II: 2nd & 4th Tues., 3:30 p.m. [Cls]
Social Bridge: Tues. & Thurs. at 12:30 p.m. [GR]
Spanish Chat: Wednesdays at 11:15 a.m. [AS]
Square Dance: Wednesdays, Oct. 2 & 16, 2:30 p.m. [AS]
Table Games: Mondays at 7:15 p.m. [Cls] and Saturdays at 2 p.m. [AS]
Watercolor Class: Mondays, Oct. 7 & 14 at 10 a.m. [AS]
Women's Tea: Mondays at 2 p.m. [Cls]
Yarn Mavens: 1st & 3rd Tuesdays, 3 p.m. [AS]

Committee Meetings for October

Dining - Tuesday, Oct. 1 at 10 a.m. [Classroom]
 Contact: Joan Kleinegris, Chair
Physical Plant - Wednesday, Oct. 2 at 10 a.m. [Cls] and Thursday, Oct. 17 at 1 p.m. [AS]
 Contact: Fred Wolinsky, Chair
Library Committee - Monday, Oct. 7 at 12 p.m. [Cls]
 Contact: Virginia Cannon, Chair
Finance Review - Monday, Oct. 7 at 1 p.m. [AS]
 Contact: Joan Hollister, Acting Chair
Welcome - Tuesday, Oct. 8 at 11 a.m. [GR]
 Contact: Alice Cross, Chair
Landscape - Wednesday, Oct. 9 at 2 p.m. [CR]
 Contact: Deborah Moore, Chair
Décor/Design - Thursday, Oct. 10 at 1 p.m. [CR]
 Contact: John Ortner, Chair
Mental Health & Wellness - Friday, Oct. 11 10 a.m. [AS]
R.O.V.E. - No Meeting This Month
 Contact: Suzanne Orchowski, Chair
WP Benefit Fund - Wednesday, Oct. 16 at 10 a.m. [CR]
 Contact: Anne Gordon, Chair
Arts & Crafts Fair Comm. - Thurs. Oct. 17, 11 a.m. [AS]
 Contact: Kitty Mitchell/Anne Gordon, Co-Chairs
Land Conservation - Friday, Oct. 18 at 3 p.m. [CR]
 Contact: Larry Randall, Chair
Health Center - Tuesday, Oct. 22 at 2 p.m. [Cls]
 Contact: Margaret Nijhuis, Chair
Sustainability - Wednesday, Oct. 23 at 2 p.m. [Cls]
 Contact: Joy Dryer, for the Steering Committee
Interfaith - Monday, Oct. 28 at 10:30 a.m. [GR]
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary



Sustainability Committee News
Reduce Your Unwanted Mail

You can help save our trees. The world's forests are disappearing at an alarming rate. An estimated 200 million trees are cut down daily to make paper: i.e. a tree is cut down every 2.5 seconds. About 1.4 billion trees end up in landfills each year, resulting from product packaging and other paper waste. And, the pulp and paper industry accounts for about 5 percent of the world's emissions and uses about 4 percent of the world's energy. E.g. Using paper towels accounts for about 3000 metric tons of waste daily! (You can reduce that amount by using organic bamboo washcloths to dry your hands. Also try bamboo toilet paper).

SusComm would like to help save our trees by helping you reduce your unwanted mail. Starting in October collect in a bag all such mail, and bring it to SusComm.'s bi-monthly educational meeting on **Tuesday, Oct. 15 at 2 p.m. in the PAC.** We'll help you take steps to stop this unwanted pollution/nuisance.

Also, remember to attend SusComm's general Meeting on **Wednesday, Oct. 23 at 2 p.m.** in the Classroom.

Joy Dryer for SusComm.Steering Committee: Carol Rietsma, Dawn Sangrey, June Finer, Yakov Pipman



Land Conservation Committee's
Fall Campus Guided Walk



"Come Discover Our Beautiful Backyard!"

Saturday, Oct. 26 at 2 p.m.
(rain date Sunday, Oct. 27 at 2 p.m.)

Offering 3 Options for your Convenience:

1) The bus will leave from the Lobby at 2 p.m. and drive people to the Trailhead by Cottage 10,

2) A leader will meet people at the head of the gravel road, by Cottage #10 at 2 p.m. and guide them down the gravel path and on to the platform.

