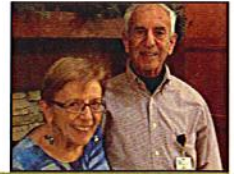




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WoodlandLife

Vol. 10 No. 12

December 2018



Here Comes the Holiday Season!



As another busy Woodland Pond year draws to a close it is time to send it off with a full, exciting holiday season. We will celebrate in festive fashion with many special events offered for your enjoyment. Please keep this page of your newsletter handy throughout the month to refer to frequently so that you don't miss any of these special opportunities!

We will officially kick off the season with the Annual Tree Lighting in the Lobby on **Wednesday, Dec. 5 at 3 p.m.**, as we gather around the fireplace to admire the tree, enjoy Yuletide carols, hot chocolate and cookies.

This year Hanukkah begins at sundown on **Sunday, Dec. 2 to Sunday, Dec. 9**. Please note that we are making a change in location for the nightly lighting of the menorah to the Classroom at 4:30 p.m. each evening during Hanukkah to better accommodate attendance. Rabbis and residents will offer prayers, songs and stories for the nightly observance. There will be a Hanukkah party on **Tuesday, Dec. 4 at 3:30 p.m.** in the Game Room.

The Pondaliers are busily rehearsing for their annual holiday concert with this year's theme ~ *Songs of Good Cheer*. Three performances are planned to accommodate the large audiences expected: **Monday, Dec. 10 at 3:30 p.m.** in the Health Center's Great Room, then two performances in the Performing Arts Center on **Wednesday, Dec. 12 at 7:30 p.m.** and **Friday, Dec. 14 at 3:30 p.m.** PAC seating is limited: please sign up at the Concierge desk for the performance you plan to attend.

The Playreaders will present a special program to include a reading of *A Child's Christmas in Wales* on **Tuesday, Dec. 11 at 3:30 p.m.** in the Performing Arts Center and will be repeated on **Thursday, Dec. 13 at 7:30 p.m.** in the PAC. (More information about this program is on pg. 8)

On **Monday, Dec. 17 at 3:00 p.m.** Bill Schnitzer will present a program on the *History of Carols* in the PAC. That evening at **7 p.m.** in the Health Center's Great Room the Jazz Pioneers will offer their annual holiday concert combining big band favorites with jazz holiday music, always a special treat for jazz lovers!

Not to be missed is a special Woodland Pond holiday tradition, Roger Leonard's one-man rendition of Charles Dickens' classic, *A Christmas Carol*. He will perform it on **Tuesday, Dec. 18 at 3:00 p.m.** in the Performing Arts Center. (If you can't attend, he will also be presenting it in the Health Center's Great Room on **Tuesday, Dec. 4 at 3:15 p.m.**)

On **Tuesday, Dec. 25 at 10:30 a.m.**, there will be a *Christmas Day Carol Songfest* in the Health Center's Great Room, to which all are invited. Jeffrey Seitz will serve as piano accompanist.

Our annual New Year's Eve Celebration on **Monday, Dec. 31** will begin at **7 p.m.** with the DVD presentation of *Swan Lake* in the Performing Arts Center, followed by a time of fellowship with your friends and neighbors beginning at **9 p.m.** in the Pub/Game Room. Read more details about New Year's Eve activities on page 5.

From Woodland Pond's Board of Directors



For the benefit of residents who did not hear my report on the Leading Age National Conference, here is a brief summary of what I experienced over the four days of the conference. A continuous theme running through all the sessions I attended, focusing on the future health of CCRCs, was that change was essential for communities like Woodland Pond to continue to attract younger residents, the Baby Boomers, whose interests, outlooks and expectations, according to national surveys, differ significantly from those of current occupants.

In all the areas where change was recommended, I took note with both pleasure and pride of how Woodland Pond was already meeting these recommendations and rapidly changing in both big and small ways: vast technology changes including our becoming part of Connected Living and our new technologically advanced classroom and the computerized system for servers to place luncheon and dinner orders; our power station for electric cars; the installation of LED lighting around the campus; recycling and composting improvements; new day-long food service in the Pub; ongoing resident input on dining choices, with a very active, resident-led Dining Committee; a shifting kaleidoscope of activities initiated and led by residents; an active and productive Residents' Council; Dedrick's satellite pharmacy on our campus; continuous resident interaction with various agencies in the surrounding area; new contract types for entering Woodland Pond; marketing incentives for occupying units in less desirable locations as well as differentiated pricing for re-occupying units with noted upgrades and premier locations; increased cost of Life Care to offset residents' longer life spans beyond actuarial projections; and the five-year Strategic Plan developed by Michelle and our Board of Directors.

