

FEATURE

Looking Back, Moving Forward, and Mindfulness

Joe Zerbey VI

Hello, everyone. Welcome back to Life at Longview. You've tuned in every month to read something new and we thank you for your readership. We will now be on Volume 5 of Life at Longview. This newsletter would not be what it is now without the headstrong dedication of its wonderful creator, **Gret Atkin**.

There was a Longview newsletter long ago, before I began my employment at Longview, but it was lost to time. When I started, I was lucky enough to use my love of writing in tandem with Gret's vision for the newsletter's revival. Though Gret is no longer here, Christina and I worked closely with her and have made great efforts to preserve her vision. As to pay homage, we always include her name in the credits as the "creator." She was passionate, kind and determined. Each time I put this newsletter together, my thoughts drift to many places, but I always remember where it began. One must look back before trudging forward.

In light of change, and the strife it can introduce, I find it appropriate to remind everyone that incorporating mindfulness into

daily life boasts many benefits. Mindfulness is an umbrella of thought and does not limit to one thing. Mindfulness is making conscious decisions with a clear mind. Mindfulness is enjoying a sunrise and taking slow, deliberate breathes. Mindfulness is allowing yourself to laugh. Mindfulness is not worrying too much about a phone call or appointment. Mindfulness is feeling connected to your surroundings and the people in your life in the present moment. Mindfulness is not lingering on mistakes you have made.

I think you get the picture. But, because we are usually stressed and preoccupied with our busy lives, it's anything but easy to engage with mindfulness. The usual advice is to find a quiet place, somewhere that makes you feel at peace, but everyone is working with a different toolkit, and due to such, we'll all have a different way of finding something that works.

Go on a walk, call a family member or friend, have a cup of tea, draw, paint, write, sing, listen to your favorite music, anything that makes you happy, anything that reminds you of who you are.

With the world constantly demanding that we play along with whatever it asks, it's important to hold dear what makes us unique. Though we should allow ourselves to contemplate the past and think of the future, we remain most effective when focused on the present, for that is the very essence of mindfulness.

Here are some articles relating to mindfulness that may touch on things I did not talk about:

Five Ways Mindfulness Helps You Age Better:

https://greatergood.berkeley.edu/article/item/five_ways_mindfulness_helps_you_age_better

The Benefits of Mindfulness and Meditation for Older Adults:

<https://www.dedicated.care/articles/benefits-mindfulness-and-meditation-older-adults>

Mindfulness As Metacognitive Practice:

<https://journals.aom.org/doi/10.5465/amr.2015.0333>

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

Preachers for January

January 4/Brooke Newell

January 11/Pastor Elijah Beltz, Tabernacle Baptist Church

January 18/Pastor Ben Hogben, Caroline Center Church

January 25/the Rev. Pam Carey, Jacksonville United Methodist Church

Roman Catholic Confession and Mass

On Thursday, January 15, Father Dan from Cornell will visit to hear confession from 2-

2:30 pm in the Interview Room (next to the main reception desk). At 3 pm, he will conduct mass in the Interfaith Chapel.

Shabbat Worship

The students from Ithaca College Hillel wish everyone a "Happy New Year!" Once classes resume, they will schedule their Shabbat visits with us.

Stretch Your Spirit: Harp and Meditation

On Wednesday, January 28 at 1:30 pm, we again welcome our friend Pamela Goddard back to the Longview auditorium. Pamela combines meditation and harp music for a relaxing session to calm your spirit. No spiritual life lecture that day.

Substitute Pianists Needed

Many thanks to our regular pianist Joe Haines for his faithful service on Sunday afternoons (Protestant worship) and Wednesday afternoons (hymn sing). From time to time, Joe needs to be away, and we could use the assistance of a substitute. If you are able to take a turn playing for either of these ongoing activities, please let Brooke know at bnewell@longviewithaca.org or **607-375-6302**.

