

FEATURE

National Caregiving Day

Ben Hogben

*Philanthropy and Professional Development
Coordinator*

November is a time when we start to see signs of the holiday season. Store displays, yard decorations and even some snowflakes remind us that the season is upon us. There is also the time change that occurs in early November; we will save that topic for another article!

November is also National Family Caregivers Month. It is an opportunity to recognize family caregivers and to raise awareness of the important work that they do. According to AARP, more than 48 million family caregivers help friends and family members to live independently in their own communities. AARP also states that family caregivers provide approximately \$600 billion unpaid labor each year. They assist with ADLs and IADLs. (activities and instrumental activities of daily living). According to Caregiver.org, 34% of caregivers are age 65+ years. If you are currently a family caregiver, or have been in the past, the work

that you do is not only important; it shows compassion for those who need assistance to remain in their communities. You are the heroes in life, and you are appreciated.

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

Preachers for November:

November 3 - Mr. Chris Blyler, Salvation Army

November 10 - Brooke Newell

November 17 - Father Ryan O'Dowd, Anglican

November 24 - Sunshine, Salvation Army

Shabbat in November:

Join students from Ithaca College Hillel for Shabbat worship Fridays November 8 and November 15, 3:30 pm in the Chapel. All are welcome!

Annual Interfaith Thanksgiving Service:

Join us in the Chapel on Wednesday, November 27 at 1:30 for our annual

Thanksgiving service with readings from various faith traditions.

"Stretch Your Spirit" Opportunities in November:

Join us on Thursdays, November 7 and 21, at 3:00pm in the Chapel as Stacey Smith leads a 2-part series on "I Just Can't Meditate!"

Join us on Wednesday, November 13, 1:30 pm, as Pam Goddard returns for her popular session on "Meditation to Harp Music" in the Chapel.

Join us Thursday, November 21, at 6:45pm, as we are blessed with "Compline" which is sung evening prayers, led by the choir of St. Luke Lutheran Church.

RECREATION

Bree Nash

Wellness Series: Happy and 100: Lessons on Longevity from the Blue Zones – Friday, November 1 at 1:30PM

Achieving and maintaining optimal health and well-being can be challenging. Founder of Homesteady Health, Matthew Simone, understands that true wellness is a holistic journey that encompasses various aspects of your life. He'll offer expert guidance on lifestyle management strategies derived from the Blue Zones to help you improve your health and well-being with an overview of a comprehensive approach that includes fitness, dietary choices, weight loss, and sleep hygiene.

Cornell Raptor Program: Owls – Saturday, November 2 at 10:30AM

Cornell's group of trained student presenters will give a presentation on owls and their

extraordinary senses. These birds will be present for the program!

Election Day! Vote with the Tompkins County Board of Elections – Tuesday, November 5, 6AM-9PM

Those who've signed up for absentee voting may deliver ballots in the front lobby on the 3rd floor with the Tompkins County Board of Elections the day of the election or mail your ballot to the BOE. If you are signed up for absentee voting, you will not be able to vote in person the day of. If you misplace your absentee ballot, you will be able to vote the day of via affidavit ballot.

Veterans Day Celebration at Ithaca College – Thursday, November 7 at 11:30AM

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.

Join Ithaca College and Honored Guest Speaker: Timothy C. Fairchild, Vice Commander of the American Legion Post 42 and SSGT Crew Chief Veteran of the United States Air Force.

Honored Student Guest Speaker: Vanessa C. Doucette, Hospital Corpsman Veteran of the United States Navy and current Speech-Language Pathology MS Major at the School of HSHP

Movie Screening with IC's DKA Student Cinematic Society – Saturday, November 9 at 2:15PM

Join Ithaca College students in the DKA Cinematic Society in watching a movie with discussion to follow. All movie lovers are welcome!

The History Center Outing – Monday, November 11 at 2:00PM (Rain date 11/12)

Join us as we do a deep dive into the "History of the Commons" for a more intimate understanding of the history of Ithaca city streets and the community they've housed over Ithaca's many decades. This tour is adapted from the 'Around the Block' exhibit on display at The History Center in Tompkins County Exhibit Hall.

Flu Vaccine Clinic – Date TBA

Keep an eye out for flyers and notification for the Flu vaccination clinic to be rescheduled for Independent Residents and staff.

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.

- **Communicating Effectively** (11/5 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.

- **New Advances in Alzheimer's Treatments** (11/8 at 1:30PM)

Reminder to those taking classes at Ithaca College – Thanksgiving break runs November 25-November 29.

Holidays:

- 11/1 – All Saints Day
- 11/2 – All Souls Day
- 11/3 – Daylight Saving Time Ends – Fall back one hour!
- 11/5 – Election Day
- 11/11 – Veterans Day
- 11/28 – Thanksgiving

Events & Entertainment:

- 11/1 – Coffee with Cheryl (11AM)
- 11/4 – Holiday Bazaar Planning Meeting – All are welcome!
- 11/4 – Cornell Companions Pet Therapy Visits
- 11/4 – The Art of Dying Well – Presentation
- 11/11 – Assisted & Enhanced Assisted Living Resident Council Meeting
- 11/15 – Bake Sale to support The Walk to End Alzheimer's
- 11/15 – November Birthday Party with the Maplewood Jazz Trio
- 11/16 – Cornell Companions Pet Therapy Visits
- 11/21 – Longview Social Club
- 11/23 – OPUS Ithaca Youth Musical Performance
- 11/27 – Thanksgiving Service

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

MARKETING & SALES

Kim Owen

The end of 2024 is coming so quickly that we didn't even have a chance to participate in the October newsletter. So, what has been going on?

