

## FEATURE

### Super Agers: Thinking Strong and Living Stronger

Joe H. Zerbey VI

Aging is a challenge we all face. It is one of the aspects of life that binds us, allowing us to share our journeys and experiences with each other. Here at Longview, our recreation department, and our community as a whole, value and perpetuate a sense of physical, mental, and spiritual activity. Whether it is pursuing creativity, mastering a craft or game, or simply chatting for hours with your friends, each plays a vital role in one's health and happiness. Who can deny that we all enjoy being happy and healthy?

AARP Bulletin's November issue recently published an article titled "Super Agers: How they Live Longer – Think Stronger – Enjoy Life More" that went over some facts and habits of said "Super Agers," which are defined by their cognitive efficiency while in the midst of their 90's and beyond. This article illustrated seven key factors in super agers' ability to remain mentally and physically fit, these factors being written by Sari Harrar, who I will heavily reference in this article.

You can find the original article here:

<https://www.aarp.org/health/healthy-living/info-2023/super-ager-secrets.html>

Because Longview seeks to advocate for life-long health, happiness and activeness, we saw it fit to directly relate these factors to what residents might find themselves doing on campus, so they, too, can be super agers! Join us as we go over these factors and how you can incorporate them into your everyday lives here at Longview!

#### **Factor #1 – Blood Sugar/ Blood Pressure**

Super agers are mindful of their nutritional intake, tending to be more focused on whole grains, veggies, leafy greens, nuts, berries and fish, low in red meat, butter and sweets. According to a 2015 Rush University study of 960 older adults, this change in diet slowed brain aging by 7.5 years and kept thinking and memory sharper. Longview offers a variety of dining options for any dietary need, so all residents have access to exactly the food they prefer. Simply talk to the dining staff and they will do everything in their power to compensate you.

#### **Factor #2 – Talk to Your Friends!**

According to a 2023 Japanese study in the journal *Neurology*, older adults who connected and conversed with friends every day had less shrinkage in key brain areas than those who rarely talk or see relatives. Remember, humans are social creatures, so we are hardwired to socially bond and share

our thoughts and feelings with others. Longview's community is friendly and welcoming. Don't hesitate to reach out to your neighbor, attend a musical gathering or recreational event. Striking up a conversation is a great way to learn more about yourself and the world around you!

### **Factor #3 – Don't Stress, Be Mindful**

A recent three-year Danish study found that depression doubled risk for dementia, and a 2023 study found that those with the perceived high stress levels had a 37 percent higher risk for memory problems compared with those reporting low stress levels. Another study found that older adults with depression who got treatment — including medication and talk therapy — were up to 32 percent less likely to develop dementia over 10 to 14 years than those who didn't get help.

It's important to remember there is much about life that is out of our control. It can be difficult to focus on what you can control, given the amount of global and even local chaos surrounding us. The most important aspect of mindfulness is being able to control how we feel and react to stimuli. Doing something that relaxes you or fulfills you is imperative to having low stress levels. With a lovely nature trail, our cozy lounges, as well as plenty of recreational activities to ease the mind or find peace, residents have much to occupy their minds.

### **Factor #4 – Prioritize Sleep**

During slumber, your brain clears away toxic waste that builds up early in the development of Alzheimer's disease.

With the pleasantries of a clean room, comfortable bed and a vibrant view of

nature beyond their patio, residents will find it much easier to sleep. To aid in this, recreation offers exercises in the morning and various opportunities for movement and music, as well as a writing group and walking group outings. With these combined, a well scheduled day full of mentally and physically satisfying activities assists with easing the mind and body into a sense of natural fatigue. This leads to better sleep and a more fulfilling morning.

### **Factor #5 – Vision and Hearing**

University of Washington researchers found that at-risk older adults who received hearing aids showed thinking and memory losses that were 48 percent slower compared with those who didn't get hearing aids. Similarly, a study of older adults with cataracts found that those who had cataract surgery had a 29 percent lower risk for dementia for up to 24 years compared with those who did not have the procedure.

