

FEATURE

Mayflowers You May Want to Try

Joe H. Zerbey VI

April gave us showers, so now it's time for May to bring us flowers! Curious as to what flowers are best to plant around May? As luck would have it, this article includes a list of beneficial flowers for our resident Longview gardeners to try out.



Asters

This flower is incredibly resilient to high temperatures and boasts a beautiful lavender hue. The South Hill area is quite habitable for this variety.

Marigolds

Loving the sun more than most, marigolds can be planted further from the shade. They are known for being low-maintenance and make for excellent companion plants for existing vegetation, due to their ability to scare away pests.

Hibiscus

Tropical, and expressed in many colors, the hibiscus flower is a master at luring in

pollinators. They love space and plenty of water, especially if the zone in which they are grown is below level 6 (Longview is identified as a zone 5).

Lantana Plants

Lantanas are multi-colored, and vividly expressed with yellows, oranges, and pinks. They are resilient to drought and continuously bloom throughout the season.

Purple Echinacea

Yet another pal to pollinators, this variety of cone flower is a gorgeous purple, as the name would suggest. Just make sure to give them plenty of space to grow.

Lilac Flowers

Many already know of this pleasant shrub. It's beauty and unique scent make the lilac a popular pick for anyone's garden. Much like other plants in this list, lilacs are also great at attracting pollinators.

I hope you found this quick flower guide helpful. Cheers to a year full of fun and flowers! Happy planting, gardeners!

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

Guest Preachers for May:

May 4 - The Rev. Pam Carey, Jacksonville
United Methodist

May 11 - The Rev. Joellyn Tuttle, St. Paul's
United Methodist

May 18 - Pastor Ben Hogben, Caroline
Center Church

May 25 - Pastor Richard Lloyd,
Brooktondale Baptist

Stretch Your Spirit

On Wednesday, May 7th, our friend Pamela Goddard will visit for "Meditation and Harp." Her program will be at 1:30 pm in the auditorium.

Shabbat Worship

The students at Ithaca College Hillel wish everyone a wonderful summer! Shabbat observances will resume in the fall.

Roman Catholic Mass

Father Dan from Cornell Campus Ministries will lead mass on Thursday, May 15th at 3 pm in the Chapel (3rd floor).

RECREATION

Bree Nash

May happenings:

5/1 IC Course Advising: Are you
interested in taking a class at IC?
(1:30PM)

Social Club, All are welcome! (6PM)

5/2 Wellness Series: Hearing Health with
Dr. Judy McMahon (1:30PM)

5/3 Afternoon Tea & Social with Cornell
Hospitality Students (2:30PM)

5/5 IC Student Presentation: Elder Fraud
(11AM)

Cornell Companions Pet Therapy
Visits (2PM)

5/6 Last Day of Classes for Ithaca
College Students

Coffee with Cheryl (2:30PM)

Music with the Fortnight Singers
(6:30PM)

5/7 Stretch Your Spirit: Meditation &
Harp (1:30PM)

Evening Music with Annie Ol'
Thyme (6:15PM)

5/8 Play It Again Senior Acting Troupe:
Mistakes (1:30PM)

AGE MATTERS?

5/10 OPUS Ithaca School of Music
Performance (10AM)

5/13 IC Course Advising: Are you
interested in taking a class at IC?
(10:45AM)

Music Therapy with Amanda
(2:30PM)

5/14 Trip to the Friends of the Library
Book Sale (10AM)

IC Speaker: TBA with Ian Woods
(6:15PM)

5/15 Roman Catholic Mass with Cornell
Campus Ministries (3PM)

Social Club, All are welcome! (6PM)

- 5/16 Afternoon Swing Jazz Duo with Wayne Gottlieb & Alex Specker (3PM)
- 5/17 Cornell Companions Pet Therapy Visits (10AM)
- 5/18 Music Con Amore with Ithaca High School Students (4PM)
- 5/19 Independent Resident Town Hall (1:30PM)
- 5/20 Alzheimer's Association Series: New Advances in Treatments (2:30PM)
- 5/21 Book Club Discussion: Demon Copperhead (3PM)
Resident Speaker: Arts & Crafts Pre-dating 1900s with Priscilla (6:15PM)
- 5/28 Casino Night!! (6:30PM)
- 5/30 Poetry Workshop: The Moon Isn't a Poem (1:30PM)
- 5/31 Carolyn Grossmann Piano Studio Concert (10:30AM)

Holidays:

- 5/1 May Day/National Day of Prayer
- 5/11 Mother's Day
- 5/17 Armed Forces Day
- 5/26 Memorial Day

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

Memoir Writing Class

with Marella Feltrin-Morris:

Participants will write about past experiences, share those writings with each other, and receive feedback from Professor Feltrin-Morris. Weekly readings for inspiration will be provided. The product

will be a group of stories which can be accompanied by photographs.

The group will meet on Tuesday mornings from 10-11AM in the Ithaca College Classroom. Dates include May 20, 27 and June 3, 10 and 17. Please reach out to Bree Nash if you would like to sign up.

Poetry Workshop: The Moon Isn't a Poem - Friday, May 30 at 1:30PM

Join Dan Rosenberg, Tompkins County Poet Laureate and son-in-law of Longview's own Reba Myers, for an hour of poetry. We will focus on how poems can create beauty and meaning by telling us not just what things *are*, but also what they *aren't*. We will read and discuss inspiring poems and then each write our own, with Dan's guidance and support. The hour will end with opportunities to share what you've written.

MARKETING & SALES

Kim Owen

In April Longview held its annual Mini Walk to End Alzheimer's at our Patio Home Circle neighborhood. It was a beautiful sunny day where we were joined by our residents and their families, Longview staff, IC faculty and students, Center for Life Skills participants, the IC Parkinson's Wellness Coalition participants, the Alzheimer's Association, IC/Longview Partnership student club and many other friends of Longview.