RECREATION

Bree Nash

January events:

1/5 IC Spiritual Research Study: Focus Group Participant Discussion (10:45AM)

Cornell Companions Pet Therapy Visits (2PM)

- 1/6 Music with the Fortnight Singers (6:30PM)
- 1/8 Caregiver Support Group (2PM)
- 1/9 Wellness Series: Reflexology (1:30PM)
- 1/12 Assisted Living/Enhanced Assisted Living Resident Council Meeting (1:30PM)
- 1/13 Music Therapy with Amanda (1:30PM)
- 1/17 Cornell Companions Pet Therapy Visits (10AM)
- 1/19 Independent Resident Town Hall Meeting (1:30PM)
- 1/20 First Day of Classes at Ithaca College!
- 1/22 Caregiver Support Group (2PM)
Wonderful Wheelchairs – Repairs with Ron (2:15PM)
- 1/23 January Birthday Party with the Maplewood Jazz Trio (3PM)
- 1/25 IC Concert: Martin Luther King Jr. Concert (3:30PM)
- 1/26 Death Café: Eat Cake, Drink Tea & Talk About Death (3PM)

information from Bree Nash prior to the start of classes.

Recreation Highlights:

We have an exciting class coming towards the end of January!

Kevin Murphy, retired Ithaca College professor, will be leading Longview residents through a semester-long **Introduction to Poetry**.

One objective of this course is to familiarize residents with both traditional and contemporary forms of poetry. We will study poetry chronologically (from Shakespeare to the present) and formally (the sonnet, the ode, the dramatic monologue, etc.). The chronological survey from the 16th through the 19th century will take place during the first half of the semester, and during the second half we will focus on American poetry written in the 20th and 21st centuries, especially poetry written since 1950. A second, and perhaps more important, objective of this course is to instill in the residents' the desire and the confidence to read poetry critically and persuasively, and therefore participation in class discussion is crucial.

The group will meet once a week, allowing residents to participate continuously or only in those sessions they found appealing. There's no need to commit to every class session!

Kevin Murphy joined the Ithaca College Department of English in 1979 and retired in 2021. Before coming to Ithaca, he also taught at Cornell University, Université de Lille (Fulbright Lecturer), Hobart and William Smith Colleges, and Seoul National

Special Days:

- 1/1 New Year's Day
- 1/6 Epiphany
- 1/19 Martin Luther King Jr. Day

Ithaca College Classes Begin Tuesday, January 20! Residents taking classes at IC this semester will receive course and shuttle

University (Peace Corps Lecturer). In Spring 2004, he was appointed the Robert Ryan Professor of Humanities and was designated Professor Emeritus in 2022.

During his initial years with the department, he focused on courses of American poetry and American studies, offering seminars on Whitman and Dickinson, Modern American Poetry, and an interdisciplinary honors seminar, "The Eye of the Beholder: American Visions in 19th Century Literature, Architecture, and Painting." The latter part of his teaching at IC was focused on Modern Irish poetry, with a particular emphasis on W. B. Yeats and Seamus Heaney. His seminar on James Joyce's Ulysses was a regular offering as well. Throughout his four decades in the department, he taught Introduction to Poetry, a survey course open to the entire college.

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 Library

Joe Zerbey VI

Tom Kallal has been chosen by Hong Rumney and Janice Lawrence as librarian for the Longview Library, and will be

absorbing their responsibilities hence forth. Please contact him if you have any questions about the Longview Library.

Giving Tree

Joe Zerbey VI

Longview would like to extend a big thank you to everyone who participated in this year's giving tree! Staff and residents alike all pitched in to get food and gifts for the Headstart class downstairs. There are few joys greater than knowing you made a difference in the lives of others. We couldn't be more appreciative of your contribution to their holidays. Thank you, everyone!