Often times we will shirk things about our health that we consider "little." Whether we are busy with our passions and hobbies, or other creative pursuits, it can be easy to forget to take care of our health. Vision and hearing are no exception. If problems begin to occur, it is best to see a professional as soon as possible. Only *you* have the power to act.

### **Factor #6 – A Little Push Goes a Long Way**

Spanish researchers followed a cohort of 119 people, ages 70–85, for eight years; among that group were 55 super agers who scored at least 20 years younger than their years on brain tests. Researchers found that what distinguished super agers most profoundly was that they have greater speed, mobility, agility and balance than typical

older adults — despite reporting the same exercise frequency.

As mentioned earlier, activities and exercises are available to all residents and are recommended. When performing tasks alone, please use caution. Although it is good to push one's self, to overextend is to invite harm, so please be calm and careful, only pushing yourself if it is within your comfort level.

### **Factor #7 – Exercise Your Mind!**

Super agers did crossword puzzles and Sudoku games more often than “normal agers” in the Spanish study. They were also more likely to frequently read, listen to music, go to concerts and movies, travel, play cards and board games, do something creative such as handicrafts or performing in a play, and attend lectures. “Variety is beneficial,” says brain-game researcher Aaron Seitz, professor of psychology, physical therapy, art and design at Northeastern University. “Your brain needs to do a lot of different things. If we want to do them well, science and common sense suggest exercising it in a lot of different ways.” Super agers tend to move out of their comfort zones and share a willingness to endure discomfort to master a new skill such as playing a musical instrument or learning a language.

Don't hesitate to travel to new locations with Longview's recreation department! They visit trails, shopping centers, museums, theaters, you name it. The newer the stimuli, the better. Let's get out there and see the big, beautiful world together!

Please feel free to provide feedback on this newsletter's contents to either myself at [jzrbey@longviewwithaca.org](mailto:jzrbey@longviewwithaca.org) or Christina

Sterling at [csterling@longviewwithaca.org](mailto:csterling@longviewwithaca.org). We want to keep the newsletter relevant, fun and to the liking of all those who read it. Thank you again for your support.

## **SPIRITUAL GUIDENCE NEWS**

**Preachers for December worship services, Sundays at 2:30 pm in the auditorium:**

**December 3/Brooke Newell**

**December 10/Debbie Allen**

**December 17/Lisa Christian**

**December 24/Brooke Newell**

**December 31/Sunshine**

**Friday, December 8, 3 PM**, Matthew Hall will conduct communion for Roman Catholics in the Chapel, celebrating the Feast of the Immaculate Conception.

### **Shabbat Service with IC Students**

Friday, December 1, IC students will again visit for the observance of Shabbat in the Chapel at 4:00. All are welcome!

### **Hanukkah Celebration**

**Wednesday December 13, at 4:00** with the youth group from Congregation Tikken Ov'or in the Auditorium.

## **RECREATION**

Winter is among us! We have much to celebrate in December: Hanukkah, the winter solstice, Christmas, New Year's Eve and more! With the Holiday Bazaar kicking off this month (Saturday, December 2), the Recreation staff would like to extend a thank you (in advance) to the many volunteers, residents, staff, family and community members who worked alongside us to make

the Bazaar such a great success. Thank you again for being part of our Longview family!

Holiday Stamps are available in the Longview store!

**Meet & Greet with IC Occupational Therapy Students – Tuesday, December 12 from 2-3:30PM**

Students from Jessica Taves' Human Development course is looking to learn more about YOU and your perspectives on aging!! If you enjoy sharing your experiences and views on aging and your life, please join us for this interactive fun time! Students will be learning about development from YOUR perspective. The questions on aging will focus on physical, cognitive and emotional development, as well as relationships, work and career. Sign up in the Craft Room on the 3<sup>rd</sup> Floor. Questions? Speak with Bree in the Recreation Department.

