

FEATURE

National Grandparent's Day

Ben Hogben

Mother's Day is celebrated on the second Sunday in May. Father's Day is celebrated on the third Sunday in June. Do you know what event takes place the first Sunday after Labor Day? Grandparent's Day! According to Wikipedia, Marian McQuade is recognized as the founder of Grandparent's Day in the United States. Marian was an elder rights activist who focused on helping older people, and even organized an event for octogenarians.

Grandparents oftentimes have information of family history that is passed down to family members. They may also have an accumulation of knowledge, such as cooking, crafting, music or other skills that are transferred to future generations. Computers can be helpful when there is a question to be answered, however, grandparents can sometimes give information from firsthand experience! Maybe they served in the military, or grew up on a farm, or were part of a key moment in history. Many grandparents traveled to this country from other parts of the world.

They brought their customs, different faiths, and musical heritage with them.

AARP reports that census data indicates 7.1 million grandparents in the United States are living with grandchildren and 2.3 million grandparents are raising grandchildren. Did you ever live with a grandparent, or were you raised by a grandparent? What role did they play in your life?

September 8th is Grandparent's Day!



Lousia and Henry Hogben –
Ben Hogben's Grandparents

Please feel free to provide feedback on this newsletter's content to either myself at izerbey@longviewwithaca.org or Christina Sterling at 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 September:

September 1/Sunshine, Salvation Army

September 8/Brooke Newell

September 15/Pastor Geri Judd, Newfield United Methodist Church

September 22/The Rev. Nancy Didway, Dryden Presbyterian Church

September 29/The Rev. Tim Dean, Cayuga Medical Center

Stretch Your Spirit:

On Thursday, September 12, from 3:30-4:15 pm, join us in the Chapel for "A Journey with the Goddess of Compassion, Kuan Yin." The power of her compassion healing comes from the complete and total understanding that she shines on those she is healing. This journey will be led by Betti Rooted Lionheart (Elizabeth Lambro).

Betti writes, "On some level, we all just want to be fully understood. Not many of the people in our lives can provide that for us. But the Goddess Kuan Yin can!" Bring an issue that has been weighing heavily on your heart, and which no one in your life seems to understand, and experience the power of Kuan Yin yourself!"

Betti continues, "Shamanic Journeying is a skill that anyone can learn! It is about allowing a part of your Spirit to SAFELY leave your body to travel in the Spirit World to meet with your Spirit Guides for the purposes of receiving guidance, love, energy, healing, and transformative experiences."

MARKETING & SALES

Kim Owen

Summer is coming to a close but M/S is remaining wide open while we continue to introduce folks to our renovation and revitalization project and to gauge interest in a move to our community. Initially, we scheduled two upcoming information sessions but then added a third because there was a great demand to participate. The info sessions were held on 8/14, 8/21 and 8/28. It's exciting to show off what is happening at Longview as things continue to progress and the contents of each session is different. We're hoping people will continue to come back more than once to see what's going on. And the best part is that we've already begun to collect deposits on designated apartments under renovation.

Our much-anticipated Patio Homes Open House is scheduled for Wednesday, September 11th. We really look forward to holding open house events because they are little more casual and a way to really show off our beautiful units that are always in high demand.

Other fun things coming up will be the Walk to End Alzheimer's bake sale held on Wednesday, August 28th. 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. And if you are interested in participating in our Walk team at the Walk to End Alzheimer's on Saturday, September 14th you are welcome to do so. Go to www.alz.org and click on the "Get Involved" tab then "Walk to End Alzheimer's" and search Team IC Longview Partnership.

Our Wellness Series continues in full swing as we begin to wrap up 2024. On September 6 we welcome Jennifer Karchmer, IC Journalism lecturer and writer/editor with “Ask the Editor: Writing Your Memoir”. All Longview residents are invited to attend and do not need to register for these programs. M/S also invites participants from the community who are considering a move to Longview. It’s a nice way to get to know the community and future neighbors.

We are also inviting members of Love Living at Home to Longview on Friday, September 27 for a social gathering with Longview residents. We will be holding this event in the front lobby of Longview which we anticipate will have completed its revitalization updates by this time. We hope you’ll join in.

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), Instagram (@longviewwithaca) and YouTube (@LongviewLivingWellTogether). And be on the lookout for some new updates that we’ll be working on soon for the Longview website.

Say Hello! Please welcome your new neighbors in September.

Keep in touch and let us know how you think we’re doing,

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 over and say hello!

