

SPIRITUAL GUIDANCE NEWS

Brooke Newell

Preachers for April:

April 6 - Ms. Jami Breedlove, St. Paul's
United Methodist

April 13 - Ms. Carol Hockett, Forest Home
Chapel

April 20 - The Rev. Felicity Wright, author
and spiritual director

April 27 - Brooke Newell

Stretch Your Spirit

On Wednesday, April 9, at 1:30 pm, Ms. Leslie Ihde, local artist and therapist, will lead us in "Contour Line Drawing as Meditation." Drawing materials will be provided. This program will take place in the auditorium.

Model Seder with Cantor Richard Rosenfield

On Thursday, April 17th, Cantor Richard will return again this year for the opportunity to learn more about Passover. This event is interactive as Richard leads us through the elements of the Seder meal.

This program will take place in the auditorium. Look for the sign-up sheet on the board by the craft room.

Roman Catholic Mass

Father Dan from Cornell Catholic Campus Ministry will return on Thursday, April 24th to lead mass in the 3rd floor Chapel.

Roman Catholic Stations of the Cross

Stations of the cross devotions continue Friday's April 4-18 in the 3rd floor Chapel. These are led by Ms. Mary Lou Bailey of St. Catherine's Church.

RECREATION

Bree Nash

April Happenings:

- 4/1 Coffee with Cheryl (2:30PM)
- 4/4 Wellness Series: CBD for Health & Wellbeing with Rebecca Stevenson (1:30PM)
- 4/4 IC Speaker Series: Bio-Inspired Medical Glue; Learning Tricks from Nature with Andrew Smith (3:30PM)
- 4/5 IC Speaker: Park Promotions, IC's Student Media Organization; Social Media, TikTok Trends & Internet Safety (2:30PM)
- 4/6 Ithaca Suzuki Music Education: Advanced Heifetz Violin Ensemble (4PM)
- 4/7 Cornell Companions Pet Therapy Visits (2PM)

- 4/9 Stretch Your Spirit: Contour Line Drawing as Meditation Leslie Ihde (1:30-3PM)
- 4/9 IC Speaker: Venetian Dialect & the Culture of the Veneto Region with Marella Feltrin Morris (6:15PM)
- 4/11 Music with the Maplewood Jazz Trio (3PM)
- 4/14 Assisted Living/Enhanced Assisted Living Resident Council Meeting (1:30PM)
- 4/15 Music with The Fortnight Singers (6:30PM)
- 4/16 Book Club Discussion: Boys on the Boat by Daniel James Brown (3PM)
- 4/17 Model Passover Seder with Cantor Richard Rosenfield, All are welcome (1:30PM)
- 4/17 Opera Ithaca Talk: Lucidity (6:15PM)
- 4/18 April Birthday Party with Bob Lyna (3PM)
- 4/19 Cornell Companions Pet Therapy Visit (10AM)
- 4/19 Social & Games with Cornell PATCH Student Organization (2PM)
- 4/22 Alzheimer's Association Series: Healthy Living for your Brain & Body (2:30PM)
- 4/23 Mini Walk to End Alzheimer's, Walk with Team IC-Longview Partnership (10AM)
- 4/23 Music with Annie Ol' Thyme (6:15PM)
- 4/25 Longview Social: Ithaca College-Longview Partnership (3PM)
- 4/28 IC Course Advising Meeting, Are you interested in taking a class at IC? (1:15PM)
- 4/28 Death Café: Gather to eat cake, drink tea and discuss death (3PM)

4/29 Music Therapy with Amanda (2:30PM)

4/30 IC Speaker: Standup Comedy with Carlos Figueroa (6:15PM)

Intergenerational Death Over Dinner Potluck Gathering

Tuesday, April 29 from 7-8:30PM

This Death Cafe event provides the opportunity for contemplation and discussion of topics related to the end of life. All are invited (but not required) to bring a dish - because every conversation is better with it involves good food! Please RSVP to Elizabeth Bergman ebergman@ithaca.edu or Bree Nash bnash@longviewwithaca.org.

