

FEATURE

National Family Caregivers Month

Joe Zerbey VI

When older adults begin to face challenges, the first line of defense will always be close friends and family. Often, we're busy as ever with our day-to-day and personal struggles, but, when loved ones are in need, the most dedicated and empathetic amongst us become caregivers.

National Family Caregivers Month was first established in 1994 by the Caregiver Action Network and officially recognized nationally in 1997. This observation was enacted to encourage public awareness and appreciation for those providing unpaid care to loved ones.

Family caregivers, in particular, are the subject of this month's feature. Today marks the beginning of National Family Caregivers Month. Many of us have family members who need a little extra help.

The extent of that help can vary drastically, but we can all understand the level of responsibility that goes into caring for

another. The time, energy, and love required for such a role does not come lightly.

As a means of maintaining mental health for family caregivers, as well as helping them be seen, let's take this month to advocate for and support caregivers we know, and caregivers we *know* are out there. Some easy ways to show your support is to spread awareness, provide counsel to caregivers you know, or be there for them when the weight of their role becomes too heavy.

Longview hosts a caregiver support group in the Interfaith Chapel every other week. Simply talking with other caregivers about the joys, hardships, and lessons involved can be a great way to alleviate stress and find a sense of community.

If it's one thing Longview knows, it's that community is everything! Friends, family, neighbors, all those who frequent Longview have a deep understanding of the struggles one can go through as a caregiver. Ask anyone here for help, and at the drop of a hat, you can bet help is on the way. In conclusion, remember to pay homage to family caregivers in your circle this month and let them know that they, too, are cared for. It'll make their day.

The following links are resources for family caregivers, should anyone like to provide them to a family caregiver in your circle:

Tompkins County Family Caregiving
Resources page:

<https://www.tompkinscountyny.gov/All-Departments/Aging/Services-of-Our-Office/Family-Caregiving-Resources>

Dept. of Health and Human Services
Resources for Caregivers:

<https://www.hhs.gov/programs/providers-and-facilities/resources-for-caregivers/index.html>

National Family Caregiver Support
Program:

<https://acl.gov/programs/support-caregivers/national-family-caregiver-support-program#ResourcesandUsefulLinks>

Please feel free to provide feedback on this newsletter's content to either myself at jzerbey@longviewithaca.org or Christina Sterling at csterling@longviewithaca.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

November Preachers:

November 2 – Pastor Dennis Christiansen,
Retired, American Baptist

November 9 – Ms. Jamie Breedlove, St.
Paul's United Methodist
Church

November 16 – The Rev. Geri Judd,
Newfield United Methodist
Church

November 23 – The Rev. Nancy Didway,
Dryden Presbyterian Church

November 30 – “Sunshine,” The Salvation
Army

Shabbat Worship

Join students from Ithaca College Hillel to
celebrate the Jewish Sabbath on Fridays
November 7 and 14, 3:30 pm, in the
Interfaith Chapel, 3rd floor.
ALL ARE WELCOME!

Roman Catholic Confession and Mass

Father Dan from Cornell will visit at
Longview to hear individual confession in
the Interview Room (next to the front
registration desk, 3rd floor), on Thursday,
November 20th from 1:30-2:30 pm.
At 3:00 pm, Father Dan will lead mass in the
Interfaith chapel.

RECREATION

Bree Nash

November Events

11/3 PRN Therapy In-Service Presentation:
What is Occupational Therapy?
(10:45AM)

Holiday Bazaar Planning Meeting, All
are welcome! (1PM)

Cornell Companions Pet Therapy
Visits (2PM)

11/4 TC Board of Elections – Vote in the
General Elections, Front Lobby
(6AM-9PM)

Music with The Fortnight Singers
(6:30PM)

11/6 Veterans Day Celebration at Ithaca
College (11:30AM)

11/7 Wellness Series: A Healthier Heart for a Happier Life (1:30PM)

11/8 BINGO with CU Sigma Alpha (3PM)

11/10 Meet & Greet with Zack, 4th Floor (10:45AM)

Assisted Living/Enhanced Assisted Living Resident Council Meeting & EQUAL Grant Discussion (1:30PM)

11/11 Music Therapy with Amanda (1:30PM)

Community Café Meet & Greet with Zack (2:30PM)

11/12 Meet & Greet with Zack, Garden Level (3:30PM)

Musical Performance with Just Us, featuring Nora Starr (6:15PM)

11/13 IC Speaker: Public Forum in the Physical World with Ann Marie Adams (6:30PM)

11/14 November Birthday Party with Wayne Gotlieb (3PM)

11/15 Cornell Companions Pet Therapy Visits (10AM)

11/16 IC Theatre: Little Women, The Musical (1PM)

11/18 The Empowered Caregiver: Exploring Care & Support Services (2:30PM)

11/19 Caregiver Support Group (1:30PM)

Book Club Discussion: Bound for the Promised Land (3PM)

Venti Dimenti Winds: Woodwind Quintet (6:30PM)

11/20 Wonderful Wheelchair Repairs with Ron (2:15PM)

11/22 OPUS Ithaca School of Music Performance (10AM)

11/24 Ithaca College on Thanksgiving Break 11/24-11/28

Longview Shopper Service moved to Monday!

Trip to the Salvation Army (2:15PM)

Death Café (3PM)

Special Days

11/1 All Saints Day

11/2 All Souls Day

Daylight Savings Time Ends – Fall Back One Hour!

