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Our 10-year
Staff & Residents



WoodlandLife

Vol. 15, No.9

September 2023

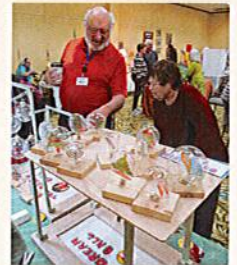


Kaleidoscope of the Arts Show & Sale ~ Friday & Saturday, Oct. 20 & 21



Preparations have begun for our 10th Annual Kaleidoscope of the Arts Craft Show and Sale on **Saturday, Oct. 21 from 10 a.m. to 4 p.m.**, (with an “early bird” shopping opportunity for staff only on Friday afternoon, Oct. 20 from 2:00-4:00 p.m.) Application forms for residents interested in participating as vendors will be available at the Concierge desk beginning Tuesday, Sept. 5.

Kaleidoscope of the Arts celebrates the amazing variety of talents of our resident-artisans: sharing items they have originally created (fine arts, woodwork, photography, writings, jewelry, handwork, etc.). The vendor registration deadline is **Friday, Sept. 22**, so don't delay to reserve table space to display and/or sell your hand-crafted items! A registration fee of **\$20** per table goes to the Woodland Pond Benefit Fund. You may choose to just display your craft or sell your items. If you choose to sell your work, you may keep your proceeds.



Also featured will be the ever-popular bake sale and gift basket raffles; the proceeds of both also benefit the Woodland Pond Benefit Fund. Volunteers are needed to provide baked goods and assist with the bake sale. Contact Bake Sale Team Leaders Eileen Francesconi, Jan Kissinger, Sharon Raphael or Vivian Yettru if you'd like to help.

Donations for the gift baskets are also needed! New, un-opened, nonperishable items are requested. Please see the flier posted with suggested items needed. If you'd like to contribute items, contact Joan Kleinegris, Apt. 637. The deadline for raffle donations is **Thursday, Oct. 12**.

Kaleidoscope of the Arts Craft Show and Sale is not only for residents and staff—invite your family and friends to come enjoy the day!



SAVE THE DATE ~ The Walk to End Alzheimer's on the Walkway Over the Hudson is **Saturday, Oct. 14 at 10 a.m.** Woodland Pond will be sending the A-Team, who have been fundraising over the past few months and will also be the welcome brigade at the entrance to the event. It is WP's responsibility to get as much resident, staff and family participation as possible. We have promised a large turn out, so come one, come all!

There are many opportunities for residents to participate on walk day (standing and sitting options), but we would appreciate the support of simply attending to show your WP pride. No registration is required to participate; however, anyone who wishes to register as a member of the Woodland Pond A-Team may do so through a manual registration form at Concierge or through the link: <http://act.alz.org/goto/woodlandpond>. Woodland Pond will be offering transportation to and from the walk all day long, so residents may arrive and leave as they wish.

Upcoming Dates:

- * Thursday, Sept. 7: Alzheimer's Night in the Dining Room and Happy Hour in the Pub
- * Thursday, October 5: Alzheimer's Night in the Dining Room
- * Saturday, October 14: **Walk to End Alzheimer's, Walkway Over the Hudson**

Kamryn Ilgner, Strategic Initiatives Specialist



September meetings of your Residents' Council are **Thursdays, Sept. 7 and Sept. 21 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. 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, Sept. 7 at 2 p.m. in the PAC**, with June Finer as the guest. She will discuss two resident activities she helps oversee - the Woodland Walkers and the Playreaders - and will be interviewed by Karl Rodman.

June Finer, Corresponding Secretary

**Residents' Association Quarterly Meeting
Wednesday, Sept. 27, 3 p.m. in the PAC**

Residents' Council Election Timetable

- ◆ Bio's of candidates in Chanticleer, Sept. 29th and October 6th, and October issue of *Woodland Life*
- ◆ Meet the Candidates - **Wednesday, Oct. 11, 3pm** in the PAC
- ◆ Voting at the Concierge - **Oct. 12 - 16**
- ◆ Announcement of Election Results - **Oct. 16**

Alice Cross, for the Nominating Committee



Your Benefit Fund at Work!

The first steps have been taken in a proposed improvement for Skilled Nursing - the construction of a Solarium. The Benefit Fund has paid for a feasibility study by an architect to begin the project. This is one of our goals, to explore ways to improve our physical surroundings.

Your generous donations are supporting this work.

Many thanks.

