

April
2026

LIFE AT LONGVIEW

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A NEWSLETTER FOR THE COMMUNITY

FEATURE

History of The Penny

Ben Hogben

Do you remember the phrase “A penny for your thoughts”? Does that still apply since production of the penny ceased in November of 2025? The purchasing power of the penny has changed significantly over the past 126 years. A penny could be used to purchase penny candy, a penny whistle, a loaf of bread or even a cup of coffee. The design of the penny has changed significantly over the years. You may remember receiving an Indian head penny in your change which was manufactured from 1850 to 1909. The next design was the wheat penny with the likeness of Abraham Lincoln on the reverse side. Some of these wheat pennies can be worth a lot of pennies!

For example, a 1909s penny depicting the initials VDB can be worth thousands of dollars depending on its condition. VDB were the initials of the designer Victor D. Brenner. The wheat penny remained unchanged except for 1943 when they were made from zinc plated steel for one year to conserve copper for the war. They were the only penny manufactured that would stick to a magnet. The design changed again in 1959 when the wheat was replaced by the Lincoln Memorial. If you look very closely, you can

see the depiction of Lincoln inside of the Lincoln Memorial. This design lasted until 2009 when there was a design change to recognize the bicentennial of Lincoln’s birth. In 2010, the design changed again to show a Union Shield.

Finding a penny on the ground has traditionally been considered good luck, and it would have been in the early 1900’s when many items could be purchased with it. Finding a penny on the ground now might only be considered good luck if you see that it’s a wheat or steel penny. Now that production of the penny has ceased, it doesn’t make any cents!

Please feel free to provide feedback on this newsletter’s content to either myself at jzrbey@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

Guest Preachers for April:

April 5 - Brooke Newell

April 12 - Ms. Jami Breedlove, St. Paul’s
United Methodist Church

April 19 - The Rev. Pam Carey, Jacksonville
United Methodist Church

April 26 - Pastor Ben Hogben, Caroline
Center Church

Shabbat

EVERY Friday in April, students from Ithaca College Hillel will visit at 3:30 pm for Shabbat observance in the Interfaith Chapel (3rd floor). All are welcome!

Passover Model Seder

On Monday, April 6 at 3:00 pm, Cantor Richard Rosenfield will return to lead us in a model Seder meal in the auditorium to celebrate Passover (which begins in the evening of April 1). All are welcome! Please sign up on the registration sheet which is located on the bulletin board near the salon (3rd floor).

Holocaust Remembrance

On Tuesday, April 14, there will be a showing of the documentary “Elie Wiesel: Soul on Fire” at 1:00 pm in the auditorium. This documentary was produced by PBS in 2024, and remembers Holocaust survivor and Nobel Peace Prize-winning author of Night. After his internment at the Auschwitz Concentration Camp and liberation from Buchenwald, Wiesel became a journalist in France before immigrating to America. Over the course of his life, Wiesel fought the “sin of indifference” by writing, teaching, speaking truth to power and championing for human rights. The film is 1 hour, 28 minutes.

Roman Catholic Confession and Mass

On Thursday, April 16, Father Dan from Cornell will return to hear confessions in the Interview Room (next to the main registration desk, 3rd floor) from 2-2:30

pm. At 3:00 pm, he will conduct mass in the Interfaith Chapel (3rd floor).

Stretch Your Spirit: Overself Meditation

On Wednesday, April 29th at 6:30 pm, Nanci Rose will visit to teach the practice of “Overself Meditation” – a practice designed to connect with one’s innermost divinity, resulting in serenity and inner peace. The one-hour session will take place in the auditorium. All are welcome!

