

## FEATURE

### Accessibility to Trails and Outdoor Adventures at Longview

Joe H. Zerbey VI

The weather is gorgeous here at Longview, so there's no better time to be outdoors. Whether you want to soak up some sun, or relax in the shade, we have you covered. We are proud enjoyers of nature, as well as nature trails. For those who have yet to take advantage of Longview's outdoor scene, we offer accessibility to trails both on-campus and off, where one can easily immerse themselves in flowing streams, chirping birds and lush flora throughout.

If enjoying a morning coffee on your deck or patio isn't active enough for you, pour that coffee in a to-go mug and hit Longview's Broadhead Trail. This short but sweet path begins near Longview's Patio Circle and leads into a wooded area, shaded by trees. Our maintenance staff take good care of our trail, so it will always be safe and clear of debris for trail walkers. If you don't feel like walking the entire trail, there are two other entrances that lead out of the trail and back towards Longview. As most are aware, Longview's walking group frequents this trail when the weather allows.

The trail is open to residents and visitors in search of a peaceful path for reflection or relaxation.

If you're still hungry for more, our Longview Shuttle is ready to take you on more adventures. As most know, our shuttle brings residents to classes over at Ithaca College, various museums, parks and supermarkets, but also nature trails. Some highlights include the Fall Creek Natural area, Black Diamond Trail, the Cornell Botanic Gardens, Cass Park and much more.

There are lots of things to do outside, and Longview is here to help facilitate a safe and fulfilling experience, on and off-campus. If you have any thoughts or concerns, make sure to talk to a recreation assistant or Bree Nash. They are happy to lend you their ears!

Please feel free to provide feedback on this newsletter's content to either myself at [jzerbey@longviewithaca.org](mailto:jzerbey@longviewithaca.org) or Christina Sterling at [csterling@longviewithaca.org](mailto:csterling@longviewithaca.org). We want to keep the newsletter relevant, fun and to the liking of those who read it. Thank you again for your support.

## SPIRITUAL GUIDANCE NEWS

### Guest Preachers for June:

June 2 - Pastor Brady Bond, Wesleyan Church

June 9 - Sunshine, The Salvation Army

June 16 - The Rev. Caspar Green, American Baptist

June 23 - The Rev. Pam Carey, Jacksonville  
United Methodist Church

June 30 - Brooke Newell

### **Shabbat**

Students from Ithaca College will come EVERY FRIDAY IN JUNE for Shabbat in the Chapel at 4 pm. All are welcome!

### **Stretch Your Spirit**

On Thursday, June 6, Janie Bibbie, Poet Laureate of Tompkins County, will share some of her faith poetry at 1:15 in the auditorium. All are welcome! For more information, see Brooke Newell, Spiritual Life Coordinator.

## **RECREATION**

Bree Nash

*Save the date! Longview's annual Independence Day Celebration will be held on Tuesday, July 2 starting at 4:30 PM.*

### **Wildlife Resolutions: Birds of a Feather - June 10 at 3:00 PM**

Come join Matt Sacco of Wildlife Resolutions as he takes a deep dive into pesky birds in Upstate NY!

### **Summer Crafts, Lawn Games and Intergenerational Talks with Belle Sherman Elementary 5<sup>th</sup> Graders –**

**Thursday, June 13 from 9:30-11:30 AM**

Join 5<sup>th</sup> Graders from Belle Sherman in a fun morning of outdoor games, crafts and conversation. All are welcome to meet in the pavilion (transportation will be provided via trolley). If there's inclement weather, we'll be in the auditorium.

### **Art Talk with Carol Hockett: Artists from Mexico & South America – June 24 at 10:45 AM**

Join Carol Hockett from the Cornell Johnson Museum of Art presents on artists from Mexico & South America.

**Walking Group will be out and about on Friday, June 14 and June 28!** All walking abilities welcome!

### **Special Dates:**

6/6 – D-Day

6/14 – Flag Day

6/16 – Father's Day

6/19 – Juneteenth

6/20 – Summer Begins

### **Events & Entertainment:**

6/3 – Cornell Companions Pet Therapy Visits

6/4 – Music with The Fortnight Singers

6/5 – Resident Presentation: I was a Narcotourist for the CIA

6/6 – Stretch Your Spirit: Faith Based Poetry Reading with Jane Bibbie

6/7 – Longview's Wellness Series:

6/7 – Shabbat with IC Hillel

6/10 – Assisted Living/Enhanced Assisted Living Resident Council Meetings

6/11 – Music Therapy with Amanda

6/14 – Coffee Talk with Cheryl

6/14 – June Birthday Party with Music by Bob Lyna

6/14 – Shabbat with IC Hillel

6/15 – Cornell Companions Pet Therapy Visits

6/17 – Committee Meetings: Recreation,  
Food, Building & Gardens and  
Grounds

6/19 – Music with Annie Ol’ Thyme  
(Country and Bluegrass) – 6:30PM

6/20 – Longview Social Club

6/21 – Shabbat with IC Hillel

6/28 – Shabbat with IC Hillel

Keep an eye on your weekly recreation  
schedule for updates and additions! In the  
works we have plans to go to the Ithaca  
Farmers’ Market and more performances!