Anne Gordon, Woodland Pond Benefit Fund Chair

Emergency Exercise ~ Wednesday, October 4

On October 4 Woodland Pond will be hosting an emergency exercise that will simulate a realistic lockdown event on campus. This event has been thoughtfully and carefully planned by the Executive Team, alongside county and state emergency planning professionals, to ensure the utmost safety and well-being of Woodland Pond residents, staff, and active emergency personnel. Details of the exercise will not be released to anyone other than the planning team, to ensure optimal results of the emergency exercise.

Once the exercise has begun, no one will be allowed back inside the campus. This notification alerts all residents and their families, companions, and visitors to be aware of this requirement. All appointments or meetings off campus should be rescheduled, unless the individual plans to stay off campus through the entirety of the exercise. Any appointment or meeting off campus that may not be rescheduled should warrant the individual to make arrangements to stay off campus that day. There will be NO WP transportation available on October 4th. ALL on-campus operations and activities will remain as normal.

Emergency personnel will be fully present throughout the campus on this date to respond to the event, and also protect all individuals on campus. In the event of an actual emergency during the planned exercise, actions will cease and the emergency will be attended to appropriately. Any questions or concerns about this event may be directed to Kamryn Ilgner.

Healthcare at Woodland Pond Presentation

Finance Director Christi Battistoni will present a program, *Healthcare at Woodland Pond*, **Wednesday, Sept. 13 at 2 p.m.** in the PAC. She will discuss how Lifecare works, what is covered and related costs, and the admissions process to the Health Center. All are encouraged to attend.

Mount Saint Mary College at Woodland Pond

Beginning Sept. 7 we will welcome two students from Mount Saint Mary College Nursing Program to train in clinicals under our Wellness Nurses, Angel and Mary Jo. These students have been invited from MSMC's Community Health course, which is a senior-level class that requires various prerequisites. We are excited to have them on campus with us on Thursdays and Fridays to not only observe in Independent Living, but also to help us with several wellness initiatives and programs to better serve Woodland Pond residents.

The students will have the option to be hands-on in various opportunities within the community; with some including resident care, but only with the permission of residents themselves. When you see our new students, please say hello and welcome them to Woodland Pond!

Kamryn Ilgner, Strategic Initiatives Specialist



Interest Groups



Beginner's Mah Jongg: Saturdays at 9:30 a.m. [GR]
Book Club: 1st Tuesdays at 7 p.m. [CR]
Bingo: on hiatus until October
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]
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, Sept. 29 at 2 p.m. [CR]
Pondaliers: Mondays at 3:30 p.m. (beginning Sept. 11) [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: Will not meet this month
Variety Film Series - On hiatus until October

Interest Groups continued:

Watercolor Class: Mondays, Sept. 11 & 18, 10 am [AS]
Women's Tea: Mondays at 2 p.m. [ClS]
 (2nd Monday Tea Talk in the PAC).

Committee Meetings for September

Library Committee - Monday, Sept. 4 at 12 p.m. [ClS]
 Contact: Virginia Cannon, Chair
Dining - Tuesday, Sept. 5 at 10 a.m. [GR]
 Contact: Joan Kleinegris, Chair
Physical Plant - Wednesday, Sept. 6 at 10 a.m. [ClS]
 Contact: Deborah Moore, Chair
Landscape - Wednesday, Sept. 6 at 2 pm. [CR]
 Contact: Deborah Moore, Chair
Kaleidoscope of the Arts - Thursday, Sept. 7, 11 a.m. and Thursday, Sept. 28 at 11 a.m. [AS]
Décor/Design - Thursday, Sept. 7 at 1 p.m. [CR]
 Contact: John Ortner, Chair
R.O.V.E. - Monday, Sept. 11 at 11 a.m. [Game Room]
 Contact: Suzanne Orchowski, Chair
Finance Review - Monday, Sept. 11 at 1 p.m. [ClS]
 Contact: Dave DeWilde, Chair
Welcome - Tuesday, Sept. 12 at 11 a.m. [GR]
 Contact: Alice Cross, Chair
Land Conservation - Friday, Sept. 15 at 3 p.m. [CR]
 Contact: Dave Smith, Acting Chair
WP Benefit Fund - Wednesday, Sept. 20, 10 a.m. [CR]
 Contact: Anne Gordon, Chair
Health Center - Tuesday, Sept. 26 at 1 p.m. [ClS]
 Contact: Margaret Nijhuis, Chair
Interfaith - Wednesday, Sept. 27 at 10:30 a.m. [GR]
 Contact: Ina Pottorff, Chair or Billie Stevens, Secretary
Sustainability - Wednesday, Sept. 27 at 2 p.m. [ClS]
 Contact: Joy Dryer, for the Steering Committee