Attending this national conference and learning what is happening across the country with CCRCs gives one an objective perspective on the status of our own beloved Woodland Pond. We are doing very well. Our innovative, forward-looking approaches signify that we are on the cutting edge for attracting future residents and advancing the welfare of our community. Great credit belongs to Michelle, her management team and our marketing department for their creative and skillful leadership.

Dick Barry, for the Board of Directors

'Tis the Season of Giving



In the midst of seasonal celebrations, the Woodland Pond family is also mindful of those who find the holidays challenging. We will again participate in a special service project through Family of New Paltz's *Adopt-a-Family for the Holidays Program*.

We have the privilege of sponsoring one local family with several children. A *Giving Tree* will be set up in the Independent Living Dining Room with gift suggestions for the recipients. If you would like to purchase a gift, either on your own or perhaps joining in with others, stop by the Giving Tree and pick out a paper ornament that designates a child's special gift wish. Bring your unwrapped gifts to the Concierge Desk by **Friday, Dec. 14**.

A second opportunity for giving is with Ulster County Community Action, Inc., dedicated to assisting the disadvantaged in Ulster County, including the poor, the elderly, families, children and people with disabilities. They are seeking funds to purchase holiday gifts for children from birth to 12 years old. Checks can be made out to *Ulster County Community Action* and handed in at the Concierge desk by **Wednesday, Dec. 12**. Your donations are greatly appreciated! Learn more about this organization by visiting their website at uccac.org.



Health Center Residents & Activities Dept. Host Craft and Bake Sale Service Project

Residents and Activities staff of the Health Center are hosting a *Craft and Bake Sale* on **Thursday, Dec. 13 at 2:00 p.m.** in the Great Room. Proceeds from the sale will be donated to Family of Woodstock's youth and adolescent programs.

"We have been hard at work crafting and baking, but we could use more help!" explains Music/Recreation Therapist Cynthia Carangelo-Cooper. "If you have anything that you would like to donate, whether it be a baked good or a craft item, we would greatly appreciate it! Please have all items to our Activities office by the morning of **Dec. 13**, at the latest."

Questions? Please contact the Health Center Activities office at ext. 5917 or ext. 5968.



Bus Trips for December
Sign Up at the Concierge Desk

Saturday Dec. 1 – the Unison Arts Center Holiday Craft Fair at Unison on Mountain Rest Road in New Paltz, featuring more than 20 craftspeople and fine artists selling handmade gifts. Depart at 11 a.m. [\$4 at the door]

Sunday, Dec. 2 at 1:30 p.m. – The Performing Arts of Woodstock presents four one-act comedies by David Ives at the Hornbeck Community Center in Woodstock. Depart at 12:15 p.m. [\$18]

Sunday, Dec. 2 at 7 p.m. – Vassar College presents its annual Advent Service of Lessons and Carols, featuring the Vassar College choirs. Depart at 5:45 p.m. [Free]

Monday, Dec. 3 at 8 p.m. – SUNY NP students in the Chamber Jazz Ensembles perform a variety of jazz and jazz-influenced styles at Shepherd Recital Hall. Depart at 7:30 p.m. [\$6.00 at the door]

Wednesday, Dec. 5 at 2 p.m. – Mohonk Preserve hike (weather permitting)

Saturday, Dec. 8 at 2 p.m. – Denizen Theatre in New Paltz presents *Adaptive Radiation*, an energetic, mystical, alternative comedy that looks into our assumptions about adulthood, career and education. Depart at 1:30 p.m. [\$10]

Sunday, Dec. 9 at 4 p.m. – Kaatsbaan International Dance Center in Tivoli presents *Into the Light Holiday Spectacular*, featuring the Vanaver Caravan and Arm of the Sea Puppet Theatre with live music, puppetry, storytelling and dances. Depart at 2:30 p.m. [\$20]

Monday, Dec. 10 – Lunch Adventure to visit *The Art of War: American Poster Art 1941-1945* exhibit at the FDR Museum in Hyde Park, then lunch at the Eveready Diner. *This is a 1-bus trip.* Depart at 9:30 a.m. [\$10 museum, pay at the door.]

Continued next column

December Trips, continued.