11/11 Veterans Day

Recreation Highlights:

Holiday Stamps will be available mid-November in the Longview store!

Election Day! Vote with the Tompkins County Board of Elections – Tuesday, November 4, 6AM-9PM

Those who've signed up for absentee voting may deliver ballots in the front lobby on the 3rd floor with the Tompkins County Board of Elections the day of the election or mail your ballot to the BOE.

If you are signed up for absentee voting, you will not be able to vote in person the day of.

If you misplace your absentee ballot, you will be able to vote the day of via affidavit ballot.

Holiday Bazaar!!!

November 1 marks 36 days until to Holiday Bazaar! Save the date and tell all your friends the Bazaar will be held on Saturday, December 6. On Wednesday, November 12 we'll start accepting white elephant sale donations.

Donations can be brought to the Recreation Department, A-301 on the 3rd Floor. For those who would like to volunteer, please come to the next Bazaar meeting schedule for **Monday, November 3 at 1:00PM.**

If you'd like to help price and sort white elephant sale donations, we'll be meeting on **Monday, November 12 at 4PM in the Craft Room.**

TIDBITS

Staff Appreciation Fund

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

The History of Pets

Ben Hogben

When walking through the hallways of Longview, one thing that might greet you is a dog. Some of the familiar canine friends are Max, Spice, Georgia or Angelo. Outside, you might see a cat or two, Topsy and Yoshi, walking on the grounds. The 4th floor is home to a fish tank, and there is a large, custom-made bird cage in the Garden that houses Society Finches.

Pets and pet ownership has a history that dates back to Egyptian times. Some of the

pets they kept were dogs, cats, monkeys, fish and birds, just to name a few. Pets have been used in therapeutic settings dating back to 1792 at the Retreat in York England.

This Retreat treated mental illness and was considered a social environment where small domestic animals were part of the everyday life. Florence Nightengale used pets in a therapeutic setting when treating the injured and wounded.

Saint Bernard of Menthon, Southeastern France used a dog of the same name to rescue lost and weary travelers in the Swiss Alps, as they were specially bred to work in the harsh weather climate. Some of the television shows that featured animals/mammals are Lassie, Mr. Ed, Flipper, and Peanuts. Closer to Longview, the Watkins Glen Public Library created a Read to a Dog program where children can read stories to a dog.

The Cornell Companions have been in existence for the past 25 years and visit Longview on the first Monday and the third Saturday of the month. When they visit, you might spend time with a few dogs, or even a Llama. You can also see resident and staff pets on the large TV screens throughout the building. Pets provide companionship and are an example of unconditional love.

They are known to reduce stress levels and help with loneliness to people who are isolated or homebound. One pet that I thought might be interesting to own is a cow, though I'm not sure how we would all fit on the couch when watching TV!

NOVEMBER BIRTHDAYS

James Torgeson – **November 1st**

Shirley Hendrickson – **November 1st**

Edna Federer – **November 3rd**

Steve Suddaby – **November 3rd**

John Weiss – **November 6th**

Martha Brewseter – **November 9th**

Paul Strass – **November 12th**

Ed Rooney – **November 17th**

Marilyn Pesesky – **November 25th**

Veronica Seyd – **November 25th**

Betty Hamlish – **November 26th**

Nancy Richards – **November 29th**

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)

David & Linda Caughey (Patio 129)

James Torgeson (347)

Richard Driscoll (410)

Barbara Cunningham (453)

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

Zack Griswold – AL Administrator

ITHACA COLLEGE

Jessica Taves

Ithaca College Occupational Therapy program

We are looking for individuals to spend 5 Wednesdays with students to learn about aging and how to "redesign " your activities and daily lives to fit your changing needs.

Program will be Wednesdays, Nov 5, 12, 19, Dec 3 & 10 from 3:45-4:45—Plan to participate in all 5 sessions as students will be designing programming specifically for each participant.

This program will take place in the Ithaca College Classroom (Main Building 2nd floor).

Please reach out to Jessica Taves at 607-274-1051 or jtaves@ithaca.edu if interested in joining.

Public VS. Private Forums

Angela Darling

Learn about traditional and modern concepts of public forums, upskill digital knowledge, and develop a media literacy mindset.

Join Ann-Marie Adams, Assistant professor at Longview.

Nov. 13th (6:30 PM – 7:00 PM)

DID YOU KNOW?

Christina Sterling

The Graceful Kimono

The kimono, Japan's national dress, symbolizes grace, beauty, and cultural harmony. Traditionally worn by both men and women, its colors, patterns, and sleeve styles reflect the wearer's age and status—bright and flowing for youth, subdued and refined for maturity. Once daily attire, it is now mostly reserved for special occasions like Adult's Day, New Year's, weddings, and the shichi-go-san children's festival.

Wearing a kimono requires skill, from layering the nagajuban undergarment to

properly wrapping and tying the **obi**, a wide sash that completes the outfit.

The finest kimonos are made of silk, with regions such as Kyoto, Amami-Ō-Shima, and Okinawa famous for their distinctive weaving and dyeing traditions—some recognized as national cultural assets.



However, modern life and Western fashion have sharply reduced kimono use. High costs, complex dressing methods, and busy lifestyles make every day wear impractical. Once a symbol of elegance and tradition, the kimono now survives mainly as a ceremonial garment and cultural treasure, its future uncertain in fast-paced modern Japan.

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