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# WoodlandLife

Vol. 10 No. 8

August 2018

### Spotlight on the *Woodland Pond Benefit Fund*

The residents and leadership of Woodland Pond have taken on a new and exciting project – the establishment of the *Woodland Pond Benefit Fund*, under the auspices of the Community Foundations of the Hudson Valley. In creating this fund, to be used here at Woodland Pond, it will be possible to underwrite a variety of projects, activities, and endeavors which will enrich the lives of our residents.

Several fund-raising events have become a tradition here at Woodland Pond – the Spring Fashion Show and the Kaleidoscope craft fair in the fall. Planning is underway to create more events when an enjoyable occasion will also result in support for our fund.



There are several ways that residents and their families can donate to the Benefit Fund such as creating a legacy with a gift through your will or estate plan, or donating the proceeds of life insurance policies or IRA's, to name a few. Many people have used the Benefit Fund to make a gift in honor someone special in their life.



*Kaleidoscope of the Arts committee members prepare beautiful gift baskets each year filled with items donated by residents and staff for the gift basket raffles, with the proceeds going to the WP Benefit Fund.*

Perhaps you would consider designating a portion of your refund payment; it is as easy as a visit to Christi in the Finance office. Our Director, Michelle Gramoglia, is always available to discuss these options with you.

By allying our fund with the Community Foundation, we are guaranteed that all donations will be fully tax-exempt. All donations will be acknowledged by letter from the Community Foundation. The money is held in an interest-bearing account, with regular quarterly reports. Most of the other CCRC's around the country have similar programs.

Since the establishment of our account with the Community Foundations in December 2017, we have

raised more than \$12,000. Our plan is to raise the minimum amount of \$25,000 by the end of the year. A list of all the donors to date can be seen in the Mail Room. It includes the names of the Board members and Council members, who were the first to make donations.

Please join in supporting the growth of the Benefit Fund and its goals for enriching our environment. Donation envelopes are available at the Concierge Desk.

*Anne Gordon, for the WP Benefit Fund Committee*



*The Rambling Rose Fashion Show held each spring is one of the fun annual events that brings donations to the Woodland Pond Benefit Fund.*



## Congressional & NY Legislative Candidates' Upcoming Events at Woodland Pond

We are pleased to tell you that all candidates for two important races in the upcoming November election will be coming to Woodland Pond for "Meet the Candidates" events.

**Candidates for Congress:** Our 19<sup>th</sup> Congressional district, one of the few "purple" districts in the nation, will be one of those most closely watched in the coming election, with a mix of Republicans, Democrats and unaffiliated voters. Congressman John Faso (R) is running for a second term, opposed by Democratic candidate Antonio Delgado and Green Party candidate Steve Greenfield, and possibly two unaffiliated candidates still in the process of seeking certification to be on the ballot. Mr. Faso will be here **Friday, Aug. 10 at 12 noon** in the PAC. Green Party candidate Steve Greenfield will be here **Tuesday, August 7 at 7:30 p.m.** in the PAC; and Democratic candidate Antonio Delgado will be here **Tuesday, September 4 at 3:30 p.m.** in the PAC.

**Candidate for NYS Assembly:** Current State Assemblyman Kevin Cahill (D) is running unopposed. He will be here **Wednesday, Aug. 22 at 3 p.m.** in the PAC to talk to residents about what the New York State Assembly and Senate actually do, how that affects us in ways we may not realize, and why it is important for New Yorkers to vote for our state representatives!

**Candidates for NY State Senator:** State Senator John Bonacic is retiring at the end of this year. Three candidates are competing for his job. Two Democrats who are competing in a September primary: Jen Metzger and Pramilla Malick. Ms. Malick will be here **Wednesday, Aug. 15 at 4:15 p.m.** in the Classroom and Ms. Metzger will be here **Wednesday, Aug. 29 at 3:30 p.m.** in the Classroom. The primary winner will compete with Annie Rabbit in the November election. We will schedule a September event for Woodland Pond residents for those two candidates.

*Dorothy Jessup, Political Affairs Committee*



### *7th Annual Kaleidoscope of the Arts ~ Coming in October!*



It is time to begin planning for our annual *Kaleidoscope of the Arts Show and Sale* highlighting the creative talents of Woodland Pond residents. This year's show will be **Saturday, October 20** in the Performing Arts Center. (A sneak preview will be available for a few hours on Friday afternoon, October 19, for staff only.)

