## June Special Events:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1</td>
<td>Ithaca Festival Parade! • 5:45 p.m.</td>
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<tr>
<td>6/2</td>
<td>Cornell Companions Pet Therapy Visits • 10 a.m.</td>
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<tr>
<td>6/4</td>
<td>Catholic Confession with Father Martensen • 10 a.m.</td>
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<tr>
<td>6/6</td>
<td>Catholic Mass with Father Martensen • 10:30 a.m.</td>
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<tr>
<td>6/7</td>
<td>Protestant Communion with Rev. Krianne Riehl • 2 p.m.</td>
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<tr>
<td>6/8</td>
<td>Fun with Food Afternoon Tea: Cheese Expert from NYC • 3 p.m.</td>
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<tr>
<td>6/11</td>
<td>Enhanced/Assisted Living Resident Council Meeting • 1 p.m.</td>
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<tr>
<td>6/12</td>
<td>TC Board of Elections: Federal Democratic &amp; Women’s Equality Primary (distribution of absentee ballots) • 11:30 a.m.</td>
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<tr>
<td>6/13</td>
<td>End of Life Decision Making &amp; Care presentation by Emilee Hatch • 3 p.m.</td>
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<tr>
<td>6/14</td>
<td>Fun Birthday Party with Bob Lyna • 7 p.m.</td>
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<tr>
<td>6/15</td>
<td>IC Student Piano Performance: Xiaoyi Shen • 6:30 p.m.</td>
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<tr>
<td>6/16</td>
<td>Trip to the Ithaca Farmer’s Market • 9:30 a.m.</td>
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<td>6/18</td>
<td>Coffee Talk with Mark • 10:30 a.m.</td>
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<td>6/19</td>
<td>Independent Tenant Q&amp;A • 11 a.m.</td>
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<tr>
<td>6/20</td>
<td>Picnic to Stewart Park! • 11:30 a.m.</td>
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<tr>
<td>6/21</td>
<td>Sing-A-Long with Bev • 7 p.m.</td>
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<tr>
<td>6/21</td>
<td>Summer Begins</td>
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<tr>
<td></td>
<td>Fun with Food: The love of strawberries! • 2:30 p.m.</td>
</tr>
</tbody>
</table>
June Special Events Continued:

**FRI 6/22** Jazz Duo at Afternoon Tea • 3 p.m.
**WED 6/27** Picnic in the Pavilion – All are welcome! • 11:30 a.m.
**THURS 6/28** Fun with Food: Grilling & Chilling • 2:30 p.m.

**Shopping Trips:**
- 6/5 – Tops
- 6/7 – Walmart
- 6/12 – Wegmans
- 6/14 – The Thrift Store
- 6/19 – Aldi
- 6/23 – Target
- 6/26 – P&C
- 6/28 – TJ Maxx

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**Happy Birthday!**

Longview’s June Birthday party will be:

Wednesday, June 13 with Bob Lyna
Auditorium • 7 p.m.

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**FRI 6/1** Peter Wood
Scott Taylor
**SAT 6/2** Mary James
**SUN 6/3** Stephen Anderson
Lenore Orrange
**THURS 6/7** Anita Malone
Norma Lee
**SAT 6/9** Harold Cohen
**THURS 6/14** Paul Garvey
**FRI 6/15** Florence Smith
**SUN 6/17** Marge Cobb
**MON 6/18** Mandayam Parthasarathy
**TUES 6/19** Neil Taylor
**FRI 6/22** Ken Horst
**SAT 6/23** Joyce Paleen
**THURS 6/28** Herbert Hartwig
Greg Lockwood
**FRI 6/29** Martinja Briggs
Vernon Briggs
Although summer doesn’t officially start until June 21, we’ve already been spoiled with bright sunny days, flowers and trees in full bloom and longer days to fit in everything we have planned!

Our summer picnics to the local state parks will start this month! On June 20 we will take the Longview vehicles to Stewart Park and enjoy a nice lunch in the great outdoors. All are welcome – Sign-up sheets will be posted on Friday, June 15 at 2:30PM.

We’ll be heading to Grisamore Farms towards the end of June to pick strawberries! Keep an eye on your weekly schedule for a date!

End-of-life Decisions and Care
Wednesday, June 13 at 3:00PM
Join us for a discussion about palliative care and end-of-life decision making. Emilee Lawson Hatch, a local attorney, will lead a discussion to provide you with information about how to make sure your wishes are known, and how to honor the wishes of your loved ones.  We will discuss how to:

- Communicate your end-of-life wishes
- Help your loved ones prepare
- Help you and your family feel confident with your plan
- Make life easier on your health care proxy and loved ones
- Be an effective health care proxy and make decisions for someone with diminished capacity

SAVE THE DATE! Our annual Independence Day Celebration will be held on Tuesday, July 3 starting at 4:30PM. Keep an eye out for flyers and directions on where to sign-up!

