

## FEATURE

### Longview Employee Spotlight: Pamela Nardy

Joe H. Zerbey VI

Longview has made many residents and employees welcome over the years. With so many faces coming and going, it can seem difficult to keep track of everyone in all the wings, floors and departments. However, there is one face everyone knows, a face that has been with us for a long time. That face belongs to none other than Pam Nardy.



She has been a loyal and heartwarming employee, assisting in multiple departments, as well as staying by Longview's side during the dreadful start to the Covid 19 pandemic. With Pam's aid, we can say with certainty that Longview has been made all the more welcoming and wonderful.

With her recent return to Longview, after taking some much-needed recovery time, we decided to conduct a short interview with her, for those who are and are not familiar with Pam and her history with Longview.

### Interview:

1. *How long have you been a part of Longview?*

“21 years.”

2. *What is the most rewarding part of your job?*

“Boy, that's so tough. I think the people that I work with, the residents, the staff, the families. Being able to be a part of their lives. They share their lives with you and it's just marvelous.”

3. *What is your favorite area of the Longview Campus?*

“The grounds, the woods. I like the outdoors. The Broadhead Trail is wonderful.”

4. *What has been your best moment with a resident so far?*

“After 21 years' worth, good heavens. So many memories. I have to say, though, when I was out, I got cards and notes from people and it touched my heart, y'know? I was out a long time. They went through the trouble to make sure I was ok.”

5. *What makes Longview special to you?*

“It will always be the people. The residents, the staff. I’ve been around a long time and this place is a community. If someone gets sick, everyone knows and is there for them.”

6. *What is your favorite event that Longview hosts?*

“I like the 4<sup>th</sup> of July Celebration. It’s wonderful because residents come, their families come. It’s a real community experience and I like that. I like the Bazaar, too. I think that’s a marvelous thing. I think it’s great how everyone gets together.”

7. *Anything else you’d like to say about Longview?*

“Longview really is a family and a community. Someone moves in and they make their own little unit of friends, who become their family. I like how they have the Ithaca College Partnership. It’s a great plus, the infusion of young people. It makes a big difference, it really does. I went to Ithaca College for a gerontology degree and I volunteered at Longview. I thought, gee, that would be a nice place to work in the future. I started when the main building was new. 21 years later, I never left.”

As usual, Pam was wonderful to talk with. I and many others at Longview are grateful to have her on the team.

Please feel free to provide feedback on this newsletter’s contents to either myself at [jzerbey@longviewithaca.org](mailto:jzerbey@longviewithaca.org) or Christina Sterling at [csterling@longviewithaca.org](mailto: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

### **Guest Preachers for the Protestant Worship Service:**

**April 7** - Ms. Carol Hockett, Forest Home Chapel

**April 14** - Rev. Darren Rowles, Hillside Alliance Church

**April 21** - Ms. Susan Spear, Forest Home Chapel

**April 28** - Major Sunshine, Salvation Army -- following worship on 4/28, there will be a short choral performance from the Lansing United Methodist Church choir!

### **Celebration of Life**

On Thursday, April 25, at 1:30 pm, we will have a Celebration of Life service in the auditorium to remember the following residents:

**Vernon Briggs**

**Dorry Norris**

**Gloria Barrett**

**Imogene Stoner Hyde**

**Mary Adesso**

**Bill Bergmark**

### **Shabbat**

Jewish students from Ithaca College will visit on **Friday, April 26 at 4:00 pm** to help us celebrate Shabbat in the Interfaith Chapel (3rd floor). All are welcome!

### **Stretch Your Spirit**

On **Wednesday, May 1st at 1:30 pm**, Stacey Smith will come to introduce us to "Buddhist Heart Practices" in the auditorium.

For more information on any of these events, please contact our Spiritual Life Coordinator, Brooke Newell.

## RECREATION

Bree Nash

We have an exciting month planned! We have many programs planned with guests coming to Longview as well as trips in the community. If you have any questions about the weekly recreation schedule, Whitney is holding a question-and-answer program Monday mornings for you to come and ask questions.

We'd also like your feedback on current programs as well as programs you'd like to see more of! This is a friendly reminder to fill out the Recreation Survey that was delivered to you mid-March. Can't find your copy? Stop by the Recreation Department and we'll give you another survey.

### Special Dates:

- 4/1 – April Fools' Day
- 4/8 – Solar Eclipse!
- 4/8-9 – Ithaca College April Break
- 4/22 – Earth Day/Passover Begins at Sundown

### Events & Entertainment:

- 4/1 – Cornell Companions Pet Therapy Visits
- 4/2 – Music with The Fortnight Singers
- 4/5 – Coffee with Cheryl
- 4/5 – Wellness Series: Benefits of Therapeutic Massage

4/6 – IC Astronomy Club Presentation: Solar Eclipse Iceberg

4/8 – Assisted Living/Enhanced Assisted Living Resident Council Meeting

4/8 – Viewing the Solar Eclipse!  
Appropriate safety glasses will be provided!