Holidays:

4/1 April Fools' Day

4/12 Passover Begins at Sundown

4/13 Palm Sunday

4/20 Easter

4/22 Earth Day

4/24 Holocaust Remembrance Day

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

MARKETING & SALES

Kim Owen

Thank you, **AGAIN**, to all the residents who participated in the Community Garden bake sale on March 21st to help raise money for the Longview community garden.

We raised \$485 and sold everything on the table. Our running total is \$1,025. If you would like to help our garden grow you can

do so by clicking on this QR code



or click on [Ithacare Center Service CO Inc - Longview Donation Gallery](#) to donate.

Spring has finally sprung, and Longview is still full speed ahead on its renovation project. Phase 2 is scheduled to be completed by the end of March with several new residents awaiting their April move-in to Longview. It's going to be another busy month, and we welcome the excitement and anticipation of the wait. Phase 3 has been approved and will begin sometime this Spring. We've continued to make our two-bedroom apartments a priority for renovation as they have been in greater demand since the start of the project. Currently, we have also started a wait list for two-bedroom units.

Also of note, there has also been an increase in couples moving into Longview within the past year. Additionally, one-bedroom apartments and the occasional studio are currently available. Although we are not fully renovating our studio units, we are making updates to the flooring, fixtures, and a/c units. Our assisted and enhanced assisted

living units will also be getting updates to keep consistent with the more modern look.

It's April which means we'll be holding our **annual Mini Walk to End Alzheimer's** on the Longview campus. Please join us on **Wednesday, April 23rd from 10 – 11:30am** at the Patio Home Circle neighborhood for music, swag, and fun with Longview residents, loved ones and staff and IC faculty and students for a cause that is important to everyone at Longview. This event will be held rain or shine. If the weather is inclement, it will be held in the auditorium. This event is held in partnership with the Alzheimer's Association of CNY and the Ithaca College/Longview Partnership.

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.

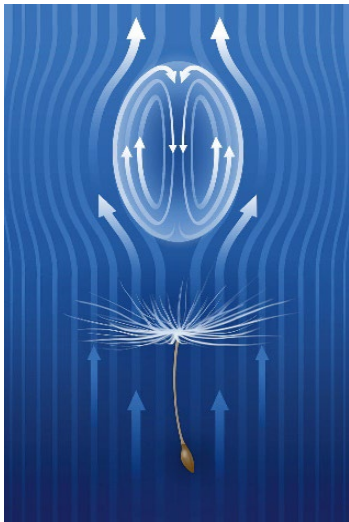
Say Hello! Please welcome your new neighbors in April! The Marketing and Sales team continues to work closely with the Welcome Committee of residents to help new residents with as smooth a transition as possible.

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

DID YOU KNOW?

The Flight of the Dandelion Seed

Christina Sterling



This is the time of year is when the Dandelion flower pops its head up. Some call it a noxious weed. Personally, I believe Dandelion's get a bad rap because to me, they are a vibrant,

glorious yellow billowing the fields with beautiful color. Did you know that Dandelion seeds are among nature's best fliers? When the wind blows through a dandelion head, dozens of tiny seeds

become airborne, behaving like mini parachutes. Despite becoming airborne near the ground, some may float with the breeze for a kilometer (0.6 mi) or more.

What enables them to stay aloft so long? They employ a newly discovered form of flight that is four times more efficient than that of a conventional parachute and is also more stable. Each seed is suspended on a stem that is attached to a plume of fine, hairlike bristles, called the pappus. By acting as a kind of parachute, the pappus creates drag that helps the seed to stay aloft. Some researchers suggest that a circular flow of air, or vortex, further slows the seed's fall

But more is involved than the drag directly caused by the bristles of the pappus. As air travels around and through the head of bristles, a ring-shaped vortex, or eddy, forms in the air above. The circular flow of air within the vortex forms an area of low pressure, which pulls upward on the pappus, further slowing its descent.