3) A leader will meet people in the Lobby at 2 p.m. and accompany them around the building and down the gravel road and onward to the platform, which will be a somewhat longer walk than option #2.



Come enjoy our beautiful newly-renovated trail!

Bus Trips for October



Wednesday, Oct. 2 – Visit the D&H Canal Museum and 5 Locks Walk in High Falls. The Delaware and Hudson Canal company built barges that carried anthracite coal from the mines of northeastern Pennsylvania to the Hudson the Hudson River. Depart at 9:45 a.m.

Wednesday, Oct. 2 – Woodland Hikers to the Wallkill Valley Rail Trail led by Artie Raphael. Depart at 1 p.m.

Friday, Oct. 4 – Shopping at Poughkeepsie Galleria. Depart at 11 a.m.

Saturday, Oct. 5 at 1 p.m. – MetLive at the Bardavon in Poughkeepsie presents Offenbach's *Les Contes d'Hoffmann*. Depart at 11:45 a.m.

Wednesday, Oct. 9 at 7:30 p.m. – Musical concert at SUNY Ulster featuring resident musicians Bill Tuel and John Ortner. Depart at 6:30 p.m.

Sunday, Oct. 13 at 2 p.m. – Shadowland Stages in Ellenville presents *The Road to Jerusalem*. An all-star cast tells seven interconnected stories surrounding the town of Jerusalem, Arizona in 1889. Depart at 12:45 p.m.

Friday, October 18 at 10:30 a.m. – Huguenot Street Museum and Tour of Historic Dutch Homes of New Paltz. Depart at 10 a.m.

Saturday, Oct. 19 at 1 p.m. – MetLive at the Bardavon in Poughkeepsie presents Tony award-winning composer Jeanine Tesori's powerful new opera *Grounded*. Departure is at 11:45 a.m.

Tuesday, Oct. 22 at 7:30 p.m. – SUNY NP Music Department presents a choral concert *Chiaroscuro: Music of Light and Shadow*, with music of Mozart, Mendelssohn, Runest. Hagerberg and others. Depart at 6:45 p.m.

Wednesday, Oct. 23 – Narrated Bus Tour of Trina Greene's three sculptures in Ulster County. Depart at 12:30 p.m.

Monday, Oct. 28 – Lunch Adventure to Woodstock. Shop at local stores and dine at Alba's Restaurant. Depart at 11:30 a.m.

Next Woodland Hikers Outing



We will leave from the lobby on **Wednesday, Oct. 2 at 1 p.m.** (note new meeting time, just for this month) to walk a section of the Wallkill Valley Rail Trail in New Paltz, led by Artie Raphael. Please wear sturdy footwear and bring water and your pole(s).

June Finer

Wellness Notes

Mindful Immunity



What helps us with our Immunity?
We can keep our immunity strong by:

- * Handwashing - with warm soap and water for at least 20 seconds
- * Get Vaccinated - check with your primary physician to stay current with preventative healthcare needs
- * Stay hydrated - drink 6-8oz glasses of water per day
- * Eat well-balanced meals - include lots of fruits and vegetables and avoid fried and highly processed foods
- * Get plenty of sleep - at least 7-8 hours per night
- * Stay active - walking, biking, swimming (set goals depending on your level of physical activity)

Being mindful of our lifestyle choices can be useful to all to promote optimal health habits.

Wellness wishes,

Angel Murphy

Angel Murphy, R.N., Wellness Nurse
Ext. 845-256-5964

Welcome Nursing Students!

Kat Ferrira and Bianca Cogoni are nursing students at Mt. St. Mary College and are spending time with us on Tuesdays until Oct. 8. They will return in December to do give a presentation. Welcome them as you see them around our campus!



Resident Flu Vaccine Clinic

- **Tuesday, Oct. 1**
 - **Tuesday, Oct. 15**
 - **Friday, Nov. 1**
- from 9 a.m. – 1 p.m.
in the Art Studio.**

Please sign up for your appointment with Jeanie in Dedrick's at WPond and be sure to bring your insurance cards with you.