Thursday, Dec. 13 at 7 p.m. – Thursday Night Live at Jewish Community Center in NP presents a musical documentary *Dreaming of a Jewish Christmas* – the story of a group of Jewish songwriters who wrote the soundtrack to Christmas. Depart at 6:30 p.m. [\$10]

Friday, Dec. 14 at 8 p.m. – Mendelssohn Club of Kingston presents its annual holiday concert at Old Dutch Church in Kingston. Depart at 6:30 p.m. [\$8]

Saturday, Dec. 15 at 8 p.m. – Bard College presents a Winter Songfest, featuring Ralph Vaughan Williams' *Fantasia on Christmas Carols* and excerpts from Tchaikovsky's *The Nutcracker*, with the Bard Symphonic Chorus, and Chamber Singers. Depart at 6:45 p.m. [\$10]

Wednesday, Dec. 19 – Vanderbilt Mansion tour (decorated for the holidays). Note: the house tour involves steps. Depart at 9 a.m. for the 10 a.m. tour. *Note: this is a 1-bus trip.* [\$5.65]

Winter Weather and Bus Transportation

As we anticipate the season of inclement winter weather please remember that resident and driver safety must be considered. The Transportation Coordinator will determine if it is necessary to cancel transportation services. During periods of bad weather residents may be asked to reschedule medical appointments. Routine trips such as grocery shopping will be rescheduled when possible.



If it is necessary to cancel a trip for which residents have purchased tickets, it remains the resident's responsibility to cover the cost.

Classic Movie Night

South Pacific

Starring
Mitzi Gaynor & Rossano Brazzi
(1958)

Friday, Dec. 7 at 7:30 p.m.
Performing Arts Center

Oscar Film Night

Moonstruck

Starring Cher, Nicholas Cage,
Danny Aiello and Olympia Dukakis

Friday, Dec. 14 at 7:30 p.m.
Performing Arts Center

WP Night at the Ballet

George Balanchine's *The Nutcracker*
Featuring New York City Ballet and
Orchestra with Darci Kistler,
Damian Woetzel, Kyra Nichol and
Macaulay Culkin as the Little Prince

Friday, Dec. 21 at 7:30 p.m.
Performing Arts Center



Interfaith Committee News



The Interfaith Committee would like to thank all the residents who contributed to the SUNY Food Drive, which was held in our Post Office in early November. The Rev. Dianna Smith, Campus Minister, has told us that the students are so grateful for our contributions. One young lady said, "I want them to know how much this means to me."

Food Drive

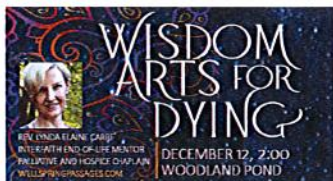


Another group of young men came in and kept saying "Wow - I can't believe this!" So you can see how much our efforts are appreciated. Thank you!

Vivian Yettru, Food Drive Coordinator

Residents are invited to attend a three-week Advent Bible study led by Rev. Mark Mast from the New Paltz Reformed Church on **Tuesdays, Dec. 4, 11, and 18 at 11:00 a.m.** in the Classroom.

The December Interfaith program will be presented on **Wednesday, Dec. 12 at 2:00 p.m.** in the Performing Arts Center. The Rev. Lynda Elaine Carré, Interfaith Palliative and Hospice Chaplain, End-of-Life Mentor, will give an *Intro to Wisdom Arts For Dying*.



Rev. Carré invites residents to come and discuss dying with curiosity, reverence, and practicality. Rev. Carré shines light on how to die well through the natural dying process. An end-of-life educator and mentor, Rev. Carré provides absolutely essential information that is inspiring, empowering, and designed to significantly reduce fear and anxiety about dying. Learn what ancient philosophers, different faith traditions, near death experiences, and recent scientific research findings teach us about dying. Incorporating spiritual care and numerous other methods can personalize and ease the experience of dying for yourself and others. Everyone is welcome. This presentation is sponsored by the Interfaith Committee.

Please sure to take advantage of the many Hanukkah and Christmas holiday programs offered this month in Independent Living and in the Health Center!

The Interfaith Committee

Mohonk Preserve Walks ~ Try it Out!

Last month the Woodland Pond bus dropped off five of us at the Spring Farm trailhead for our monthly trip to the Mohonk Preserve. We walked the



Photo courtesy of June Finer

Crag Trail, Cedar Drive and Circle and came back on the Table Rocks Trail and farm road, some of which were water logged and quite challenging but our hardy crew did well. We will continue to offer these **first Wednesday** walks, weather permitting, leaving from the lobby at **2 p.m.** Remember that you, with your guests, are encouraged to borrow the Mohonk Preserve passes from the Concierge, entitling you to free access to the Preserve, ANY time you want to go for a walk.

June Finer

A Note From Dining Services



We are planning a festive holiday meal for **Tuesday, Dec. 25** with a **12 p.m., 1:30 p.m. and a 3 p.m.** seating. Because we anticipate a larger number of visitors this day, please make your reservations if you plan to dine with us by contacting Dining Room Manager Keri Ciastko at ext. 5710 by **Wednesday, Dec. 19**. Reservations for private space must be made in advance as well because space is limited. Thank you and Happy Holidays!