We have an amazing kaleidoscope of talent among our Woodland Pond residents and we celebrate all the creativity among us through this day-long showcase featuring residents' original works. The event gives fellow residents, families, employees, and community visitors the opportunity to admire and purchase items from resident participants while also supporting the Woodland Pond Fund.

Resident crafters rent a table/booth space for \$20 (which benefits the Fund) and keep whatever proceeds they receive if they sell their items. Some choose to just display their works. A bake sale and gift basket raffles also take place throughout the day to help generate donations for the Woodland Pond Fund.

The initial meeting to plan this year's Kaleidoscope of the Arts will be **Friday, Aug. 17 at 11:00 a.m.** in the Art Studio. Anyone interested in serving on this year's committee is invited to attend. Several subcommittees work on logistics, publicity, the bake sale and raffle baskets, so helpers are most welcome!



*Staff members check out Cynthia Lee's delicious homemade jams during last year's preview sale for employees before the full day event open to the community-at-large.*



Bus Trips for August  
*Sign Up at the Concierge Desk*

**Wednesday, Aug. 1 at 2 p.m.** – Mohonk Preserve visit (organized by June Finer and Stuart Greenfield)

**Friday, Aug. 3 at 11:00 a.m.** – Poughkeepsie Galleria Shopping.

**Saturday, Aug. 4 at 8pm** – Jazz at the Maverick presents Fred Hersch, piano and Gilad Hekselman on guitar. Depart 6:45 p.m. [\$30 or \$20 if 10 or more]

**Sunday, Aug. 5 at 2 p.m.** – Woodstock Playhouse: *La Cage aux Folles*: with show girls, feathers, glitz and legs, this 11-time Tony Award-winning musical lights up the stage as families are redefined and both laughter and love are shared. Depart 12:45 p.m. [\$36-\$45]

**Friday, Aug. 10 at 7:30 p.m.** – The Bard Music Festival presents the Orchestra Now with “The Russian Sound” featuring composers Glinka, Borodin, Cui, Balakirev and Mussorgsky. Depart 6 p.m. [\$25-60]

**Saturday, Aug. 11 at 4 p.m.** – Hudson Valley Flamenco Festival: *Cante, Baile, Toque* is the highlight of the week-long celebration of all that is flamenco in the Hudson Valley. A great multi-media show for all ages, come experience flamenco! At the Rosendale Theatre. Depart 3:30 p.m. [\$15 (\$16.52 with service fee)]

**Sunday, Aug. 12 at 2 p.m.** – Shadowlands Theatre presents *Bang Bang* by John Cleese, a new adaptation of Georges Feydeaus’s classic farce ‘Monsieur chasse!’ Depart 12:45 p.m. [\$34]

**Wednesday, Aug. 15** – Lunch Adventure to Reginato Ristorante in Lake Katrine, featuring northern Italian Cuisine. (Group lunch menus range from \$11.95-26.95 per person). After lunch, enjoy a stop at nearby Adams Fairacre Farms in the Town of Ulster. Depart 11 a.m. Note: this is a 1-bus trip.

Continued next column

August Trips, continued.

**Wednesday, Aug. 15 at 6:30 p.m.** – Music in the Parks summer lawn concert at Vanderbilt Mansion, featuring the West Point Band. You are welcome to bring a lawn chair, snacks, etc. Depart 5 p.m. [Free]

**Sunday, Aug. 19 at 4:30 p.m.** – Bard Music Festival orchestra and chorus presents Rimsky Korsakov’s *The Tsar’s Bride*. Depart 3 p.m. [\$25-70 per seat location]

**Thursday, Aug. 23** – Tour of Kykuit, the Rockefeller Estate in Sleepy Hollow. The Classic Tour begins at the Visitor Center at Phillipsburg Manor to board a shuttle to the estate. Tour includes the main floor of the house, art galleries, the Inner Garden and West Terrace, and the Coach Barn with its collection of antique carriages and classic automobiles. Note: This is a 1-bus trip. Depart **8:45 a.m.** (10:45 a.m. tour) [\$23]

**Sunday, Aug. 26 at 4 p.m.** – Maverick Concert presents the Borromeo String Quartet. Depart at 2:45 p.m. [\$30, or \$20 if 10 or more]

Vanaver Caravan’s *Summerdance On Tour!*



We welcome the Vanaver Caravan back to Woodland Pond for their *Summerdance on Tour!* on **Wednesday, August 8 at 2 p.m.** in the Performing Arts Center. The annual regional tour incorporates eclectic styles taught, such as: Percussive, Modern, House, Ballet, and Yoga. This year’s faculty for *Summerdance on Tour* includes two distinguished Indian Folk/Bollywood dancers as well as the producer/director of the Hudson Valley Flamenco Festival. Ballet founder of Tango New Paltz. The enthusiasm, energy, and creative talents of the Vanaver Caravan performers are amazing to watch! Arrive early; limited seating.