Resuming in October

- * Bingo with Vivian Stoner resumes on **Wednesday, Oct. 4 at 1p.m.** in the PAC
- * Due to September scheduling challenges, Square Dance will not resume until October. Our professional caller, Sandy Corey, will be back to lead us in the fun of square dancing **Wednesdays, Oct. 4* and 25 at 3 p.m.** in the Art Studio. Mark your calendar! Questions? Call Deborah Moore at 845-419-3355. (* *Tentative, pending the timing of the scheduled Multi-Agency Drill that day.*)

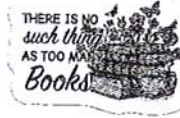


From the Library Biographies

Woodland Pond Library contains an amazing collection of biographies. Fascinating profiles of historical figures as well as authors, poets, athletes, scientists and innovators from every discipline are offered.

Read eloquent narratives of the lives of Abraham Lincoln, John Adams, Barack and Michelle Obama, Franklin and Eleanor Roosevelt, Thomas Jefferson, Eisenhower and others. Enjoy the intriguing lives of Mark Twain, Robert Frost and Walt Whitman. The life stories of Oprah, Jane Fonda, Mel Brooks and the Marx Brothers are fun to read.

Visit the Library's Biography section. The lives of the famous are enlightening and inspiring!



Anita Kantor

Need to Know Library News

Large Print readers will be happy to learn "new to us" large print books have been donated to our library by Elting Library. The LP section has been refreshed with these books, and the well-read LP books from that section are now in the Health Center Library.

Look through the collection of **Reference** books near the newspaper table to find, among others, a World Atlas and a Super Thesaurus. Most recently added was *Quotationary*, a book of popular and not so popular quotes.

Virginia Cannon, Library Committee Chair

PAC Movies

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



First Friday Classic Movie: *Anything Goes*, starring Bing Crosby and Mitzi Gaynor, **Friday, Sept. 2 at 7 p.m.**

Special Presentation: - **Monday, Sept. 11 at 7 p.m.** there will be a special presentation of *Come From Away*, a film version of the award-winning Broadway musical that tells the true story of 7,000 people stranded in the small town of Gander, Newfoundland after all flights to the US were grounded on Sept. 11, 2001.

Ballet Night: This month's features: *La Fille mal gardée* on **Friday, Sept. 8 at 7 p.m.** and *Romeo et Juliet*, **Friday, Sept. 22, 7 p.m.**

Bus Trips for September



Friday, Sept. 1 at 11 a.m. – Poughkeepsie Galleria shopping

Wednesday Sept. 6 at 2 p.m. - Woodland Walkers outing to the Black Creek Preserve in Esopus.

Saturday, Sept. 9 at 4 p.m. – The Bread & Puppet Theatre circus pageant featuring live puppeteers, musicians, and performers. At Montgomery Place Estate, Annandale-on-Hudson. Depart at 3 p.m.

Friday, Sept. 15 - Lunch Adventure – ride to see the gardens at the Roosevelt Mansion and Vanderbilt estate, then enjoy lunch at the Eveready Diner in Hyde Park. Depart at 10 a.m.

Saturday, Sept. 16 at 2 p.m. - Lecture by archeologist April Belsaw, discussing her book *Taking Our Water for the City: The Archeology of NYC's Watershed Communities*. At Ulster Co. Historical Society museum House. Depart at 1 p.m.

Sunday, Sept. 17 at 2 p.m. – The Orchestra Now at Bard College presents Two Sides of Vienna: *The Merry Widow Overture* and *Mahler's Symphony No. 6*. Depart at 12:45 p.m.

Sunday, Sept. 24 at 3 p.m. - Bard College presents James Joyce's story "Ulysses." Depart at 1:45 p.m.

Friday, Sept. 29 - Scenic drive to Minnewaska State Park Visitor Center. On the return home, stop at the Wallkill View Farm Stand. Depart at 9 a.m.



Beginning This Month!



We're making it easy for you to take advantage of First Tuesday Senior Discount Day when you shop at Tops and Shoprite grocery stores in New Paltz!

On Tuesday, Sept. 5 (and every first Tuesday thereafter), 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.



A Thought for the Month

It is good to have an end to journey towards; but it is the journey that matters in the end.

[Ursula K. LeGuin]

Wellness Notes



On September 13, 2023 in Washington DC will be the 7th annual conference on ENDSEPSIS. Sepsis is the body's life threatening reaction to infection. Sepsis can lead to organ damage but with early detection and treatment harmful tissue damage can be avoided. Those most at risk for sepsis are older people, those with weakened immune systems, and infants.