We enjoyed a lovely social gathering with friends from Love Living at Home (LLH) and Longview residents on September 27. It was fun to just be casual, enjoy some music and food and meet new people. Thena Lindhorst, LLH's Executive Director, shared about a new program that LLH is piloting for one year called Retirement Community Membership" which is \$20 per month/individuals and \$30 per month/couples. If you are interested you can contact Thena directly at 607-319-0162 or office@lovelivingathome.org. The social gathering was such a hit with Longview residents that we are going to continue doing it monthly beginning in early 2025 where we'll invite folks from the community and guest speakers and just enjoy each other's company.

The Wellness Series 2024 is wrapping up with two more events scheduled for this year. On November 1, Matthew Simone from HomeSteady Direct Health Primary Care will be presenting Happy and 100: Lessons on Longevity from the Blue Zones. On December 13, Jana Leyden, Owner of Crossfit Vertical, will present Functional Fitness for Everyone. Both of these programs will be listed in the weekly Longview recreation schedule. We record all

of the Wellness programs and they can be found on the Longview website at www.longviewwithaca.org

In addition to the Wellness Series programs, we partnered with the Alzheimer's Association of CNY to bring two additional educational series to Longview. The Empowered Caregiver Series which is a four-part series and Dementia Conversations which is a three-part series.

On September 11, we hosted a Patio Home Open House on a beautiful sunny day. We were able to show off one of our patio homes and the neighborhood to 32 people. It was quite a success. The new residents have since moved in and are enjoying their new home moving into the Fall season. Coming up, we'll be hosting another open house but this time in the main building to showcase our newly renovated apartments. In addition to the apartments, we are also enjoying the progress being made on the dining room, front lobby, and auditorium. It all is coming together so nicely and we look forward to Longview residents enjoying these new spaces very soon.

Longview staff and residents participated in the Walk to End Alzheimer's on September 14. Again, another gorgeous sunny day. Coming up on November 15, we will be holding the next bake sale fundraiser for Alzheimer's Association. The bake sale will be held in the front lobby and will begin at 8:30am.

Coming up in December, we will have the Giving Tree out in the front lobby which this year will support children and families from

our very own Tompkins Community Action HeadStart program that is located at Longview.

And what about the elephant in the room? By the time you are reading this we will have had the 25th year anniversary of the IC/Longview Partnership and 50-year anniversary of Longview's non-profit presence in the Ithaca community providing life-enriching housing options to older adults. Longview has an awful lot of supporters in the community and many of them are planning to share in our celebration on Friday, October 25. We certainly have something to celebrate!

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 look out for some new updates that we'll be working on soon for the Longview website.

Say Hello!: Please welcome your new neighbors in November.

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

Kim, Brian, Tish and Joe

LONGVIEW UPDATES

Longview's Annual Clothing Drive

The drive is from November 4 - 15. Please put your donated items in a bag and drop them off in the bins found in our lounges.



Employee Promotions

Congratulations to Tenzin Jorden on his ascension to Assisted Living Administrator, And, to Dustin DeLauder promoted to Resident Services Coordinator!



Staff Appreciation

One week remaining to contribute to the *Gifts to Staff*. Please do so by Wednesday, November 6. Put all envelopes in the mail slot labeled **Business Office, or drop off in the Business Office.**

NOVEMBER BIRTHDAYS

Shirley Hendrickson – November 1st

Edna Federer – November 3rd

Steve Suddaby – November 3rd

Peggy Rouleau – November 8th

Martha Brewster – November 9th

Oger Swanson – November 15th

Ed Rooney – November 17th

Jeanne Washburn – October 19th

Veronica Seyd – November 25th

Gene Nowlan – November 29th

NEW RESIDENTS

John and Janet Normile (PH 111) - Moved in!

Tom Kallal (329C) - Moved in!

Carol Reynolds (314B) - Moved in!

Barb Grady/Jake Schuler (210B) - Moved in!

Ed Swayze (213B) - November 1st

John Greenly (300A) - November 1st

Charlotte Van Sickle (202B) - November 1st

Leo Gideon (415A) - November 15th

NEW HIRES

Shyenne Camp - Server

Brittany Gregory - Housekeeper

Alissa Elghazi - Human Resource Manager

Olivia Schmalz - Server

Brittney McFall - RA

Yan Salcedo - Dining Service Manager

Natalie Sizemore - Server



Students conversing with residents during our Longview/IC Anniversary!



6 of the 7 dwarves made an appearance this Halloween!

Contributors

Alissa Elghazi

Ben Hogben

Bree Nash

Brooke Newell

Kim Owen

Christina Sterling

Editor

Joe H. Zerbey VI

Creator

Gret Atkin