**Classic Movie Night**



*Born Free*

Starring Bill Travers, Virginia McKenna and Elsa the Lioness

**Friday, August 3 at 7:30 p.m.**  
 Classroom

**Oscar Movie Night**

*The Sound of Music*

Starring Julie Andrews and Christopher Plummer

**Friday, August 10 at 7:30 p.m.**  
 Performing Arts Center

**WP Opera Night**

*Opera Gala from Baden-Baden*

Featuring Anja Harteros, Exaterina Gubanova, Jonas Kaufmann, Bryn Terfel at the Badische Staatskapelle

**Friday, August 17 at 7:30 p.m.**  
 Performing Arts Center





## A Note From Dining Services



### Iron

The human body contains about 2 to 4 grams of iron per kilogram of body weight. It is used to move oxygen in the blood from lungs to tissues, in the form of hemoglobin and in the form of myoglobin it moves, stores and releases oxygen in muscles. Iron is essential for energy production in our bodies and is a part of several enzymes needed for amino acid breakdown and synthesis.

The Recommended Dietary Allowance of iron for women and men age 51 or older is 8 milligrams per day.

There are plenty of food sources that contain iron. Animal sources include: beef, veal, pork, lamb, chicken, turkey, and liver. Non-animal sources include:



leafy greens, tofu, broccoli, cabbage, sweet peas, Brussel sprouts, tomatoes, potatoes, green beans, and beets. Vitamin C aides in the absorption of iron, therefore you should

consume foods containing vitamin C with iron containing food.

Happy Eating!

*Susan D. Kaufman RDN, CNM*

## Landscape Donation



The Landscape Committee wishes to thank Trina Greene for the donation of a white oak tree in memory of JoAnne Hoffman. Al Hoffman is faithfully watering the new tree to give it a good start. If you would like to donate a tree or shrub to Woodland Pond in honor of someone or as a memorial, please contact Deborah Moore, (845) 419-3355, of

the Landscape Committee for more information and to ensure that your tree will find a home that will suit the other plantings and landscaping plans.

*Deborah Moore*



## Interfaith Committee News

Thanks to Rob Greene for his June presentation discussion and to Dorcinda Knauth for her July presentation about her Saint James pilgrimage from France through Spain.

The Tree of Life one-hour programs are intended to enlighten residents of Woodland Pond and to keep us mindful of the possibilities we have living at Woodland Pond.

On **Monday, August 27 at 7:15 p.m.**, weather permitting, residents are invited to gather around the fire pit out in the Courtyard for a program of Native American music and story-telling led by retired Reformed Church minister Nick Miles, a member of the Pamunkey Tribe, Powhatan Nation. The program will include a drum circle performance.

The committee meets the **fourth Monday each month at 11a.m.** in the Classroom. Ideas for future programs? Let us know. All are welcome to join.

*Pat Houk, Interfaith Committee chairperson*



### **ArtScope Exhibit**

#### **Al Chasan: *It's Personal***



Paintings that depict five generations of family life: his father's bittersweet early years in Russia; his mother's terror-filled flight from Cossack marauders; a relaxing week spent at the Jersey shore.

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#### **Opening Reception**

**Monday, August 13<sup>th</sup> at 7:30 in the PAC**

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#### **ArtScope Film: *Marc Chagall***

**Tuesday, August 21<sup>st</sup> at 7:30 in the PAC**

*Creativity flourishes at Woodland Pond*



## Women's Tea Talk



This month's Tea Talk is **Monday, August 6 at 2:00 p.m.** in the Performing Arts Center.

Featured speaker will be Jane Johnston, to talk about her interests in writing and painting. (The current PAC gallery exhibit featuring Jane and her daughters' works will be up for a few more days.) All women are invited to attend.



## Additional Special Event This Month

**Tuesday, Aug. 28 at 2 p.m.** - Remember the cold war? Right here in Stewart Field, Newburgh the SAGE blockhouse protected us from Russian bombers attacking over the North Pole. It was a scene straight out of the movie *Dr. Strangelove!*

Karl Rodman spent years working to establish a Cold War Museum in that building. He will talk about the museum and show a short film made as part of the project. [PAC]

## Health Center News

Once again a successful Alzheimer's Day was held in the Health Center in June, and the Health Center Committee is very proud to announce that our chairperson, Ted Buley, was awarded Person of the Year for Garden View. Congratulations, Ted!

