

FEATURE

Try Writing About You!

Joe Zerbey VI

Good day! Spring is on the way and I can feel my skin aching for the Sun's warmth. As we gear up for better weather, I find my mind spinning and whirring in anticipation. My favorite thing to do when I struggle to ground myself is to write. Though writing is not everyone's favorite pastime, I would like to advocate for its value and positive impacts it can have on one's mind and spirit.

If you'll spare me a few moments, I'd like to go over some fun writing prompts that I hope you'll like. I encourage you to grab a friend and see how different your writing feels in comparison.

By the end of this article, I hope it becomes clear writing impacts our psychology positively, and provides us with tools to engage with ourselves and the world around us in a wonderful way.

If typing or writing with a pencil or pen is not your preference, I encourage you to speak into a recorder or perhaps a voice recording app on your phone.

Before we truly begin, I'll go over some things that writing does for our brains:

Cognitive Stimulation

Writing engages your brain in many ways. You're processing your thoughts, recalling memories and converting those things into written words. Writing has the potential to keep your brain sharp.

Processing Situations

Writing can be a way of processing things that happen to you. Some situations can be scary, stressful or confusing. Taking the time to write about them helps you look at different angles and think through the problem.

Memory Preservation

Writing is a great way to document your memories. You can write about past events you don't want to forget. Your journal is also a good way to document your day-to-day activities so you can remember them later. Journals can help you pass on your memories to family members, too.

Creativity

Writing is personal and can be used in any way you want, which means you can get creative with it. You might doodle about your day or add sketches to enhance what you write. Having a creative outlet can make

you feel happier and encourage more creativity in other areas. I, for one, am drawn to drawing/doodling. It helps get ideas onto paper just as well as words.

Stress Reduction

Writing about difficult things in your life can help with stress management. Sometimes, simply getting the thoughts on paper can help contextualize our feelings.

Fine Motor Skills Practice

Holding a pen and physically writing your thoughts engages your fine motor skills. Using those skills can help you maintain them. However, as mentioned earlier, physical writing can be challenging for some and they should not feel pressured to engage with physical writing if it does not suit their interests.

Alright! Now, onto the prompts!

Write the story of your stuff

The day will come when downsizing becomes a series consideration, and with that, there is a lot of “stuff” to deal with. Document it, take a series of photos, and write the story behind each item. It’s much easier to let stuff go when there is closure and your mind has woven your stuff into a story that can be cherished for all time to come. It’s a nice way to honor the memories while continuing to make new ones.

Write an episodic memory

Episodic memories pertain to events in the recent or distant past that we stored in the hippocampus for later retrieval. Old photos can trigger episodic memories to surface,

helping us ‘remember’ stories we’ve ‘forgotten.’ Take a trip down Memory Lane by scanning a family album to see what fun stories come to light, then write down your favorites.

Write a cultural snapshot

Pick a significant date in history and write what you remember doing on that day. Where were you when you heard the news? How did you feel? What was it like?

Write about a favorite holiday

I don’t just mean *a* holiday. Pick a *specific* year with a *specific* story attached to that holiday. It can be funny, sad, unbelievable, or inspirational. Just make sure you include lots of sensory language—the things you could smell, taste, see, hear, and touch—which always seems heightened during the holidays. This is a great way to draw upon memories and understand why they were so impactful and unforgettable.

Ok, folks, that’s all I’ve got for now. I hope you enjoyed and I hope you get out there and get writing! Please share with me anything you’ve created. I’m always happy to read another’s work and experience a story that has yet to be heard.

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 March

March 1- The Rev. Nancy Didway, Dryden
Presbyterian Church

March 8 - The Rev. Paul Rack, Retired,
Presbyterian Church USA

March 15 - Pastor Sean Muldowny/Hillside
Alliance Church

March 22 - Mr. Chris Blyler, The Salvation
Army

Marcy 29 - Ms. Carol Hockett, Forest
Chapel U.M. Church

Shabbat and Torah Study

Students from Ithaca College Hillel will visit for Shabbat worship on Fridays, 3/6 and 3/27 at 3:30 pm in the Chapel. You don't need to be Jewish to attend – all are welcome. Prayers for the IC students as their Spring Break starts on the afternoon of 3/13 and goes through 3/22!

Stretch Your Spirit: Making Prayer Beads with Cornell Students

On Saturday, March 21st, at 2:15 pm, come to the auditorium to meet students from Cornell's Campus Ministry for assembling prayer beads. For Roman Catholics, these are called "Rosary Beads." However, prayer beads have a long history in the Protestant, Buddhist and Islamic traditions as well! Bring your creativity and a friend to enjoy this opportunity to visit with students and explore this spiritual tradition.

Roman Catholic Confession and Mass

Father Dan from Cornell Roman Catholic Campus Ministry will be here to hear confessions on Thursday, March 19 from 2-2:30 pm in the Interview Room (next to the 3rd floor main reception desk). He will then conduct Mass at 3:00 pm in the Chapel.

Celebration of Life

On Wednesday, March 18th, we will hold our quarterly service to remember our Longview friends and neighbors who have died. Meet in the auditorium at 1:15 pm as we celebrate the lives of residents Elizabeth Covert, Gale Stockton, Joan Reppert, Mary Jirka, Angela Klausner, Barbara Cutter and the life of staff member Laurie Hultberg.