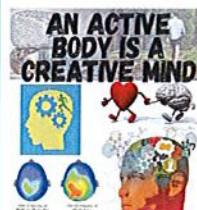
Support Group Meetings



- * *Caregiver's Support Group* – meets the first **Tuesday at 1 p.m.** in the Conference Room, (facilitated by the Alzheimer's Association)
- * *Caregiver Peer Support Group* – meets the **4th Monday at 1 p.m.** in the Health Center Conference Rm. (facilitated by Mental Health & Wellness Committee)
- * *Parkinson's Support Group* – meets the **4th Wednesday at 1 pm.** in the Classroom.
- * *Friends of Bill W* - meets the **4th Saturday at 7 p.m.** in the Art Studio.

Fitness Message From Matt

Moving your body helps activate your mind.



Movement and exercise aren't just for your muscles and body. It is an essential aspect of having a clear and healthy mind. When you are sedentary, cooped up, and in the same environment all the time, your body and mind are often craving movement, blood flow, and stimulation.

Movement is a great way to shake off the cobwebs and get the mind processing things differently. It can be quite helpful when it comes to solving stubborn problems, deep thinking, creativity, and gaining mental clarity.

Next time you are feeling stagnant or overthinking, MOVE! Go for a walk, hike, swim or try something new.

Adding daily exercise will help unlock new creativity and clarity, leading to a healthier mind and body.

Matt Romer, Fitness Coordinator
mromer@wpatnp.org (845) 256-5960

Join WP Residents and Staff at the Walk to End Alzheimer's on the Walkway over the Hudson ~ Saturday, Oct. 19.



WP vans will provide shuttle transportation to and from the Walkway between 9 a.m. and 2 p.m. The sign up poster is in the Mailroom.

Opening ceremony is at 10 a.m. and the walk begins at 10:20. We'll meet you at there at our Woodland Pond canopy. You can walk or come sit in support of our fundraising efforts.

Thank you for supporting the ice cream socials that collected total \$800. Help us reach our fundraising goal of \$5,000. Write a tax-deductible check to the Alzheimer's Association with Woodland Pond on the FOR line. Posted envelopes are available at Concierge throughout October. Or register online: Walk to End Alzheimer's, click to "Join My Team" button Woodland Pond Team and donate.

Thank you, from the Woodland Pond Brain Health Group!

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

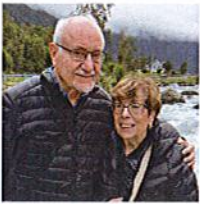


There is much to do in the Hudson Valley! Be sure to frequently check out the bulletin boards in the Cart Room for listings and fliers of upcoming events in the area. You may want to attend in car pools with some of your neighbors.

Meet Your New Neighbors!

We are delighted to welcome a new couple to the Woodland Pond family. They look forward to meeting new neighbors, so please invite them to lunch, dinner or an activity. ~ *Compiled by Halema Hassan*

Sheldon and Charlotte Cooper ~ Apt 434



Sheldon (no relation to the “Sheldon Cooper” from Big Bang Theory) and Charlotte are moving to Woodland Pond from Melville, Long Island!

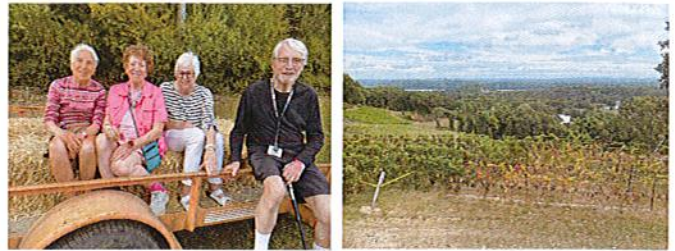
After more than 50 years on Long Island, Charlotte and Sheldon are looking forward to their move to Woodland Pond. Aside from being an interesting new life, the move will bring them closer to their two sons and their families who have homes about a half hour away.

Charlotte was an elementary school teacher and then a public library administrator. She served as treasurer of the Long Island League to Abolish Cancer for many years. One of her favorite pastimes is crocheting. As part of the organization We Care Blankets she created blankets that were donated to hospitalized children. She hopes to continue a similar project here in New Paltz. She enjoys playing canasta and would love to be in a game here.

