

Oct.
2025

LIFE AT LONGVIEW

A NEWSLETTER FOR THE COMMUNITY

Vol. 4
No. 10

FEATURE

Harvest Moon Dance!

Ben Hogben

Dancing and listening to music are a fun way to stay active, and what better time to dance than on a Friday night! We are very excited to announce that there will be a Harvest Moon Dance on Friday October 10th, from 6:30-8:30 pm in the auditorium. There will be live music, gift basket silent auctions, harvest-themed snacks, a photo booth and dancing!

The Longview Harvest Moon Dance was an intergenerational event between Ithaca College and Longview that originated soon after moving to our present location just about 25 years ago.

It was put on pause in 2020 due to the pandemic. Now it's back and there is no cost to attend this event. Make some new friends and new memories at the Harvest Moon Dance!

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.

A poster for the Harvest Moon Dance. At the top left is the Longview logo with the tagline "living well together". At the top right is a circular logo of Ithaca College. The title "HARVEST MOON DANCE" is in large, bold, brown letters, surrounded by autumn leaves and berries. Below the title, the text reads: "APPETIZERS | LIVE MUSIC | SILENT AUCTION | DANCING", "FRIDAY, OCTOBER 10TH FROM 6:30PM - 8:30PM", "LONGVIEW AUDITORIUM", and "1 BELLA VISTA DRIVE ITHACA NY, 14850". A QR code is located below the address. At the bottom, it says: "FOR INFORMATION ON DONATING TO THIS EVENT, PLEASE SCAN THE QR CODE", "RSVP TO ATTEND THIS EVENT TO KIM OWEN AT (607) 342-4239 OR BY", and "EMAIL AT KOWEN@LONGVIEWITHACA.ORG".

LONGVIEW
living well together

**HARVEST
MOON
DANCE**

APPETIZERS | LIVE MUSIC | SILENT AUCTION | DANCING
FRIDAY, OCTOBER 10TH FROM 6:30PM - 8:30PM
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SPIRITUAL GUIDANCE NEWS

Brooke Newell

Guest Preachers for October:

Oct. 5 - Brooke Newell

Oct. 12 - The Rev. Jeff Evans, St. John's Episcopal

Oct. 19 - The Rev. Caspar Green, retired, American Baptist

Oct. 26 - Mr. Chris Blyler, The Salvation Army

Mass with Father Dan

On Thursday, October 16th, Father Dan from Cornell will visit to hear your Confession from 1:30-2:30 pm in the Interview Room (by the front desk). At 3 pm, he will lead Mass in the Interfaith Chapel.

Shabbat Worship

Students from Ithaca College Hillel will be with us on Friday, October 10th at 3:30 pm for Shabbat Worship in the Interfaith Chapel (3rd floor). ALL are welcome!

Stretch Your Spirit

On Thursday, October 9th, at 6:45 pm, the choir from St. Luke's Lutheran Church will again join us to sing "Compline" -- that is, sung evening prayer. This will take place in the auditorium and will last about 30 minutes.

RECREATION

Bree Nash

October Events:

10/2 Ithaca College on Fall Break – No Classes

Caregiver Support Group (2PM)

10/3 Wellness Series: Wellness Coaching w/ Dr. Mary Bentley & Dr. Elizabeth Bergman (11AM)

10/6 Cornell Companions Pet Therapy Visits (2PM)

10/7 Coffee with Cheryl (2:30PM)

Music with The Fortnight Singers (6:30PM)

10/9 Stretch Your Spirit: St. Luke's Lutheran Choir, Compline Sung Evening Prayer (6:45PM)

10/10 Shabbat with IC Hillel

Harvest Moon Dance with music by the Pelotones! (6:30-8:30PM)

10/14 Register to Vote (if you're not already registered) (10AM)

Music Therapy with Amanda (1:30PM)

10/15 Caregiver Support Group (2PM)

Book Club Discussion (3PM)

10/16 Flu/COVID Vaccine Clinic, starting at 10AM

Catholic Confessions with Father Dan (1PM)

Catholic Mass with Father Dan (3PM)

10/17 October Birthday Party with Bob Lyna, All are welcome! (3PM)

10/18 Cornell Companions Pet Therapy Visits (10AM)

10/20 Health Insurance/Medicare Info Session with Elaine Bedics of Lifelong (10:45AM)

10/22 Trip: Friends of the Library Book Sale, Senior Day (2PM)

Evening Music with Alejandro (6:30PM)

10/24 IC Physical Therapy Fall Prevention Clinic (1-3PM)

10/25 Join Team Longview/Ithaca College in the Walk to End Alzheimer's (9:45AM)

10/27 Pick up your Absentee Ballot w/ the TC BOE (11AM)

Holiday Bazaar Update Meeting (1PM)

Death Café: Gather to eat cake, drink tea and talk about death. (3PM)

10/28 Music Therapy with Amanda
(1:30PM)

Alzheimer's Association: Responding to Dementia Related Behaviors
(2:30PM)

10/30 Wonderful Wheelchair's, Repairs by Rob (2PM)

10/31 Happy Halloween! Halloween Party – dress to impress! (2PM)

Special Days:

10/1 Yom Kippur Begins at Sundown

10/13 Indigenous Peoples' Day

10/24 United Nations Day

10/31 Halloween

Recreation Highlights:

Flu/COVID Vaccination Clinic – 10/16 starting at 10AM

Those who have previously signed up will be receiving their vaccines starting at 10AM. All residents will receive a scheduled vaccination time by Tuesday, October 14. Residents in Enhanced Assisted Living will be receiving their vaccines in the Rehab Room, Garden Level. Residents in Assisted Living, Independent Living and Patio Homes will receive their vaccinations in the Auditorium. Questions can be directed to Bree Nash in the Recreation Department.