4/11 – Mac 'N Cheese Taste Test

4/11 – IC Music Performance (at Ithaca College): After Dinner Mint

4/12 – April Birthday Party with Bob Lyna

4/13 – Opus Ithaca Musical Performance

4/13 – Cornell Juggling Club: Performance and workshop!

4/15 – Recreation Committee Meeting

4/16 – Food Committee Meeting

4/16 – Music Therapy with Amanda

4/17 – Building Committee Meeting

4/18 – Garden & Grounds Committee Meeting

4/18 – Longview Social Club

4/19 – Team Longview-Ithaca College Alzheimer's Mini Walk with the Maplewood Jazz Trio

4/20 – Cornell Companions Pet Therapy Visits

4/21 – IC Music Performance (at Ithaca College): Dorothy Cotton Jubilee Singers

4/25 – Celebration of Life

4/26 – History Center Tour!

4/26 – Hillel with Ithaca College

4/27 – Cornell University Estate Planning: Discussion and Information Session

4/30 – Music Therapy with Amanda



## Community is Everything: "What's Cooking in the Longview Kitchen" with Chef Matt and Mary

## MARKETING AND SALES

Kim Owen

We've moved! Marketing and Sales has finally moved into new office space and we're now located in #309. Same rules still apply, if the door is unlocked then come on in. There are a few changes recently that I'd like to share with you. Our Senior Living Counselor, Kylie Morse, will be taking a leave of absence until further notice. I know she has been very helpful in her former role as Resident Advisor to many of our residents and she carried on some of that when she moved into her current position, Senior Living Counselor, full time. We do not currently have a designated person as the Resident Advisor but myself and Joe will assist with any needs for the time being.

We held our first of three in the series of our **Community is Everything** Spring events for prospects in the community interested in a future move to Longview. It was entitled "**What's Cooking in the Longview Kitchen**". Chef Matt presented an Italian dish, Chicken Riggi, where he did a culinary demonstration right on the spot with an audience of 25. It was a huge hit and many went back for seconds. Many thanks to Matt and Mary for a fantastic presentation.

Our first **Wellness Series 2024** event on March 8<sup>th</sup> was the topic of Nutrition in support of National Nutrition Month. We welcomed Jill Seeley, R.D. from FoodNet Meals on Wheels for a discussion about nutrition and keeping things healthy with what we already have in the pantry.

Next up in our monthly **Wellness Series** is **The Benefits of Therapeutic Massage with Katie Barnes, LMT of Rasa Spa** on



Friday, April 5th. She will be discussing how massage can help alleviate aches and pains and why it is a great addition to one's regimen for staying well. She will also be doing a demonstration with someone from the audience.

Our **Wellness Series** is not only open to Longview residents but we are also inviting our prospects from the community to attend. We think this will help others get a better idea of what Longview is about and perhaps help them further along the path to moving to Longview eventually. So, keep in mind that these programs are considered part of our marketing efforts and that we appreciate your input and attendance. If you have any ideas for a topic that you'd be interested in just let Kim or Bree know. These programs are put on in partnership between Marketing & Sales and Recreation & Community Partnerships and will be the first Friday of each month and will be listed on the weekly recreation schedule. Longview residents **do not** have to register to attend.

*Just a few 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.

Lastly, please welcome your new neighbors. Longview welcomed seven new residents in March and we have two more new residents coming in April.

## TIDBITS

Ron Poley

Something new is on its way to Longview! Raised gardens will likely be coming to decks and patios for independent living, for those who are interested. I will be conducting a survey soon. Look for a survey shortly!

## LONGVIEW LIBRARY

Janice Lawrence

The Longview book club has not yet started, but there is still plenty of time to sign up!

The books we read and discuss will be coming from the Tompkins County Public Library and NOT the Longview Library.

## APRIL BIRTHDAYS

Barbara Cutter - April 20th

Karen Hays - April 23rd

Daniel Henry - April 13th

Dawn Landwehr - April 18th

Lois McNamara - April 29th

Bonnie Richmond - April 12th

Lillian Robbins - April 8th

Wilda Wyse - April 11th

Mickey Stevens - April 29th



Audrey Ginenthal - April 5th  
Reba Myers - April 9th  
Robert Buckman - April 30th  
Timothy Martin - April 16th  
Peg Congdon - April 3rd  
Wayne Horton - April 6th  
Margaret Lawless - April 23rd

## NEW RESIDENTS

Harry Caraco (327C) – 3/16  
Dennis and Louise Osika (320B) – 3/29  
Neal Racinowski (230C) – 3/1  
Steve and Beth Suddaby (PH 139) – 3/1  
Donna Sokol (344C) – 3/10  
Gloria and Harlan Vatland (333C) – 4/15

## NEW HIRES

Kelly Proctor – Recreation Assistant

## IC PARTNERSHIP

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 concerning Ithaca College or Recreation.

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## EXTRAS