Ithaca College started Monday, August 26! Nine residents are taking classes this semester! There will be many intergenerational opportunities available – here are those currently scheduled. Please reach out to Bree Nash if you’re interested in participating!

- **Sociology of Aging with Professor Elizabeth Bergman** - You are invited to participate in a life history discussion group series with IC Gerontology professor Elizabeth

Bergman and the students in her Fall 2024 Sociology of Aging course. You will be assigned to a small group with 3-5 students for a series of themed discussions about your life experiences. Themes include: Childhood, Family, Productivity/Work, and Elderhood. Sessions will take place on September 12, September 26, October 3, October 24, and November 14 (all Thursdays) from 9:30-10:30am in the Longview IC classroom. Please commit to participating in all sessions. If you have any questions or to sign up please contact Bree Nash. For planning purposes, please sign up by Friday August 30th.

- **Brain Builders & Baking with Speech Language Pathology Students** – Friday mornings starting in mid-September, Ithaca College students will host a weekly baking group. While the goodies are baking, the students will lead a brain building program. All are welcome!
- **Nature installation & research study – September 11 & 13 at 1:30PM**

Learn about the 4th floor's new nature relaxation lounge, the ideas behind the design and research and meet with Ithaca College students involved with the project. Bring a photo of yourself at any age in nature to share memories and stories of your time outdoors.

Cornell iGEM Synthetic Biology Research Presentation – Tuesday, September 17 at 3PM

Cornell iGEM will be presenting a few fascinating ethical dilemmas within the field of synthetic biology on September 17th at 3:00 PM! From discussing plant-based medicines to designer babies, we hope to host an engaging discussion on the various parts of our lives synthetic biology touches, and the questions that inform them. We will also talk about our past work in synthetic biology, and our current project which we will present at the annual iGEM Grand Jamboree this year!

Way2Go WayFinders with Cornell Cooperative Extension - Friday, September 20 at 3PM

WayFinders workshops begin with workshops that inform groups about the available transportation options in the area. Additional activities such as guided bus rides are then scheduled to help groups become more comfortable using a new form of transportation. 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!

Events & Entertainment:

9/2 – Labor Day, Administrative Offices Closed

9/2 – Cornell Companions Pet Therapy Visits

9/3 – Banjo, Songs & some Irish Lore with Harry Lawless (Longview resident!)

9/6 – Coffee with Cheryl (happening at 11AM)

9/6 – Wellness Series: Ask the Editor,
Writing Your Memoir with Jennifer
Karchmer
9/9 – Enhanced Assisted Living/Assisted
Living Resident Council Meeting
9/10 – Music with the Fortnight Singers
9/10 – Music Therapy with Amanda
9/13 – Musical Entertainment with The
Maplewood Jazz Trio
9/14 – Walk to End Alzheimer’s, Join Team
Longview-Ithaca College Partnership!
9/16 – Open Information Session regarding
Independent Council & committee meetings
9/19 – Longview Social Club
9/21 – Cornell Companions Pet Therapy
Visits
9/24 – Music Therapy with Amanda
9/27 – September Birthday Party with
musical entertainment

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

! LONGVIEW UPDATES !

Coffee Talk with Cheryl



Coffee with Cheryl is still the first Friday of
the month but is now at **11:00am** 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.

! Ron Poley Resigning from Independent Council President Role

Effective immediately, Ron Poley is
resigning from his position as Independent
Council President due to medical
issues. Ron is progressing well and we wish
him a speedy recovery.

In lieu of the Resident Committee meetings
scheduled for **Monday, September 16** we
will have an open information session at
3:30pm in the **IC Classroom**. The future of
the Independent Council and the Resident
Committees will also be discussed.

LONGVIEW LIBRARY

Whitney Robinson

As summer comes to an end and cooler
weather makes its entrance, there is nothing
better than cozying up with a good book!
There are so many good titles in the
Longview Library, we also have **audio
books** and **large print** available. Please
remember to sign out anything you borrow!
If there are any titles we do not have, and
you would like to see in our library please
let **Recreation** know.

Would you like to help organize and shelve
books? Talk to **Whitney** in Recreation.
Do you have a Tompkins County Public
Library card? Or any library card? If you
have a smart device, we can set up book
lending apps so you can get books sent
straight to your device! See Recreation for
help.

Happy reading!

