

FEATURE

Ben Hogben: Musical Origins

Ben Hogben

Some of you have asked about my background in music based on the Thursday afternoon concerts. I started playing violin when I was 8 years old, as my older sister was also taking violin lessons. I took lessons in elementary school using the Suzuki method. That pedagogy is to teach the student to sight read and play by ear. I loathed playing the violin then because I did not know any of the tunes I was learning. Practicing was a chore.

I had trouble holding the violin. When I was 13, I heard someone play bluegrass on a violin. I filed away the Suzuki book and bought LP records that featured bluegrass music. I played along with the records, over and over, until I learned the tunes. My maternal grandfather also played the violin by ear, so I remember the tunes that he played. When I was 15, I severely injured my back and could not walk that summer. It was difficult to play the violin, so I laid on my back in bed and learned to play “Cowboy chords” on my father’s very inexpensive “Century House” guitar with nylon strings. My parents bought me a “real” acoustic guitar when I turned 16, and

I used the same method to learn to play. I listened to records and also learned how to read guitar tablature. My father and I started a father and son band, with another family, in 1980 called the Jersey Hill Ridge Runners. We played mostly at nursing homes in Tompkins and Tioga counties and even played for a birthday party at a place called **Ithacare** on South Quarry Street.

We played old time music and told jokes. From that band, I learned the basics of playing the mandolin, which is tuned like a violin, and the 5-string banjo. I had the privilege of playing with a well-known banjo player by the name of **Mac Benford**, right here at Longview, not once, but twice! My maternal uncle played electric guitar and sang country music in bars in the Chenango County area, and my maternal aunt played the accordion with him. I was invited to play with him once, and I thought I had hit the big time. He gave me a one-dollar bill for playing, which I still have. My wife bought me my first electric guitar when I turned 30 and that opened a new world of music, specifically, the blues.

The other instruments I play are mountain dulcimer, tenor banjo, harmonica, accordion, viola, pennywhistle, and more recently, the cello (thanks to Kim Owen!). I play at Longview in the Garden level and main lobby every Thursday afternoon and play in two churches every Sunday. My favorite instrument to play is the violin, as it is very

spiritual and my violins are typically 100+ years old and have a story to tell, which by looking at the label, may or may not be true (yes, I own a *real* Stradivarius)!

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

Preachers for August:

August 3 – Ms. Jami Breedlove
(communion will be served),
St. Paul's United Methodist

August 10 – Brooke Newell

August 17 – The Rev. Paul Rack,
Presbyterian USA, retired

August 24 – Ms. Carol Hockett, Forest
Home Chapel

August 31 – Sunshine, The Salvation Army

Stretch Your Spirit

On Wednesday, August 20 at 1:30 pm, our friend Pam Goddard will return to lead "Harp and Meditation" in the auditorium.

Roman Catholic Confession and Mass

On Thursday, August 21, Father Dan from Cornell Catholic Campus Ministry will be in the Interview Room on the 3rd floor to hear confessions from 1:30-2:30 pm. He will then lead mass in the Chapel at 3:00 pm.

RECREATION

Bree Nash

August Events:

- 8/1 Wellness Series: Marvelous Mushrooms, Nature's Medicine (1:30PM)
- 8/4 Cornell Companions Pet Therapy Visits (2PM)
- 8/4 Sustainability Club, All are welcome! (3PM)
- 8/4 Ageless Jazz Band, Performance in the Pavilion! (6:30PM)
- 8/5 Coffee with Cheryl (2:30PM)
- 8/5 Music with the Fortnight Singers (6:30PM)
- 8/6 Caregiver Support Group (1:30PM)
- 8/8 Trip to the Ithaca Artist's Market (1PM)
- 8/8 Music with the Maplewood Jazz Trio (3PM)
- 8/11 Ice Cream Outing to Purity! (1PM)
- 8/11 Make Your Own Memory Box Pt. 1 (3PM)
- 8/12 Music Therapy with Amanda (2:30PM)
- 8/13 Musical Performance by Alejandro Bernard (6:30PM)
- 8/15 Walking Trip to Upper Buttermilk (2:15PM)
- 8/16 Cornell Companions Pet Therapy Visits (10AM)
- 8/18 Greensprings Natural Cemetery Presentation (3PM)
- 8/19 Caregiver Support Group (1:30PM)
- 8/20 Book Club Discussion (3PM)
- 8/21 Exploring the Cornell Lab of Ornithology Visitor Center (9:45AM)

- 8/22 August Birthday Party with Bob Lyna (3PM)
- 8/25 First day of classes at Ithaca College!
- 8/25 Make Your Own Memory Box Pt. 2 (2PM)
- 8/26 Music Therapy with Amanda (2:30PM)
- 8/26 Alzheimer's Association – Supporting Independence Presentation (2:30PM)
- 8/27 Hawaiian Day!! Fun & Games and special meals in the Dining Room!
- 8/27 Musical Performance with Annie Ol' Thyme (6:15PM)
- 8/28 Weekly Shopping Trip (2:15PM)
- 8/29 Wonderful Wheelchairs – Bring your walker or wheelchair in for repairs! (1PM)

Recreation Highlights:

Ithaca Artist's Market – 8/8 at 1PM

The event is a program of the [Community Arts Partnership](#) and is a juried show and sale with regional fine and functional artists (and some authors!) at our beautiful Ithaca Farmers Market. ***We will have one hour to shop and browse.***

Cornell Lab of Ornithology – 8/21 at 9:45AM

Longview will be taking a trip for a self-guided tour of the CU Lab of O's new Visitor Center. Explore interactive exhibits, indoor bird watching and check out the gift shop!