Best,
Bree, Bethany, Sarah, Laurie, Soni and Cora

Longview has a new website! Check out www.longviewithaca.org/mylongview to view weekly schedules, newsletters, menus and updated Facebook feed.
Ithaca College Partnership Events  
By Chris Pogorzala

If You Have an Ithaca College ID Card & Want to Use the Fitness Center or Pools:
A new computer program has been installed on campus that affects the use of the campus Fitness Center and Indoor and Outdoor Pools. Because the ID cards created for Longview residents and staff are part of a different system, they don’t currently work for access for these facilities.

If you have an Ithaca College ID card, and wish to use these facilities, you will need to stop in at Bree Nash’s office in Recreation with your ID card and complete a form that requires your ID card number, name, address, e-mail (if you have one), phone and date of birth by June 15. This information will then be submitted for data entry into the new campus system.

Ithaca College’s Outdoor Pool Opens on June 4th!
Longview residents and staff with Ithaca College ID cards who have submitted the form discussed in the previous article by the June 15 deadline, may use the outdoor pool at Ithaca College. A handout on pool use, including guidelines and times it is open, will be available during the first full week of June - on the Ithaca College Information Rack located at the end of the short hallway just inside the main entrance of Longview. Information about the outdoor pool can also be online found at: https://www.ithaca.edu/aecenter/pool/outdoor_pool/

If You Do Not Have an Ithaca College ID Card and Would Like to Get One:
Let Bree Nash in Recreation know that you are interested in getting an ID card. She will be organizing a trip to campus to the ID Office in mid-late June.

Be Sharp! Stay Sharp!
This ‘brain aerobics’ program led by Chris Pogorzala will meet on Wednesdays, June 6 and June 20 from 3-4 p.m. in the Ithaca College Classroom on the second floor. This activity consists of puzzles of various kinds, discussion, humor and creativity to help keep the brain ‘sharp’. All are welcome!

Information on the Ithaca College Course Schedule for Fall 2018
Residents may audit up to six credit hours of courses during the fall and/or spring semesters. Registration is on a space available basis with permission of the instructor and takes place just prior to the beginning of each semester. The Longview/IC Shuttle provides transportation to courses offered in the mornings. The first day of classes will be Wednesday, August 29.

In early August, Chris Pogorzala will offer a presentation about the procedure for auditing courses and will schedule several ‘walk in’ advising sessions to help interested residents look for classes online, complete registration forms and request permission from instructors. Check the July and August newsletters for dates and details on these sessions.
For those who are interested in reviewing the courses offered in Fall 2018, there will be a handout with instructions for looking at the course schedule online available during the first full week of June - on the Ithaca College Information Rack located at the end of the short hallway just inside the main entrance of Longview.

If there are questions about using the online course schedule, let Bree Nash at Longview (375.6335 or bnash@longviewwithaca.org) or Chris Pogorzala at Ithaca College (274.1051 or pogorzal@ithaca.edu).

By late June, Chris should have notebooks available for people to borrow that will have a printed list of the courses offered during the times the shuttle runs. Watch for posters about this and for an article in the July newsletter.

**Summer Hours for Ithaca College Facilities**

During the summer months many of the facilities on campus have limited hours or may be closed for certain periods of time. This includes the library, the fitness center, the pools and the dining halls. Hours of operation of various campus facilities can be confirmed through the College’s web site (www.ithaca.edu) or by calling the facility directly.

**Summer Parking Policy for the Ithaca College Campus**

Beginning Saturday May 19th through Sunday August 26 the following summer parking policy will be in effect.

During this time period, no parking permits will be required to park on campus. Green, Red and Blue parking lot designations will not be enforced.

Fire lanes, no parking zones, timed spaces, accessible spaces and other reserve spaces and lots will be enforced, as they would be during the academic year. Reserved lots include P-Lot (Admissions lot next to PRW), the Visitor Lot and Alumni Hall Lot. Reserved spaces include all maintenance spaces and all spaces designated with green signs that say “Reserved” at the top and all spaces with the Americans with Disabilities Act accessible symbol. Campus parkers will need to adhere to restrictions in lots that are closed for events and construction.

**THANK YOU! THANK YOU! THANK YOU!**

Thank you to all those at Longview who participated in Ithaca College activities over the past semester – our students learned so much from you and enjoyed your company immensely! Special appreciation and thanks also go to all of the Longview staff members who coordinate, supervise, and provide assistance with our students and intergenerational activities.

