

## FEATURE

### Human Rights Month

Joe Zerbey VI

Hello and happy holidays, everyone. December is National Human Rights Month. So, I wanted to spread awareness and celebrate the core ideals of human kindness. Human Rights Month is observed annually around the world starting on December 10th. It commemorates the anniversary of one of the world's most groundbreaking global pledges: the [Universal Declaration of Human Rights](#) (UDHR). The Declaration was proclaimed by the United Nations General Assembly in Paris on 10, December 1948 and sets out, for the first time, fundamental human rights to be universally protected.

Though we are living through a very unpredictable time, where many find it easy to feel forgotten or alienated, the observation of Human Rights Month is to remember the values of human rights and show that they remain an important commitment for humanity.

As the year approaches its end, we should provide ourselves and those around us grace by showing how **human kindness and empathy** can shape our daily lives in ways

we may not always notice. Too often taken for granted or seen as abstract ideas, human rights are the essentials we rely on every day. At Longview, employees and residents help each other as if they were family. Sometimes it's the little things that help. Sometimes, just being there to listen can, too.

Even if someone is not your neighbor, immediate family, or friend, it's good to treat them like they are and to not judge their actions too harshly, for we know not what they could be going through. In order to spark awareness, inspire confidence, and encourage positive action, lead by example and be the best you can be, for yourself and everyone around you.

Acknowledging human rights as positive, essential, and attainable means recognizing that every step toward achieving them begins with the individual. This pursuit mirrors the core of integrity: a steadfast commitment to honesty and moral consistency, even when no one is watching.

Please feel free to provide feedback on this newsletter's content to either myself at [jzerbey@longviewwithaca.org](mailto:jzerbey@longviewwithaca.org) or Christina Sterling at [csterling@longviewwithaca.org](mailto: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 December

December 7/The Rev. Jeff Evans, St. John's Episcopal Church

December 14/Pastor Sean Muldowney, Hillside Alliance Church

December 21/Mr. Chris Blyler, The Salvation Army

December 28/Pastor Richard Lloyd, retired, American Baptist

### Hanukah Celebration

The combined youth groups of Temple Beth El and Congregation Tikun Or will visit on **MONDAY, December 15** at 6:00 pm for a celebration of Chanukah. ALL are welcome!

### Roman Catholic Confession and Mass

On **Thursday, December 18th**, Father Dan from Cornell will visit to hear confession (2-2:30 pm in the Interview Room by the Reception Desk) and to offer Mass (3 pm in the Interfaith Chapel).

### Shabbat Worship

The IC Hillel group will visit on **Friday, December 5<sup>th</sup>** for Shabbat worship in the Interfaith Chapel. ALL are welcome!

### Two Opportunities to Stretch Your Spirit

The Pastors and members of New Heart Alliance Church will visit on **Thursday, December 11** at 6 pm for a carol sing and cookie decorating in the 3rd floor auditorium.

Also, students from Cornell will visit on **Sunday, December 14<sup>th</sup>** at 3:30 pm for a carol sing in the 3rd floor auditorium.

### Annual Service of Lessons and Carols

On **Wednesday, December 24<sup>th</sup>** at 1:15 pm, we will celebrate the historic Christmas observance of "Lessons And Carols" in the 3<sup>rd</sup> floor auditorium at 1:15 pm. (No video lecture or hymn sing on December 24th).

## RECREATION

Bree Nash

Winter is among us! We have much to celebrate in December: the winter solstice, Christmas, Hanukkah, New Year's Eve and more! With the Holiday Bazaar kicking off this month (Saturday, December 7), the Recreation staff would like to extend a thank you (in advance) to the many volunteers, residents, staff, family and community members who worked alongside us to make the Bazaar such a great success. Thank you again for being part of our community!