Sheldon is a retired government employee. He has a great love of music and enjoys playing the piano. He spent many happy hours playing the organ as volunteer at the Vanderbilt Museum on Long Island. Another of his talents was directing a choir. He is looking forward to learning to play the dulcimer at Woodland Pond and joining in some of the other musical activities.

They both enjoy reading, going to concerts, lectures and museums. For two years they had the dubious distinction of finishing last in a couples bocce tournament. Together they have traveled to over sixty countries and have seen many amazing and exciting sites. Now settling down, they are looking forward to meeting their neighbors and becoming involved in some of the many interesting Woodland Pond activities.

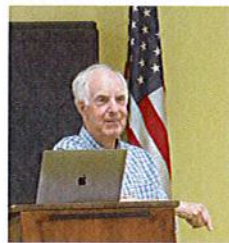
Life at Woo



Enjoying a hayride during a recent bus outing to Benmarl Winery are Annette Johnson, Joy Dryer, Claudia and Gordon Carville. [Photos by Joy Dryer]

It's a Party!

Ina Pottorff would like to show her appreciation to all of Woodland Pond's residents and staff for all the help, prayers, shopping, dog walking, medical recovery, and positive thoughts received before and after her recent surgery and recovery. Please join Ina on **Thursday, Oct. 24 in the PAC 2-4 p.m.** for an afternoon Happy Hour. Enjoy wine, cheese, finger food, cake and desserts!



WP resident Peter Roberts gave a fascinating lecture on Ulster County's historic bluestone industry for last month's presentation sponsored by the Land Conservation Committee.

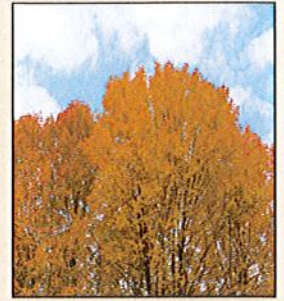


Ronnie Sue Jaffee's (left) and Tyler Jones' (right) cameras caught stunning photos of the double rainbow that appeared over Woodland Pond after an early Sept. rainstorm.

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 ..."

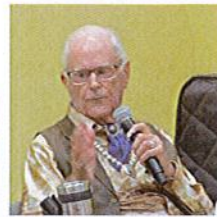
[Helen Hunt Jackson]



Six original "Pioneers" shared their memories from the early days in an entertaining panel discussion.



Scenes from last month's jam packed 15th Anniversary Celebration!



Woodland Life Travels to ... the beach

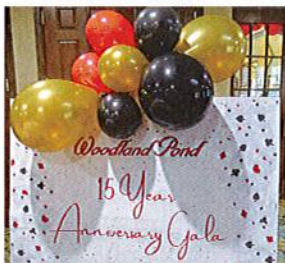


Joe Cosentino and Fred Wolinsky doing yoga on the beach at Spring Lake, New Jersey, holding a *Woodland Life*.

If you're planning a trip to an interesting location (out of the immediate local area), pack a copy of *Woodland Life*, 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!



Nine residents and one staff member signed on to participate in a special Showcase of Musical Talents



Approximately 250 residents and staff attended our 15th Anniversary Gala event, complete with a variety of game tables, fantastic food presented by our stellar Dining Team, recognition of 5, 10 and 15-year residents and staff, and ending with many folks taking to the dance floor to close out a wonderfully celebratory evening.

Applauds Program Salutes Employee Service

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



Sarah Motherway	David Sundeberg	Trish Schuster
Brandon Molina	Miriam Benitez	Faith Lewis
Monique Lawrence	Johnny Farris	Josh Mejia
Frank Loscalzo	Dave Coates	Safina Amjad
Mary Lenahan	Siobhan Morier	Elise Ludewig
Anissa O'Dell	Emily Alexander	Jason Irish
Yesenia Nava	Christi Battistoni	Jim Palen
Isabella LaFiandra	Ana Loscalzo	
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. 8



We will recognize our birthday celebrants on **Tuesday, Oct. 8 at 2:30 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

Celebrating this month are:

