

FEATURE

Activities for Cognitive Function Improvement!

Joe Zerbey VI

The term “cognitive function” feels terribly boring said aloud, and yet it relates to everything we do every day. Even simple things require brain power, so it’s in our best interest to keep our brains strong like any other muscle. We can make decisions every day to improve our cognition, and at the same time, improve our ability to enjoy ourselves. This comes in the form of games, puzzles, exercises, and, well, conversation. Now, that doesn’t sound too boring, does it? If your answer is no, then I hope you’ll join me as we go over some things you can do to stay inspired, enriched, and happy!

Making Puzzles



Allow me to address the elephant in the room: not everyone is interested in puzzles, and that is a perfectly justifiable opinion.

They can often seem overly complex, under stimulating, and just plain silly. However, one cannot deny the benefits they provide. For starters, puzzles are known to enhance spatial reasoning and hand-eye coordination. Puzzles also require us to use both sides of the brain and improve memory, attention, as well as our reasoning skills. They also bestow an almost euphoric effect on those who are patient enough. One can often feel optimistic and accomplished, able to enjoy the pretty picture pieced together with human hands. Just earlier this week, some residents over in C-Wing finished a 1,000-piece puzzle and have moved onto a 2,000-piece puzzle! Now, that’s impressive stuff!

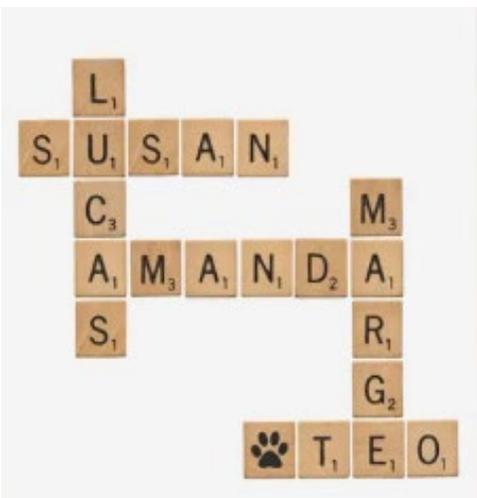


Playing Chess



This is my personal favorite. My brothers and I used to play chess all the time, and it never seemed to get stale. It is a relaxing, yet engaging experience. The rules are not too in-depth and the use of strategy and planning can create an atmosphere of friendly competition. Remember, a loss is just an opportunity to learn. If your buddy keeps beating you, it's only a matter of time until you beat them back! Chess enhances our memory, processing speed, and can help prevent dementia. It also creates great opportunity for conversation, which, in itself, stimulates the best parts of our brains.

Scrabble & Crosswords



Word games are some of the best things for older adult brain maintenance. Forming

letters into words or finding them through logical reasoning increases critical thinking skills and bolsters memory and information recall. Crosswords are typically played alone, but scrabble is best in numbers. There are few things more enjoyable than a group of friends or family scrambling for words until only one person is the victor. It's another great example of friendly competition mixed with education, brain training, and some relaxing recreation.

There are so many other games to talk about, so if anyone has favorites and wants to share, I'd love to hear about your experiences with card games, board games, brain games, and just about anything that gets you thinking, gets you engaged, and having fun! Remember, it's important not to force yourself to play games that you don't like. These suggestions are merely ideas and a way to point out the subtle rewards given by every day activities that we do for fun.

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 February:

Feb. 1 - Pastor Tena Tavelli, Caroline Center Church

Feb. 8 - The Rev. Gerri Judd, Newfield United Methodist Church

Feb. 15 - Major Sunshine, The Salvation Army

Feb. 22 - Brooke Newell

Stretch Your Spirit

On Thursday, February 12, our friends from St. Luke Lutheran Church will come to sing “Compline,” that is, sung evening prayer. Join us in the auditorium at 6:45 pm for this 30 minute service.

Ash Wednesday

The Christian season of Lent begins on Wednesday, February 18, called “Ash Wednesday.” The season of Lent is a time of spiritual preparation for Easter. The use of ashes has long symbolized an attitude of mourning and repentance. You are invited to the third floor Interfaith Chapel anytime between 10-10:30 am for the imposition of ashes on your forehead or hand, as a sign of our mortality and our need for redemption.