## TIDBITS

### 24/7 Ithaca Warm Line

\* 607-210-8328 \*

Trained volunteers on the warm line will  
talk with individuals just needing someone  
to talk to- not in crisis situations but allows  
people to avoid reaching points of crisis.  
This a 100% confidential, casual  
conversation outlet and support for those  
feeling lonely. Volunteers are not trained to  
give advice or judge.

### Welcome Ben Hogben to Longview’s Staff

During the month of June Ben will be  
transitioning from his role on the Board of  
Directors to a member of Longview staff.  
His title will be Philanthropy and  
Professional Development Coordinator.

### Alex Stanford Promotion

Congratulations to Alex Stanford for his  
promotion to Dinging Services Coordinator.

### Dustin Delauder Promotion

Congratulation to Dustin for his promotion  
to AL Compliance Coordinator.

## DID YOU KNOW?

### Natural Pollution Filter

Christina Sterling



The water hyacinth,  
“considered worse than a  
plague in many areas of the  
world,” has been discovered  
to have some “sterling  
qualities,” says *The Toronto Star*. The  
floating purple water flower reproduces at  
an incredible rate. “Under normal  
conditions, 10 hyacinth plants can multiply  
to 600,000 and take over an acre of water in  
just eight months,” says the paper. “As they  
grow, they mesh together into a thick mat  
that can make a waterway impassable.” But  
with roots dangling in the water and  
absorbing nutrients directly from it, the  
plants work extremely well as a pollution  
filter. The common water pollutants such as  
nitrates, phosphates, and potassium are  
needed by the plants to survive, and they  
also absorb toxic wastes, heavy metals and  
pesticides. So, some cities have now turned  
to cultivating the plants for use in waste-  
water treatment—at less than half the cost of  
conventional systems.

## JUNE BIRTHDAYS

Veronica Seyd – June 1<sup>st</sup>

Scott Taylor – June 1<sup>st</sup>

Mary James – June 2<sup>nd</sup>

David Hauser – June 2<sup>nd</sup>

Steve Anderson – June 3<sup>rd</sup>

Dave Farmer – **June 5<sup>th</sup>**  
Marilyn Weinand – **June 6<sup>th</sup>**  
Yvonne Goble – **June 11<sup>th</sup>**  
Marge Cobb – **June 17<sup>th</sup>**  
Charlie Zekoll – **June 20<sup>th</sup>**  
Marian Koviack – **June 24<sup>th</sup>**  
Janet Peck – **June 24<sup>th</sup>**  
Herbert Hartwig Jr. – **June 28<sup>th</sup>**  
Irene Henry – **June 29<sup>th</sup>**

## NEW RESIDENTS

Gloria and Hal Vatland (333C)  
Helena and Ayrn Kaplan (317B)  
Marion and Gene Tobey (340C)  
Dale Minner (402A)  
Allan and Jane Quinby (225C) – 6/1  
Julia Bentley-McDonald (235) – 6/3  
Shirley Hendrickson (310B)

## NEW HIRES

**Alex Stanford** – Dining Coordinator  
**Brian White** – Senior Living Counselor  
**Tish McGrath** – Move-In Coordinator  
**Rasheeda Simon** – Server  
**Seth McBride** – Facilities Technician  
**Carley Kaiser** – HR Assistant  
**Frank White** – Facilities Technician  
**Elizabeth Brenchley** – Resident Aide  
**Vincent Burgess** – Cook  
**Emilia Boggs-Fernandez** – Server

**Ben Hogben** – Philanthropy and  
Professional Development Coordinator

## IC PARTNERSHIP

Please contact Bree Nash at  
**Bnash@longviewwithaca.org** or Angela  
Darling at **Adarling@ithaca.edu** with any  
interest or questions concerning Ithaca  
College or Recreation.

## LIBRARY

Janice Lawrence

The first book discussed by the Longview Book Club was “**Go Set a Watchman**” by **Harper Lee**. Based on that discussion we decided that we would like to read (or re-read) to “**Kill a Mockingbird**” also by Harper Lee. Since there is no pre-made book club kit for this novel, Kelly from Recreation will be borrowing copies from the various local libraries. Please let her know if you would like to join us for this discussion so that she can get a book for you. The date for the discussion will be in June two weeks after we receive the book, therefore the date is not yet set. Please check the bulletin board in the library for further information.



# PICTURES





### **Contributors**

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Christina Sterling

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