

FEATURE

A Year Passed, A Year to Come

Joe H. Zerbey VI

With another year behind us, it can be overwhelming to meet the next year so soon. Time tends to fly when you're busy, and Longview has had a busy year, no doubt about that. With renovations, events, and so many new faces, it can be a lot to absorb. Sometimes, it feels as if we hardly have enough time to reflect on all that had happened before we get to do it all over again in 2025. At this time of year, there is a reason we go to those we love most and remind them that they are dear to us.

We should celebrate our lives, and the people in them who make it worth living. Whether it is friends, family, co-workers, neighbors, strangers we see every day who exchange no more with us than a simple smile, we all are exposed to so much love. Let us take the time to acknowledge all that we have to be grateful for. Longview is home to countless friendly folks, employees and residents alike. Out of all the places we could be right now, it's nice to know that Longview is here, continuing to be one of the kindest bastions in Ithaca's community. As we navigate our lives, we are all facing different struggles. If you are feeling lost or

saddened by anything happening right now, please remember that there are so many around you who feel the same. Don't hesitate to help a friend, or let a friend help you in return. With enough love, we can get through anything. Just as we've done the year before, let's look forward to the next one, knowing full well that we have the friends and family to help us along the way.

Please feel free to provide feedback on this newsletter's content to either myself at jzerbey@longviewithaca.org or Christina Sterling at 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

Brooke Newell

Preachers for December:

December 1 - Pastor Richard Lloyd

December 8 - Pastor Ben Hogben

December 15 - Brooke Newell

December 22 - Ms. Carol Hockett

December 29 - A Service of Lessons and Carols

Shabbat Worship

On Friday, December 6th, at 3:30 pm, students from Ithaca College Hillel will lead Shabbat worship in the Chapel. All are welcome!

Hanukkah Celebration

On Thursday, December 26, guests from Congregation Tikkun v'Or will help us light the menorah at 6:30 pm in the auditorium. All are welcome!

Carol Sing

On Thursday, December 12 at 6:30 pm, guests from the New Heart Wesleyan Church will visit to lead us in a carol sing in the auditorium. Cookies too! All are welcome!

Meet the Youth of First Baptist Church

The youth group of First Baptist Church in Ithaca will visit with us on Sunday, December 15, 3:30-4:30 pm, to help us celebrate Christmas. The party will be in the auditorium. All are welcome!

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

We're looking forward to welcoming 2025 while wrapping up 2024.

So, what has been going on in Marketing & Sales at Longview?

We are really looking forward to holding our open house to showcase the newly renovated apartments. We anticipate scheduling an open house in early December. We've been showing the renovated spaces on tours and the feedback is amazing. We are hearing comments like *"It's bright and welcoming"*, *"Fresh and spacious"*, and everyone is thrilled to see the washer/dryers and dishwashers in the renovated apartments.

We held our last fundraiser for the **Walk to End Alzheimer's** on November 15th. This bake sale raised \$336. Team Ithaca College/Longview raised \$4,553 in 2024! All proceeds will go to the Alzheimer's Association.

The **2024 Giving Tree** is in the front lobby and ready for anyone who would like to participate in providing gifts to the Tompkins Community Action Pre-K class families at Longview. How it works is that you can take an ornament off the tree and purchase the gift or food basket listed on the ornament. You can take as many ornaments as you like. There will be a sign-up sheet located near the tree to track the gifts being purchased and by who. The deadline to return purchased items to the Longview reception desk is Friday, December 13th. You do not need to wrap the gifts.

Longview celebrated its **50th anniversary and the 25th anniversary of the Ithaca College Longview Partnership** on October 25th. It was a celebration of just how far Longview and the Partnership has come and we look forward to another 50 years.