So what are the symptoms to be watchful for?

- * Chills, shivering, fever, but can also have low body temperature
- * Rapid heart rate and rapid breathing
- * Nausea, vomiting, reduced urine output

Prevention of infections will greatly assist your immune system. Keep open skin and small cuts clean, wash your hands frequently, stay hydrated, increase intake of fruits and vegetables and exercise regularly. Treatments may include blood work, antibiotics and IV fluids, as necessary.

Be alert and stay in tune with how you are feeling. Your daily health practices are very beneficial to your wellbeing. Give a call to your healthcare provider if you have symptoms that do not seem to go away.

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 next group begins on **October 9th**. Prior registration is required. Contact the Bereavement Center at 845-240-7579 to sign up. Here are 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 September Program

All residents are welcome to join the Mental Health and Wellness Task Force for a panel discussion on *Transitions #2*. The theme of this Transitions discussion is 'Changes' that occur while at Woodland Pond in Independent Living. For example; becoming a caregiver to a spouse, death of spouse and/or friends, coping with chronic or progressive illness, spouse moving to Health Center and much more.

Monday, Sept. 18 at 11:30 in the PAC

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 1p.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.

A Fitness Note from Grace

Two Fitness Center workshops are scheduled for **Friday, Sept. 1 at 1 p.m.** and **Wednesday, Sept. 20 at 1 p.m.** Please sign up at Concierge.



All are welcome to attend a Woodland Pond Pool Party, **Friday, Sept. 8 from 1-3pm.**

Get your splash on in the pool with some pool games and enjoy some food, drink, and music in the PAC. It will be great fun!

Grace Juhren, Fitness Instructor



at



Resident Flu Vaccine Clinic

Date: Thursday, Sept. 14

Time: 9 a.m. - 4 p.m.

Location: Art Studio

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



Additional Flu Clinic dates will be:

**Thursday, Oct. 12 and Oct. 26
9-1 p.m. in the Art Studio.**

Support Group Meetings



* *The Parkinson's Support Group* meets **4th Wednesdays at 1 p.m.** in the Conference Room. Contact Marilyn Mallue via her mail cubby 427 or at marilyn.mallue@yahoo.com

* *The Grief Support Group* facilitated by Hospice will resume fall meetings in October. Please see related details on this page.

* *A Caregiver's Support Group* begins in October. See details on this page.

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.

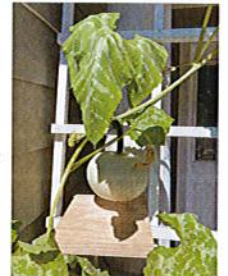
Life at Wood



Much to her amazement, Vivian Stoner's mammoth sunflowers have certainly lived up to the seed packet's promises! The plants, the tallest measuring at least 12 feet in height, are a lovely focal point in our beautiful community garden.

12 hardy residents took the van to a recent HV Renegade baseball game. It drizzled throughout the game, our seats were wet when we found our seats, but we enjoyed the \$1 hot dogs that was the promotion for the game. The game was exciting, too! Though we were ready to leave by the 7th inning, Erica wanted to stay until the home team got up in the 9th. The home team tied the game in the 8th, but could not win the game in the bottom of the 9th. So, we returned to Woodland Pond after 10 p.m., wet and tired, but happy to see the game and to be with each other. [Article and photos by Artie Raphael]

At right, another gardening surprise: cottage resident Libby Ross thought she had planted morning glory seeds, but it turned out to be pumpkin ~ not usually grown three feet above the ground on a trellis!



Residents enjoyed a recent bus outing to visit the Clermont State Historic Site in Germantown. [Photos by Pat Houk]



Folk singers Pat Lamanna and Steve Soffet gave an outstanding concert/lecture last month about the enduring friendship and music of folk legends Woody Guthrie and Pete Seeger. A packed audience was happy to sing along with some of the favorites!

Leadership and the Decor Committee have started photographing and cataloguing artwork hanging in the halls. Thank you to those who have labeled the hall art. If you see artwork that is not labeled and you know who the artist or owner is please put that information on a tag and tape it to or beside the frame. Please be sure the artwork is labeled on the back and/or on the front or side with the owner's name and the artist and title, if known.

Also indicate if it is a gift to or on loan to Woodland Pond. If you have questions, please contact someone in the Design and Decor Committee. It may be awhile before the committee can make more permanent labels.