Three members of the Committee, Flo Jerdan, Marcia Thompson and Adele Warshawsky, are planning a Pilot Program for Friendly Visitors in Skilled Nursing. There was a program going, but it seems to have dwindled away, so these three committee members are designing the goals and objectives for the program. They will begin the visiting and then expand the program to include others from Independent Living who are interested.

Tom Tango, Director of Plant Operations and Security, visited the committee's June meeting to talk about the coming renovation of the Garden View dining room. The walls around the dining room will be removed halfway down for a more open feeling, and the wall of kitchen equipment will be removed. Food Service will serve the food from a new special cart.

The Health Center Committee meets on the **last Wednesday of the month at 1 p.m.** in the Conference Room. All are welcome.

*Joyce Gartrell*  
*Health Center Committee*

## The Marketing Dept. Has Moved!

The official and highly anticipated move of the Marketing Office has been accomplished. They are now located across the hall from Wellness Nurse Mary Jo's office, in the former Private Dining Room.)



## Monthly Classes

- \* Watercolor class will meet **Monday, Aug. 6** and **Monday, Aug. 20 from 10 a.m. - noon** in the Art Studio.
- \* Water Aerobics with Janis - **Mondays at 10 a.m.**
- \* Italian class meets **Mondays at 1 p.m.** with Rosemary Cohen in the Classroom.
- \* Memoir Writing class meets **Tuesday, Aug. 14 at 3 p.m.** and **Tuesday, Aug. 28 at 3 p.m.** in the Conference Room.
- \* Water Aerobics with Rachel - **Thursdays at 9 a.m.**
- \* Tai Chi class meets **Thursdays at 3:30 p.m.** This month in the PAC.
- \* Self-led Water Class coordinated by June Finer meets **Fridays at 8:50 a.m.**

Residents' Council EARS session: **Thursday, August 2 from 9:45-10 a.m.** in the Classroom.

## August Committee Meetings



Political Affairs Committee: **Monday, Aug. 6 at 11 a.m.**  
(Classroom)

Dining Services Committee: **Tuesday, Aug. 7 at 10:30 a.m.**  
(Game Room)

Design Décor Committee: **1st and 3rd Thursdays at 1 p.m.**  
(Apt. 303)

Welcome Committee: **Tuesday, Aug. 14 at 11 a.m.**  
(Classroom)

Finance Review Committee: **Tuesday, Aug. 14 at 1pm**  
(Classroom)

Landscape Committee: **Wednesday, Aug. 15 at 2 p.m.**  
(Classroom)

Kaleidoscope Committee: **Friday, Aug. 17, 11 a.m.**  
(Art Studio)

Mill Brook Preserve Committee: **Friday, Aug. 17 at 3 p.m.**  
(Classroom)

Garden Committee: **No Meeting This Month**

Interfaith Committee: **Monday, Aug. 27 at 11 a.m.**  
(Classroom)

Market Basket Committee: **Tuesday, Aug. 28 at 11 a.m.**  
(Classroom)

Health Center Committee: **Wednesday, Aug. 29 at 1 p.m.**  
(Conference Room)