Clay Price - Oct. 1	Gordon Carville - Oct. 15
Ane Talbot - Oct. 1	Sue Gilder - Oct. 16
Katy McEntegart - Oct. 2	Richard Kelder - Oct. 16
Deborah Moore - Oct. 4	Dick Barry - Oct. 19
Bernard Talbot - Oct. 6	Henry Cavanaugh - Oct. 19
Joy Dryer - Oct. 7	Marilyn DiLascio - Oct. 19
Jill Ortner - Oct. 8	Ken Evans - Oct. 24
Diane Tepper - Oct. 9	Jean Raffo - Oct. 24
Cynthia Lee - Oct. 10	Frieda Feldman - Oct. 24
Paula Raskin - Oct. 10	Susie Deane-Miller - Oct. 25
Thomas Rocco Oct. 13	Arthur Weiss - Oct 25 (103!)



Welcome New Residents!



Shelden and Charlotte Cooper ~ Apt 434
Thomas and Ellen Rocco ~ Apt. 213

The Welcome Committee's New Resident Social and Orientation is **Friday, Oct. 25 at 2 p.m.** in the Classroom. New residents receive an invitation to attend.

Attention Bingo Fans ...

Come on **Wednesday, Oct. 2 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 Reward Our Valued Employees (ROVE) Committee

It's common for Woodland Pond employees to move from one department to another or to further their training for a totally different job. Anissa O'Dell is one such employee.

Anissa has worked at Woodland Pond for six years, the first five years in housekeeping. She took advantage of Woodland Pond's tuition assistance program to train as a CNA and has worked in the Health Center in that capacity for the past year. She hopes to eventually get her LPN degree but wants to get her feet firmly on the ground in her current position first. She works in all three HC units and especially enjoys Skilled Nursing where she likes to spend extra time with residents without family members.



Interestingly, Anissa first trained in Cosmetology to work as a hair stylist. She changed because she enjoys working with the older people, who she finds to be less judgmental and to interact more with each other, while the younger set spends more time on social media.

When not working here, Anissa works for three elderly ladies, helping with shopping, cleaning and cooking. She enjoys camping with friends (in a tent), hunting and fishing.

Anissa is one of the Woodland Pond employees who benefits from your donation to Reward Our Valued Employees (ROVE).

Suzanne Orchowski, ROVE Committee Chair
Photo by Suzanne Orchowski

Health Center Committee Update



Invitation: Once again we invite you to join Natalie Russak on a comprehensive tour of the Health Center. The next tour will take place at **1 p.m. on Monday, Oct. 21** starting in the IL lobby.

Neighbors needed: Stop by our table near the dining hostess desk between **4:30 and 6:00 p.m. on Oct. 1, 2, 3 or 4.** Our committee members will be there to answer questions on the needs in the Health Center for you to read, walk and talk – or just visit with residents. You will have the opportunity to sign up at the table and find out what are the next steps.

Questions concerning the above, contact Margaret Nijhuis 845-419-2771 or reach her by email at margaretnijhuis@gmail.com



Interfaith Committee News

The next meeting of the Interfaith Committee will be **Monday, Oct. 28 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 invite you to join us and become a member.

Our Tree of Faith program last month was presented by Father Sal on "The Church in These Challenging Times." There was a large, enthusiastic audience of sharing people. Our next presentation will be a panel discussion of "Open and Affirming Houses of Worship" on **Tuesday, Oct. 8 at 3 p.m.** in the PAC. The panel will be comprised of about four people of various faiths. All are welcome to attend.

Bible Study continues to meet in the Art Studio the **second and fourth Thursdays** of the month at 1 p.m., led by Tyler Jones. The Prayer Group has changed its meeting time to **Tuesdays at 11 a.m.** in the Interfaith Meditation Room.

Upcoming Religious Holidays in October: 2-3rd, Rosh Hashanah (Judaism); 3-12th, Navratri (Hinduism); 11-12th, Yom Kippur; (Judaism); 12th Dussehra (Hinduism); 16-23rd, Sukkot (Judaism) 23-25th, Shemini Atzeret (Judaism); 29- Nov. 3, Diwali (Hinduism, Jainism, Sikhism).

Billie Stevens, Secretary

Interfaith Committee's Harvest Food Drive to Benefit SUNY NP Campus Ministry's Food Pantry
Week of Oct 21-Oct. 26



Donation boxes will be in the Mail Room. Watch for information to be posted soon about how you can help in this endeavor.