John Ortner, Décor Committee Chair



Woodland Pond

The iPhone Camera Club discusses photo tips with Michele Caccavano during last month's meeting. The group meets third Tuesdays at 7 p.m. in the Classroom to share ideas for taking better photos on the phone. Each month Michele teaches and demonstrates various iPhone photography and editing techniques. Anyone is welcome to attend! [Photo by Pat Houk]



*How does the meadow flower
its blossom unfold?
Because the lovely
little flower is free
down to its root,
and in that freedom, bold.*

[William Wordsworth]



Woodland Life Travels to ... the Baltic and the Dominican Republic!



Alice and Newt Ruffing traveled to numerous countries bordering the Baltic Sea. They originated the journey in Amsterdam where they visited with close friends from Germany. When arriving in Stockholm, they were able to renew friendship once again with long term friends. Temperatures ranged from 65 to 70. Every day was sunny and the Baltic was calmer than a lake!

Although Artie and Sharon Raphael forgot to pack a copy of the newsletter on their recent trip to the Punta Cana resort on the eastern end of the Dominican Republic, they thought of greeting their WP neighbors with a makeshift sign as they sat poolside with youngest granddaughter, Talia, while other granddaughter, Gabby, was nearby enjoying the water with her parents.



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!

Special Musical Events This Month

Friday, Sept. 22 at 3 p.m. - The *Starlight Trio* (Susan Griss, Larry Bush and Len Kobrinsky) will return with their signature smooth sound on guitars and keyboard to provide music for our 10-Year Residents Recognition gathering in the Courtyard. In the event of inclement weather, it will be in the PAC.

Friday, Sept. 29 at 2 p.m. - WP future resident Charles McCracken (former Principal Bassoon of the American Symphony Orchestra, Bard Music Festival and Bard Summerscape) will be joined by Jeff Marchand (Principal Bassoon of the Hudson Valley Philharmonic) and Gil Dejean (Principal Bassoon of Opera Saratoga) for a 1 hour program of music for three bassoons (in some arrangements and some original works) from the baroque, classical, and romantic eras. [PAC]

Saturday, Sept. 30 at 2 p.m. - Baritone Benjamin Weil and pianist James B. Stewart will present a short program of piano and vocal music, including a set of Bach preludes and Ralph Vaughan Williams' 'Songs of Travel,' written to poems by Robert Louis Stevenson. [PAC]

The Aloha Ukulele Strummers were a hit!



Applauds Program Salutes Employee Service



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

Brittany Minard	Rob Stahl	Orres James
Concierge staff	Donna Nardella	John Holland
Ryan Pomeroy	Juniper Grillo	Lisa Cea
Jason Irish	Michael Hinton	Jeffrey Seitz
Mirna Hernandez	Kimberly Chlud	Patty Michetti
Connie Rzeszewicz	Karina Hernandez	Emily Watson
Frank Loscalzo	Brett Herman	Carrie Burns
John Schmidt	Ana Loscalzo	Phil Palazzo
Tyler Vermilyea	Ruth Fialcow	Steven Jurado
Ryan Pomeroy	Marissa O'Brien	Kitchen Staff
Monique Lawrence	Glavanah Dumas	Connor Ginn
Evelyn Cioto	Jenna Prush	

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, Sept. 12



Our monthly birthday party is **Tuesday, Sept. 12 at 2 p.m.** in the Classroom. Celebrants will receive an invitation to attend.

Celebrating this month are:

Flo Jerdan - Sept. 5	Halema Hassan - Sept. 21
Jane Konitz - Sept. 5	Alice Ruffing - Sept. 21
Nora Brown - Sept. 9	Taylor Eskew - Sept. 22
Phyllis Cohen - Sept. 9	Bob Soraci - Sept. 23
Carol Wirtz - Sept. 9	Ted Buley - Sept. 25
Ruth Price - Sept. 10	Randolph Estwick - Sept. 25
Ginny Cannon - Sept. 14	Mary Lou Dillon - Sept. 26
Ginger Herman - Sept. 14	Ginny Esser - Sept. 27
Ann Huth - Sept. 16	Billie Stevens - Sept. 27
Marilyn Cianfrani - Sept. 17	Tom Natoli - Sept. 28
Connie Lahey - Sept. 19	



Welcome New Residents!



Millie Meyer ~ Apt. 539 [North Wing]
Jack Paroli ~ Apt. 423 [Central Wing]
June Martin ~ Apt. 421 [Central Wing]
William and Margaret Tabb ~ Apt. 540 [North Wing]
Gordon and Claudia Carville ~ Apt. 309 [South Wing]

The Welcome Committee's monthly New Resident Social/Orientation is **Friday, Sept. 22 at 2 p.m.** in the Classroom. New residents will receive an invitation in their mail cubby to attend.