JANUARY BIRTHDAYS

Mary Oltz – **January 1st**

Annabelle Wood – **January 1st**

Cassie Taber – **January 4th**

Audrey Lightner – **January 6th**

Joseph Forest – **January 10th**

Susan Byrd – **January 14th**

Barbara Grady – **January 16th**

Elva Vollbrecht – **January 16th**

Dolores Charap – **January 18th**

Ayron Kaplan – **January 18th**

Elliot Schrank – **January 20th**

Connie Von Borstel – **January 27th**

Pete Jager – **January 30th**

Ralph Stewart – **January 30th**

Ethel Cratsley – **January 31st**

NEW RESIDENTS

John & Elaine Weiss (312)

Phyllis Smith-Hansen (Patio 130)

David & Linda Caughey (Patio 129)

Richard Driscoll (410)

Barbara Cunningham (453)

Dorothea Lindemann (208)

Sue Perl gut (Patio 128)

Michael Schaff (Patio 128)

Valerie Swanson (207)

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

A BIT OF HISTORY

Development of Transportation in Tompkins County

Ben Hogben

When someone visits the Ithaca area, it would likely be via a car, bus, plane, taxi or uber. That was not the case at the turn of the 20th century. Cornell was already an established university, and the Ithaca College Conservatory, now Ithaca College, was starting in downtown Ithaca on east Seneca street. However, travelling to Ithaca might have been a trip via the railroad. Discussion regarding a railroad to Ithaca started around 1831 with bids being

accepted for grading a railroad bed and supplying railroad materials.

The second railroad chartered in New York state was the Ithaca & Owego. In 1833, horses were used to pull rail cars. Back then, a 40-mile trip took approximately 4 ½ hours via “horse power.” Since there were no track signals or timetables, freight and passenger trains would sometimes meet on a single track. When that happened, the cars were removed from the track to allow the other train to pass. Freight trains had priority over passenger trains.

“Old Puff” was the first steam locomotive to run on that line. However, the steam locomotive would occasionally run out of steam, literally, and had to be towed back to Ithaca via horse. Larger railroads such as Delaware Lackawanna and Western and the Lehigh Valley eventually constructed stations in downtown Ithaca to carry passengers to college, transport military personnel, and travelers visiting Ithaca. In the 1930’s Cornell University ran special excursion trains along the shores of Cayuga Lake so that fans could cheer on their favorite rowing teams. The cost of this trip was one dollar, which was a considerable expense back then. Passenger service to Ithaca ceased altogether on February 3, 1961. Two train stations remain in Ithaca today.

The Delaware Lackawanna and Western station, now the bus station, and the Lehigh Valley station, a bank, which has a steam locomotive and passenger cars parked next to it for aesthetics. Today, the Ithaca Central railroad leases the Sayre to Ithaca branch line and hauls salt from Cargill salt. For more information see Hardy Campbell Lee:

[extension://efaidnbmnnibpcajpcglclefindmkaj/https://ecommons.cornell.edu/server/api/core/bitstreams/19d8e51e-4a16-4944-9334-8b92b4f1eb30/content](chrome-extension://efaidnbmnnibpcajpcglclefindmkaj/https://ecommons.cornell.edu/server/api/core/bitstreams/19d8e51e-4a16-4944-9334-8b92b4f1eb30/content)

EXTRAS

Allen and Ethan man the Harvest Moon Bakesale table. We nearly sold everything!



Twelve residents were kind enough to offer up some of their time to speak on their experiences and joys in the upcoming “Legends Live Here” segment through Cayuga Radio Group. Thanks, guys!



Joe Haines joins in the winter fun and has made a jolly snow man in his yard! This snow man seems to be somewhat of a hiker, staying balanced with his two walking sticks, gently held at his sides, and a wide-

brimmed hat to protect from the sun. He'll be visiting Longview for as long as there is snow, so come say hi while he's in town!



Below you will see the storm that brought in this intrepid fellow. Joe Haines and his neighbor, Dan Karig are seen greeting the snow man as he arrived. They offered him hot cocoa, but he politely declined.



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