

FEATURE

Cybersecurity Awareness for Older Adults

Joe Zerbey VI

Cybersecurity can be a difficult subject to navigate. With each passing day, scammers are finding new ways to not only inconvenience users, but hurt them by stealing information, money and time. Anyone can be a victim of online scams, so it's best to know how to protect yourself when browsing the internet. The following will offer information regarding what to look out for and what to do if you have been deceived by a scam.

Many scams target older adults and can vary in complexity. Most scammers assume that older adults will have accrued more wealth over their lifetimes and be generally more trusting than other potential victims. They will likely attempt to deceive victims through email, phone and even by mail, disguising themselves as your bank, a website you use or simply as an email that elicits a sense of urgency. Scammers use emotional tactics to trick targets, as well as clinical ones.

In situations regarding email, social media posts or text messages, it is important to

remember that you should NEVER click a link that you are unsure of, or that you are simply not expecting. In some instances, a family member or friend's Facebook account could have been hacked and they will send you a link. Any kind of suspicious behavior should be treated with caution. Additionally, scams often ask for sensitive information, posing as a legitimate entity. Businesses and official organizations will never text you or email you asking for sensitive information.

In the event that you have been caught up in a scam and are worried that your security has been breached, it is best not to panic. Remaining calm is your best weapon. Contact your bank if you believe your finances have been compromised and report the scam to your local law enforcement. Ithaca's Office for the Aging has many resources that can assist with these situations. For more information about frauds, scams and what to stay aware of, follow this link:

<https://www.tompkinscountyny.gov/cofa/fraud-scam>

Additionally, NIST has a list of resources: <https://www.nist.gov/cybersecurity/cybersecurity-awareness-month/resources>

Please feel free to provide feedback on this newsletter's content to either myself at jzerbey@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:

October 6 - Brooke Newell

October 13 - The Rev. Joellyn Tuttle, St.
Paul's United Methodist Church

October 20 - Pastor Dennis Christian,
Trumansburg Baptist Church

October 27 - Ms. Carol Hockett, Forest
Home Chapel

Rabbi Eli to Visit for Sukkot!

On Tuesday, October 22 at 2:00 pm, Rabbi Eli will lead us in a Sukkot celebration. Sukkot is a seven-day harvest holiday that arrives during the Hebrew month of Tishrei. It starts four days after Yom Kippur and is followed by Shmini Atzeret and Simchat Torah. Sukkot is also known as the Festival of Booths and the Feast of Tabernacles. All are welcome to attend! *Location to be determined*

Celebration of Life

On Thursday, October 17, at 1:15 pm in the Chapel, we will remember the lives of following Longview residents:

- Karen Cariddi
- Patricia Swanson
- Ronald Minor
- Lynne Whetzel
- Lorraine Meiden
- Norma Composti
- Steve Kenuk
- Mary Lou Charles
- Cindy Stillman
- Beverly Beach
- Shirley Johnston

RECREATION

Bree Nash

Wellness Series: Occupational Therapy to Keep you Movin' & Groovin' – Friday, October 4 at 1:30PM

Join Jessica Valdez Taves, Clinical Associate Professor of OT at IC and director of the Center for Life Skills, to learn more about the importance of your movement and how our movement changes as we age. We'll talk about how to keep doing the things you want and need to do in your daily lives.

Death Café – Monday, October 7 at 3PM

At the Death Café, often strangers, gather to eat cake, drink tea and discuss death. Our objective is to increase awareness of death with a view to helping people make the most of their (finite) lives. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support group or counseling session.

Fall Prevention Clinic with Ithaca College Physical Therapy students – Saturday, October 12 from 10-12PM

The Ithaca College Physical Therapy Student Association will host a Fall Prevention Workshop allowing residents to learn more about fall risks through multiple stations measuring an individual's balance. At the end of the workshop, students will explain the results of the tests to the residents so that the residents were aware of their falls risk. There will also be at least one licensed physical therapist who will also be attending the workshop. Residents who

would like to sign up should be independent with mobility though may use a walker or cane. Sign-up sheets are posted in the Craft Room on the 3rd Floor.

Cyber Security Month – Presentation on Cyber Security (Date TBA)

October is National Cybersecurity Awareness Month. Join Eric Wiessinger, IT Security at Cornell University, in a discussion on cybersecurity – to pick up tricks and tips on identifying scams and what to do if you encounter a problem.

Veterans Day Celebration at Ithaca College – Call for Veterans

Ithaca College will be holding their Veterans Day Celebration on Monday, November 7 at noon. Longview Veterans are invited to have their photo and branch of duty included in their slideshow. Please speak to Bree Nash if you're interested in participating.

Re-Thinking Thanksgiving with Perry Ground – Thursday, October 10 at 10:30AM

This lively, content-based presentation will give an overview of the history of this very misunderstood holiday. Based on the only primary source document that chronicles the “First Thanksgiving” where participants will learn accurate and culturally appropriate information about the English settlers at Plymouth and the Wampanoag, the Native people who inhabited that area. The presentation will discuss the actual events of 1621 in Plymouth, the relationship between the English settlers and the Wampanoag and how this story became the holiday we know today. The concept of thanksgiving held by many Native Americans will be emphasized

throughout. Although they were not present in Plymouth in 1621, connections to the Haudenosaunee (Iroquois) concepts of Thanksgiving will be discussed so participants will understand how Native People view Thanksgiving today.