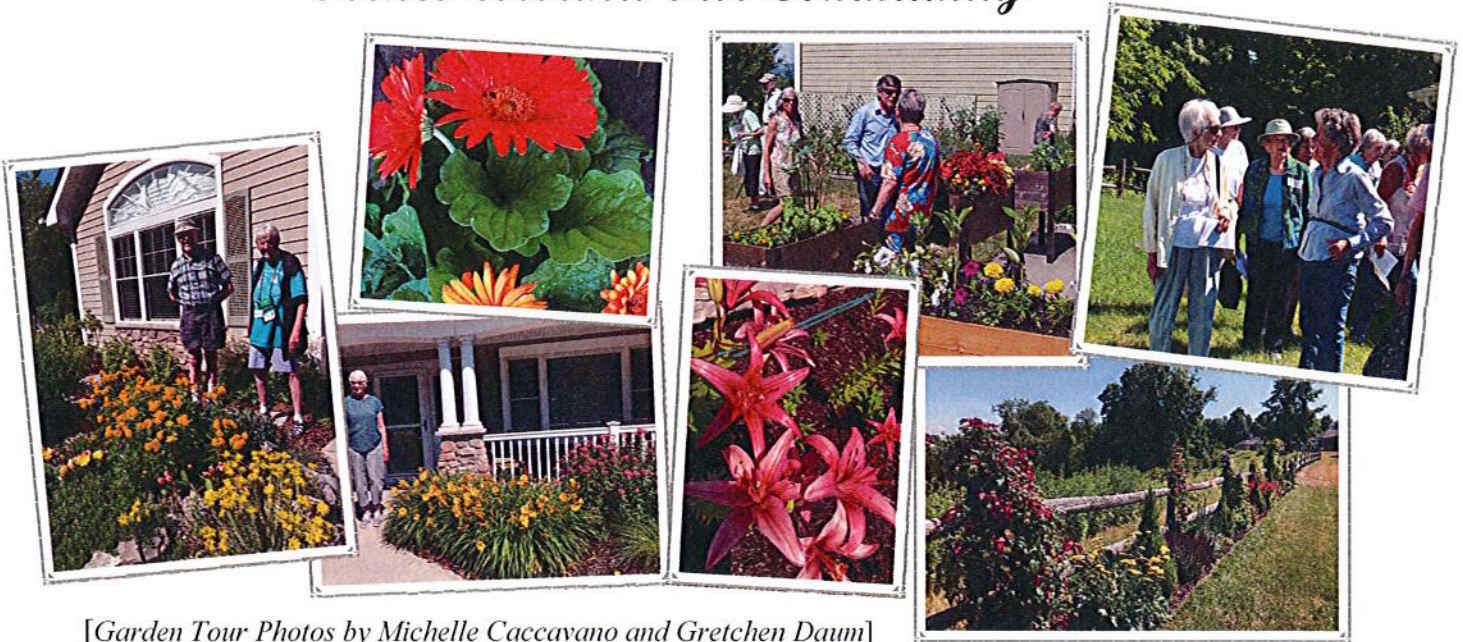


Please refer to your August calendar for listings of weekly activities and special events. Be sure to continually watch for any updates or changes on the *Connected Living* screens!



# Life at Wood

## Scenes Around Our Community



[Garden Tour Photos by Michelle Caccavano and Gretchen Daum]

We were once again very lucky with the weather for this year's Garden Tour on June 29—it was the last nice day before an oppressive week-long heat wave settled over us! Thanks to the more than 50 gardeners who proudly showcased their gardens and kudos to our Garden Committee for all their hard work to present another outstanding tour!



The Jazz Pioneers' Concert in the Courtyard had to be moved indoors due to a second round of oppressive heat and humidity last month, but a large crowd gathered nonetheless in the Health Center's Great Room to enjoy their smooth, big band sounds.

Dorcinda Knauth gave a fascinating presentation about her 2016 pilgrimage on the Camino de Santiago in Spain for last month's Interfaith Program.



# land Pond

*Keep your face to the  
sunshine and you cannot  
see the shadow. It's  
what sunflowers do."*

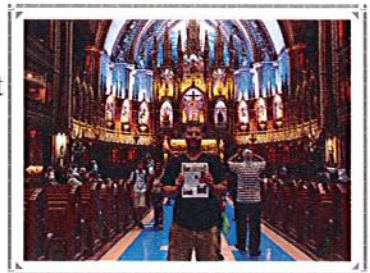
*~ Helen Keller ~*



*New York City professional musicians Amadi and Debby Azikiwe performed a stunning classical concert for us last month, amazing us with their musical talents and Amadi's informative explanations of the pieces they performed.*

## Woodland Life travels to .... Montreal

Concierge Jeffrey Seitz sent us a photo while vacationing last month in Canada. Here he is with our newsletter in the Notre-Dame Basilica in the historic district of Old Montreal, in Montreal, Quebec, Canada.



If you are planning a trip to an interesting, *distant* location, be sure to pack the latest issue of *Woodland Life* into your suitcase and bring or send back a photo of yourself with the newsletter and it may be shared in an upcoming issue. Let's see where in the world our newsletter travels!



*Dining Services helped us celebrate National Ice Cream Month!*

## You Are Invited to the 5th Annual Health Center Art Exhibition



Featuring Art Created by Health Center Residents



Wednesday, August 22nd : 2pm - 4pm  
Woodland Pond Great Room





## Special Interest Groups

'Hookers' (formerly the Kneedlers): **Mondays from 11 a.m.-12 noon** in the Game Room.

Pinochle Group: **Mondays at 12:30 p.m.** in the PAC Annex.

Handbell Ringers: **Tuesdays at 1 p.m.** in the Art Studio.

Canasta Players: **Wednesdays at 12:30 p.m.** in the Game Room.

Current Events Group: **Wednesdays at 4:30 p.m.** in the Classroom.

