

FEATURE

Cheers to A New Year!

Christina Sterling

“And now we welcome the new year, full of things that have never been.” “Year’s end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.”

Some people set resolutions at this time. But what about setting purposeful goals? If we want to make progress, if we want to lead a full, useful and meaningful life, we must have goals set before us. Rather than as the saying goes, being content to drift downstream, we must swim upstream, and to do that we must have goals that motivate us.

Tips for setting goals:

- Set a mixture of daily goals, short-term goals, and long-term goals.
- Break down goals into steps that serve as mini-goals. You can have a broader goal and then set smaller goals that work towards your main goal, such as setting goals to walk and eat more fruits and vegetables to help you achieve your big goal of being healthier.

- Write your goals down and make a plan to achieve them.
- Track your goals to monitor your progress, and be willing to adjust your goals if need be.
- Find someone to help hold you accountable for your goals.
- Give yourself incentives to work on your goals or reward yourself for making progress. Celebrate small successes.
- Don’t set too many goals—you will overwhelm yourself and split your focus. Set only a few goals that you can devote your time and energy to.

In some regards, goal setting is especially important for seniors. It gives seniors control over their lives and allows them to reflect on what is important to them and what interests them. There are a variety of goals that include hobbies or things they would like to learn. Seniors may also want to set goals related to socializing, seeing friends and family, making new friends, or reconnecting with old friends. Socializing is an important goal for seniors since, according to the National Academies of Sciences, Engineering, and Medicine (NASEM), nearly 25% of adults aged 65 or older are considered socially isolated (lack social connections).

Five ways to socialize more include:

- Having a family dinner or game night each week

- Talking on the phone or video chatting
- Taking a class, such as an art or exercise class
- Joining a club, such as a book, hiking, or bird-watching club; or create a club
- Volunteering
- And, participate in our weekly schedule full of exciting, fun activities

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

January preachers:

January 5 - The Rev. Pam Carey,
Jacksonville Community Church

January 12 - Pastor Scott Hathorn, Calvary
Chapel

January 19 - Ms. Jami Breedlove, St. Paul's
U.M. Church

January 26 - Ms. Kate Merriman, United
Methodist

Shabbat

Friday Shabbat services will be scheduled after the Ithaca College students return from their break. Stay tuned!

"Stretch Your Spirit"

Back by popular demand — our friend Carol Hockett will visit on Wednesday, January 29 at 1:30 pm in the auditorium to share the faith themed paintings of Italian artist Caravaggio.

RECREATION

Bree Nash

Happy New Year, Friends!

January happenings!

- 1/3 Coffee with Cheryl (11AM)
- 1/3 Assisted Living/Enhanced Assisted Living EQUAL Grant Survey Re-Cap & Final Selection (3PM)
- 1/6 IC Course Advising Session – Are you interested in taking a class at IC? (11AM)
- 1/6 Cornell Companions Pet Therapy Visits (2PM)
- 1/7 Tai Chi resumes
- 1/7 Music with the Fortnight Singers (6:30PM)
- 1/14 Music Therapy with Amanda (2:30PM)
- 1/17 Wellness Series: Nature Rx with Don Rakow (1PM)
- 1/18 Cornell Companions Pet Therapy Visits (10AM)
- 1/22 Longview's Legacies: Songwriting Showcase (6:15PM)
- 1/24 Longview Social: Meet the Longview Board of Directors (3PM)
- 1/26 IC Concert: Martin Luther King, Jr Concert at IC (3:30PM)
- 1/27 Death Café (3PM)
- 1/28 Music Therapy with Amanda (2:30PM)
- 1/29 Is This the Time to Buy or Sell? The Current State of the TC Real Estate Market, Pt. 1 (1:30PM)
- 1/31 Chinese New Year Party

Ithaca College Classes Begin Tuesday, January 21!

Holidays:

1/1 – New Year's Day

1/6 – Epiphany

1/20 – Martin Luther King Jr. Day

1/29 – Chinese New Year, Year of the Wood Snake

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

MARKETING & SALES

Kim Owen

Welcome to 2025.

Longview continues to welcome new residents into their newly renovated apartments as the renovation project continues into 2025. Marketing and Sales have been busy working closely with your new neighbors to make their transitions as smooth as possible as they take this big step. And we want to thank you, the residents, for everything you are doing to create a soft landing for them, as well. It has been a joy to work with the **Welcome Committee** made up of Longview residents to give new residents a personable touch when they enter their new home for the first time. Welcome Committee members are making early connections with our new residents by sharing a meal, a cup of coffee and an escort to a new program and introductions to other neighbors. One of the most frequent questions that new residents or their loved ones ask us is whether there is a system to help new residents integrate into the community. Well, there is. Many things have changed over the years at Longview, but one thing that has been steadfast is the

tenacity of our residents and their desire and willingness to help one another because each of them has been there themselves. Walking into an unfamiliar environment for the first time is not always easy no matter what age you are. So, we want to thank the Welcome Committee and all residents of Longview for their partnership.

