

The Health Center

at Woodland Pond

Photos:
Jocelyn Cariello

Layout:
Marin Lott

Woodland Ponderings

Health Center

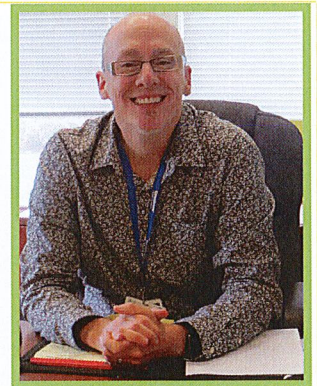
May 2021

Contributors:
Jocelyn Cariello,
Marin Lott and Philip
Mehl

Editor:
Cynthia Carangelo

Spring has sprung!

The weather is getting warmer, albeit gradually and we have seen the sun more than a few times! With that said, we want you to enjoy yourselves and getting outside is a very well documented way to raise spirits and renew hope.



It is true that with the pandemic and the resulting requirements placed upon us by the Department of Health, it can be confusing to know what we can and can't do. The rules often change on a dime and what is being written here may be out of date by the time you read it!

However, during most times, you are indeed permitted and *encouraged* to go outside. If you are able to do so yourself, please just sign out as you usually would. If you need or desire assistance, do not hesitate to ask! Any of our staff may be able to arrange for an outside visit at their earliest availability. Not only do we have the front portico, but we also have the Memory Garden.

What we do highly ask for is that we maintain the common sense precautions that have protected all of us. DO wear a mask. Do try to

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maintain a 6 foot distance between you and anyone nearby. Do not congregate in large groups. Do wash your hands before and after your outside excursion.

Visitation is actually encouraged outside. We do ask that you inform staff of your plans to have visitors and that the visitor call reception to schedule the visit even if it is to occur outside. It is very important that we perform mandatory health screening for all visitors and have a record of that visit in case we have to inform that person of an outbreak of the Coronavirus.

As the temperature goes up, new cases of COVID are slowly going down in the county and across the nation. If we continue to diligently do our parts, we can keep that trend going!

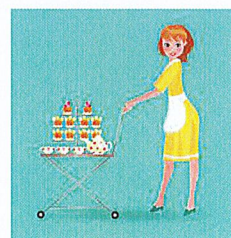
Many thanks and happy Spring!

Best Regards,
Philip Mehl



Have a taste of Mexico as you enjoy fresh salsa, guacamole, tortilla chips and a refreshing margarita-inspired punch delivered to your door as we celebrate this Cinco de Mayo on Wednesday, May 5th in the afternoon.

The Annual Mother's Day Tea has gone mobile. While we cannot hold our large tea in the great room, we still want to celebrate mothers this May. On Sunday, May 9th in the afternoon tea sandwiches, cookies and a cup of tea will be served at your doorstep via the Traveling Mother's Day Tea Cart with Jocelyn Cariello.



Assisted Living

Chair Hula

Saturday, May 1st at 3pm

Outdoor Walks

Tuesday, May 4th and 18th at 10am

Friday, May 14th, 21st and 28th at 1:30pm

Chair Exercise

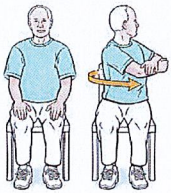
Tuesdays, May 11th and 25th at 10am

Wednesdays, May 12th and 26th at 3pm

Saturday, May 29th at 3pm

Chair Tai Chi

Saturday, May 15th at 3pm



Garden View

Chair Exercise

Mondays, May 3rd, 10th, 17th and 24th at 1:30pm

Thursday, May 6th at 2:30pm

Afternoon Stretch

Tuesdays, May 4th and 25th at 3:15pm

Tuesday, May 11th and 18th at 4pm

Strolling to the Oldies

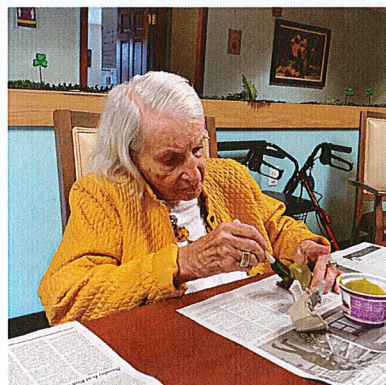
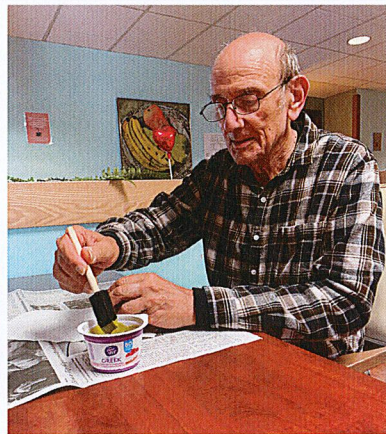
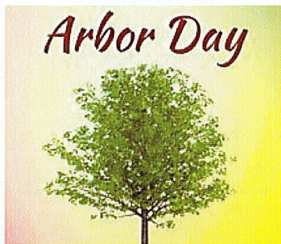
Wednesday, May 19th at 3:30pm

Sensory Garden Walk

Sunday, May 23rd at 3pm



Garden View has been very busy this month discussing ways to take better care of our planet. While enjoying the beautiful spring weather, we decided we can change our behavior at Woodland Pond to positively effect the environment. Residents are doing their best to recycle junk mail, old newspapers and magazines.