Philosophy Circle

The goal of affirmative action is to increase opportunities for historically marginalized groups and raises a number of philosophical questions: Should society advantage some groups or promote equal treatment for all? Are reparations in any form for past mistreatment justifiable? Does affirmative action violate the rights of majority groups?

We will consider these questions and more at the next meeting of the Philosophy Circle, **Wednesday, Oct. 9 at 11 a.m.** in the Classroom.

Jo Sanders, facilitator



Upcoming *Shalom Space Programs*



Fridays at 4 p.m. in the PAC

[Shalom Space welcomes all residents to join us]

Oct. 4 - No session (Rosh Hashanah)

Oct. 11 - No Session (Yom Kippur)

Oct. 18 - *From Gregorian Chant to Sephardic Trope*
guest speaker Kris McDaniel-Miccio

Oct. 25 - *The Rothchilds* - led by Sol Mora (Note: this session will be held in the Health Center Great Room)

Second Saturday With Pastor Lyn

What does "Columbus Day" have to do with our monthly worship? Does calling this holiday "Indigenous People's Day" make it easier to answer this question? Think about this and then join Pastor Lyn on **Saturday, Oct. 12 at 10 a.m.** in the Great Room as we share our thoughts and faith in a God who in love, challenges us to grow in faith in our daily lives.

Pastor Lyn Mehl

Meditation Group

The Meditation group led by Barbara Bash will meet this month on **Tuesday, Oct. 15 at 10:30 a.m.** in the Classroom. Newcomers are always welcome to attend.



Special Musical Events This Month

Saturday, Oct. 12 at 3 p.m. in the PAC - Baritone Benjamin Weil and pianist James B. Stewart present *Not a Day Goes By: The Songs of Stephen Sondheim*. Benjamin and Jim return to Woodland Pond to explore some of the great hallmarks of the Sondheim canon and talk about the composer's life and career.

Friday, Oct. 11 at 2:45 p.m. in the PAC - *The Starlight Trio* bring their signature sound on guitars and keyboard.

Monday, Oct 23 at 7 p.m. in the PAC - Marcia Gates returns with friends and colleagues flutist Kirsten Economy, cellist Susan Seligman, and pianist Ruthanne Schempf with a concert including composers J.S. Bach, Chaminade, Mozart, Bizet, Faure, Glinka, John Williams, and more. This performance is given in honor of Marcia's mother Dottie Wahl, a pioneer resident of Woodland Pond.

Thursday, Oct. 31 at 3 p.m. in the PAC - October will end with the Woodland Pond Dulcimer Players' fall concert, featuring some traditional songs and some new, some to listen only and some to sing-along. Come and help us celebrate fall. (They will also present their concert in the Health Center on **Monday, Oct. 28 at 2 p.m.**)

From the Library ~ Book Review

Artists: Their Lives and Works
by Ross King



Ross King introduces an amazing reference book that includes biographies and spectacular artistic reproductions. Read about famous artists, their lives and loves, and classical paintings.

Woodland Pond Library contains many biographies that reveal their inspirations as well as their triumphs and tragedies!

Anita Kantor

Special October Events

Sunday, Oct. 6 at 2 p.m. in the Classroom - WP resident Norman Sasowsky will do a poetry reading of six of his poems and invite discussion about each.

Tuesday, Oct. 15 at 7:15 p.m. in the PAC - in honor of National Coming Out Day, the LGBTQIA+ and Allies of WP Interest Group presents a panel discussion of LGBTQIA+ residents and other seniors, led by Fred Mayo of the LGBTQ Center, to discuss their personal journeys. All are welcome to attend.



Book Club

The Book Club will be discussing *Tis* by Frank McCourt at our next session on **Tuesday, Oct. 1 meeting at 7 p.m.** in the Classroom. This month we are reading: *Boticelli's Secret: The Lost Drawings and the Rediscovery of the Renaissance* by Joseph Luzzi. Newcomers are always welcome to join us!

