

## FEATURE

# LONGVIEW Community is Everything

Joe H. Zerbey VI

Community is necessary for any healthy lifestyle. Whether we have close friends, family members or neighbors, finding fulfillment is easier when surrounded by loved ones. We suffer severe psychological effects if we fail to maintain emotional and intellectual bonds with others. This is especially important with seniors. As stated in an article from [Spectrum Community Services](#), a lack of socialization can lead to a decline in emotional and cognitive stability. participating in activities, having conversations with friends and joining interest groups are all great ways to maintain a social life in later years. Outside of Longview, you can find local resources through Ithaca's [Office for the Aging](#). You can also check out [Lifelong](#), where various social groups are readily available for curious minds.

Longview is proud to offer you all a community with boundless opportunity for socialization. For those new or unfamiliar, Longview maintains a plethora of events on and off campus for you to enjoy. If you are

interested in activities like board games, trivia, bowling, quilting, movies and music, we've got what you need. If you prefer talking groups, Longview offers a podcast discussion group and regular events with our horticulturist, John, who brings in new plants and animals to interact with. There is also ample opportunity for exercise and fun in the pool! Longview also has a writing group and a weekly cafe'-styled social in our dining room where residents can enjoy some coffee while exchanging anecdotes.

Longview has always been an advocate for the mental and physical wellness of older adults, so we feel simply blessed to assist in making residents feel included, active and fulfilled as we all live well together.

All resources used for this article can be found below:

<https://www.spectrumcs.org/about/blog/259-the-importance-of-a-social-community-for-seniors>

<https://www.tompkinscountyny.gov/cofa/social-engagement-and-community>

<https://tclifelong.org/social-groups/>

<https://www.lovelivingathome.org/>

[https://greatergood.berkeley.edu/article/item/how\\_social\\_connections\\_keep\\_seniors\\_healthy](https://greatergood.berkeley.edu/article/item/how_social_connections_keep_seniors_healthy)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8953512/>

Please feel free to provide feedback on this newsletter's content to either myself at [jzerbey@longviewwithaca.org](mailto:jzerbey@longviewwithaca.org) or Christina Sterling at [csterling@longviewwithaca.org](mailto:csterling@longviewwithaca.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

Brooke Newell

### Guest Preachers for August:

August 4/Ms. Jamie Breedlove, St. Paul's United Methodist Church

August 11/Ms. Carol Hockett, Forest Home Chapel

August 18/Pastor Ben Hogben, Caroline Center Church

August 25/Pastor Dean Everhart, retired Baptist (Bonnie Wilhelm's brother)

### "Stretch Your Spirit" - Learn about the Baha'i Faith

Join us on Thursday, August 29, at 6:30 pm in the Interfaith Chapel for worship in the Baha'i tradition. The teachings of Bahá'u'lláh form the foundation of Bahá'í beliefs. Three principles are central to these teachings: the unity of God, the unity of religion, and the unity of humanity. Bahá'ís believe that God periodically reveals his will through divine messengers, whose purpose is to transform the character of humankind and to develop, within those who respond, moral and spiritual qualities. Religion is thus seen as orderly, unified, and progressive

from age to age. For more info, contact Brooke Newell, Spiritual Life Coordinator.

## Shabbat

Jewish Shabbat services will resume in October. The Hillel students at Ithaca College wish their Longview friends a blessed summer!

## MARKETING & SALES

Kim Owen

I'm sure you have noticed that a few things have been going on lately within our community. Your dining room is relocated to the Auditorium during construction which was probably a little challenging to get used to at first. However, we've only heard positive remarks from residents about this change and as a result the new dining room will be set up in this new format when it's moved back into its new space. With change comes growth and we are excited to keep growing with you.

In anticipation of the renovation project FINALLY beginning, our M/S department is moving and shaking right alongside all the organized chaos. We have planned two upcoming **Apartment Renovation Information Sessions** in August. We'll be doing a short presentation with attendees and then breaking off to take a walk through to see which apartments are available that will be renovated. We've already accepted our first deposit on an apartment and anticipate they'll go like hot cakes once the word gets out.

We have also planned a Patio Home Open house in September which has been much

anticipated since we don't often have openings there and the opportunity to show them off. Although we are excited to invite people in to see our Patio Homes, we will also be saying goodbye to the Malkin family who has been a steadfast resident at Longview for many years. In mid-September we will be welcoming our newest Patio Home residents, Janet and John Normile.