Keri Ciastko

Journalism Students Need YOU!



New Paltz High School journalism students want to interview residents in order to create individual profiles. Students will be coming with their teacher, Joel Neden, on **Wednesday, December 12 from 10-11:00 am.** in the Classroom. They need 18 residents! Please sign up at Concierge desk.

Additional Special Events This Month

Thursday, Dec. 6 at 2:30 p.m. – The Woodland Pond Handbell Ringers and Dulcimer Players will present a concert in the Health Center's Great Room. (If you missed their October concert in the PAC, this is a repeat performance of that program.)

Sunday, Dec. 16 at 4 p.m. – A special music recital featuring twelve students of Debbie Gulino, a local music teacher and performing musician of over 30 years. The students, 2nd-9th graders, will play piano, flute, guitar and sing a program including classical, holiday, pop tunes, and more! [PAC]



Thursday, Dec. 27 at 2 p.m.– John Ross will present a lecture entitled “An Update on Population Issues, Refugees, and Climate Change.” A time for questions and answers will follow his presentation. [PAC]

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Be sure to pick up a detailed list of special holiday events and activities planned in the Health Center, to which you are invited to attend. Copies are available in the Mail Room.



### *Sprechen Sie Deutsch?*



Health Center Activities intern Kate Volk is beginning a German Club: *Language Basics* on **Thursday, Dec. 13 at 4 p.m.** in the Great Room. Interested IL residents are welcome to attend!

## Celebrate New Year's Eve

Ring in the New Year with your Woodland Pond neighbors with an evening of fun and fellowship to welcome in 2019 on **Monday, Dec. 31.**



The festivities begin at **7 p.m.** with a DVD presentation of Tchaikovsky's *Swan Lake* ballet in the Performing Arts Center. At **9:00 p.m.** the party moves to the Pub and Game Room.

You may bring your favorite hot or cold hors d'oeuvres, drinks and sweets to share. The champagne, glasses, napkins, plates and utensils will be provided.

## Monthly Classes

- \* Watercolor class will meet **Monday, Dec. 3** and **Monday, Dec. 17 from 10 a.m. - noon** in the Art Studio.
- \* Water Aerobics with Janis - **Mondays at 10 a.m.**
- \* Self-led Yoga Class meets **Mondays and Fridays from 10-11 a.m.** in the PAC
- \* Italian class meets **Mondays at 1 p.m.** with Rosemary Cohen in the Classroom.
- \* Memoir Writing class meets **Tuesday, Dec. 11** and **Friday, Dec. 28 at 3 p.m.** in the Conference Room.
- \* Chair Yoga with Janis - **Tuesdays and Thursdays at 9 a.m.** in the PAC.
- \* Self-led Strength Class meets **Tuesdays and Thursdays from 10-11 a.m.** in the PAC.
- \* Chi Kung with Janis - **Wednesdays at 10 a.m.** in the PAC.
- \* Water Aerobics with Rachel - **Thursdays at 9 a.m.**
- \* Tai Chi class meets **Thursdays at 3:30 p.m.** in the PAC.
- \* Self-led Water Class coordinated by June Finer meets **Fridays at 8:50 a.m.**

## December Committee Meetings



Political Affairs Committee: **Monday, Dec. 3 at 11 a.m.** (Classroom)

Dining Services Committee: **Tuesday, Dec. 4 at 10:30 a.m.** (Game Room)

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

Welcome Committee: **Tuesday, Dec. 11 at 11 a.m.** (Game Room)

Finance Review Committee: **Tuesday, Dec. 11 at 1 p.m.** (Classroom)

Mill Brook Preserve Committee: **Friday, Dec. 21 at 3 p.m.** (Classroom)

Interfaith Committee: **Will not meet this month**

Health Center Committee: **Wednesday, Dec. 26 at 1 p.m.** (Conference Room)



Please refer to your December 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



Members of the Interfaith Committee help load up the tremendous amount of food and supplies residents donated to the Harvest Food Drive for the SUNY New Paltz Student Food Pantry. The Rev. Dianna Smith, Chaplain for the Student Christian Center (above left) gratefully received the donations.



Adrienne Houk-Maley's 4th grade students from Lenape Elementary School in New Paltz shared their personal narratives with avid listeners.

Norman Sasowsky tells the ArtScope reception audience about his paintings currently on display in our PAC Gallery.

Al Hoffman shared an interesting program about his recent trip to South Dakota as part of the Roads Scholar travel program.