Michele Caccavano

Friday, Oct. 18 at 2 p.m. in the Classroom - Join Mel Oshen for an interesting discussion on *The Atom*. Mel will tell the story of human endeavor from the ancient Greeks to the present about how through experiment and thought the secrets of the atom were slowly revealed to find us on the cusp of an entirely new age. His talk is resident-friendly with minimal mathematics and his audience will leave with the ability to completely befuddle their grandchildren! Please sign up at Concierge to attend.

Put on Your Dancing Shoes!

The Square Dancers meet on the **1st and 3rd Wednesdays at 2:30 p.m.** in the Art Studio (**Oct. 2 and Oct. 16**). No partner needed!

English Country Dance (ECD) lessons continue on the **2nd and 4th Wednesdays from 2:30-4 p.m.** in the Art Studio. It's not too late to join our group; a partner is not necessary and it's a lot of fun.

Deborah Moore, for the Square Dancers and June Finer, for the English Country Dancers

Tuesday, Oct. 29 at 2 p.m. in the PAC - Tony Musso presents a lecture "Setting the Record Straight: the Music and Careers of Recording Artists from the 1950s and 1960's." Tony discusses his two-volume book based on personal interviews conducted with 100 top recording artists including Connie Francis, Brenda Lee, Chubby Checker, original founding members of the Drifters, Platters, Supremes, and many more! His presentation will feature music clips, a Q&A session and book signing.



This program is sponsored by the WP Benefit Fund



ArtScope Exhibit Continues



Our September ArtScope artist Kay Stuntz's exhibit will continue in the PAC. Please be sure to stop by to see her quilts, jewelry and prints.

Creativity flourishes at Woodland Pond

Dracula comes to Woodland Pond at Theatre Night with Joe & Fred

Residents Joe Cosentino and Fred Wolinsky will present their fifth Theatre Night on **Tuesday, October 8, at 7:15 p.m.**

To celebrate Halloween, come see a re-creation of *Mercury Theatre On the Air's* broadcast of *Dracula*, based on the original 1938 radio script. Imagine you are in the studio audience of a live radio show, with Joe and Fred performing all the character voices, enhanced with music and spooky sound effects.



This is a very popular event, so sign up at the Concierge now to reserve your seat!

PAC Movies

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



Classic Movie: **Friday, Oct. 4 at 7 p.m.** - *Rhythm in the Clouds* (1937), starring Patricia Ellis, Warren Hull, and William Newell.

Opera Night: This month's features are *Orfeo Ed Euridice* on **Friday, Oct. 11 at 7:15 p.m.** and *Aida* on **Friday, Oct. 25 at 7:15 p.m.**

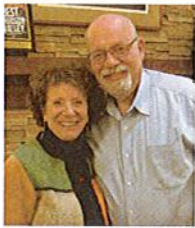
Celebrating 10 Years!



This month we honor the Woodland Pond residents and staff members who have reached a significant milestone this year — they joined the Woodland Pond family 10 years ago, in 2014. While these residents and staff members were officially recognized last month during our 15th Anniversary Gala, we also want to give them their special “day in the sun” this month as we continue to celebrate our anniversary year. Congratulations, all!



Virginia Cannon



Joy Dryer & Sol Mora



Cynthia & Armen Fisher



Pat (& Marty) Houk



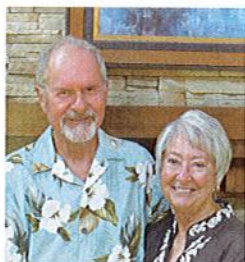
Nessie Karp (& Murray Osborn)



Katie McEntegart



Joanne Mentzel



Deborah Moore (& Bob Lukey)



Kathy Moslander



Joan Pugliese



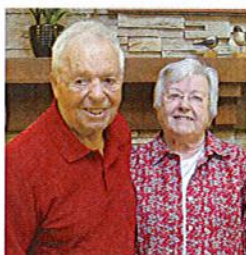
Bob (& Sally) Soraci



Vivian (& Bill) Swetow



Lena Trad



Mary Lou (& Bob) Werlau

And congratulations to these newly-minted 10-Year Employees!

Nancy Benson
Melissa Henneberger
Ryan Kraehmer
Victoria Murphy
Shanice Wakely



WOODLAND CARES MOCKTAIL SIP AND PAINT FUNDRAISER!