Other fun things coming up will be the Walk to End Alzheimer's bake sale held on Wednesday, August 28<sup>th</sup>. We know what fond supporters our residents are when we hold bake sales at Longview. Funds raised will go towards Team Ithaca College/Longview Partnership on Walk Day 2024.

*The usual reminders...*

**Resident Referral Program:** We have new guidelines for the program and you can ask any one of us in Marketing and Sales about this. This is a great way to pick your own neighbors.

**Guest Apartments:** Keep Longview in mind when scheduling your next visit with a friend or relative. Our guest apartments are available for nightly rental and can be reserved by calling our office. We offer a fully furnished one bedroom for \$135 per night and a studio for \$105 per night. Meals are not included but guests are welcome to visit our dining room for breakfast, lunch or dinner. Also, all amenities are available for their use within the Longview community. We are pleased to say that the guest apartments have been rented pretty consistently since the start of the year which means that we are filling a need for our residents loved ones who would prefer to

stay at Longview during their visit rather than another option elsewhere.

**Social media:** Check us out on Facebook ([www.facebook.com/longviewwithaca](http://www.facebook.com/longviewwithaca)), Instagram (@longviewwithaca) and YouTube (@LongviewLivingWellTogether). And be on the look out for some new updates that we'll be working on soon for the Longview website.

**Say Hello!:** Please welcome your four new neighbors in August.

Keep in touch,

*Kim, Brian, Tish and Joe*

## RECREATION

Bree Nash

The Recreation Department has some exciting news – our offices have moved! Our department has outgrown the two offices near the Craft Room and are now in **301A**, just past the **Business Offices** on your way to Marketing & Sales. Please stop by and say hello!

### IC Course Advising Sessions

Are you interested in taking a class at Ithaca College this Fall semester? As part of the Ithaca College-Longview partnership, residents may audit courses during the Fall and Spring semester at no charge. Admission to the course is based on permission of the instructor and space availability. If you're interested in learning more and seeing what courses are available, please come to the following advising sessions! **Tuesday, August 6 at 1:30 PM or**

**Monday, August 12 at 1:30 PM in the Craft Room, 3<sup>rd</sup> Floor.**

**Cornell Raptor Program: Masters of Flight – August 31 at 10 AM**

Cornell's group of trained student presenters will give a presentation on falcons, vultures and hawks – the masters of flight. These birds will be present for the program!

**Walking Group will be out and about on Friday, August 16 and August 30! All walking abilities welcome!**

**Special Dates:**

8/26 – Classes start at Ithaca College!

**Events & Entertainment:**

8/2 – Coffee with Cheryl

8/2 – Wellness Series: Meditation & Mindfulness

8/2 – Music with Tom Robert

8/5 – Cornell Companions Pet Therapy Visits

8/6 – Music with the Fortnight Singers

8/9 – Songs & Music by Dorothy Fields with Will McMillan and Molly Ruggles

8/15 – Longview Social Club

8/16 – Maplewood Jazz Trio Performance

8/17 – Cornell Companions Pet Therapy Visits

8/19 – Council Committee Meetings (Building, Recreation, Food, Garden & Grounds)

8/21 – Annie Ol' Thyme Performance (Country/Bluegrass)

8/23 – August Birthday Party with music by Bob Lyna

8/28 – Doolin O' Dey (Traditional and original Gaelic inspired music)

8/29 – Stretch Your Spirit: Worship in the Baha'i Tradition

8/31 – Cornell Raptor Program

Keep an eye on your weekly recreation schedule for updates and additions!

Thank you and keep having a wonderful Summer!

## TIDBITS

### Coffee Talk with Cheryl

Cheryl is available for conversation every first Friday of the month at **9:00am in the Craft Room**. If you cannot make it and would like to speak with Cheryl, feel free to see Christina to make an appointment.

### Longview Resident Store Hours Change

Starting hours for the resident Store are being changed from 10:30 am to 11:30 am Monday, Tuesday, Thursday and Friday. This is a temporary change due to the dining times and renovations.

## LONGVIEW LIBRARY

Janice Lawrence

The library works on the Honor System. You, as a Resident or Staff Member, are able to go in almost any time and pick out the book (or books) that you would like to read. After deciding which book(s) interest you, you need to sign them out in the notebook on the table – listing the date borrowed, your name, room number and the title and author of each book you are

borrowing. There is also a column for the date when you return the book.