Monologue Group: meets the second Wednesday (**Aug. 8**) at **7:30 p.m.** in the PAC.

The Quilters: the **second Thursday at 11 a.m.** in the Art Studio.

The Playreaders: **each Thursday** in two groups: Group I at **2:30 p.m.** and Group II at **4:15 pm.** in the Classroom.

Chess Club: **Thursdays at 7:30 p.m.** in the Game Room.

Dulcimer Group: **Fridays at 11 a.m.** in the PAC Annex.

Mah Jongg Players: **The first 3 Fridays at 1 p.m.** in the Game Room; **4th Friday** in the PAC Annex.

Poetry Group: meets the **last Friday** of each month at **7:30 p.m.** in the Classroom.

Daytime Rummi-Kub: meets **Saturdays at 2 p.m.** in the Game Room. (**On Aug. 4, in the Classroom**)

### On Summer Hiatus

The following interest groups are taking an August hiatus as participants enjoy traveling and just "chilling out." Enjoy!



Dream Interpretation Group	Book Group
Hearing Loss Support Group	Pondaliers
Short Story Grps	Square Dancers
Prayer Group	

## From the Woodland Pond Library



The Woodland Pond Library has an amazing collection of books but many times readers return to the same author or genre, missing other good reads. If fiction and mysteries are your choice, the following suggestions may meet your liking. *The Power of One* by Bryce Courtenay is about a young boy in South Africa; this story has everything: suspense, the exotic, violence; mysticism, psychology and magic, schoolboy adventures, drama in the boxing ring. Try Pete Hamill's book *Tabloid City*. In a stately West Village town house, a wealthy socialite and her secretary are murdered. In the 24 hours that follow, a flurry of activity surrounds their shocking deaths. The plot begins in a newsroom and ends in a church.

Check out *The City of Light* by Lauren Belfer. A novel, full of electricity ... Niagara Falls, with currents of romance, suspense and history, cascades through a remarkable blend of murder mystery, love story, political intrigue and tragedy of manners. There are also several Margaret Atwood novels. Atwood's works encompass a variety of themes including the power of language, gender and identity, religion and myth, climate change, and "power politics."

*Virginia Cannon,*  
*for the Library Committee*

### Book Group Calendar



The monthly Book Group meeting is normally the **first Tuesday at 7:30 p.m.** in the Classroom.

Please note we will take a brief hiatus this month and will not meet again until September.

Upcoming meetings, if you'd like to get a head start on the selected books, are:

**Sept. 4** - *The Boys in the Boat* by Daniel James Brown

**Oct. 2** - *Saints for All Occasions* by J. Courtney Sullivan.

New members are always welcome to join us!

*Katy McEntegart*

### From the Market Basket

Mida Kaelin was the July lottery winner and has won a \$10.00 gift certificate to be used as a credit on her next Market Basket purchase.



## Wellness Notes



The hot and sticky days of August are referred to as “Dog Days”. This term dates back to the Greek and Roman times with reference to the Dog Star Sirius, which is the brightest star in the summer night sky.

As we enjoy the warmth of the summer it’s not only important to protect our skin but also to protect our eyes. Sun damage happens year round, nevertheless, the summer is when the sun’s intensity peaks.

August is recognized for National Eye Exam and Cataract Awareness Month. Who is at risk for eye damage from the sun? **EVERYONE** – including children. Eye damage from invisible Ultra Violet rays (UV-A and UV-B) can lead to worsening vision or loss. The risk is even higher for those individuals who have already had eye surgery such as cataracts, lens implants or retina disorders. Certain medications may increase your sensitivity to light such as: tetracycline, sulfa drugs, diuretics and tranquilizers. Check your labels on your medications or check with the pharmacist.

Here are some ways to prevent eye sight damage:

- \* Limit your exposure to the sun – midday to early afternoon is the brightest period.
- \* Wear a wide brim hat to reduce direct sun.
- \* Wear wrap around sunglasses that block 99-100% UVA and UVB rays. Wear them whenever you go outside.
- \* Don’t be fooled by clouds. UV exposure is still a hazard.
- \* Never look directly into the sun.

Wellness Wishes,  
Mary Jo

Mary Jo Murray, RN,  
Wellness Nurse, ext. 5901

### Fitness Equipment Training

Periodically Steve Mach offers HUR equipment training in the Fitness Room.

If you have an interest in learning how to use one or more of the machines, leave your name at the Concierge Desk and when there is sufficient interest for a class, he will schedule it.