Tuesday Oct. 29

Two seatings, 2 p.m. and 3 p.m.

\$15 per person

Come and enjoy our festive mocktails and cookies while painting your fall masterpiece.

Residents and employees can sign up at the Concierge by Tuesday, Oct. 22.

Pond Pets—by Lucy Muller

A few weeks ago I noticed a new, white little doggo and wanted to get to know her. I found out that she lives with Anne Lisick and this is what Anne told me.

“When our Portuguese Water Dog passed, we knew we would always want a dog in our home. This time we decided our wish list doggie was for a female, older, smaller poodle mix. We were amazed when on Christmas of 2021, our daughter presented us with our perfect wish list poodle-terrier mix—10 years old,” Anne said. “She likes her short walks, cuddling, and sleeping. She does sleep and rest a lot now since the vet informed us she was probably closer to 12 years in 2021 than 10. So this December she will be 15-years-old. She will have to get used to colder weather and snow since we moved here from California. Being so sweet, I’m sure she will adjust.”



I also learned that Sugar is very particular about her diet and does not care for treats.

Would you like your pet to make an appearance in the newsletter? Contact Lucy Muller!



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



Another Busy Month Ahead!

October Highlights at a Glance

- Tuesday, Oct. 1, 9 a.m.-1 p.m.** - Dedrick's Vaccination Clinic [AS]
- Tuesday, Oct. 1 at 2:30 p.m.** - 15th Anniv. Musical Showcase Encore - HC
- Friday, Oct. 4 at 2 p.m.** - Illusionist Thomas Baker [HC Great Room]
- Sunday, Oct. 6 at 2 p.m.** Poems by Norman Sasowsky, Reading/Discussion [ClS]
- Tuesday, Oct. 8 at 3 p.m.** - Tree of Faith Program: *Open and Affirming Houses of Worship* [PAC]
- Tuesday, Oct. 8 at 7:15 p.m.** - Theatre Night with Joe & Fred [PAC]
- Wednesday, Oct. 9 at 3 p.m.** - Meet the Council Candidates Session [PAC]
- Wednesday Oct 9 - Monday, Oct. 14** - Voting for Residents' Council
- Friday, Oct. 11 at 2:45 p.m.** - Simple Melodies with the *Starlight Trio* - [PAC]
- Saturday, Oct. 12 at 3 p.m.** - Vocal/Piano Recital - [PAC]
- Tuesday, Oct. 15, 9 a.m.-1 p.m.** - Dedrick's Vaccination Clinic [AS]
- Tuesday, Oct. 15 at 2 p.m.** - SusComm educational presentation [PAC]
- Tuesday, Oct. 15 at 7:15 p.m.** - LGBTQ Panel Discussion [PAC]
- Wednesday, Oct. 16 at 1:30 p.m.** - Management Q&A [PAC]
- Thursday, Oct. 17 at 2 p.m.-** *Council Connections*: guest Tom Tango, Dir. of Plant Operations [PAC]
- Thursday, Oct. 17 at 2:30 p.m.** - Piano Music & Conversation with Michael Holt [HC]
- Friday, Oct. 18 at 2 p.m.** - Mel Oshen discusses *The Atom* [ClS]
- Saturday, Oct. 19** - Alzheimer's Walk - Shuttles departing from the Lobby 9 a.m.
- Wednesday, Oct. 23 at 7 p.m.** - Chamber Music Concert [PAC]
- Thursday, Oct. 24, 2-4 p.m.** - Ina's Happy Hour Party [PAC]
- Friday, Oct. 25, 10 a.m.-3p.m.** - Red Cross Blood Drive [PAC]
- Saturday, Oct. 26 at 2 p.m.** - Fall Campus Hike [Lobby] (Rain Date is Sunday)
- Tuesday, Oct. 29 at 2 p.m.** - Tony Musso: "Setting the Record Straight" - (History of Rock n' Roll) [PAC]
- Wednesday, Oct. 30 at 3 p.m.** - Residents' Association Annual Meeting [PAC]
- Thursday, Oct. 31 at 3 p.m.** - Dulcimer Players Fall Concert [PAC]
- Thursday, Oct. 31** - Spooktacular Dinner! [Dining Room]