**Holiday Stamps are available in the Longview store!**

### December events:

- 12/1 PRN Therapy In-Service Presentation: Speech Therapy, More Than Words (10:45AM)  
Caroling with the Finger Lakes Homeschool Group (1PM)  
Cornell Companions Pet Therapy Visits (2PM)  
IC Course Advising: Are you interested in taking a class at IC? (2:30PM)
- 12/2 IC Spiritual Research Study Meeting (1:30PM)

Music with the Fortnight Singers  
(6:30PM)

12/3 Cornell History Presentation by Corey Earle (6:30PM)

12/4 Caregiver Support Group (2PM)

12/6 Longview's Annual Holiday Bazaar!  
(10AM-3PM)

12/8 Assisted Living/Enhanced Assisted Living Resident Council Meeting  
(1:30PM)  
Winter Solstice Mirage Belly Dancing Performance (6:30PM)

12/9 Movie Theater Outing: Wicked, For Good (12:45PM)  
  
Music Therapy with Amanda  
(1:30PM)

12/11 Tree Decorating & Sing-Along with East Ithaca Preschool (10:45PM)  
  
New Heart Wesleyan Christmas Visit: Songs & Cookie Decorating (6PM)

12/12 Wellness Presentation: Yoga with Kathy Morris (1:30PM)  
  
Ugly Sweater Party & Gingerbread House Decorating (3PM)

12/13 Ithaca Suzuki Music Education: Cello Performance (10AM)

12/14 Christmas Carols with the Hall Family (3:30PM)

12/15 Complimentary Gift Wrapping (10:45AM)  
  
Hanukkah Celebration with Temple Bethel & Tikun V-Or (6PM)  
  
IC Handbell Choir Performance (7:30PM)

12/16 Alzheimer's Association: Managing Money (2:30PM)

12/17 Holiday Lights Country Ride (6PM)

12/18 Caregiver Support Group (2PM)  
  
Handel's Messiah Sing-Along with Joe Haines (3PM)

12/19 Birthday Party with Bob Lyna (3PM)

12/20 Cornell Companions Pet Therapy Visits (10AM)  
  
Holiday Jazz Performance with Vivek Matthew (2:15PM)

12/22 Longview Shopper Service TODAY!  
  
Shopping Trip TODAY! (2:15PM)  
  
Death Café: Drink Tea, Eat Cake & Talk about Death (3PM)

12/22 Harmony Falls, Women's A Capella Performance (6:30PM)

12/24 Service of Lessons & Carols with Brooke (1:15PM)

12/31 New Year's Eve Party with John Simon & Radio Backtalk! (3PM)

### **Special Days:**

12/7 Pearl Harbor Remembrance Day

12/14 Hanukkah Begins at Sundown

12/21 Winter Begins

12/25 Merry Christmas

12/26 Kwanza Begins

12/31 New Year's Eve

### **Recreation Highlights:**

**Door Decorating Contest!**

***All residents and staff are welcome to participate!***

Please submit the entry form below to the Recreation Department by

Wednesday, December 17.

Details: Door decoration must be completed by **Wednesday, December 17, 2025**. A group of staff, comprised of individuals from multiple departments, who have not participated in the contest will vote on Thursday, December 22. Submit your entry by notifying the Recreation Department when your door decoration is complete and a photo will be taken.

### **!Contest Restrictions!**

Please refrain from using an extension cord outside your door. Nothing may obstruct the hallway. Do not use items that may be a fire hazard. No adhesives are allowed on the door, trim and walls. Painting the door or physically altering the door is not permitted.

### **TIDBITS**

#### **Longview Store**

Whitney Robinson

We are looking for a volunteer to work the Longview Store on Fridays 10:30am-11:30am. This is a great way to get acquainted with everyone at Longview.

If you are interested, please reach out to Bree Nash or Whitney Robinson in Recreation.

#### **Longview Clothing Donations**

Ann Buddle



We have done it again! All manner of clothing has been dug out from closets and drawers at Longview.

Warm sweaters, coats, blankets, scarves and shoes are on their way to the local VA where they'll be distributed to those in need.

Thank you to all our residents for what you have contributed! Our generosity will be enjoyed, especially during the cold winter to come!