RECREATION

Bree Nash

April Events:

4/2 Life Story Discussion Group with IC
Students (10AM)

Trolley Celebration! (11AM)

4/6 Games & Conversations with IC Leisure
& Society Students (12:15PM)

Cornell Companions Pet Therapy
Visits (2PM)

Model Passover Seder with Cantor
Richard Rosenfield, all are welcome!
(3PM)

4/7 Wellness Series: “Mind Over Body” PT
with Mitch Raymond (1:30PM)

Music with the Fortnight Singers
(6:30PM)

4/8 Games & Conversations with IC Leisure
& Society Students (12:15PM)

4/10 IC Fall Prevention Clinic w/ PT

Students, Sign up in Craft Room (1-
3PM)

4/11 Cornell Law Clinic: How to Avoid

Becoming a Victim of Investment Fraud (10:30AM)
Cornell Student Social & Games: Jeopardy! (2:30PM)
4/12 Opus Ithaca School of Music: Cello & Piano Recital (10:30AM)
4/13 Enhanced/Assisted Living Resident Council Meeting (1:30PM)
4/14 Holocaust Remembrance
Documentary: Eli Weisel, Soul on Fire (PM)
4/15 Evening music with Annie Ol' Thyme (6:15PM)
4/16 Life Story Discussion Group with IC Students (10AM)
4/17 April Birthday Party, All are welcome! (3PM)
4/18 Cornell Companions Pet Therapy Visits (2PM)
4/20 Independent Resident Town Hall Meeting (1:30PM)
4/23 Wonderful Wheelchairs, Repairs with Ron – Free! (2:15PM)
Social & Games with students from Cornell's Fellowship of Christian Athletes (TBA)
4/24 Annual Mini Walk to End Alzheimer's with Team IC-Longview Partnership (10:30AM)
Wellness Series: CMA???
4/25 Opus Ithaca School of Music Student Performance (10AM)

4/27 IC PT Mobility Screening Clinic at Longview (Time TBA)
Death Café (3PM)
Mirage Belly Dancing Spring Celebration Performance (6:30PM)
4/30 Life Story Discussion Group with IC Students (10AM)

Special Days:

4/1 Passover Begins at Sundown
4/1 April Fools' Day
4/3 Good Friday
4/5 Easter
4/14 Holocaust Remembrance Day
4/22 Earth Day

Recreation Highlights:

Model Passover Seder, Monday, April 6 at 3PM

All are welcome to join Longview's Model Passover Seder. A model Passover Seder is a modern and interactive version of the traditional Seder, designed to be educational and inclusive.

Wellness Coaching with IC Students

Wednesdays from 2-3PM on April 8, 15, 22 and 29.

Health and wellness coaching is a collaborative, client-centered partnership that empowers you to achieve your personal health and wellness goals. Key features: focus on sustainable lifestyle changes, build on your strengths and past successes, evidence-based approach proven to improve health outcomes, in a supportive, non-judgmental environment. You will need to commit to all four sessions. If you are

interested in participating in this program, please sign up in the Craft Room, 3rd Floor. If you have any questions, please contact Bree Nash 607-375-6335.

Games & Conversations with IC Leisure & Society Students

Both Monday, April 6 and Wednesday, April 8 from 12:15-1:15PM

A fun hour with Ithaca College students who are studying Leisure & Society. Engage in a game or conversation on lived leisure experiences, and foster person to person connections without the use of technology. A time to be present and enjoy community. If you are interested in participating in this program, please sign up in the Craft Room, 3rd Floor. If you have any questions, please contact Bree Nash 607-375-6335.

IC PT Fall Prevention Clinic, Friday, April 10 from 1-3PM

Ithaca College Physical Therapy students will be offering a fall prevention workshop on April 10th! There will be various stations evaluating balance, vitals and providing education on reducing risk of falls. If you are interested in participating in this program, please sign up in the Craft Room, 3rd Floor. If you have any questions, please contact Bree Nash 607-375-6335.

Cornell Law Clinic: How to Avoid Becoming a Victim of Investment Fraud

Saturday, April 11 at 10:30AM

Join Cornell Securities Law students for an informational session on how to better understand financial investments and to spot and avoid potential fraud.

See flyer for more information!

IC PT Mobility Screening

Monday, April 27 at 10:15AM, 11:15AM, 1:15PM and 2:15PM

Mini Walk to End Alzheimer's

Friday, April 24 starting at 10:30AM

Opening remarks will start at 10:45AM to kick off our walk! Join in for as much or as little of the walk as you'd like. Enjoy live music by the Maplewood Jazz Trio, giveaways and community in memory of those affected by Alzheimer's disease. This event is free and open to the public.

Audio Book Resources!