RECREATION

Bree Nash

March Events

- 3/2 Cornell Companions Pet Therapy Visits (2PM)
- 3/3 Wellness Series: Tips to Build Healthy Habits & Help Protect Your Brain (1:30PM)
Coffee with Cheryl (2:30PM)
Music with the Fortnight Singers (6:30PM)
- 3/5 Trip to the Kitchen Theatre: Milkweed (1:15PM)
- 3/6 Trip to the Museum of the Earth with Tour by Dan Karig (1:30PM)
- 3/7 IC Student Performance: Pitch Please, Acapella Group (10:30AM)
Bingo with the IC-Longview Partnership Club (2:15)

- 3/9 Enhanced/Assisted Living Resident Council Meeting (1:30PM)
Longview Social Club (6:30PM)
- 3/16 St. Patrick's Day Minute-To-Win-It (Time TBD)
- 3/17 IC OT Presents Community Practice: Project Presentations
- 3/18 Celebration of Life (1:15PM)
- 3/19 St. Patrick's Day Concert with Ben & Tim (6:30PM)
- 3/20 March Birthday Party with Musical Performance (3PM)
- 3/21 Cornell Companions Pet Therapy Visits (10AM)
Stretch Your Spirit: Making Prayer Beads with Cornell Students (2:15PM)
- 3/23 Death Café (3PM)
Longview Social Club (6:30PM)
- 3/25 Presentation: Rebel Women of the Victorian Era, Women's History Month Presentation by Andrea Rankin (6:30PM)
- 3/26 Wonderful Wheelchairs – Repairs with Ron (2:15PM)
- 3/27 Trip to the Johnson Museum of Art with Carol Hockett (1:30PM)

Special Days

- 3/2 Purim Begins at Sundown
- 3/8 Daylight Saving Time Begins – Spring forward one hour!
International Women's Day
- 3/17 St. Patrick's Day

3/20 Spring Begins

3/29 Palm Sunday

Spring Break at Ithaca College will be March 14-22 – There will be no classes or shuttle transportation to Ithaca College.

Recreation Highlights:

Wednesday, March 25, 6:30PM - Rebel Women of the Victorian Era with Andrea Rankin

Piety, purity, submissiveness and domesticity were not exactly how you would describe the women featured in this presentation entitled *Rebel Women of the Victorian Era*. This month's program for Women's History Month at Longview will feature speaker, Andrea Rankin, Longview resident and docent at Opendore, the Women's Suffrage Museum in Sherwood NY.

Her lively presentation about the lives of numerous famous women is formatted as a quiz show and should draw on some fun audience participation.

The Victorian ideal of "true womanhood" called for a staid and domestic existence for women. When they married, their rights were legally given over to their husbands. By law, the married couple became one entity and that entity was the husband. He controlled all property, earnings and money. Victorian wives became the property to their husbands, giving them rights over her children, her body and her labor.

Who were these women who broke the rules? Who was the first woman who ran for President of the United States way before

women even had the right to vote? Who was the richest woman in the country during the Victorian era? How did these women and others, without access to higher education and often without access to wealth, succeed in a world that so limited her choices?

TIDBITS

Longview Library

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.

Saint Patrick's Day Concert

On Thursday, March 19th at 6:30 pm, Ben Hogben will be having a St. Patrick's Day themed concert in the auditorium!

MARCH BIRTHDAYS

David C. – **March 5th**

Rena O. – **March 8th**

Diane K. – **March 9th**

June L. – **March 10th**

Cody M. – **March 11th**

Maggie G. – **March 14th**

Sidney P. – **March 14th**

Phyllis S. – **March 15th**

Victoria C. – **March 16th**

Donna Jean D. – **March 18th**

John N. – **March 20th**

Harry L. – **March 20th**

Phyllis Smith-H. – **March 25th**

Elsie Jo T. – **March 25th**

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)**

Lou F. S. **(231)**

Martha P. **(226)**

R. Jean C. **(20)**

Jackie H. **(7)**

Paul D. **(425)**

Margaret D. **(460)**

DEPARTMENT APPRECIATION

Longview's Housekeeping Department

Ben Hogben

When someone tours Longview, they might notice the breathtaking view of Cayuga Lake in the dining room, or the auditorium with an activity in progress, or a newly renovated apartment. Something that is also noticed right away is how clean the facility is.

Several vendors that have recently done work at Longview have commented on how clean the campus is. One commented that they appreciate working with us because of our nice facility. This is due to the efficient and organized housekeeping staff. You might see them in the hallways with a cart and a smiling face and warm greeting. Lexie (Lead Housekeeper), Misty, Macy, Roxy and Kara.

They make sure that Longview not only appears clean, but it is also hygienically clean. We learned the importance of this six years ago during the pandemic. There may be physical dirt that we see and then there are germs that we don't see. Both are removed by housekeeping staff. When there is an accidental mess, as may happen with a small community of people, they immediately respond to restore the area to a clean space.

We thank them for their hard work at Longview. They help Longview to have a reputation for being a place where staff, residents and volunteers work and live in a clean, safe environment.

DID YOU KNOW?

The Octopus Has Multiple Brains?!

Joe Zerbey VI

It's a well-known fact that octopuses have eight arms. But did you know that each arm contains its own 'mini brain'? This arrangement enables octopuses to complete tasks with their arms more quickly and effectively.

Moreover, while each arm is capable of acting independently – able to taste, touch and move without direction – the centralized brain is also able to exert top-down control.

This was proven experimentally in 2011 when researchers tested whether an octopus could learn to guide one of its arms through a maze to reach food. The maze was designed so that the arm would have to leave water – and so not be able to use its chemical sensors to find the food.

Transparent walls enabled the octopus to see the food. Most of the octopuses were eventually successful at guiding their arm to the food – proving that the central brain, which processed the visual information, could control the arm.

Thanks to their nine brains, it seems that octopuses have the benefit of both localized and centralized control over their actions.

Editor

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