

FEATURE

Dreaming as We Age

Joe Zerbey VI

Dreaming is one of the most curious frontiers known to humankind. For great lengths of time, we have studied and pondered the science and meaning behind our nighttime movies. They can be wonderful adventures or strange visions, often reflecting our current anxieties or fears. Regardless of what the contents of our dreams hold, it is clear that dreaming changes as we age.

When we are very young, dreams tend to be very abstract, possessing a lack of self. As we mature, things become more detailed and we begin seeing friends, family, and sometimes strangers we never knew. This is also when we start having nightmares, ones derived from events we've experienced, events we are afraid to experience.

Some people experience many dreams when they are anywhere from seven to twelve years old, some do not. In this span of time, it is typical to start having very realistic encounters with believable scenarios and conversations. As we begin reaching our older adulthood, dreams will involve

romantic partners. They are reported to be more spiritual, reflective, and maintain a theme of family and friends that have made deep impacts on our lives.

No matter what dreams we have, it is important to remember the following:

Dreams are something that the brain finds necessary. When REM sleep is reduced due to medication or sleep deprivation, the amount of time devoted to REM is increased during the next sleep period.

This is called REM rebound. Dreams allow us to easily make disparate connections between otherwise unconnected concepts that promote creativity and problem-solving during the day.

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 September:

September 7 - Brooke Newell

September 14 - The Rev. Pam Carey,
Jacksonville United Methodist

September 21 - Pastor Ben Hogben,
Caroline Center Church
September 28 - Pastor Elijah Beltz,
Tabernacle Baptist

"Stretch Your Spirit"

On Wednesday, September 17, our friend Carol Hockett will visit us to share "The Faith and Art of Van Gogh." Come join us in the auditorium at 1:30 pm. For more information, contact Brooke Newell, Spiritual Life Coordinator.

Roman Catholic Mass

Father Dan from Cornell Catholic Campus Ministry will visit with us on Thursday, September 18th. He will hear confessions in the Interview Room (just to the side of the main reception desk) from 1:30-2:30 pm, and will conduct mass at 3 pm in the Interfaith Chapel. For more information, contact Brooke Newell, Spiritual Life Coordinator.

Praying the Rosary

Are you interested in praying the Rosary with other residents? If so, meet in the Interfaith Chapel on Wednesday, September 10 at 3 pm. After praying, we can discuss what day and time would work best for those interested.

Shabbat Worship

The students have returned to Ithaca College for the semester and will be visiting for Shabbat worship in September. As the students are still working out their schedules, be sure to check the weekly events calendar for the date of the first gathering. Shabbat Shalom.

RECREATION

Bree Nash

September events

- 9/2 Coffee with Cheryl (2:30PM)
Music with the Fortnight Singers (6:30PM)
- 9/4 Caregiver Support Group (2PM)
- 9/5 Wellness Series: Inclusive Recreation for Older Adults with Dr. Jason Page (1:30PM)
- 9/8 National Assisted Living Week: Pack Your Bags for Adventure!
Assisted Living/Enhanced Assisted Living Resident Council Meeting (1:30PM)
Cornell Companions Pet Therapy Visits (2PM)
Sustainability Club Meeting, All are welcome! (3PM)
- 9/9 National Assisted Living Week: Safari Day!
TC Human Rights Commission: Community Pulse Survey (1:15PM)
Cornell History Presentation with Prof. Corey Earle (6:30PM)
- 9/10 National Assisted Living Week: Wild West Wednesday!
Resident Focus Group with Marketing & Sales (10:45AM)
- 9/11 National Assisted Living Week: Patriot Day
Moment of Remembrance (10:45AM)
Movie Theatre Outing: Hamilton (2:45PM)
- 9/12 National Assisted Living Week: Explorer Day!

Downsizing: The Painful, The
Practical & The Positive, Pt. 1
(1:30PM)
Western 'Minute to Win It' Jamboree!
(3PM)

- 9/13 Ithaca Fire Department Presentation
(10:30AM)
Outsmarting the Scammers with Kent
Sisco (1:30PM)
- 9/17 Caregiver Support Group (2PM)
Stretch Your Spirit: Van Gogh's Faith
& Art (1:30PM)
- 9/19 Downsizing: The Painful, The
Practical & The Positive, Pt. 2
(1:30PM)
September Birthday Party! (3PM)
- 9/20 Cornell Companions Pet Therapy
Visits (10AM)
- 9/22 Independent Resident Town Hall
(1:30PM)
- 9/23 Alzheimer's Association:
Communicating Effectively (2:30PM)
- 9/24 Book Club Discussion: 1000 Splendid
Suns (3PM)
- 9/25 Wonderful Wheelchairs, Repairs with
Ron (1PM)
IC Faculty Woodwind Chamber
Recital (6:15PM)
- 9/26 Bake Sale!
NokBox, Next Of Kin Box
Presentation (1:30PM)
- 9/29 Holiday Bazaar Planning Meeting
(1PM)
Death Café: Drink tea, eat cake and
talk about death (3PM)
- 9/30 Cornell Dairy Club: Cheese Tasting!
(6:30PM)

Special Days

- 9/1 Labor Day
9/7 Grandparents Day

- 9/11 Patriot Day
9/21 Peace Day
9/22 Rosh Hashanah Begins/
Autumn Begins

Recreation Highlights

Tompkins County Human Rights

Commission: Take the Pulse Survey – 9/9 at 1:15PM

county-wide community survey to
understand the experiences and perceptions
of all Tompkins County residents on the
protection of fundamental human rights in
Tompkins County. The information gathered
will be used to identify any major areas of
concern in various spheres of life:
educational, workplace, housing, healthcare
access, and so on. It will be used to develop
policy and community solutions and to
empower agencies and community members
to address injustices effectively and improve
the culture of respect for human rights.