ArtScope photos by Michele Caccavano

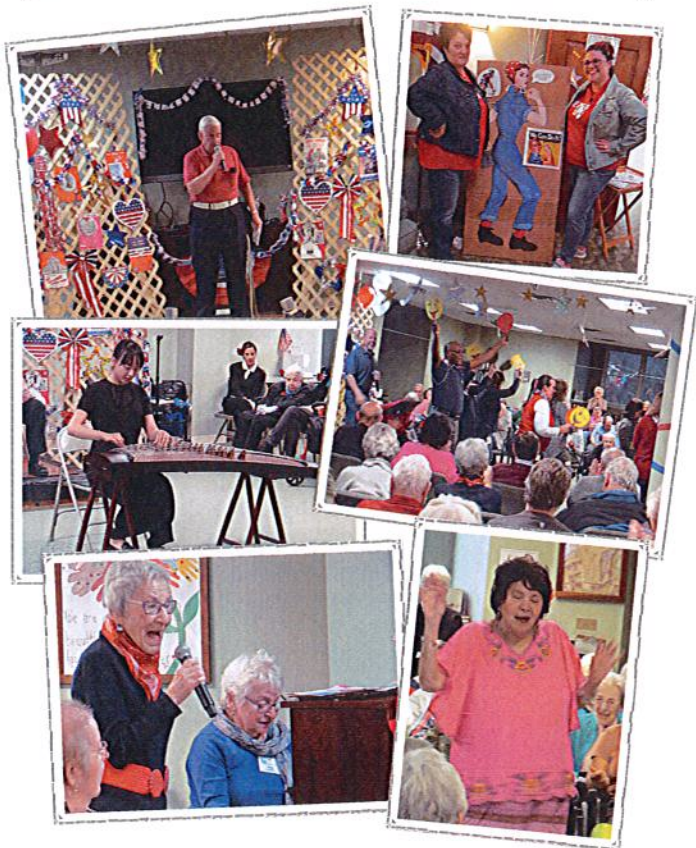


(At left): photo of Al's table display by Halema Hassan



# land Pond

## Scenes from our USO Shows



Last month's USO show performances brought out the best of our "home-grown" talent as two large audiences enjoyed songs, skits, dances and just an overall fun time!



Don't forget to choose a paper ornament from the Giving Tree in the Independent Living Dining Room if you'd like to participate in our Adopt-a-Family Project for the holidays.



## Woodland Life's Travels to .... Philly

Tom and Carol Natoli shared this photo of Carol posing with our newsletter in front of the Wells Fargo Center in Philadelphia, when they attended a Philadelphia Flyers hockey game. (P.S. the Flyers won!)



If you are planning a trip to an interesting, *distant* location, be sure to pack the latest issue of *Woodland Life* into your suitcase, bring or send back 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 travels!



Resident-volunteers who served admirably for the eight years our Market Basket was in operation held an Appreciation Celebration as their work ends and the grand opening of Dedrick's at the Pond is eagerly anticipated later this month.



## Special Interest Groups

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

Dream Interpretation Group: meets on **Monday, Dec. 10 at 5 p.m.** in the Art Studio. (No session on Christmas Eve.)

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

Short Story Groups: Group I meets on the **1st Tuesday at 4 p.m.** in the PAC and on the **3rd Tuesday** in the Classroom. **Group II will meet on the 2nd Tuesday at 4 p.m.** in the Classroom and will not meet on Christmas Day.

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

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

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 p.m.** in the Classroom.

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

Dulcimer Players: **Fridays at 11 a.m.** 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.

Evening Rummi-Kub: **nightly at 7 p.m. (Sundays at 5 p.m.)** in the Game Room.

Daytime Rummi-Kub: meets **Saturdays at 2 p.m.** in the Game Room. (On **Dec. 22** they will play in the Art Studio.)

## From the Woodland Pond Library

Our December calendars are often filled with many seasonal activities. Take time for yourself to relax and enjoy reading one of our many books with a holiday theme. We will have a display of books from our collection on the table near the computers. Look for and sign out the books listed here or many of the others on display! 


*A Christmas Train*, by David Baldacci; *The Christmas Thief* by Mary Higgins Clark; *Christmas Countdown* by Vicki Hinze; *Skipping Christmas* by John Grisham; and *An Amish Christmas* by Cynthia Keller.

Take time to enjoy some of our wonderful books!

*Faye Bishop, for the Library Committee*

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### Book Group

The Woodland Pond Book Group will meet on **Tuesday Dec. 4 at 7:30 p.m.** in the Classroom. 

We will be discussing the book *Plain Song* by Kent Haruf.

All are welcome whether you have read the book or not. Maybe our discussion will entice you to read it!

*Ann Rodman*

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### Square Dancers Do-Si-So!