Health Insurance/Medicare Information Session – 10/20 at 10:45 PM

Join Elaine Bedics from Lifelong to learn about Medicare and Health Insurance options. Elaine will give a brief overview. If you have specific questions about your

health insurance, please see Elaine after the presentation to schedule an appointment.

IC Physical Therapy Fall Prevention Workshop – 10/24 from 1-3PM

Faculty and students from the Ithaca College Department of Physical Therapy will be available on Friday, October 24th from 1:00-3:00 to provide fall risk screening and education about fall preparedness.

Procedures will include balance and walking tests as well as education about reducing risk for falls. Sign up in the Craft Room, 3rd Floor.

Wonderful Wheelchairs – 10/30 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

Case Management Update

Kim Owen will be stepping in as interim Case Manager in Resident Services until a new Case Manager is hired. During this transition residents and families are encouraged to reach out for case management related matters at 607-342-4239 or kowen@longviewwithaca.org.

Longview Community Garden Update

We were able to build out our second garden before the chilly temp's take over. With the help of the **Marketing & Sales team, Cruz and Charles from the Longview Facilities department and Longview residents, Dan Karig and Karen Hays**



we were able to move soil and cinder blocks for the one hour it took us to complete this project. With the help of residents, we'll be planting our garlic crop there this fall and then planting a U-Pick flower garden next year. Just envision the marigolds growing out of the cinder blocks next season from the seed of the plants growing in the garden today.

Thank you to Longview resident, **Andrea Rankin** for donating her garlic seed from her own farm to make the garlic crop a reality.

We also welcomed visitors from the Tompkins Chamber of Commerce in September. **Gina Cesari, Membership Relations Coordinator and Maria Telincho, Marketing and**

Communication Specialist, gave me another opportunity to show off our gardens.

For regular updates on our growing gardens please join our Facebook and Instagram pages.

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 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>

Caregiver Support Group

Kim will continue to facilitate this monthly group which is now scheduled on the **first Thursday and third 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.

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: Join our social media pages 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 October! 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

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.

Longview's Annual Clothing Drive

Nov 3 - Nov 14

Look for the donation Bins in the Lounges.

Staff Appreciation Fund

Keep an eye out for flyers around Longview concerning the Staff Gift Memorandum. Any questions can be directed to the front.

OCTOBER BIRTHDAYS

Marie Enders – **October 1st**
Nathan Hamlich – **October 1st**
Walter Johnson – **October 1st**
Marie Hodges – **October 4th**
Tom Kallal – **October 4th**
Harold Baylor – **October 6th**
Eileen Weiss – **October 6th**
James Rothschild – **October 6th**
Allen Minsky – **October 13th**
Rog Rector – **October 13th**
Arlene Dones – **October 14th**
Buddy Klausner – **October 14th**
Lois Loz – **October 14th**
Ron Poley – **October 15th**
Michael Lynch – **October 17th**
Judith Meade – **October 18th**
Kathy Sannerud – **October 18th**
John Greenly – **October 20th**
Barbara Hopkins – **October 20th**
Eileen Kopelson – **October 21st**
Barbara Gerlach – **October 26th**
Beth Suddaby – **October 26th**
Mick Buffum – **October 27th**
Robert Koestler – **October 31st**

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)
Barbara Gerlach (421)
Larry & Pam Bowman (100)
Marie Enders (459)
John & Elaine Weiss (312)
Phyllis Smith-Hansen (Patio 130)

NEW HIRES

Zachary Carlucci - Server
Courtney Griffin - Resident Aide
Claudine Davis - Resident Aide
Clara Cooney - Server
Anna Horn - Server
Alena Duvall-Crispell - Resident Aide
Jason Soranno - Server
Felix Courtney - Server
Sawyer Fritz - Server

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**

Looking for Community Volunteers for Senior OT Students!

The Occupational Therapy program at Ithaca College is recruiting adults over the age of 18 to participate in programming that will assist senior occupational therapy students in learning how to administer various health assessments. Working in pairs, students partner with a community member and practice administering various occupational therapy assessments.

The assessments students will be administering range in areas of physical, leisure, social, cognitive, and functional status. The students are practicing administering the assessments only, and no results will be provided.

Date: Wednesday November 12, 2025

Times: 9:00am-12:00pm and/or 1:00pm-4:00pm

How Much Time Do I Need to Commit?

Each session is 55 minutes in length.

Sign-up for as little as 1 session or up to 6 sessions, depending on availability.

Will I Be Reimbursed?

This is a volunteer opportunity only. You will be contributing to the professional development of future Occupational Therapists.

Location:

The Center for Health Sciences (CHS) at Ithaca College. Participants will be met in the CHS lobby (by the cafe) and escorted to one of the OT classrooms.

How do I Sign Up?

If interested, determine how much time you are willing/able to commit and when you could come (morning or afternoon or both).

Please contact **Shannon Scott** via email at sscott3@ithaca.edu or via telephone:

607-274-7131

Please call by November 3, 2025.

PRN PHYSICAL THERAPY

Sarah Warner is our campus' current physical therapist through PRN. Below is her contact information if anyone wishes to schedule sessions:

Phone: 607-788-0904

Email: swarner@prnptot.com



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