Wonderful Wheelchairs – 8/29 at 1PM, Auditorium

Wonderful Wheelchairs is a volunteer-based non-profit organization in Ithaca, N.Y. that seeks to help members of the community gain access to mobility equipment. Ron

from WW will be here to help repair and fine tune your walker, wheelchair or other assistive device. This service is FREE! Ron will be coming to Longview monthly.

MARKETING & SALES

Kim Owen

July was busy as usual, and **HOT!** But we're not complaining because we got the Community Garden completed, started our Trolley Campaign (*more on the campaign below*), then started and already expanded our Caregiver Support Group for residents and community members.

You also might notice a new addition in our department. **Seth McBride**, Maintenance Technician, will be joining us on Fridays in an intern role to gain some experience in M/S before returning to college where he majors in Marketing and Sales.

We have begun the **Trolley Campaign** to replace our 23-year-old trolley. It's amazing that it has lasted this long but now it's time to

think about retiring. As you can see from the pictures on the fundraising mailer that went out recently the upgraded **2025**



Help keep the Longview Trolley Running



The original Longview trolley was purchased in 2002. It is now 23 years old and needs to be replaced due to wear and tear. It has taken thousands of residents on thousands of trips around the Longview property and now is ready to retire. Longview is launching the "new trolley campaign" to provide residents with a comfortable 8 seat passenger vehicle equipped with an on-board charging system, seat belts, horn, speedometer, security shut-off switch, front window protection shield with windshield wipers and the promise of many more safe rides around the Longview campus.



2002 Yamaha Golf Cart



2025 Moto EV Golf Cart

Moto EV Golf Cart comes with many safety features and has a sleek look to it that Longview residents will love. **We need to raise \$18,000 to make this happen.** If you would like to contribute to the fundraising for the new trolley, please visit Jean Taber in the Business Office to write a check or use this QR code.

Longview Community Garden update

Well, we did it! The garden is in and growing and we celebrated with a ribbon cutting ceremony and were humbled by the amazing turnout of residents, families, staff and community members.

We'll continue to raise money to maintain the garden and are interested in any donations of tools or other garden related items folks are looking to

rehome. We are planning to use the leftover soil from Cayuga Compost to create a second garden on the grounds sometime later this summer. Stay tuned for updates on our rainwater collection system and the next garden site.

Our Garden Club will continue to meet monthly to gather ideas, feedback and insights from Longview residents and staff. Check the recreation schedule for dates.

We can't say thank you enough to everyone who supported this project through to the end. **THANK YOU!**

What's the next project?

I mentioned last month that we were going to start a "bucket list" project at Longview and this month we are getting

started. Just to remind you about this project it will be a community-based project that involves all residents, staff

and families within the Longview community and far reaching out into the Ithaca community and beyond. I'm planning to start a Facebook initiative to bring awareness to the project so that people can participate if they'd like in making Longview residents wishes come true. This is not a monetary project but rather an experiential one. We know that there is a lot of love out there to give, and Longview wants to give people another opportunity to help spread it. The first step is to name the project which we'll be doing soon so stay tuned for that.

Resident Focus Group: Unfortunately, we had to postpone the meeting scheduled in July but we'll have it back on the calendar soon. It's important to Longview to have resident input about how we're doing in Marketing and Sales and any new suggestions and ideas you have for doing an even better job of getting our name out there and bringing in new neighbors.

Caregiver Support Group: Kim started a caregiver support group recently and after two monthly meetings the group requested that we meet twice monthly. This group is for people who are currently caring for a loved one in person or at a distance. We will meet the 1st Wednesday and 3rd Tuesday of each month at 1:00pm in the Longview Chapel. Check the recreation schedule for times/dates

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 August! 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 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!

Suggestion Box

We are pleased to announce that a suggestion box has been placed in the 3rd floor mailbox area. We encourage you to share your thoughts, suggestions, and questions to help us improve our community. Your feedback is valuable and we look forward to hearing from you. For your convenience, paper and pens are available at the reception desk.

Reminders

In the event of a fire drill, when the alarm sounds, the hallway double doors **automatically close and drop quickly**. Please be aware of this and avoid standing in the doorway when you hear the fire drill alarm.

AUGUST BIRTHDAYS

Mark Pesesky – **August 1st**
Marilyn Ackley – **August 6th**
Tatiana Svetlanova – **August 7th**
Julia Bentley-Macdonald – **August 9th**
Marion Tobey – **August 9th**
Virginia Twomey – **August 9th**
Richard Sheffield – **August 12th**
Carol Doolittle – **August 15th**
Joe Haines – **August 22nd**

Beth Evans – **August 24th**
John Maceli – **August 26th**
Cathy Messing – **August 27th**
Shirley Rice – **August 28th**
Milo Richmond – **August 29th**
Marlene Carey – **August 31st**

NEW RESIDENTS

Peggy Payne (**Patio Home 115**)
Maureen Westwater (**311**)
Harold Baylor (**441**)
Seeley Dekay (**330**)
Jan Long (**21**)
Andrea Rankin & Paul Pitkin (**110**)

NEW HIRES

Charles Benfer – Facilities Technician
Nevaeh Bush - Server
Macyann Darrow – Housekeeper
Courtney Griffin – Resident Aide
Susan Hogben – ADP Coordinator
April Kelly – Cook
Ava Norman - Server
Javan Ortiz - Server
Jassmyne Rice - Server
Tabitha VanOrden - Resident Aide

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