Square dancing sessions this month will be **Wednesday, Dec. 5** and **Wednesday, Dec. 19 at 7:30 p.m.** in the PAC Annex. No partner is necessary ... come and try it out!

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### Playreaders Plan Performances

Dylan Thomas's "The Reverend Eli Jenkins Prayer" from "Under Milkwood" and his short story "A Child's Christmas in Wales" will be read for the community by the Woodland Pond Playreaders on **Tuesday Dec. 11 at 3:30 p.m.** and again on **Thursday Dec. 13 at 7:30 p.m.** in the Performing Arts Center. The reading takes about 25 minutes, so after the Tuesday performance all attendees are encouraged to go to the Pub for the Complimentary Happy Hour.

*June Finer*



## Wellness Notes

December 2-8 is *National Hand-Washing Awareness Week*. The easy and everyday action of washing your hands is one of the **BEST** ways to avoid getting sick and spreading illness. It doesn't hurt to review these tips:

### When to wash your hands:

- \* Before and after preparing food
- \* Before eating your meals
- \* Inserting or removing contact lenses / eye drops
- \* Before and after changing a bandage
- \* Before and after visiting someone who is sick
- \* After touching animals
- \* After using the bathroom - each time
- \* After blowing your nose, coughing or sneezing
- \* Any time your hands are visibly dirty or feel sticky

### Effective hand washing steps:

- \* Wet your hands with running water
- \* Apply soap
- \* Lather well
- \* Rub your hands together for a minimum of 20 seconds – (be a kid and sing “Twinkle, Twinkle Little Star” or “The Alphabet Song!”)
- \* Rub in between all fingers, top of the hand, wrist area and under the fingernails
- \* Rinse well - let the soap and water run downwards into the sink
- \* Dry your hands thoroughly with a clean towel, disposable towel or air dryer
- \* If possible, use another clean towel to shut off the water faucet

Make washing your hands an active, health habit today and every day. Protect yourself and others. Effective hand hygiene is in our **HANDS**.

Wellness Wishes,  
*Mary Jo*

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

### Free Minor Eyeglass Repair

Optician Diane Melnick will be here **Wednesday, Dec. 12** 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, Dec. 3** from **9:15 – 11:00 a.m.** in the Classroom and Game Room.

*The Hearing Loss Support Group* meets the on **Wednesday, Dec. 5** at **9:30 a.m.** in the Game Room.

*The Bereavement Group* facilitated by Hospice meets the **first and third Wednesday** from **10-11:30 a.m.** in the Classroom.



### Flu Clinic

Walgreens/Rite Aid Pharmacy in New Paltz will offer a final Flu Clinic at Woodland Pond on **Friday, Dec. 7** from **1-2:30 p.m.** in the Art Studio. Sign up at Concierge and bring your Medicare and insurance cards.

### Special Meet & Greet with Medical Associates of the Hudson Valley



On **Friday, Dec. 7** residents, families and staff will have two opportunities to meet and get to know a little more about one of our medical staff partners, Rachel Mosicki, NP, and Dr. Craig Moss, of the Medical Associates of the Hudson Valley. Rachel has been working with our residents in skilled nursing for a few years, and discussions are underway with Rachel and Dr. Moss about opportunities to add Rachel, and potentially other practitioners, to our more broad medical team. If you have ever considered seeking a new primary care physician or nurse practitioner, and like the idea of possibly being able to see that practitioner here in our exam spaces off the Health Center lobby, please attend one of these two sessions: at **1 p.m.** in the Health Center's Great Room and at **2 p.m.** in the Performing Arts Center.

*Michelle Gramoglia, President & CEO*



## Applauds Program Salutes Employee Service

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



|                 |                   |              |
|-----------------|-------------------|--------------|
| Steve Berry     | Courtney Pederson | Marlee Smith |
| Penny Brancucio | Emily Maneely     | Noel Parry   |
| Kristen Robbins | Stephanie Lyons   | Wil Torres   |
| John Schmidt    | Hunter Morris     | Cassidy Ginn |
| Linda Tirado    | Olga Mirabal      | Kelli Beemer |
| Hope Holbrook   | Mark Eisenhandler | Mark Baker   |
| John Holland    | Ally DeStefano    | Julie Burns  |
| Gretchen Daum   |                   |              |

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, Dec. 11



December celebrants are invited to attend a birthday party with cake provided by Shoprite of New Paltz on **Tuesday, Dec. 11 at 3 p.m.** in the Game Room. Celebrating this month are:

### *Celebrating this month are:*

|                             |                             |
|-----------------------------|-----------------------------|
| Tom Strudwick - Dec. 1      | Paul Bateman - Dec. 17      |
| Pat Houk - Dec. 2           | David Page - Dec. 17        |
| Joan Mandy - Dec. 5         | Karl Rodman - Dec. 19       |
| Kathy Moslander - Dec. 5    | Joyce Geracos - Dec. 20     |
| Al Barouch - Dec. 12        | Henry Oakes - Dec. 21       |
| Bill Barbash - Dec. 13      | Anna Ritter - Dec. 22       |
| Marla Randall - Dec. 16     | Michele Caccavano - Dec. 23 |
| Purnima Schachter - Dec. 16 | John Ross - Dec. 24         |
| Sondra Sperber - Dec. 16    | Cynthia Fisher - Dec. 28    |



## Welcome, New Residents!



**Marilyn Stamberg ~ Apt. 429**  
**Florence Weston ~ Apt 326**  
**Edith Soll ~ Apt 627 (Central Wing)**

The Welcome Committee will host its next New Resident Social/Orientation on **Friday, Dec. 28 at 2 p.m.** in the Game Room. New residents will receive their personal invitation to attend.

## Special Thanks!

Special thanks go out to all the residents of Independent Living and the Health Center for your generous gifts to the Employee Appreciation Fund! Thanks to all of you for the total of more than \$129,000, which is being shared by 265 hourly employees. They will have received their holiday checks, prepared by the Human Resources Department and the staff of the Ulster Federal Credit Union, with their December paycheck. Happy Holidays to all!



The Employee Appreciation Fund Committee  
*Harriet Fein, Joyce Gartrell, Anne Hiller, Lorne Hiller, Jan Kissinger, Joan Kleinegris, Bob Lukey, Dee Snowden, Bob Soraci, and Betsy Haight, Chair.*

## Special Holiday Women's Tea

The first Monday of the month is when we often had a Tea Talk. For **Monday, Dec. 3 at 2 p.m.** in the PAC, we're planning a holiday emphasis for our tea time and invite women to bring a favorite holiday object or collection to share, such as snow globes, crèches, ornaments, menorahs, etc. We will have tables arranged for a display. Plan to come and enjoy this time with your neighbors!



*Faye Bishop and Jan Kissinger*



## ArtScope



### **Exhibit: Norman Sasowsky: Paintings & Poetry**

With a lifetime devoted to creating art, and a more recent interest in poetry, Sasowsky combines his images and words with skillful results.

*Exhibit continues in the PAC.*

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Film: Toulouse-Lautrec

Crippled by an ill-proportioned body, he lived just thirty-six years—a tragic figure in the history of art. His colorful paintings and posters conveyed the feeling and energy of Parisian nightlife.

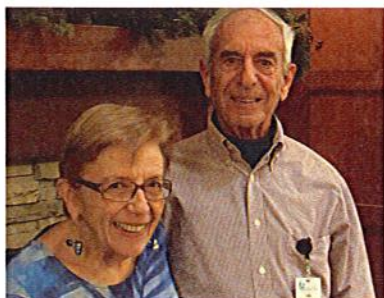
Tuesday, December 11th at 7:30 in the PAC.

Creativity flourishes at Woodland Pond

Meet Your Neighbors ~ *Ann and Karl Rodman*

by Halema Hassan

Longtime residents of New Paltz, Ann and Karl retired to Sanibel Island, Florida about 10 years ago, and were snowbirds between Florida and their home on Huguenot Street. Karl reflected that “when Hurricane Irene destroyed our home on Huguenot Street, we moved to Florida full-time.”



Ann and Karl Rodman

They met as teachers at the New Lincoln School in NYC, married, and moved to Ulster County in 1962 when they opened a children's summer camp. Karl subsequently started a school on the property and Ann renovated an old barn in New Paltz and created the gift shop Handmade & More on North Front Street, which is still flourishing after 42 years. Ann became involved in local politics and was elected the Democratic Chair in New Paltz and Vice Chair in the County. Karl went back to school for his Doctorate in Education, then taught as an adjunct at SUNY New Paltz. He has also published two books. The couple has two children and four grandchildren.

They have been active in their communities. In Sanibel they volunteered at the "Historical Village Museum." Ann learned the art of fused glass and Karl joined a writer's group. It is no surprise that their activism continued when they moved to Woodland Pond in November of 2016. Karl has given two presentations to our community, one on the Hudson River tours which he conducted (an outgrowth of his former tours in Russia) and one on the work he and others did to have a Cold War Museum built at Stewart Airport. He is also a member of the Welcome Committee, responsible for writing profiles for the Resident Directory, a helpful guide to getting to know your neighbors. (If you don't have a profile in the Directory, please contact Karl (845) 419-2583 for an appointment). Most recently, Karl chaired the nominating committee that presented candidates for the Residents' Council.