Longview closes out the year with its **Giving Tree**. Each year we sponsor an organization serving families in Tompkins County. This year we sponsored the families in the HeadStart program at Longview. Longview has hosted the Tompkins Community Action HeadStart program for 20+ years, and we were thrilled to be able to share the Giving Tree with the HeadStart families this year.

We have served hundreds of families and children through the Giving Tree program over the years, and we appreciate the opportunity to give back to the community. This year we collected forty-three gifts, sixteen food baskets and eight \$20 gift cards for the eight families that participated. Participants in the giving included Longview residents and family members, board members and staff and USC Builds who is working on our building renovation project. Thank you to all for making this holiday a little brighter for the littlest ones.

Community Garden update: Longview is the recipient of a generous donation from **Whitmore Fence Company** for all the supplies to put up a sturdy and reliable fence around our soon to be Longview community garden this Spring. Later this month we'll be

able to share more details about garden plans and what's to come.

Another thing we'd like to share with you is that the Sales office is relocating AGAIN. That's right. We're moving to accommodate the on-going growth at Longview by making the two-bedroom apartment we have been utilizing as office space available for renovation. The office will be fully functioning in #302 as of January 1st. This will allow us to market the new apartment renovations right in our own space. There is also an increased demand for renovated two-bedroom apartments, so it just made sense at this time.

Lastly, we welcome Ithaca College Work Study Student, **Angelina Munoz** who joined our team at the tail end of the Fall Semester and will be returning at the start of the Spring semester in January.

The usual reminders...

Resident Referral Program: You can ask any one of us in Marketing and Sales about this program. It 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 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 January!

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

Kim, Brian, Tish and Joe

DID YOU KNOW?

Christina Sterling



The water hyacinth, “considered worse than a plague in many areas of the world,” has been discovered to have some “sterling qualities,” says *The Toronto Star*. The floating purple water flower reproduces at an incredible rate. “Under normal conditions, 10 hyacinth plants can multiply to 600,000 and take over an acre of water in just eight months. As they grow, they mesh together into a thick mat that can make a waterway impassable.” But with roots dangling in the water and absorbing nutrients directly from it, the plants work extremely well as a pollution filter. The common water pollutants such as nitrates, phosphates, and potassium are

needed by the plants to survive, and they also absorb toxic wastes, heavy metals and pesticides. So, some cities have now turned to cultivating the plants for use in wastewater treatment. This certainly is at less than half the cost of conventional systems. The design of this natural pollution filter is truly a testament to the skill of the designer.

TID BITS

New Digital Signage

Ben Hogben

If you frequent the front lobby early in the morning, you may have seen me sitting in a chair with my laptop. Although I have a nice office to work out of, I have been sitting in the lobby early in the morning to make changes to the digital signage that is new to Longview. If you are not familiar with digital signage, it's large monitors (TV screens) that you might see in airports or hotels, and now Longview.

We recently received a grant from the **JM McDonald Foundation** to install digital signage to display important and timely information. As of this writing, there is one in the main lobby and on the fourth floor near the elevator. They will also be installed near the auditorium and on the Garden level. They will be used to display the daily recreation schedule, local weather, current time and important messages. You will also start to see pictures of Longview pets! The digital signage will not replace the paper recreation schedules. Its purpose is to better advertise our wonderful programming, and to keep track of the Ithaca weather!

Longview Store – Looking for Volunteers

Whitney Robinson

The Longview Store is looking for volunteers to sub in when our daily volunteers are not available. This is a great way to meet neighbors and form great relationships! The Longview Store is open on Monday, Tuesday, Thursday and Friday from **10:30 am- 11:30 am**.

As of right now, there is a volunteer spot needed on **Fridays**. If you are interested, please let Recreation know.

JANUARY BIRTHDAYS

Mary Oltz – **January 1st**

Annabelle Wood – **January 1st**

Birdie McGruder – **January 4th**

Cassie Taber – **January 4th**

Doris Baylor – **January 6th**

Audrey Lightner – **January 6th**

Angela Klausner – **January 6th**

Joseph Forest – **January 10th**

Susan Byrd – **January 14th**

Barbara Grady – **January 16th**

Elva Volbrecht – **January 16th**

Ayron Kaplan – **January 18th**

Mary Jirka – **January 19th**

Clara Camilli – **January 20th**

Eliot Schrank – **January 20th**

Lury Wallenbeck – **January 21st**

Marge Callahan – **January 24th**

Connie Von Borstel – **January 27th**

Bonnie Wilhelm – **January 27th**

Helena Kaplan – **January 28th**
Brigitte Wilkin – **January 29th**
Pete Jager – **January 30th**
Ralph Stewart – **January 30th**
Ethel Cratsley – **January 31st**



NEW RESIDENTS

Cody Mushatt (413)
Barbara Littlefair (224)
Toni McDonald (207)
Roberta Sprung (204)
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
Roger & Suzanne Hollands – (321) TBD
Mary Jirka (G24) – Moved from (325)
Leo Gideon (415) – 1/2/25
Sidney Piburn (325) – 2/1/25



2024 HOLIDAY PICTURES



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