RESIDENT SUBMISSION

Bird Haven, Bird Heaven

Dom Paolillo

At the Patio Homes, housing extends beyond the eleven duplexes that are devoted to us humans. There are also four bird houses around Bella Vista Circle (BVC) that are open for occupancy on a no lease, no-charge basis! Three of these that have a rustic design were constructed and deployed by Milo Richmond of 115 BVC, who fashioned both the houses and the posts they are mounted on. The fourth is of commercial design (including the post), set up by Dixie Merilahti and Dominick Paolillo at 113 BVC, who wanted a bird house they could see from their side window.

Three of the four houses use rain gardens for their setting, and therefore are close to human dwellings. The fourth is remote from the living units, in the wilderness spaces on the northwest side of BVC, near the entrance to the Circle. The birdhouses that were successful in attracting residents this year are the ones close to our living units.



This year the birdhouse in the garden between units 117 and 119 attracted bluebirds. The two at the garden between 113 and 115 housed wrens, beginning at the west-facing location. It seems that the principal occupant moved to her “summer quarters” at the east-facing location to raise a second brood!

Now that the breeding season is over, the birdhouses close to our dwellings are cleaned and inspected in preparation for their reuse next year. We are looking forward to seeing the birdhouses in full use in years to come. But why have we had no luck with the house in the wilderness area? Could it be that our birds **want** to be close to our dwellings? Curiously this seems to be the case. The bushes around the dwellings have been popular as nesting areas for robins. And at 115 BVC, Milo and Bonnie have a wreath on their front door. A robin built a nest attached to that wreath (lower photo), creating a composite image we could never contrive on our own.



So there is reciprocity required to extend our relationship with the birds into the future. They will take advantage of the houses we supply for their use, in their preferred

locations. Its up to us to see to it that their houses are clean and ready at the beginning of the breeding season.

The birdhouses that Milo built are part of a bygone group effort to cater to the birds here at Longview. So, Milo made the effort to tour all the birdhouses fabricated or upgraded during that project, while also checking for indications of other bird nesting sites along the way. The result is a mixture of good and bad news.

He quickly spotted six nesting sites near the main building, including a wren's nest near the entry to the Garden Level. Also, the bird feeding efforts from the third and fourth floors seem to be successful. However, the birdhouses on the tour were largely occupied by ants and not used by our birds. The take-home lesson seems to be that we need to reconvene a group of residents who share an interest in catering to our birds, to make suggestions on how to promote better use of the birdhouses. Location may be important. Considering the results at the Patio Homes, the birds do not mind being close to us, and houses at the sites close to us are the ones most likely to receive the required routine care.

SEPTEMBER BIRTHDAYS

Ruth Knuth – **September 3rd**

Robert Cockram – **August 4th**

Walter Glauer – **September 12th**

Melva Hedges – **September 14th**

Tom Rumney – **September 15th**

Lucille Poley – **September 21st**

Hal Vatland – **September 23rd**

Dennis Shaw – **September 28th**

NEW RESIDENTS

Karen Beck (**G-28**) – Moved In!

Julie Gale (**343C**) – Moved In!

Thomas Kallal (**329C**) – **10/1**

Mike Madigan (**406A**) – Moved In!

Janet & John Normile (**PH 111**) – **9/15**

Kathy Sannerud (**352D**) – **9/1**

NEW HIRES

April Brooks – Resident Aide

Myasia Gandy – Resident Aide

Candace Rumpff – Resident Aide

Teri Bell – Resident Aide

Levi Tetreault – Resident Aide

Sharaine Pestano – Resident Aide

Aleia Brown – Resident Aide

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.

TWO NEW CLUBS!

OPEN ART STUDIO

The Open Art Studio has just started by Julia Bentley-Macdonald. Artists will meet in the **Craft Room**. Make sure to bring your own supplies and projects. Recreation has limited supplies and tools, so it is encouraged that residents bring their own. Have fun!

The Open Art Studio begins **September 3** and will go from **10:15 AM – 11:15 AM**

Intergenerational BOOK CLUB reads

“Olive Again” by Elizabeth Strout
The book focuses on Olive Kitteridge, an older woman experiencing widowhood, remarriage, health issues, and human connections. Hosted by Mary Ann Erickson, Professor at IC. Watch for flyers for additional details.

Mondays, October 28 – November 18
9:00am - 9:50am
Sessions Held Online - FREE
Book Available

SMILE, YOU'RE AT LONGVIEW



NATIONAL ASSISTED LIVING WEEK



Longview Celebrates



National Assisted Living Week

September 8-14. *Inspiring Generations* is this year's theme – offering the chance to 'listen and learn from each other, share stories and wisdom, and find inspiration from those around you.' We'll plan intergenerational opportunities with IC and Longview residents and staff!

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