### Flu Clinic Dates Scheduled

Walgreens/Rite Aid Pharmacy in New Paltz will offer a Flu Clinic at Woodland Pond this fall.



They will be here **Friday, Sept. 28** from **10:30-12:30 p.m.** in the Art Studio. They will also be coming **Friday, Oct. 26** from **1-2:30 p.m.** and on Friday, **Nov. 16, 1-2:30 p.m.**

Watch for more detailed information as the dates get closer.

### Important Reminder!

During this very active tick season, please be sure to check yourself daily and carefully after spending any time outdoors.



### Free Minor Eyeglass Repair

Optician Diane Melnick will be here **Wednesday, August 8** from **10-11 a.m.** in the Library.



### Support Groups Welcome You

*The Caregivers/Care*

*Receivers Support Groups*

sponsored by the Office on



Aging and Jewish Family Services of Ulster County will meet **Monday, August 6** from **9:15 – 11:00 a.m.** in the Classroom and Game Room.

*The Bereavement Group* facilitated by Hospice will meet this month on **Wednesday, August 1** and **Wednesday, August 15** from **10-11:30 a.m.** in the Classroom.

*The Hearing Loss Support Group* is on a summer break and will resume meeting in September.

### Monthly Reminder:

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

Emergency contacts listed with phone numbers

Medication list – hospital preference, primary doctor /address / phone#

Copy of all your insurance cards - front and back of cards

Copy of Healthcare Proxy, Living Will, Advance Directives.

The MOLTS form

Forms are available at the Wellness Nurse’s office.



## Applauds Program Salutes Employee Service

Last month these Woodland Pond employees received commendations from residents for their exceptional service:



Jennica Cochrane	Debbie Hull	Petra Hoetzler
Sheila Kutzin	Cassidy Ginn	Noel Parry
Sean Paddock	Arron Figueroa	Steve Berry
Dawn Marie Allan	Gretchen Daum	Lisa Cea
Jeffrey Seitz	Skylar Cain	Doug Bray
Eulogia Daldivar	Anna Motta	Victoria Elia
Penny Brancucio	Jasmine Colon	Coreen Sanchez
Caresse Opoku	Phil Palazzo	Judith Justice
Sarina Pepper	Abigail Avendano Flores	

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, August 14



August celebrants are invited to attend a birthday party with cake provided by Shoprite of New Paltz on **Tuesday, August 14 at 3 p.m.** in the Game Room. Celebrating this month are:

#### *Celebrating this month are:*

Clarine Dohrenwend - Aug 2	Keith LaBudde - Aug. 21
Burt Metz - Aug. 2	Bob Lukey - Aug. 21
Sally Soraci - Aug. 7	Linda Zieres - Aug. 22
Al Chasan - Aug. 10	John Frederick - Aug. 24
Bernice Leonard - Aug. 10	Phyllis Bulgatz - Aug. 27
Joan Kleinegris - Aug.11	Marcie Woodruff - Aug. 27
Bob Carlzon - Aug. 12	Evelyn Hill - Aug. 30
Mary Lou Werlau - Aug.15	Maddy Lee - Aug 30
Barbara Dwyer - Aug.18	



Welcome, New Residents!



**Andrea Ellis ~ Apt. 113 South Wing**  
**Annette Power Johnson ~ Apt 323 Central Wing**

The Welcome Committee will host its next New Resident Social/Orientation on **Friday, August 24 at 2 p.m.** in the Game Room. New residents will receive their personal invitation to attend.

## Employee Appreciation Fund

Important reminder to those residents who plan to send their one-time check to the Employee Appreciation Fund. The check is due by November 1.

*Thank You*

Please give the check to Betsy Haight, either in her cubby #418 or leave it in her folder at the Concierge.

A BIG thank you from the Committee!

*Betsy Haight, for the Committee*

## WP Quilters Have Been Busy!

A beautiful lap quilt was designed and completed for a resident in the Health Center. The planning, design, selection of fabrics, cutting, sewing, assembly, and quilting were all completed in a span of three months. It is a lovely accomplishment and has been presented to Marin Lott, Health Center Activities Director.

Marin was our guest for the July meeting and gave us suggestions for creating interactive sensory quilts for HC residents. This will be our group project for the next few months.



*Quilters (l to r): Ann Greising, Suzanne Orchowski, Norma Strothenke, Bernice Leonard, Joyce Gartrell and Carol Natoli.*

Our next meeting will be **Thursday, August 9, 11:00 a.m.** in the Art Studio. All interested residents are invited to attend. Everything you will need is in the Art Studio, except rotary cutters.

