

FEATURE

A Bond Like No Other: Julia's IC Experience

Joe H. Zerbey VI

Longview's partnership with Ithaca College (IC) is much more than simply having access to a gym and library, it offers a connection between Longview's residents and IC's students. In recent days, I talked with Julia about her time with a pair of IC students, whom she had grown close with.

Ava Goosen and **Kirsten Moskowitz** are two Ithaca College Occupational Therapy grad students. This year, they had the pleasure of meeting with **Julia Bentley-Macdonald** (Room #235). The opportunity had arisen through their OT graduate studies, which resulted in the two of them becoming a part of Julia's life for 2 months. They assisted with many of her day-to-day activities, and got to know her by chatting and working together. They met with her every Friday afternoon.

Julia shared the history of her life with Ava and Kirsten, creating an instant bond between the three of them. As they would eat together and share anecdotes, their very different worlds collided. Julia made a point to ask about them, what they had been

through, what joys they had experienced. It turns out, despite a great difference in age, there was much they shared in common with Julia. Apart from becoming fast friends, they made Julia's life a lot easier. By the time they were through, her apartment was simpler to navigate and safer, too. Some examples being: They removed tripping hazards, rearranged furniture and organized many of her documents.

The intergenerational enrichment the three felt created a new feeling altogether. Because of their bond, they became easier to spot in public. Julia was at Wegmans, and happened to run into Ava, who was able to assist her with carrying groceries. Ava later decided she would like to see Julia at her graduation, which you can see below.



Over coffee and bagels, Julia was elated to meet Ava's family. A half-hour later, Ava's mother's family had arrived. Ava introduced Julia to her grandfather, her "Pa-Pa," whom Julia got to converse with in depth. During the graduation, Julia sat next to Ava's mother, who treated her like family.

When attending the graduation, Julia was also able to see Kirsten, as seen below. Julia had the opportunity to meet her family thereafter as well.



Julia has really enjoyed the students at IC, who are "really caring," as she put it. "I have not met an IC student who I had not felt an instant bond with," she continued. The IC students are genuinely interested in getting to know people and helping people, Julia has learned, and couldn't be more grateful for the chance to meet some wonderful students and truly caring friends.

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

June Preachers:

June 1/Brooke Newell

June 8/Sunshine, Salvation Army

June 15/The Rev. Caspar Green, Retired
American Baptist

June 22/Pastor Dennis Christiansen, Retired
American Baptist

Stretch Your Spirit

Many of us sometimes think, "If only I could change this or that about my life, I could have peace." On Thursday, June 5th at 1:30, Evangeline Sarat, local meditation therapist, will join us for a program entitled, "Finding Peace Now." Evangeline will help us learn to cultivate more peace for ourselves and make the most of our imperfect situations. The program will be in the auditorium. For more information, contact Brooke in the Spiritual Life Office, 607-375-6302. PS: The video lecture series on Genesis will take a pause on June 5th to allow for Evangeline's visit.

Roman Catholic Confessions and Mass

On the third Thursday of each month, Father Dan from Cornell will be available to hear confessions from 1:30-2:30 pm in the Interview Room just off the front lobby by the Reception Desk. You are invited to wait in the lobby until there is an opening. Then, at 3 pm, Father Dan will hold mass in the Interfaith Chapel (3rd Floor). In June, his visit falls on June 19th. For more information, contact Brooke in the Spiritual Life Office at **607-375-6302**.

Celebration of Life

On Thursday, June 26th, we will have a celebration of life service to remember residents who have died since the end of 2024. The service will be in the auditorium at 1:30 pm.

RECREATION

Bree Nash

June happenings:

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| <p>6/2 Cornell Companions Pet Therapy Visits (2PM)</p> <p>6/3 Coffee with Cheryl (2:30PM)</p> <p>6/5 Stretch Your Spirit: Finding Peace in the Now (1:30PM)</p> <p>Longview Social Club (6PM)</p> <p>6/6 Walking Club starts back up! (2:15PM)</p> <p>Wellness Series: Lymphatic Drainage Message with Katie Barnes, LMT (1:30PM)</p> <p>6/7 KICK IT OFF! Chair Soccer with Isaac (11AM)</p> <p>6/9 Assisted Living/Enhanced Assisted Living Resident Council Meeting (1:30PM)</p> <p>6/11 Intergenerational Games, Crafts & Conversations with Belle Sherman Elementary 5th Graders (10-11:30AM)</p> <p>Show Tunes & Jazz Standards with Alejandro (6:30PM)</p> <p>6/12 Hearing Screenings with Hearing Consultants of CNY (9AM-Noon)</p> | <p>6/13 Music with the Maplewood Jazz Trio (3PM)</p> <p>6/16 Alzheimer's Conversations: Protecting Your Health & Wealth (1:30PM)</p> <p>6/17 Music Therapy with Amanda (2:30PM)</p> <p>6/18 Book Club Discussion: (3PM)</p> <p>Kuro Wind Trio Musical Performance (6:15PM)</p> <p>6/19 Catholic Mass with Father Dan (1:30PM)</p> <p>Longview Social Club (6PM)</p> <p>6/20 Hershy Ice Cream Pop Up Parlor, open to all! (12-2PM)</p> <p>6/21 Cornell Companions Pet Therapy Visits (10AM)</p> <p>6/23 Art Talk with Carol Hockett (10:45AM)</p> <p>6/24 Dementia Conversations: Driving, Doctors Visits, Legal & Financial Planning (2:30PM)</p> <p>6/25 Legacy Songwriting Showcase (6:30PM)</p> <p>6/26 Celebration of Life (1:30PM)</p> <p>6/27 Birthday Party with Bob Lyna (3PM)</p> <p>6/28 Galapagos Conservation Talk with Jess Proctor (2PM)</p> <p>Holidays:</p> <p>6/6 D-Day</p> <p>6/14 Flag Day</p> <p>6/15 Father's Day</p> <p>6/19 Juneteenth</p> <p>6/20 First day of Summer!</p> |
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6/26 First of Muharram

Save the Date – Longview's annual Independence Day Celebration on Thursday, July 3 at 4:30PM. There is no cost to this event, though we do ask that you make reservations at the Reception Desk. We look forward to seeing you there.

MARKETING & SALES

Kim Owen

It's June and everything is back in bloom, the gorges are gushing and hopefully the Cayuga lake waters have started to recede. It feels like that at Longview, too. We're gushing and blooming every day. Each month we strive to produce new educational programming for our residents while also inviting prospective residents in to see how Longview does "it". Even when we try to slow down it seems like there's something new to get involved with and we just can't help ourselves...and we do it because it brings more vibrance and engagement to our community!

We're still very involved in getting the Longview Community Garden underway. We're getting ready to kick off a new campaign to purchase a trolley for Longview residents. There's the work of helping 30 new residents move into Longview since the beginning of the year. And all the hustle and bustle of the 2024/2025 renovation which is nearing the end.

Brian and I also hosted a luncheon/focus group last month with folks (future residents) who have been attending our

education programs for the last few years and have shown a genuine interest in Longview being successful. It was a lovely afternoon of discussion, new ideas and contemplation with a delicious lunch prepared by Longview Cook, Rebecca Chandler.

We're welcoming Hearing Aid Consultants of CNY back on June 12th for free hearing screenings for Longview residents. There will be a sign-up sheet in the craft room.

We're always working on refreshing our advertising and now you'll hear the new Longview jingle on the radio at 97.3 and WHCU. Let us know if you hear it and what you think.

Here is what future residents are saying:

"We find Longview and the programs are first rate."

"I am so excited and honored to be part of this discussion (luncheon/focus group) tomorrow!"

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 June! The Marketing and Sales team continues to work closely with the Welcome Committee 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!

JUNE BIRTHDAYS

Scott Taylor – **June 1st**

David Hauser – **June 2nd**

Dave Farmer – **June 5th**

Toni McDonald – **June 2nd**

Steve Anderson – **June 3rd**

Dave Farmer – **June 5th**

Marilyn Weinand – **June 6th**

Leo Gideon – **June 13th**

Gale Stockton – **June 16th**

Marge Cobb – **June 17th**

Julie Gale – **June 19th**

Charlie Zekoll – **June 20th**

Marian Koviack – **June 24th**

Sally Koestler – **June 25th**

Bobbie Sprung – **June 27th**

Herbert Hartwig Jr – **June 28th**

Greg Lockwood – **June 28th**

Irene Henry – **June 29th**

NEW RESIDENTS

Peggy Payne (**Patio Home 115**)

Lois Loz (**334**)

Marilyn Ackley (**444**)

LeeAnn Bowman (**310**)

Marie Hodges (**350**)

Mary Jo Wilson (**2**)

M. Eloise Slife (321)

George Damp (22)

Alice Damp (106)

Susa Casey (108)

NEW HIRES

Ashanna Wilder – Server

Tacoma Stevens – Resident Aide

Cruz Graham – Facilities Technician

Freida Witmer – Server

Robert Bentley – Cook

Hailey Caswell – Resident Aide

Rita Payne – Resident Aide

LONGVIEW CASINO NIGHT!



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