Shabbat Worship

Feb. 6th will be the next Shabbat observance at 3:30 pm in the Interfaith Chapel. At that time, other February dates will be discussed. ALL ARE WELCOME!

MARKETING & SALES

Kim Owen

Marketing & Sales at Longview has had some recent change that I'd like to share with you. We have bid farewell to Tara Perkins as she embarks on a new chapter in her life. However, we've been fortunate to have found a new Senior Living Sales Associate already. Please welcome **Hadil Khodji!** She will be the first contact many prospective Longview residents will have with Longview by phone, email or in person and I'm confident she will make positive connections quickly.



"Hello! My name is Hadil Khodji, and I am a new Sales Associate at Longview. I enjoy getting to know individuals and families to understand what matters most to them. My goal is to make every interaction warm, informative, and supportive, and to help make the transition to Longview as smooth and comfortable as possible. I look forward to meeting you and welcoming you to our community."

RECREATION

Bree Nash

January events:

- 1/2 Ithaca Fire Department Fire Safety Training (1:15 PM)
- 1/2 Cornell Companions Pet Therapy Visits (2 PM)
- 1/2 Social Club with Elaine (6:30 PM)
- 1/3 Wellness Series: Wonders, Misperceptions & Insights into the World of Pollination (1:30 PM)

- 2/3 Community Café: Coffee with Cheryl (2 PM)
- 2/3 Music with the Fortnight Singers (6:30 PM)
- 2/4 Brain Builders & Baking with IC Students (9:30 AM)
- 2/6 Winter Olympics 2026: Opening Ceremony Live Video Stream (2 PM)
- 2/6 Shabbat with IC Hillel (3:30 PM)
- 2/9 Winter Olympic Coloring (12:45 PM)
- 2/9 Assisted Living/Enhanced Assisted Living Resident Council Meeting (1:30 PM)
- 2/11 Valentine's Jazz with Vivek Matthew (2:15 PM)
- 2/12 Stretch Your Spirit: Compline: Sung Evening Prayer (6:45 PM)
- 2/13 Paint & Sip with Recreation (3 PM)
- 2/16 Art Talk with Carol Hockett (10:45 AM)
- 2/17 Mardi Gras Pancake Race (10:45 AM)
- 2/18 Ash Wednesday Imposition of Ashes (10 AM)
- 2/18 Hymn Sing (1:15 PM)
- 2/20 The Songs of Burt Bacharach with Will McMillan & Molly Ruggles (3 PM)
- 2/20 Shabbat with IC Hillel (3:30 PM)
- 2/21 Cornell Companions Pet Therapy Visits (10 AM)
- 2/23 Death Café: Eat Cake, Drink Tea & Talk About Death (3 PM)
- 2/26 Wonderful Wheelchairs – Repairs with Ron (2:15 PM)

- 2/27 Garden Club Meeting (1:15 PM)
- 2/27 February Birthday Party (3 PM)
- 2/28 Meet & Greet Social with Cornell University Student Organization (10:45 AM)

Special Days:

February is Black History Month!

- 2/2 Groundhog Day
- 2/14 Valentine's Day
- 2/16 Presidents' Day
- 2/17 Chinese New Year
- 2/17 First of Ramadan Begins at Sundown
- 2/18 Ash Wednesday
- 2/23 Eastern Orthodox Lent Begins

TIDBITS

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.

FEBRUARY BIRTHDAYS

- Jim E. – **February 3rd**
- Janet N. – **February 3rd**
- Harry C. – **February 4th**
- Barbara L. – **February 4th**
- Shirley L. – **February 4th**
- Richard P. – **February 8th**
- Alison M. – **February 10th**

Stephanie T. – **February 12th**

Sunny K. – **February 17th**

Donna S. – **February 17th**

Hong R. – **February 19th**

Charlotte V. – **February 24th**

Barbara A. – **February 28th**

NEW RESIDENTS

John & Elaine W. (312)

Phyllis S. (Patio 130)

David & Linda C. (Patio 129)

Richard D. (410)

Dorothea L. (208)

Sue P. (Patio 128)

Michael S. (Patio 128)

Valerie S. (207)

Maggie G. (427)

Gerald F. (24)

Eva F. (419)

DEPARTMENT APPRECIATION

Longview's Reception Desk

Ben Hogben

When someone enters Longview, one of the first staff members they might interact with is the person at the reception desk. Often, it's Christina, Joanne or Joe. Behind the smiling, welcoming presence is an important role of people who provide the first impression at Longview. These staff members are critical of the daily operations as they are at the frontline of answering questions, any type of question, such as technology (those are easy questions, right?), wayfinding in the building, bus

schedules, or even directing Paramedics to a resident's room when 911 is activated.