Have a wonderful summer!
SPIRITUAL LIFE CALENDAR
BY BARBARA RHUDY

FRI 6/1 Welcoming Shabbat in the IC Classroom • All are welcome • 4 p.m.
SUN 6/3 Catholic Communion • 10:30 a.m.
Protestant Worship ~Ms. Karen Kaufman • 2 p.m.
MON 6/4 Catholic Confession • 10 a.m.
Catholic Mass with Fr. Carsten Martensen • 10:30 a.m.
WED 6/6 Protestant Communion with Rev. Kirianne Riehl • 2 p.m.
THURS 6/7 The Cathedral- Great Courses DVD Series Auditorium • 11 a.m.
Hymn Sing with Edna • 4 p.m.
FRI 6/8 Welcoming Shabbat in the IC Classroom • All are welcome • 4 p.m.
SUN 6/10 Catholic Communion • 10:30 a.m.
Protestant Worship with Edie Reagan • 2 p.m.
THURS 6/14 The Cathedral –Great Courses DVD Series Auditorium • 11 a.m.
Hymn Sing with Barbara & Edna • 4 p.m.
FRI 6/15 Welcoming Shabbat IC Classroom • All are welcome • 4 p.m.
SUN 6/17 Catholic Communion • 10:30 a.m.
Protestant Worship –leader TBA • 2 p.m.
THURS 6/21 The Cathedral-Great Courses DVD Series Auditorium • 11 a.m.
FRI 6/22 Welcoming Shabbat IC Classroom • All are welcome • 4 p.m.
SUN 6/24 Catholic Communion • 10:30 a.m.
Protestant Worship with Pastor Richard Lloyd • 2 p.m.
WED 6/27 VOLUNTEER THANK YOU TEA • Auditorium • 2 p.m. • All are welcome
THURS 6/28 The Cathedral-Great Courses DVD Series Auditorium • 11 a.m.
Hymn Sing with Edna • 4 p.m.
FRI 6/29 Welcoming Shabbat IC Classroom • All are welcome • 4 p.m.

PROTESTANT WORSHIP SERVICES
LONGVIEW CHAPEL • SUNDAYS AT 2 P.M.

SUN 6/3 Ms. Karen Kaufman • St. Paul’s United Methodist
SUN 6/10 Ms. Edie Reagan • First Baptist & Hospice
SUN 6/10 To be determined
SUN 6/24 Pastor Richard Lloyd • Formerly of Brooktondale Baptist
**What’s Happening at Longview**

**SAVE THE DATE: Independence Day Celebration**
Join us on Tuesday, July 3 starting at 4:30PM under the pavilion. Keep an eye out for flyers and directions on where to sign-up!

**All You Need to Know about Vitamin D**
Message from Dining Services
Brinda Vijaya Sankar MSc, RD CDN

The sunshine vitamin could help repair heart tissue damaged by stroke, heart attack, hypertension and heart disease. Adequate vitamin D status depends on dietary intake and cutaneous synthesis, is important for optimal calcium absorption which can reduce the risk of bone loss and also keeps our teeth healthy.

Obtaining sufficient vitamin D from natural food sources alone is difficult. For many of us consuming vitamin D fortified foods, being exposed to some sunlight and taking dietary supplement might be required to meet the daily need for vitamin D. As you get older your skin has harder time producing vitamin D. Most intake of vitamin D in the US is from fortified foods and supplements, because it is not present in most of the foods commonly consumed by Americans. The Food and Nutrition Board recommended daily intakes of vitamin D for seniors is 600-800 IU.

Fish such as swordfish, salmon & tuna – 150-500 IU per 3oz
Egg yolk – 41 IU
Vitamin D fortified dairy products – 80-125 IU per cup
Vitamin D fortified fruit juice – 137 IU per cup
Fortified grain products 40 IU per cup

If you feel your daily intake of Vitamin D is < 800 IU, it is advisable to take Vitamin D supplement not exceeding 4000 IU in consultation with your physician.

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Check out Longview’s website: www.longviewithaca.org. It’s mobile and tablet friendly!

To view current recreation schedules, menus, newsletters, etc. visit [www.longviewithaca.org/mylongview](http://www.longviewithaca.org/mylongview)
Good Neighbor Award

Longview is full of great people who make great neighbors. Our Good Neighbor Award shines a light on the people who go above and beyond for others in the community. Congratulations to the **Kazoo Band - June's Good Neighbor Award Recipient.** Don’t miss the opportunity to recognize your neighbors for being outstanding!!

“I nominate the members of the Kazoo Band because of the time they devote for our entertainment. They spend one hour or more on Monday afternoons each week to practice and then perform for us as the MAD HATTERS’ BAND at their monthly productions. We are thankful for your talent and efforts!” Names & pictures on page 9.

The Kazoo Band was nominated by a thankful neighbor who would like to remain anonymous.

Nominate a Good Neighbor

We’re lucky to have so many good neighbors here at Longview. You might know someone who waters your plants for you when you’re away, or delivers packages to your door, or checks in on you when you’re not feeling well. Our Good Neighbor award aims to shine a light on those residents or tenants who go above and beyond.