Cornell History with Prof. Corey Earle – 9/9 at 6:30PM

Corey Ryan Earle specializes in the history
of Cornell University and Tompkins County,
serving as a resource for departments and
organizations across campus while working
in Alumni Affairs & Development. Since
2011, he has taught AMST 2001: The First
American University on the history of
Cornell. His research interests include the
impact of history and traditions in building
community and sense of belonging, as well
as how higher education institutions
communicate their story and
engage with their past.

Wonderful Wheelchairs – 9/25 at 2PM, 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

The Passion Project

We finally named that project that I've been talking about all summer where we'd like to make wishes come true for our residents and we're going to call it *The Passion Project*. With the help of some of our IC work study students we are planning to start compiling wishes from residents and building our Facebook community to tap into folks that would be interested in making wishes come true. It might be anything from taking a ride in an old-fashioned car along the lake to taking a salsa dance lesson. Anything's possible. If you are not already a Longview Facebook follower, you should become one so you can keep an eye on this project. Go to <https://www.facebook.com/longviewithaca>

Annual Fundraiser

Longview is bringing back the Harvest Moon Dance this Fall. On October 10th we will be holding what will be our annual fundraising event. Longview partnered with Ithaca College to host this dance each year for about 20 years. The event was paused for a few years but we're bringing it back! It

will be an evening of dancing, eating and supporting Longview through a silent auction and other forms of donation and sponsorships from friends and community partners of Longview with all proceeds going toward the greatest need within our community including the new trolley.

Longview Community Garden update

Hopefully you've had a chance to visit the community garden this summer. It's fully accessible by wheelchair and walker. Help yourself to a stroll around the abundant vegetables that are growing after just a few short weeks. Residents are welcome to anything that is growing in the garden but please do not up root any of the plants. Bring your ideas to the next Garden Club meeting in September to talk about if we should plant garlic over the winter or the direction that the soil pile (covered with the big blue tarp) is taking.

Resident Focus Group

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. Please join us for a conversation on Wednesday, September 10th at 10:45am.

Caregiver Support Group

Kim will continue to facilitate this monthly group which is now scheduled on the first Thursday and second Wednesday of each month at 2:00pm in the Longview Interfaith Chapel. Residents and future prospective residents who are providing care for a loved one are invited to join us.

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 September! The Marketing and Sales team continues to work closely with the Welcome Committee to help new residents with as smooth a transition as possible. Big thanks to Shella Chace for heading up the committee and also

committee members Ann Buddle, Julia Bentley-Macdonald, Walter Johnson, and Marge Cobb. I'm sure that every resident that has moved into Longview has a similar story about their transition and that it's A LOT. The Welcome Committee in partnership with our Marketing & Sales team are working diligently to make the transition as smooth and welcoming as possible by providing a welcome basket with goodies and a warm welcome card from the member of the committee assigned to each new resident.

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

TIDBITS

Scam Awareness

Please be aware of scammers both through telephone calls and social media. Please do not provide any personal details.

Resident Town Hall Meeting

Monday, Sept 22nd at 1:30pm in the Auditorium

Food Committee Meeting

Notes of August 18th are located in the green binders in the lobby and elevator lounges for your viewing pleasure.

Coffee with Cheryl

Tuesday, September 2nd at 2:00pm in the Dining Room

Growing Excellence Recognition Board

You may have noticed a new board by the 3rd floor dining room. That is our new recognition board. For staff and residents,

you can recognize a staff member for doing a great job. You will find that the fruit of the tree with change with every new month! There will be one coming down to the garden level as well. Thank you to Kelly from Recreation for making these.

SEPTEMBER BIRTHDAYS

Joanne Sturgeon – **September 3rd**
Robert Cockram – **September 4th**
Andrea Rankin – **September 6th**
Tom Rumney – **September 15th**
Sue Casey – **September 19th**
Sid Cleveland – **September 20th**
Pam Bowman – **September 21st**
Lucille Poley – **September 21st**
M. Eloise Slife – **September 25th**
Dennis Shaw – **September 28th**
Paul Pitkin – **September 28th**

NEW RESIDENTS

Paul and Ann Strauss (307)
Maureen Westwater (311)
Harold Baylor (27)
Seeley Dekay (330)
Andrea Rankin & Paul Pitkin (110)
Shirley Rice (315) – was Patio 130
Carol Doolittle (Patio 138)

NEW HIRES

Susan Hogben - ADP Coordinator
(previously a server in Dining)
Tabitha VanOrden - Resident Aide

Zachary Carlucci - Server

Felix Courtney - Server

Ryan Mayu - Dishwasher

Claudine Davis - Resident Aide

Holly Wendt - Resident Aide

Alena Duvall-Crispell – Resident Aide

ITHACA COLLEGE

We want YOU to teach us about YOU

Graduate Occupational Therapy students in Jessica Taves' Geriatric course are learning about aging and lifestyles.

Looking for 10 folks to work with small groups to discuss topics such as housing, community mobility, home safety and transitions, using the Lifestyle Re-Design Research Study.

****Students may perform assessments in the areas of balance, safety, community mobility, ADL's, and home safety*****

We will meet in the IC Classroom at LV from **3:45 - 4:45 PM**

Wednesdays: October 29, November 5, November 12, November 19, Dec 3 and December 10th.

****Must be available for all sessions 😊**

Please sign up in the craft room by October 10 or call Bree Nash at **607-375-6335** or Jessica Taves at **607-274-1051**

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