You might hear them make an announcement over the PA when the fire alarm is activated, or you might talk with them on the phone if you have a question.

One of the most important, though not obvious, jobs they perform is that of frontline safety. They are the eyes and ears of Longview. The 3rd floor asks visitors to sign in and out, so that we know who is in the building and when. The desk also has an activation button to summon emergency medical assistance or law enforcement if needed.

Some residents make it routine to stop by the reception desk to chat with staff in the morning. The staff who work at the desk provide a listening ear and a friendly conversation to start the day.

They greet the mail and package carriers and help sort out food deliveries. Longview is a busy place with many people visiting every day. We appreciate the staff who work at the reception desks. We value all that they do to make Longview a friendly, welcoming place for residents, staff, and visitors.

DID YOU KNOW?

The Dog's Sense of Smell

Christina Sterling

Longview has long loved our furry friends, but did you know that dogs can use their sense of smell to detect the age, gender, and mood of other dogs? Dogs can even be trained to detect explosives and illegal

drugs. While humans mainly use sight to investigate their surroundings, dogs use their sense of smell. They “read” with their nose.

A dog’s sense of smell is thousands of times more refined than ours. According to the U.S. National Institute of Standards and Technology, a dog “can detect certain compounds at parts per trillion. This feat is the equivalent of tasting about a quarter teaspoon of sugar dissolved in an Olympic-sized swimming pool.”

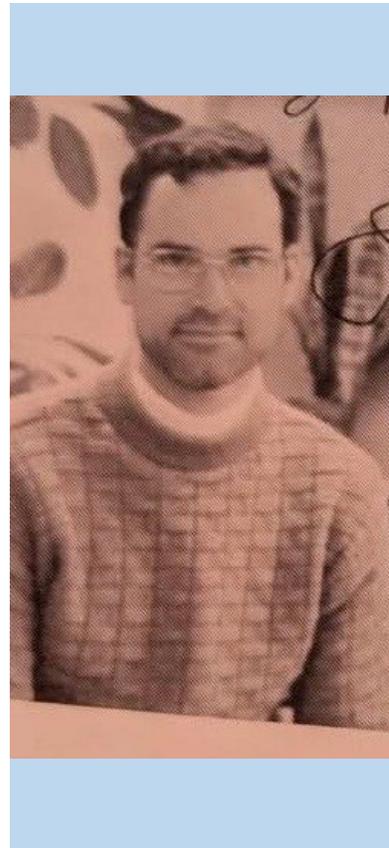
What accounts for the dog’s superior sense of smell? – a dog’s nose is wet and is therefore better able to capture scent particles; a dog’s nose has two airways—one for breathing, another for smelling. When a dog sniffs, air is directed to the part of the nasal cavity that contains scent receptors; a dog’s olfactory region can measure 130 square centimeters (20 sq in.) or more, whereas a human’s measures only 5 square centimeters (0.8 sq in.); a dog can have up to 50 times as many scent receptor cells as we do.



All of this enables a dog to differentiate between the components of a complex scent. For example, we can smell soup, but a dog can detect every ingredient in the recipe, according to some experts. Researchers at the Pine Street Foundation, a cancer research institute, say that the dog’s brain and nose work together to be “one of the

most sophisticated odor detection devices on the planet.” Scientists are developing electronic “noses” to detect explosives, contraband, and disease, including cancer. What a nose that knows. A truly remarkable design.

EXTRAS



Just to the left here is a photograph of Longview resident, Jim E. This image is of him at the age of about 38. He used to be an Ithaca High School teacher. He taught twelfth grade English. We’re certain that, based on his appearance here alone, any could tell he is a well-educated fellow, eager to discuss

the English language with any eager enough to learn about it. Thank you for sharing a piece of your history with us, Jim!

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