ROVE CARTOON RAFFLE

As regular visitors to the mailroom, we are frequently entertained by new cartoons provided and created by Martin Lavanhar. Martin is now offering to create personalized original cartoons for Woodland Pond residents while also benefiting ROVE.

Cartoons can commemorate a person, pet, event or fond memory and can be serious or just for fun. Get one for yourself or give it as a unique gift. How do you get one of these one-of-a-kind cartoons created especially for you? **Through a raffle.** ROVE committee members will start selling raffle tickets outside the Mail Room at our ROVE information table on **Sept. 6, Sept. 7, Sept. 11 and Sept. 12.** Tickets will sell for \$10.00 each and there will be one winner for every ten tickets sold – 10 tickets, one cartoon, 20 tickets, two cartoons, etc. Winners' names will be drawn on (date TBD) and will need to meet with Martin to plan their cartoon.

All proceeds will go to Reward Our Valued Employees (ROVE).

REMINDER!

All residents who have opted to make a yearly donation to ROVE, please have your check in by Sept. 30. Checks should be made out to Woodland Pond with ROVE written on the memo line, put in an envelope marked ROVE and dropped off at Concierge.

A special thank you to all residents who have donated monthly and to those who have already submitted their once-a-year checks.

Suzanne Orchowski, for the ROVE Committee

Singing Is Good for Body and Soul

The Pondaliers, Woodland Pond's chorus, will begin our fall season on **Monday, Sept. 11 from 3:30 to**



4:45 p.m. in the PAC. Dorcinda Knauth, our fabulous director, returns with new music to prepare for our holiday concert. New singers are always welcome.

If you enjoy singing four-part music, please join us. No auditions. Lots of different abilities. Questions? Contact Dawn Sangrey.

Health Center Committee Update



The Woodland Pond Neighbor Corps (WPNC) is up and running! It's a part of the Woodland Pond Health Center Committee and its goal is to bring residents of Independent Living and the Health Center together. After years of restricted visiting to our Health Center residents due to Covid-19, it's time to feel like one community again.

Independent Living Residents who can push a wheelchair can sign-up to accompany our neighbors in the Health Center to events in the Independent Living gathering spaces like the PAC, Game Room and Class Room.

IL Residents can get together with Health Center residents to play board games, visit in the HC resident's room or take a stroll around the campus on a sunny day. There is also a need for people to help deliver mail to Health Center residents. This is a great way to drop in and say "hello" and enjoy a brief visit with a Health Center neighbor.

Each month the Health Center Newsletter includes an interview with a Health Center resident, and there is a need for someone to conduct the interview and write it up for the newsletter. Contact HC Activities Director Sue Close at 845 256-5917, if you can help.

Please sign up on the sheet in the Mail Room if you would like to be part of the Neighbor Corps. If you signed up previously, feel free to sign up again just to be sure you're included in our contact list.

Jill Ortner, Taylor Eskew, Anne Gordon
Neighbor Corps coordinators,
WP Health Center Committee

A Note from Health Center Activities Dept.

Rummi-kubers Unite! Please join us on **Thursday, Sept. 21 at 2:30 p.m.** in our Great Room for our monthly HC/IL Rummi-kub Challenge. Those interested in playing are asked to call Sue Close at 845-256-5917 to sign up. Depending on the number of players, we may need to ask you to bring your Rummi-kub set. And, mark your calendars as we will continue to schedule this event the third Thursday of every month.

Do you have a special collection that you would like to share with the Community? Vivian Stoner is looking for collections to display in the Lobby curio cabinet, with dates starting in January 2024. Please contact Vivian at 845-419-2419 or leave a note in Cubby #526.



Interfaith Committee News



The Interfaith Committee next meets **Wednesday, Sept. 27 at 10:30 a.m.** in the Game Room. If you are interested in our mission, "To foster an atmosphere of tolerance for spiritual understandings," whatever your faith may be, we encourage you to become a member. We meet monthly to plan "Tree of Faith" programs as well as explore matters of interest of all faiths.

The Committee has been busy making arrangements for another Tree of Faith program. We hope to have one in place for October.

Religious holidays this month: 8th - Immaculate Conception Day; 15-17th - Rosh Hashanah; 24-25th - Yom Kippur; 26-27th - Mawlid (Islam); 27th - Muhammad's Birthday; 29th - Michaelmas.