Our last program in the **2024 Wellness Series** is on December 13th, "Functional Fitness for Everyone". You're not going to want to miss this one. Jana Leyden from Crossfit Vertical will be demonstrating functional fitness and talking about how to adapt your fitness goals to your needs. The Wellness Series was born out of an idea to "market" and promote the Longview community to those considering a future move to Longview. Throughout the past year it has grown into something more, though. We believe that **community is everything** and in order to show the best of our community to others we have learned the importance of having our residents participate alongside in these programs. Future residents have made connections with Longview residents through the Wellness Series and it's one step in the direction to easing their transition when the time is ready.

It's time to start planning for Spring gardens. An ad hoc staff group formed to begin discussing how to bring a **community garden** to Longview this Spring. We are in the early discussions and completing "to do" lists but we'll be starting a larger conversation with the resident community very soon. Anyone who would be interested in the planning and developing of this project is encouraged to participate. We've been hearing from residents about our current ad on the radio and there seems to be quite a little buzz going around. The

current ad is targeting assisted living and inquiries and admissions are on the up swing. Going into 2025 we'll be making some changes with our advertising that we think will continue the current increase and we look forward to Longview reaping the benefits of that. Renovated apartments are also being reserved one by one. Our first resident has now moved into the first renovated apartment. Several more are scheduled for December and January through April. We'll continue this surge with our new advertising in 2025 specifically focused in this area.

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 \$140 per night and a studio for \$110 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 December!

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

Kim, Brian, Tish and Joe

DID YOU KNOW?

Christina Sterling



During this time of year, along with eating a lot of turkey and pie, many are thinking about what they are thankful for. Showing

gratitude has so many proven benefits physical, mental, and emotionally, that everyone should make part of their daily life.

According to an article in the *Harvard Mental Health Letter*, "gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."

Lasting happiness comes not from merely saying thank you occasionally but from having a grateful disposition. That, in turn, protects us from feelings of entitlement, envy, and resentment, which would alienate people from us and rob us of our joy in life. When we express sincere gratitude, whether

for a gift, a kind word, or practical help, we make the giver feel valued and appreciated.

LONGVIEW LIBRARY

Janice Lawrence

The Longview Library Book Club is currently on a break and will start again soon. Check the bulletin board in the library for information.

CLOTHING DRIVE

Ann Buddle

Thank you to all those who went through their closets and dresser drawer to fill all the



many bags of donated clothing. It will be a great help to those in need, especially during the coming cold months. This year, the donated clothing will go to the local Veterans'

Administration. The drive was a great success as you can see from the picture! Once again, thank you!

DECEMBER BIRTHDAYS

Judith Wheaton – December 3rd

Norma Kalk – December 4th

Louise Osika – December 8th

Virginia Bryant – December 11th

Phebe Cook – December 16th

Janice Lawrence – December 17th

Patricia Smith – December 21st

Virginia Bizzell – December 24th

Dorothy Stansel – December 26th

Stanley Ellis – December 27th

Joan Reppert – December 28th

Beverly Beach – December 30th

NEW RESIDENTS

James Evans & Shella Chace (308) - 12/1

Buddy & Angela Klausner - (228) - 12/1

Barbara Littlefair (224) - 12/1

Toni McDonald (207) - 12/1

Roberta Sprung (204) - 12/15

Walter Johnson (342) - 1/1/25

Annabelle Wood (331) - 3/1/25

Mark and Marilyn Pesesky (228) - 4/1/25

Howard & Carolyn Longhouse (319) – TBD

NEW HIRES

Tulasi "Tulsi" Sisti - RA

Phoenix Savoie - Dishwasher

Yan Salcedo - Dining Services Manager

Shyenne Camp - Server

Brittany Gregory - Housekeeper

Alissa Elghazi - HR Manager

Olivia Schmalz - Server

Brittney McFall - RA

Natalie Sizemore - Server

Jerone Osei - RA

Contributors

Ann Buddle

Alissa Elghazi

Ben Hogben

Janice Lawrence

Bree Nash

Brooke Newell

Kim Owen

Editor

Joe H. Zerbey VI

Creator

Gret Atkin