No deed is too small! Nominate someone who has done something to make someone else’s life a little easier or brighter. **Fill out the form below and return it to the box outside the DCR office on the 3rd floor by 5 p.m. on June 26.** Staff will determine this month’s Good Neighbor from the submitted nominations. The Good Neighbor will be notified in advance of the story that will appear in the Longview News. Questions? Call Justina in the DCR office at 375-6315, email jfetterly@longviewithaca.org or stop by the DCR office on the 3rd floor just past the Business offices.

I nominate ________________________________________ (resident/tenant name) for the Good Neighbor award for the following reasons/actions:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

(Please use specific examples if possible. Attach an additional sheet of paper if necessary.)

My name: ___________________________________________________

____ I wish to remain anonymous.     ____ You may print my name.
GOOD NEIGHBOR AWARD

THANK YOU to Longview’s KAZOO BAND MEMBERS:

Present:
Eleanor Barnard
Doris Baylor
Muriel Chaires
Ed Gasteiger
Wilma (Winki)
Hohwald
Meredyth Jones
Paul Jones
Steve Jones
Mitzi Jones
Carol Kimball
Bobbie Lefler
Chieko Pipa
Ruth Rothschild
Connie Scott
Tamara Scott
Roy Thaler
Elsie Jo Trawick
Iona Uhler
Patricia Watkins
Charlotte Young
Barbara Zimet

Past:
Jean Anderson, founder
Sue Cotton
Nancy Gwynne
Leslie Hendrickson
Jean Hyde
Joyce Laurence
Grace McQueen
Lucy Saltzman
Virginia Stephen
Marie Witzel
Leonard Zimet
**Resident Contribution**

We want to hear from YOU! Residents and tenants are encouraged to contribute to the Longview News. Do you have a story to tell? A fun fact to share? Information you want spread? Then submit an article. Deadline for the January issue is June 26 at 5 p.m.

**A Midnight Meditation**
*By Vivian Pyke*

In the middle of the night, as sleep evades me. I stand by the open window and look across the river onto a softly lit scene. Though I can’t see it from where I stand, I know the moon is shining. The trees on the island across the water are perfectly silhouetted against the mirrored river. Bushes in my yard glow with a brilliance they could never achieve in daylight. The silence is profound.

At first the sky seems empty, but as my eyes adjust, I begin to see tiny sparks of light coming from eons away. I am in awe. The size of the universe is unfathomable, and I feel like a tiny, insignificant speck.

I shiver as the brisk air begins to seep into my being. As I stand here in this quiet moment, all my daytime roles -- housekeeping, mother, grandmother, friend, writer -- fall away, leaving my essential self exposed and raw. I feel naked and vulnerable in the presence of the Holy. As I continue to watch and meditate, I slowly begin to feel a benevolent acceptance of the who that I am. A deep sense of calm permeates my spirit.

It is enough to just be.

**Don’t Miss It: New display in the Garden level**

Check out the case displays in the Garden dining room and hallway outside of the dining room.

In the dining room you’ll find the Patsy Ann doll, on loan by Pat Watkins. It was given to Pat when she was three by her great-grandmother, and it rarely left her side as a young girl. Also on display you’ll find clothes that Pat’s mother sewed to match her daughter’s outfits! Learn more about the doll that was created in 1930’s by stopping down!

In the hallway outside of the dining room, you’ll find a historical collection of dolls from the Wizard of Oz. From The Good Witch of the South, to Dorothy and of Oz himself plus dolls from other various collections. These are on loan from Rose Jordan Bish, an avid doll collector since the mid-70s, who is Longview staff member Rick Ricardo’s mother-in-law.

Enjoy the displays! Please be mindful of breakfast, lunch and dinner times as to not disturb residents in the Garden while they are eating.

Thank you to BJ Goetz for spearheading this project!
SUBSCRIBE TO LONGVIEW NEWS

Interested in receiving a copy of the monthly Longview News? Complete the form below and return to the box outside the development & community relations office.

In order to be as resourceful as possible, the Longview News is only distributed to those residents and tenants that subscribe. Or, if you prefer, you can sign up to receive a copy via email.

You can change your mind at any time and unsubscribe or re-subscribe. There are always extra copies of the Longview News out front near the Case Managers’ offices as well.

(Please note: this does not apply to Patio Homes tenants who will continue to receive the Longview News via email only.)

YES! I want to receive a copy of the Longview News each month!

My preference is: (please check one option only)

_____ Paper Copy
My name: ____________________________
My address: __________ Bella Vista Drive

_____ Electronically via email
My name: ____________________________
My email address: __________________@__________.

Editor:
Justina Fetterly

Contributors:
Bree Nash
Chris Pogorzala
Vivian Pyke
Barbara Rhudy
Brinda Vijaya Sankar
Liz Yale