In effect, the well-arranged bristles enable the pappus to function like a permeable parachute, but one that is more efficient and stable. What is more, the pappus is 90 percent empty space! So, it uses very little material.

Scientists are exploring ways to duplicate the flight of the dandelion seed. Possible applications include tiny drones that require little or no additional power, thus minimizing energy use. Such drones could have a variety of uses, including the monitoring of air pollution.

TIDBITS

Longview Quire Group

For residents who are interested in joining the **Quire Group**, please visit Joe Haines, D-Wing, room #351.

Longview Art Club

Join us on Mondays at 3pm in the **Craft Room** for the Longview Art Club. All are welcome to join regardless of experience!

APRIL BIRTHDAYS

Peg Congdon – **April 3rd**

Audrey Ginenthal – **April 5th**

Wayne Horton – **April 6th**

Reba Myers – **April 9th**

Beverly Coon – **April 13th**

Dan Henry – **April 13th**

Tim Martin – **April 16th**

Bob Baker – **April 18th**

Barbara Cutter – **April 20th**

Margaret Lawless – **April 23rd**

Karen Hays – **April 23rd**

Barbara Littlefair – **April 26th**

Mickey Stevens – **April 29th**

Robert Buckman – **April 30th**

NEW RESIDENTS

LeeAnn Bowman (Room **310**) - 6/1

Nathan & Betty Hamlich (**Patio 117**) - 4/15

Shirley Hendrickson (Moved from **310** to **206**)

Howard & Carolyn Longhouse (**319**)

Mark and Marilyn Pesesky (**228**)

Stephanie Thomas (**Room 423**) - 4/3

Jane Zimmer (**Room 338**) - 4/23

NEW HIRES

Jeannetta Payne – Resident Aide (was Recreation Assistant)

Meghan Lewis – Cook (was Server)

Mary Lou Benjamin – Housekeeper (was Cook)

Becca French – Server

Kimberley Clark – Resident Aide

Deborah Garrow – Server

Katheryn Miles – Resident Aide

ITHACA COLLEGE

Angela Darling

Friday, April 4th @ 3:30pm:

Help make biomedical adhesives more effective through a study of slugs with Professor Andrew Smith

Wednesday, April 9th @ 6:15pm:

Venetian Dialect and the Culture of the Veneto Region with Professor of Italian Marella Feltrin-Morris

Wednesday, April 30th @ 6:15pm:

Stand-up comedy with Politics Professor Carlos Figueroa

IC Course Advising Meetings:

Monday, April 28th @ 1:15pm in the Craft Room

Thursday, May 1st @ 1:30pm in the IC Classroom

Tuesday, May 13th @ 10:45am in the IC Classroom

Human Development course and Ithaca College Occupational Therapy students

Jessica Valdez Taves is recruiting 6-7 individuals who are willing to be "interviewed" about your perspective of aging in the areas of cognition, physical changes, relationships and career. Come spend some time with the students for their final class project:

The Longview Meet and Greet

Monday, May 5th 2-3:30, Longview 2nd floor—Ithaca College Classroom
Reach out to Jessica at jtaves@ithaca.edu or Bree Nash in Recreation

C Student Media Organization presents on Social Media & Major Platforms

Join to learn more about social media, safety tips, and how each of the major platforms work!

Saturday, April 5th at 2:30pm in the auditorium

Contributors

Angela Darling

Alissa Elghazi

Joe Haines

Bree Nash

Brooke Newell

Kim Owen

Whitney Robinson

Christina Sterling

Jessica Taves

Editor

Joe H. Zerbey VI

Creator

Gret Atkin



Here are some Art Club members practicing a few shading techniques.



Happy 65th Anniversary to Milo and Bonnie!



Cake provided by Longview Dining Staff!