*Bernice Leonard, for the Quilters*



## Meet Your Neighbor ~ *Norma Strothenke*

by Halema Hassan

Born and raised in Ohio, Norma trained as a nurse in Cleveland and then came to NY to attend Teachers College to get a bachelor's degree — and a bachelor! Robert was studying for his Doctorate at Teachers College and also teaching music at SUNY New Paltz. “Robert was the most eligible bachelor in New Paltz,” according to the owner of the local New Paltz newspaper at the time, Adelaide McKenna, and the couple married in 1958. He loved music and had a stunning bass baritone voice; he sang in a choir in Manhattan, and although it was his dream to sing at the Met, that never materialized.



*Norma Strothenke*

Norma attended the Learn/Earn program at Teachers College. She worked full-time in the operating room at Sloan-Kettering, and attended school at the same time. She participated in numerous enucleations for donations to the eye bank for about two years. “It was a peak experience to be included in many radical surgeries.” The couple married in 1958, and bought a house in New Paltz where they raised three sons. They enjoyed the 47 summers they spent at Lake Champlain, south of the Canadian border. Norma returned to work part-time when her children were older and subsequently worked for 16 years at the Green Haven Correctional Facility, caring for elderly and handicapped patients.

Norma was widowed in 2005. By that time she had cared for her mother, her mother-in-law, her quadriplegic son, and her husband. Four years after her husband passed, she decided that Woodland Pond was a good solution for her, and was one of the “pioneers” who moved here in 2009.



*Norma piecing together what became this stunning ‘Storm at Sea’ full size wedding quilt made for her grandson and his bride, which was on display at our January Quilt Show.*

Norma has a full menu of activities both at Woodland Pond and in the community. She is active in the Dutch Reformed Church, and for ten years has been a member of the P. E. O. Program for Continuing Education (a need-based grant program providing scholarships to women who wish to return to school to finish their education). She is also a quilter, and belongs to quilting groups here and outside of Woodland Pond. She has exhibited her work during our Kaleidoscope event and other venues, and also makes quilts for the Children's Home of Poughkeepsie. Reading is a favorite pastime, and Norma belongs to a book club and a study club in the community.

### A Sneak Peek at September

Well-known upstate New York folk singer/songwriter and multi-instrumentalist Susan Trump will perform on Saturday, Sept. 15.

Benjamin Weil and friends will return for an afternoon of vocal and piano classical music on Sunday, Sept. 16.

Lifetime Learning Institute’s (LLI) Fall Semester of classes gears up next month, with Woodland Pond hosting six classes.

Ever modest, Norma does not admit that she is an excellent chess player and enjoys the weekly chess group here. She and her husband played chess daily, and her husband built a chess table inlaid with maple and walnut.

Norma loves sharing her apartment with her long-haired dachshund, “Cassi” (short for Cassiopeia) and after her morning walk she joins a coffee Klatch at 7:30, because “I need someone to say good morning to.”







*Woodland Pond*  
at New Paltz

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*This bucolic scene was captured by Michelle Caccavano during our annual Garden Tour, featuring numerous cottage and ground floor apartment gardens.*

***August Highlights at a Glance***

**Tuesday, Aug. 7 at 7:30 p.m.** - Congressional candidate Steve Greenfield [PAC]

**Wednesday, Aug. 8 at 2:00 p.m.** - Vanaver Caravan *SummerDance on Tour!* [PAC]

**Friday, Aug. 10 at 12 noon** - Congressman John Faso [PAC]

**Monday, Aug. 13 at 7:30 p.m.** - ArtScope Opening Reception: Exhibit of Works by Al Chasan [PAC]

**Wednesday, Aug. 15 at 4:15 p.m.** - NYS Senate candidate Pramilla Malick [Classroom]

**Tuesday, Aug. 21 at 7:30 p.m.** - ArtScope film: *Marc Chagall* [PAC]

**Wednesday, Aug. 22, 2-4 p.m.** - Health Center Art Exhibition [HC Great Room]

**Wednesday, Aug. 22 at 3 p.m.** - Assemblyman Kevin Cahill - PAC

**Monday, Aug. 27 at 7:15 p.m.** - Interfaith Program: Native American Music and Storytelling [Courtyard]

**Tuesday, Aug. 28 at 2 p.m.** - Presentation about the Cold War Museum Project by Karl Rodman [PAC]

**Wednesday, Aug. 29 at 3:30 p.m.** - State Senate candidate Jen Metzger [Classroom]

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They can read it online at [www.wpatnp.org](http://www.wpatnp.org)