### **DECEMBER BIRTHDAYS**

Norma Kalk – **December 4<sup>th</sup>**

Shella Chace – **December 7<sup>th</sup>**

Howard Longhouse – **December 8<sup>th</sup>**

Howard Longhouse – **December 8<sup>th</sup>**

Larry Bowman – **December 9<sup>th</sup>**

Jane Zimmer – **December 9<sup>th</sup>**

Virginia Bryant – **December 11<sup>th</sup>**

Janice Lawrence – **December 17<sup>th</sup>**

Jimmy Dekay – **December 20<sup>th</sup>**

Patricia Smith – **December 21<sup>st</sup>**

Virginia Bizzell – **December 24<sup>th</sup>**

Ada Albright – **December 26<sup>th</sup>**

Dorothy Stansel – **December 26<sup>th</sup>**

Stanley Ellis – **December 27<sup>th</sup>**

Joan Reppert – **December 28<sup>th</sup>**

## 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

## PRN PHYSICAL THERAPY

Joe Zerbey VI

In case you have not been introduced yet, please say hello to these two if you should see them in our hall:



**Sarah Warner**

Sarah has been an Occupational Therapist with over 12 years of dedicated practice across a spectrum of clinical

settings, including short-term rehabilitation, skilled nursing facilities, post-acute care, and outpatient clinics. Sarah has also held various roles within the Ithaca College Department of Occupational Therapy, serving as an adjunct professor, lecturer, and associate professor for the past 3 years.

Holding a strong educational foundation from Otterbein College and Gannon University, she specializes in helping individuals regain independence and enhance their quality of life. Her clinical interests are focused on innovative and aesthetic home modifications to improve accessibility and safety, and working with diverse neurological populations to maximize function to help individuals return to engaging in meaningful aspects of their daily activities.

Outside of the clinic, you can find Sarah spending time with her partner Terry and 2 dogs Snoopy and Quasimodo. She enjoys the outdoors, gardening, traveling, playing the piano, and most importantly laughing.





## Doug Bayer

Doug Bayer (he, “BYE-er”) is a Speech-Language Pathologist with 25 years of clinical experience. He studied

Japanese Literature at Oberlin College and worked as a translator and technical writer before returning to school to earn his graduate degree in Speech-Language Pathology at Ithaca College. Since 2001, Doug has practiced in acute care, rehabilitation, and outpatient settings at Cortland Regional, Schuyler Hospital, and Cayuga Medical Center. Doug and his family moved to Ithaca to enjoy country living, hiking, swimming, skiing, and the area’s vibrant music and arts scene. He has long admired the Longview community and is grateful for past opportunities to work with residents here. Doug is excited to support communication, swallowing needs, and thinking skills that help with daily tasks in his new role with the rehabilitation team.

## DID YOU KNOW?

Christina Sterling

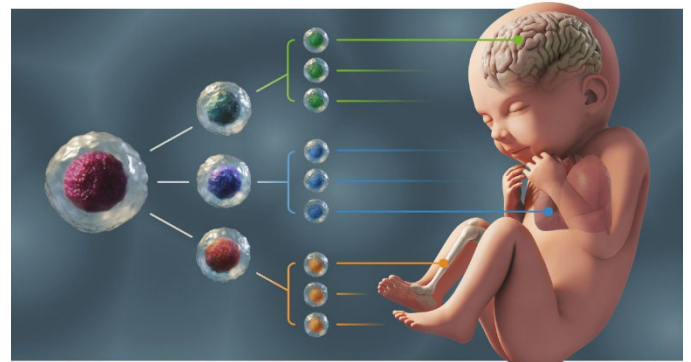
## You Are Unique

When you were conceived, your remarkable journey of human development from a single zygote cell to a fully formed baby is truly amazing. The process begins when a zygote, barely visible to the naked eye, starts life with all the necessary genetic instructions for every cell type. This cell

repeatedly copies its DNA and divides in two. Initially, these new cells are identical. Specialization begins about one week after conception: some cells differentiate to form the embryo, while others become the placenta and supporting tissues. By the third week, the embryonic cells organize into three distinct layers: 1) outer layer – develops into nerve, brain, mouth, and outer skin cells; 2) middle layer – forms blood, bones, kidneys, muscles, and related tissues; 3) inner layer – becomes internal organs like the lungs, bladder, and most of the digestive system.

Throughout the rest of the pregnancy, cells undergo highly coordinated migration and grouping processes, forming sheets, cords, and cavities. A notable example is how sheets of cells curl into tubes simultaneously across the embryo, lengthen, branch out, and join to create the complete circulatory system. By birth, the hundreds of billions of cells have specialized precisely the correct type, location, and time.

You are a product of this intricate, unique process. Yes, you are wonderfully made and you are unique.



### Creator

Gret Atkin

### Contributors

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### Editor

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