Ann has a longstanding history as a New Paltz community activist. She and other grassroots organizers were featured in the November 8, 2018 *New Paltz Times* lead article "Green Activism Goes Silver" which describes the group's efforts to preserve New Paltz's small town environment by waging campaigns against what they considered to be irresponsible development. Arguably, their biggest success was to prevent Walmart from opening a store in New Paltz 25 years ago.

Not long after she moved to Woodland Pond Ann broke her ankle and was in our Health Center for nearly six weeks. She was pleased with her care and that motivated her to join the Health Center Committee; she concentrates on the Assisted Living Unit where she is focused on the residents' concerns. She also participated in our *Kaleidoscope of the Arts* for two years — her fused glass earrings were quite a hit! Exercise is important to her; she and Karl walk about two miles each day; she also has a personal trainer in a New Paltz gym.

Reflecting on their life here, Ann states “I loved it instantly, and the honeymoon is not over.” What Karl likes most is that we are a “work in progress” in which the residents help shape the future of our community.

*'Tis winter now; the fallen snow
has left the heavens all coldly clear,
Through leafless boughs the sharp
winds blow, and all the earth
lies dead and drear.*

*And though abroad the sharp winds blow,
and skies are chill and frosts are keen;
Home closer draws the circle now,
and warmer glows her light within.*

~ Henry Wadsworth Longfellow



Sneak Peek for January

Save the date! The Woodland Pond Benefit Fund Committee is planning a special “Fund Day” on **Wednesday, Jan. 9 from 3:30-4:30 p.m.** to celebrate the reaching of our goal! Stay tuned for more information as plans progress.



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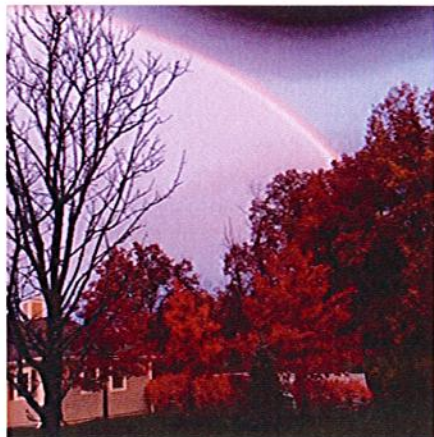
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Maddy Lee captured this stunning photo of a late afternoon rainbow early last month (just a week before our big first snowfall !)



June Finer caught the same rainbow, plus another one right next to it!

December Highlights at a Glance

Sunday, Dec. 2 - Sunday, Dec. 9 at 4:30 p.m. - Hanukkah Menorah Lighting (Cls)

Tuesdays, Dec. 4, 11 and 18 at 11:00 a.m. - Advent Bible Study (Cls)

Wednesday, Dec. 5 at 3:00 p.m. - Annual Tree Lighting (Main Lobby)

Friday, Dec. 7, 1-2:30 p.m. - Flu Clinic [Art Studio]

Friday, Dec. 7 at 2 p.m. - Meet & Greet with Dr. Moss (PAC)

Monday, Dec. 10 (3:30 p.m. in HC), Wednesday, Dec. 12 (7:30 pm in PAC) and Friday, Dec. 14 (3:30 p.m. in PAC) - Pondalier Concert Performances. Sign up at the Concierge Desk for the PAC performance you plan to attend.

Tuesday, Dec. 11 at 3:30 p.m. and Thursday, Dec. 13 at 7:30 p.m. - Playreaders performances (PAC)

Tuesday, Dec. 11 at 7:30 p.m. - ArtScope Film: *Toulouse-Lautrec* - (PAC)

Wednesday, Dec. 12 at 2:00 p.m. - Interfaith Program with guest speaker Rev. Lynda Carré (PAC)

Sunday, Dec. 16 at 4:00 p.m. - Music recital with students of Debbie Gulino (PAC)

Monday, Dec. 17 at 3:00 a.m. - History of Carols program by Bill Schnitzer (PAC)

Tuesday, Dec. 18 at 3 p.m. - Roger Leonard's rendition of *A Christmas Carol* (PAC)

Tuesday, Dec. 25 at 10:30 a.m. - *Christmas Day Carol Songfest* with Jeffrey Seitz, accompanist [HC Great Room]

Thursday, Dec. 27 at 2:00 p.m. - Lecture by John Ross on "Populations Changes, Refugees, and Climate Change" (PAC)

Monday, Dec. 31 at 9 p.m. - New Year's Eve Party (Game Room/Pub)

Want to share the newsletter with your family and friends?

They can read it online at www.wpatnp.org