Billie Stevens, Secretary



Upcoming Shalom Space Programs



Fridays at 4 p.m. in the Classroom

- * Sept. 1 - Rabbi Rena Blumenthal will read from her book, *The Book of Israela*
- * Sept. 8 - How Debbie Friedman changed synagogue music - presenter is Rhoda Horowitz
- * Sept. 15 - Meeting cancelled for Rosh Hashanah holiday
- * Sept. 22 - Jews and Money - presenter is Al Chasan
- * Sept. 29 - Shalom Space one year anniversary

Second Saturday with Pastor Lyn

Pastor Lyn Mehl will again lead an "Encounters With God" discussion on **Saturday, Sept. 9 at 10:45 a.m.** We meet in the Health Center Great Room for reflection and Holy Communion. Our time together will center on the prophet, Elijah, who had a most spectacular ministry with the nation of Israel. He was a great success and yet we meet him hiding in a cave in a deep state of depression. He is tired and angry at God. What can his life teach us today? How is his life similar to many of ours today? Where can we find God in the midst of our struggles? All Woodland Pond residents are warmly welcomed.

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 Resumes

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



Sustainability Committee News

Sustainability: Experiments with Grass Alternatives

Your SusComm has organized a Land Management task force to consider alternatives to our grass lawn. We want to replace some of our grass with colorful native plantings and ground covers, adding to the natural beauty of our campus while decreasing chemicals and mowing. We're working with CEO Michelle Gramoglia; Tom Tango, Physical Plant Operations Director; and Mark Eisenhandler, our Horticulturist.

Our plan is to experiment in three locations: a section of lawn on the outside of Woodland Pond Circle; two small demonstration plots on the south slope parallel to parking lot 4; and two small plots on the west slope below the gazebo.



Along the road, mowing has been reduced to a single strip of grass along the sidewalk. The remaining grass down the slope will be allowed to grow. This area is already free from lawn chemicals since it has been designated as a safe place for dog walking.

After the team consults with a landscape architect, four demonstration plots will be planted: one plot may be a ground cover like yellow clover; another could be meadow grasses; and two might be native flower gardens with different plants.

At SusComm's general meeting on **Wednesday, Sept. 27**, we will discuss the Land Management Task Force plans for reducing grass lawn by replacing it with native plants. Join us! And bring your questions and comments. (We meet the 4th Wednesday of each month from 2-3 p.m. in the Classroom.)

Dawn Sangrey, on behalf of the Steering Committee

Book Club



The book we are presently reading is *The Midnight Library* by Matt Haig. The discussion will take place at the Book Club meeting on **Tuesday, Sept. 5 at 7 p.m.** in the Conference Room.

The September book is entitled *A Long Petal of the Sea* by Isabel Allende, with the discussion at the October meeting. New members are always welcome to join us!

Michele Caccavano



ArtScope Exhibit Continues



Please continue to enjoy the exhibit in the Performing Arts Center, featuring artwork created by employees Cassidy Ginn, Linda Storminger, Bailey Ginn and Michelle Eddison.

Our next exhibit is scheduled for October 28th. Stay tuned for an information flyer on the artists, which will be posted in the Library and the Mailroom when our current Employee Art exhibit concludes on October 19th.

Creativity flourishes at Woodland Pond

2nd Monday Tea Talk



All women are invited to attend this month's program for the monthly Tea Talk on **Monday, Sept. 11 at 2 p.m.** in the PAC. Watch for an announcement of the program topic.

Land Conservation Program for September

Residents are invited to join us for our next guest lecture on **Tuesday, Sept. 19 at 2 p.m.** in the PAC. Robert K. Anderberg, Sr. Vice President and General Counsel for the Open Space Institute, will present "Open Space Preservation in Ulster County and the Hudson River Valley: Challenges and Opportunities."



Dave Smith, for the Land Conservation Committee

Next Woodland Walkers Outing



On **Wednesday, Sept. 6 at 2 p.m.** we will leave on the bus to go to the Black Creek Preserve in Esopus, along the Hudson River. Wear sturdy shoes, bug spray, and bring a hiking pole and water. Please sign up with the Concierge to ensure your seat on the bus.

June Finer

Do you knit, crochet or would like to learn how?