Unfortunately, some books have been taken without being signed out and the books have not been returned. There are several books by Freida McFadden which were donated by one of our residents and are now among the missing. The individual donated these books because she really enjoys this author and thought others might enjoy reading her also. If you have inadvertently removed some Freida McFadden books from the library, please return them so that others have an opportunity to read and enjoy them. You may stop in the library and leave the books in the **"Returned Books to be Shelved"** box on the table. No questions asked - we'd just like to get the books back. Thank you.

### Longview Book Club

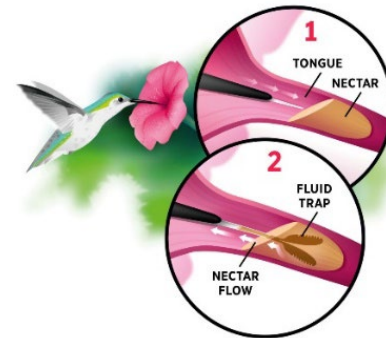
At the last meeting of the Longview Book Club it was decided that our next book to read and discuss would be "The Glass Castle: A Memoir" by Jeannette Walls. *Summary:* The child of an alcoholic father and an eccentric artist mother discusses her family's nomadic upbringing, during which she and her siblings fended for themselves while their parents outmaneuvered bill collectors and the authorities. There is no premade book club kit for this book, so Whitney will be requesting copies through the regular Interlibrary Loan process. There are several copies in the Finger Lakes Library System, however, we have no way of knowing when the copies might become available. If you are interested in meeting with the Book Club when we discuss this

book, please let Whitney know so that she can try to get a copy of the book for you.

## DID YOU KNOW?

### The Hummingbird and Its Unique, Nectar-Harvesting Tongue

Christina Sterling



At this time of year, we all love to watch the ever-busy hummingbird sipping up flower's delicious

nectar. Have you ever wondered how the hummingbird draws up nectar? When the hummingbird's tongue enters nectar, the tongue splits horizontally, forming two prongs. A groove runs along the tip of each prong. The grooves are actually closed slits. When the prongs enter the fluid, the grooves open up, and the tips of the tongue unfurl, enabling the bird to lap up nectar rather than draw it up as through a straw. When the tongue retracts, the reverse happens—the tips on the prongs close with the nectar trapped inside. As you can imagine, this whole cycle takes less than a tenth of a second. The tongue tip is a dynamic liquid-trapping device that changes shape dramatically as it moves in and out of fluids. Astonishingly, the device uses none of the tiny bird's precious energy. The tips of the tongue unfurl and close in response to complex forces acting on them as they enter and leave the fluid.

Because the hummingbird's tongue is such a highly efficient fluid trap, researchers believe that it could inspire applications in medicine, robotics, and other fields. It may even aid in the design of tools for mopping up liquids or oil spills. This tiny tongue is truly a unique design worth imitating.

## AUGUST BIRTHDAYS

Tatiana Svetlanova – August 7<sup>th</sup>  
Julia Bentley-Macdonald – August 9<sup>th</sup>  
Virginia Twomey – August 9<sup>th</sup>  
Marion Tobey – August 9<sup>th</sup>  
Richard Sheffield – August 12<sup>th</sup>  
June Morse – August 14<sup>th</sup>  
Kathy Wilsea – August 19<sup>th</sup>  
Joe Haines – August 22<sup>nd</sup>  
Alberta Hunter – August 22<sup>nd</sup>  
Beth Evans – August 24<sup>th</sup>  
John Maceli – August 26<sup>th</sup>  
Cathy Messing – August 27<sup>th</sup>  
Shirley Rice – August 28<sup>th</sup>  
Milo Richmond – August 29<sup>th</sup>

## NEW RESIDENTS

Karen Beck (G-28) – Moved In!  
Julie Gale (343C) – Moved In!  
Thomas Kallal (329C) – 10/1  
Mike Madigan (406A) – TBD  
Janet & John Normile (PH 111) – 9/15  
Kathy Sannerud (352D) – 9/1

## NEW HIRES

**Josh Darrow** – Facility Technician  
**Amber Harrison** – Dishwasher/Server  
**Kalli Haus** – Housekeeper  
**Flossie Martell-Glennon** – Server  
**Mehria Nessar** – Resident Aide  
**Mathew Pickens** – Server  
**Cristina Rivera-Dingle** – Resident Aide  
**Cat Saperstein** – Server  
**Kathy Turner** – Resident Aide  
**Cecil Wilson** – Resident Aide  
**Serenity Wintermute** – Resident Aide

## IC PARTNERSHIP

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

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