**Events & Entertainment:**

Friday, 12/1 – Shabbat with IC Hillel  
Saturday, 12/2 – Longview's Annual Holiday Bazaar!  
Monday, 12/4 – Cornell Companions Pet Therapy Program  
Monday, 12/4 – Introduction to Meditation with Mary Ann Erickson  
Tuesday, 12/5 – Music with The Fortnight Singers  
Thursday, 12/7 – Happy Hanukkah! Hanukkah begins at sundown  
Friday, 12/8 – Roman Catholic Communion to Celebrate the Feast of the Immaculate Conception  
Friday, 12/8 – Musical Performance with the Monteiro Duo (piano and voice)  
Monday, 12/11 – ALR/EALR Council Meeting

Monday, 12/11 - Introduction to Meditation with Mary Ann Erickson  
Monday, 12/11 – Harmony Falls, Women's Barbershop Choir Performance  
Wednesday, 12/13 – IC Course Advising Session, Are you interested in taking a class at IC?  
Wednesday, 12/13 – Hanukkah Celebration with Tikkun Ov'or  
Thursday, 12/14 – Lifelong Senior Acting Troup: Memories on the Theme of Love performance  
Thursday, 12/14 – Hanukkah Celebration with Rabbi Eli  
Friday, 12/15 – Gingerbread House Decorating  
Friday, 12/15 – December Birthday Party and Music with Bob Lyna  
Saturday, 12/16 - Cornell Companions Pet Therapy Program  
Monday, 12/18 – Holiday Gift Wrapping with Recreation! Need assistance wrapping a present?  
Monday, 12/18 – Solstice Belly Dancing Performance by the Mirage Belly Dancers  
Thursday, 12/21 – First day of Winter  
Thursday, 12/21 – Ornament Decorating with Girl Scouts  
Thursday, 12/21 – Christmas Carol Sing-Along  
Friday, 12/22 – Holiday Karaoke!  
Monday, 12/25 – Merry Christmas!  
Administrative Offices Closed for the Holiday with interest.

## MARKETING AND SALES

### Choose Your Neighbors!

Do you know someone who would be a great addition to the Longview community? What if you could choose them to become a new neighbor? Now you can!

As our way of saying “thanks” for the referral, you will receive a \$1,000 incentive for each person you refer, provided that:

- 1. Your referral is not already in our marketing and sales database**
- 2. Your referral is approved for residency and moves to Longview within six (6) months of the date you make the referral.**

This referral incentive program applies to all independent and assisted living accommodations at Longview. Your referral incentive will be paid within 30 days after your referral moves in. If more than one resident refers the same person, the incentive will be paid to the first person who completed the referral form.

There is no limit to the number of referrals you can make. Have fun with it and enjoy this rare opportunity to choose your neighbors!

Recently a notice and the required form was delivered to all Longview residents. Please stop by and talk to Kim in Marketing or give her call at 607-375-6360 or email at [kowen@longviewwithaca.org](mailto:kowen@longviewwithaca.org) if you have any questions or need additional forms.

## TIDBITS

Ron Poley and Janet Peck

A BIG THANK YOU to all the Longview Residents who have contributed to the “Annual Staff Gift Fund” this year. Longview collected \$9,469.00, plus \$295.00 monies left from last year. In total, there was \$9,764.00 to distribute among 54 staff.