Special guest speakers included IC President LaJerne Terry Cornish, Dean of the School of Health Science and Human Performance,

Christina Moylan, Alzheimer's Association Walk Manager, Brigid Regin, and Longview CEO, Cheryl Jewell.

As always, we enjoyed music by the Maplewood Jazz Trio.

Team Ithaca College/Longview

Partnership looks forward to Walk Day on Saturday, October 25th at Ithaca College. If you would like to join our team for walk day or fundraising, please use this QR code.

Longview Community Garden Update:

The main raised bed has been built and is in place and ready for its fence. Special thanks to Grady Nash and Mike Ward who are two local contractors/carpenters as well as "family" to Longview. They donated their time and expertise to build a solid and accessible raised garden bed for Longview residents.

Next up will be the garden soil which is being donated by **Cayuga Compost**. We'll be calling them soon to deliver a special mix of soil that will help our garden grow to its potential.

T.P. Work Pro will be building the fence in early May with donated fencing materials from **Whitmore Fence**.

We started purchasing garden materials from **Ithaca Agway** as well as being a recipient of a donation from them of tools, grow light and seed starter containers. In fact, we just planted 145 seed starts of different varieties of tomatoes, jalapenos and cucumbers. There are still some seed starts to plant of beans, bell peppers and peas. We

also have a commitment from our board to donate additional plants.

We had the pleasure of hosting the monthly **Community Living Advocates** Coffee Net meeting at Longview recently and gave the first garden tour to the group. A hearty conversation ensued and resulted in additional grant writing ideas for a water collection system and composting ideas.

If you would like to participate in helping our garden grow, please visit:

Ithacare Center Service CO Inc - Longview Donation Gallery

Marketing and Sales will be tabling at two events this month. On Saturday, May 10th we'll be out at Stewart Park for the 3rd annual Better Together Ithaca which celebrates mental health. Stop by our table if you can and you might just win the \$50 Rasa Spa raffle. Then on Thursday, May 15th we'll be at the Ithaca YMCA for the Senior Information Fair sponsored by Community Living Advocates (CLA).

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 May! 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.

TIDBITS

Longview Choir Group

For residents who are interested in joining the **Choir 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!

Longview Store

is looking for a volunteer to work in the store on Mondays from 10:30-11:30. It's a great way to meet your neighbors and build relationships. Let Recreation know if you are interested!

Coffee with Cheryl

Tuesday, **May 6th** at 2:30pm in the Dining Room. Come and say hi!

Town Hall Meeting

May 19th at 1:30pm in the Auditorium

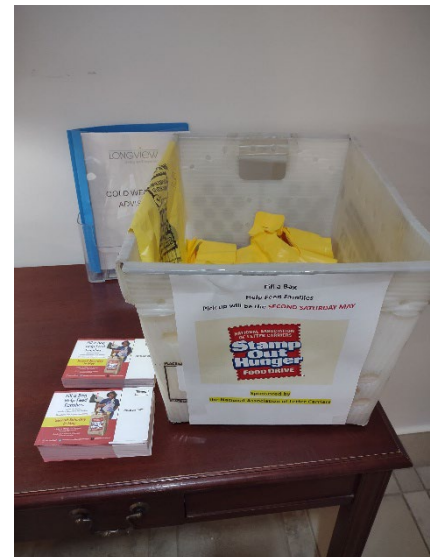
Before our meeting, please submit your questions, concerns, and comments to the **Receptionist** so we can adequately prepare to address them. Thank you.

National Association of Letter

Carriers - Post Office Food Drive

The postman is leaving a bin for the carrier box in lobby.

The National Association of Letter Carriers (USPS) is sponsoring a food drive. If you would like to donate food, please leave in a yellow bag in the 3rd Floor Lobby. The box will be picked up the second Saturday in May (May 10th). Inside the box, you will find yellow bags. Simply fill it with what you wish and leave it in the box



MAY BIRTHDAYS

Gene Tobey – **May 5th**
Ann Buddle – **May 8th**
Ginger Cohen – **May 10th**
Sandy Cleveland – **May 16th**
Velma Markwardt – **May 17th**
Betty Ellis – **May 20th**
Lois Pearson – **May 24th**
Margaret Payne – **May 25th**
Judy Jager – **May 26th**
Mike Madigan – **May 26th**
Carol Reynolds – **May 26th**
Edward Swayze – **May 28th**

NEW RESIDENTS

Nathan & Betty Hamlich (**Patio 117**)
Shirley Hendrickson (Moved to **206**)
Howard & Carolyn Longhouse (**319**)
Mark and Marilyn Pesesky (**228**)
Stephanie Thomas (**423**)
Jane Zimmer (**338**)
Dan Karig (**349**)
Annabelle Wood (**331**)
Roger Rector (**457**)
Peggy Payne (**Patio Home 115**)
Lois Loz (**334**) – 5/15
Marilyn Ackley (**444**) – 5/30
LeeAnn Bowman (**310**) - 6/1
Synnove Heggoy (**323**) – 6/1
Marie Hodges (**350**) – 6/1

NEW HIRES

Becca French – Server
Kimberley Clark – Resident Aide
Deborah Garrow – Server
Freida Witmer – Server
Devin McKee – Cook
Nathaniel Staples Reynolds – Cook
Natalie Nicholas – Dining Director

ITHACA COLLEGE

Angela Darling

Friday, May 2nd @ 10:45 am:

Mayzie Presents: Nature Relaxation Lounge

IC Course Advising Meetings:

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

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

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.

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