Flu Vaccine & COVID Vaccine Clinic – Wednesday, October 16

Residents in Assisted Living should check with Brittany Predmore with any questions regarding paperwork. Independent Living Residents should sign up with Recreation and have their insurance cards copied by the receptionist.

Reminder to those taking classes at Ithaca College - Fall Break runs October 17-18

Join the Alzheimer’s Association of CNY for two upcoming series:

The Empowered Caregiver Series:

As a caregiver, you likely have many responsibilities. It is important to take care of your own well-being and to connect with others that understand.

- **Building Foundations of Caregiving** (10/1 at 1:30PM)
- **Supporting Independence** (10/15 at 1:30PM)

Dementia Conversations Series:

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Incorporate recommendations into building a plan for aging.

- **Healthy Living for Your Brain & Body** (10/11 at 1:30PM)

Tompkins County Board of Elections – Wednesday, October 23 from 11-12PM

Those who've signed up for absentee voting may pick up their ballots in the front lobby on the 3rd floor with the Tompkins County Board of Elections. If you are unable to make it at that time, they will be delivered to you.



25/50 Ithaca College/Longview Partnership Celebration – Friday, October 25 from 4-6PM

You're invited to join in celebrating 25 years of Living and Learning Together and Longview's 50th Anniversary!

Holidays:

- 10/2 – Rosh Hashanah
- 10/14 – Indigenous Peoples Day
- 10/24 – United Nations Day
- 10/31 – Happy Halloween!

Events & Entertainment:

- 10/1 – Music with the Fortnight Singers
- 10/4 – Coffee with Cheryl (11AM)
- 10/5 – Singing the Classics, music with Mario
- 10/7 – Cornell Companions Pet Therapy Visits
- 10/14 – Assisted & Enhanced Assisted Living Resident Council Meeting
- 10/15 – Music Therapy with Amanda
- 10/16 – Men's Chat Hour with Ben Hogben
- 10/16 – Resident Speaker: Steam Engines with Monty May
- 10/17 – Celebration of Life
- 10/17 – Longview Social Club
- 10/18 – October Birthday Party with the Maplewood Jazz Trio
- 10/19 – Cornell Companions Pet Therapy Visits
- 10/21 – Afternoon Music with Bob Lyna!
- 10/22 – Sukkot Celebration with Rabbi Eli

10/23 – Trip to the Friends of the Library Book Sale

- 10/24 – IC Thaler Vocal Concert Series
- 10/28 – Belly Boo! Halloween Belly Dancing Performance
- 10/29 – Music Therapy with Amanda
- 10/31 – Halloween Party!

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

LONGVIEW UPDATES



Coffee Talk with Cheryl

Coffee with Cheryl is at 11:00am on Friday, October 4th in the craft room.

Longview Resident Store Hours Change

Due to dining time and renovations, the Resident Store hours are temporarily changed to 10:30 am to 11:30 am Monday, Tuesday, Thursday and Friday.

Men's Chat Hour

Beginning in October, a Men's Chat Hour, will be held once a month. Coffee and snacks served. Everyone is welcome to attend.

Wednesday, October 16, 10:30-11:30 am in the Craft Room.

This is an opportunity to talk about things that interest us, such as favorite books, movies, cooking, music, pets, or there is always the weather!

Thank you,
Ben

Programming with the Alzheimer's Association of CNY:

- The Empowered Caregiver Series
 - Building Foundations of Caregiving (10/1 at 1:30PM)
 - Supporting Independence (10/15 at 1:30PM)
- Dementia Conversations
 - Healthy Living for Your Brain & Body (10/11 at 1:30PM)

Death Cafe - All are invited to gather together, eat cake, drink tea and discuss death. (Monday, October 7 at 3PM)

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DID YOU KNOW?

Christina Sterling

What is Music?



Music has been called an “international language.” Why? Because people

who do not speak the same tongue can communicate through enjoyment of the same music. Moreover, music has worldwide appeal because it touches just about every aspect of human life. We have love songs, wedding songs, and popular classical music, Oriental and Western music, folk songs and “rock.” The list goes on. And, have you not tapped your toes or clapped your hands in time with a lively

polka or a stirring march? Yes, a beautiful song that employs a few musical chords appeals to our ears much the same as a fine combination of colors pleases our eyes.

Music can stir within us uplifting emotions of joy and exhilaration, much like an updraft that carries a soaring bird aloft. Yes, it can be soothing to the soul, recuperative, and peaceful. Music is truly a gift to be cherished.

Why not take a look at the *Weekly Schedule* and see what chords you will enjoy.

OCTOBER BIRTHDAYS

Thomas Kallal – **October 4th**
James Rothschild – **October 6th**
Gloria Vatland – **October 12th**
Allan Minsky – **October 13th**
Arlene Dones– **October 14th**
Buddy Klausner – **October 14th**
Ron Poley – **October 15th**
Judith Meade – **October 18th**
Eileen Kopelson – **October 21st**
Beth Suddaby – **October 26th**
Robert Koestler – **October 31st**

NEW RESIDENTS

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

NEW HIRES

Myasia Gandy - RA

Daniel Larsen - server

Jasmine McDuffie - RA

Sabeena Mori - RA

Cody Morrison - Facilities Tech

Wendy Ngaubenemutu-Samani - RA

Sharaine Pestano - RA

Lia Quick - RA

Joel Ripchick - Facilities Tech

Candance Rumpff - RA

Cassandra Walker - RA

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.

Contributors

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EXTRAS



Longview's residents had the privilege of getting a close look at a Tibetan Buddhist mandala, located inside Ithaca College's campus.