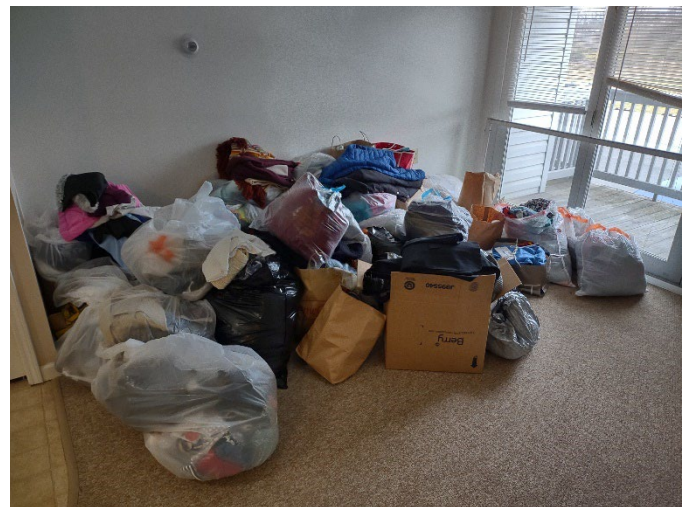
The distribution was as follows:

- 11 – staff over 4 years
- 8 – staff 2 to 4 years
- 20 – staff of 6 months to 2 years
- 11 – under 6 months
- 4 – per diem

If you would still like to contribute to the fund, you still can. The money collected will go into the “Staff Gift Account” and distributed along with next year’s gifts. Simply make a check out to “Longview” with “staff gift” on the memo line and place the check in a sealed envelope, or you may also make a cash gift in a sealed envelope with “staff gift” marked on the envelope. Put all envelopes in the mail slot labeled “Business Office,” located across from the double elevators located on the 3<sup>rd</sup> floor.

Thanks again, Janet Peck, Gift Coordinator

Ann Buddle



Thank you to the Longview Community for all the donated cloths pictured above. Every article of clothing received will be a gesture of caring for the unfortunate. Your donations will be received by St John’s Community Services of Ithaca, who provide for the homeless. Also, a “thank you” to our maintenance staff who gathered up the

donations, and to Joe Zerbey VI, who also ably assisted.

Longview enjoyed a “turkey of a day” with John Alvarez. Who knew that turkeys are incredibly curious and inquisitive animals who enjoy exploring. Turkeys are highly intelligent animals who, just like dogs and cats in our homes, are playful individuals with unique personalities. Turkeys form strong social bonds and can even show affection towards one another. Thank you, again, John.



We hope you all had a happy Thanksgiving! In this time of giving thanks, we give ours to you, our Residents and staff. Without your loyalty, your feedback, and your support, we wouldn't be where we are today.

One of the greatest gifts in life is friendship. Friends are the family we choose and we are grateful for our Longview family.

## DECEMBER BIRTHDAYS

December 3<sup>rd</sup> - Judy Wheaton  
December 4<sup>th</sup> - Norma Kalk  
December 16<sup>th</sup> - Phebe Cook  
December 17<sup>th</sup> - Janice Lawrence  
December 19<sup>th</sup> - Rick Sutta

December 21<sup>st</sup> - Patricia Smith  
December 24<sup>th</sup> - Virginia Bizzell  
December 26<sup>th</sup> - Dorothy Stansel  
December 27<sup>th</sup> - Stan Ellis  
December 28<sup>th</sup> - Joan Reppert  
December 30<sup>th</sup> - Beverly Beach

## NEW RESIDENTS

Gale & Neil Stockton – Dec 1<sup>st</sup>  
Marge Callahan – Jan 1<sup>st</sup>  
Elva Vollbrecht – Garden Level #25

## IC PARTNERSHIP

Angela Darling

Mary Ann Erickson, IC Professor, will be hosting an Intro to Meditation session on Monday, December 4 & Monday, December 11 from 3:10-3:50pm. It will be held in the Interfaith Chapel. Everyone is welcome to join! You may have little to no experience in meditation! After discussion, we felt it would be best at this time to have it to be open and residents just drop in if they want to join, no sign up necessary.

Please contact Bree Nash at **[Bnash@longviewwithaca.org](mailto:Bnash@longviewwithaca.org)** or Angela Darling at **[Adarling@ithaca.edu](mailto:Adarling@ithaca.edu)** with any interest or questions.

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