Friday, April 30 is Arbor Day. Traditionally on this day people come together and plant a tree. Our Garden View family is doing it a little differently. We are creating an upcycled piece of art. We painted egg cartons as the leaves for the tree. On Arbor day we will “plant” the tree on a piece of canvas. Stay tuned for pictures of the finished product.



Pet Therapy Fundraiser for Pets Together

With innovative planning, a great team, and helpful residents we were able to hold a safe and delicious bake sale. Activities staff baked the sweets, residents decorated the outer bags and multiple residents and staff enjoyed. We were able to raise \$138 to donate to Pets Together. Pets Together provides virtual pet therapy visits twice a week



for Health Center residents at no charge. We are happy that we will be able to support this agency so they can continue to provide free services to homebound people across the country.

Exciting News!

We have approval to bring back volunteers and vendors that provide additional activity programming and entertainment. While we are excited to have these services resume, we want to take things slow as COVID still exists. The volunteers and vendors who will be returning this month will meet the same infection control requirements that staff do. Ethie Gaillard and Zoe will be our first pet therapy duo returning in person on May 20th. We are working on having more pet therapist s return as soon as possible. Julia Haines will be our first vendor to return on site. Julia plays the harp, accordion and piano. She will be present on:

Friday on Assisted Living

May 7th at 2pm Music Therapy Visits

May 7th at 3pm Music Group in the Great Room

Mondays on Skilled Nursing

May 10th and 24th at 3pm Music Therapy Visits

May 10th and 24th at 4pm for Music Group in the Lounge

Fridays on Garden View

May 14th and 28th at 1:30pm in the Dining Room

Religious Services

Sunday Mornings at 11am on
Channel 1340 on AL/GV
and Channel 95 on SN

May 2nd: Sunday Catholic Mass

May 9th: Redeemer Lutheran
Church in Kingston, NY

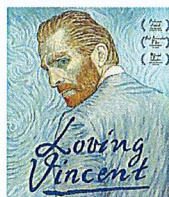
May 16th: Reformed Church of
New Paltz, NY

May 23rd: St. Martin's
Episcopal Church in Houston, TX

May 30th: Non-Denominational
Church Service

Art Appreciation Programming

Cynthia shares **innovative
designers and artists film shorts**
during room visits
Monday, May 3rd at 2pm



Loving Vincent Film

(On Loan from Irene Fitzgerald)
Wednesday May 19th at 2pm in
the Skilled Nursing Lounge

Leonardo da Vinci Art and
Biography with Jane on May
18th at 3:30pm in the Great Room

Skilled Nursing Films in Lounge

Friday, May 7th at 1pm
Ride Like a Girl

Friday, May 14th at 10am
Cat on a Hot Tin Roof

Friday, May 21st at 1pm
Pride and Prejudice

Friday, May 28th at 10am
The First of May

Assisted Living Films in the Great Room

Wednesday, May 5th at 6pm
The Music of Silence

Wednesday, May 12th at 6pm
Cat on a Hot Tin Roof

Wednesday, May 19th at 6pm
Les Miserables Part 1

Wednesday, May 26th at 6pm
The Story of Women and Art Part 1

Garden View Films in the Dining Room

Sunday, May 2nd at 3pm
The Music of Silence

Monday, May 10th at 3pm
Cat on a Hot Tin Roof

Thursday, May 20th at 2pm
On AL, GV and SN
Chef



There are no strangers here; Only
friends you haven't yet met.

William Butler Yeats

Group programming has resumed.
Join us!



Charles Lantz– May 1st

Russel Brummer– May 6th

Jack Dacey– May 16th

Lenore Kelly– May 18th

Sydelle “Delly” Epstein-Horowitz– May 24th

Celebrate May’s birthdays by enjoying a slice
of cake with us on Thursday, May 13th
in the afternoon.



Woodland Pond
at New Paltz

200 Woodland Pond Circle
New Paltz, NY 12561

The Ombudsman office is still open and can be reached at:

Region 5 Ombudsman
Gloria Murray
HV LTC Ombudsman Program
7 Pine Woods Road, Suite 3C
Hyde Park, NY 12538
Phone: [845-229-4680](tel:845-229-4680)
Email: gloria@hltccc.org



This past year we had to come up with creative ways to bring pet therapy back in person. While this bunny wasn't covered in fur and soft she did bring a lot of smiles to peoples faces on Easter Sunday.

(Pictured: the Easter Therapy Bunny AKA Jocelyn Cariello and Barbara Boncek)

Useful Phone Numbers

<u>Contact</u>	<u>Extension</u>
Concierge	0
Reception	5910
AL Nurses Station	5930
AL Case Manager -Nicole Petit	5931
AL Nurse Manager– Charlene McCumber	5703
Environmental Services Director –Rob Dunn	5512
GV Nurses Station	5940
SN Nurses Station	5920
SN Social Worker– Rosemarie Antonecchia	5918
Activities Department	5968
Activities Director – Marin Lott	5917
IL Activity Line (Provides daily recording of Activities)	5729