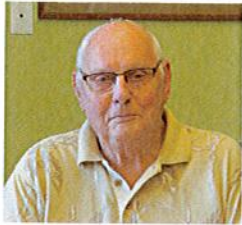
We are hoping to reorganize the Kneedlers Interest Group! For many years the original group worked on service projects to benefit the VA, local hospitals and our Health Center. A reorganizational meeting will be **Tuesday, Sept. 5 at 3 p.m.** in the Art Studio. Bring your projects and your good ideas! Questions? Contact Ann Hanover.



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 2013. These 13 residents will be recognized on **Friday, Sept. 22 at 3 p.m.** in the Courtyard and the 9 staff members will enjoy a special luncheon on Thursday, Sept. 21. Congratulations, all!



Ted (& Lois) Buley



Sue DelGuidice



Mary (& Warren) Duffy



Dr. Randolph (& Catherine) Estwick



Anne Gordon



Ginger Herman



Rhoda Horowitz



Bernice Hummel



Maddy Lee (& Martin Horowitz)



Rea (& Arthur) Stein



Lillian Szabo



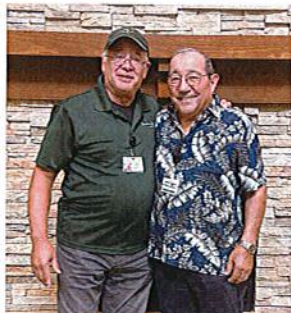
Linda Zieres (& Fred Zieres)

Also marking her 10th year is resident Phyllis Bulgatz.

And our newly-minted 10-Year Employees



Shannon Scatturo



Davi Besares Phil Palazzo



Nicole Petit Rob Dunn Tammy Burns Joanne Kolkmann Hope Holbrook



Jennica Cochrane

Pond Pets

Article by Lucy Muller, photo by Marissa O'Brien



Our lovely Concierge desk staff member, Marissa O'Brien, gave me a lot of great information about her bud, Tucker.

“I have worked at Woodland Pond for almost 12 years,” Marissa said. “Tucker came into my life about 9 years ago. My best friend Stephanie Rzeszewicz got Tucker as a puppy. At the time Stephanie was working nights for security here at Woodland Pond, so I would stay over at her house and help watch Tucker. Then I made the decision to move in with her, and the rest is history. Tucker became my sidekick. Tucker is a very special pup because about 4 years ago he was diagnosed with Addison’s disease, but this hasn’t stopped him for having a happy and healthy life. He loves getting a new toy every month from his Bark Box. He always picks one out of the box to be his favorite toy. He enjoys car rides, and spending time outside with his family.”

Thank you Marissa, for sharing your story of life with a very special guy.



Woodland Pond
at New Paltz

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Cottage resident Ted Buley's eye-catching front garden, captured by Pat Houk.



HR specialist Joanne Kolkmann caught this busy bee in one of the zinnias in our Community Garden.



Michele Caccavano also found the Community Garden a perfect place to photograph this monarch butterfly.



Save the Date!



Kaleidoscope of the Arts Craft Show and Sale

**Friday, Oct. 20 ~ 2:30-4:30 p.m. (for staff only)
and on Saturday, Oct. 21 from 10:00 a.m. - 4:00 p.m.**

Free Admission! Open to residents, families, staff and the wider community!

September Highlights at a Glance

Thursday, Sept. 7 - Alzheimer's Night Fundraiser Happy Hour/Dinner

Wednesday, Sept. 13 at 2 p.m. - Presentation on Healthcare @ Woodland Pond w/Finance Director Christi Battistoni [PAC]

Thursday, Sept. 14, 9 a.m.-1 p.m. - Dedrick's Flu Clinic [AS]

Monday, Sept. 18 at 11:30 a.m. - Mental Health & Wellness program: *Transitions Part 2* [PAC]

Tuesday, Sept. 19 at 2 p.m. - Land Conservation Program: *Open Space Preservation in Ulster County & Hudson Valley* [PAC]

Wednesday, Sept. 20 at 1:30 p.m. - Management Q&A, with special guests Dr. Deepesh Patel, MD and Heather O'Keefe, NP [PAC]

Friday, Sept. 22 at 3 p.m. - 10-Year Resident Recognition during Music in the Courtyard with *The Starlight Trio*

Tuesday, Sept. 26 at 7 p.m. - Playreading [PAC]

Wednesday, Sept. 27 at 3 p.m. - Residents' Association Quarterly Meeting [PAC]

Friday, Sept. 29 at 2 p.m. - Concert: Music for Three Bassoons - [PAC]

Saturday, Sept. 30 at 2 p.m. - Piano/Vocal Concert: Benjamin Weil and James B. Stewart [PAC]

Want to share the newsletter with your family and friends?

They can read it online at www.wpatnp.org