The Recreation Department is working to gather resources and speakers to share with Longview Residents who may have a visual impairment. Stay tuned for more information!

TIDBITS

Newsletter Appreciation

Audrey Lightner

I read my newsletter from front to back with great interest and found myself with new knowledge for my brain thanks to Joe Zerbey VI. Thanks to Christina Sterling's "Did You Know," I recalled fond memories with my dog "Cuddles." Ben Hogben was right when he commented that the front desk's reception area with Joanne, Joe, and Christina always greets our residents and guests with "open arms." Thank you, everyone, for this newsletter.

Longview Shopper Update!

Starting **March 30th** the Longview Shopper will be moving to **MONDAYS**. Please have your shopping list turned in by **Sunday Evening**. Please reach out to Recreation for any questions.

Assisted Living Pharmacy Update

Zack Griswold

Important Announcement: New Pharmacy Provider Coming April 16th

Attention Assisted Living Residents, we want to share some important and exciting news regarding our pharmacy services. Beginning **April 16th**, our community will transition to a **new contracted pharmacy provider**.

Over the past several months, many residents have shared concerns about the service provided by our current vendor. We heard your feedback, and we take it seriously. After careful review and research, we are pleased to announce that **Health Direct** will become our new pharmacy partner.

Health Direct is part of the same organization that owns **Kinney Drugs**, and they are known for reliable service, strong customer support, and a resident-centered approach to medication management.

What This Means for You

If you choose to use Health Direct as your pharmacy provider:

- Our staff will have **better oversight and control** in obtaining your medications.
- All medications will be **delivered directly to the facility, free of charge**.
- You'll experience a smoother, more convenient overall process.

Benefits of Health Direct's Service

Streamlined medication reordering

- Daily delivery of medications
- Improved customer service and communication
- Participation with all major insurance companies

We are committed to providing high-quality care and ensuring that your medication management is as easy, safe, and efficient as possible. Please reach out to our team with any questions—we're here to support you through this transition.

APRIL BIRTHDAYS

Jan L. – **April 1st**

Audrey G. – **April 5th**

Wayne Horton – **April 6th**

Beverly C. – **April 13th**

Daniel H. – **April 13th**

Tim M. – **April 16th**

Karen H. – **April 23rd**

Margaret L. – **April 23rd**

Barbara L. – **April 26th**

Mickey S. – **April 30th**

NEW RESIDENTS

Lou F. S. (231)

Martha P. (226)

R. Jean C. (20)

Jackie H. (7)

Paul D. (425)

Kathy S. – from (352) to (448)

Doris F. – from (227) to (431)

Barbara G. – from (421) to (25)

Lu P. – from (105) to (8)

Hans B. (403)

DID YOU KNOW?

Christina Sterlings

The Glue of The Barnacle

Zoologists have long noted the ability of barnacles to cling tenaciously to rocks, piers, and the hulls of ships. The glue of the barnacle is said to be far superior to synthetic products. Studies have revealed that a free-swimming barnacle larva examines various surfaces before choosing a suitable anchoring spot. Once it has found that spot, the larva apparently secretes two substances.



The first is an oily lipid primer that displaces water from the chosen surface.

The primer also creates an environment suitable for the application of the second substance, which is made up of proteins called phosphoproteins. Together, the two substances form a strong adhesive plaque that even resists degradation by bacteria. This enduring strength is important because the barnacle will spend the rest of its life anchored to that spot.

The barnacle's glue-making process is far more complex than previously thought. A member of the team that discovered the process said, "It's an incredibly clever natural solution to this problem of how to deal with a water barrier on a surface." The findings may help researchers develop glues that can be used underwater, as well as

synthetic bio-adhesives for use in electronics and medical implants.

What can a barnacle teach us? The power of resilience and steadfastness. By thriving in the turbulent intertidal zone, they demonstrate how to remain grounded and productive even when the "tide" of life is constantly shifting. Their ability to produce one of nature's strongest glues to anchor themselves for life is a lesson in unwavering commitment to a chosen path, regardless of how many waves crash against them. They focus entirely on their purpose-filtering water and supporting their ecosystem-reminding us that small, consistent contributions are vital to the health of the larger community.

Metaphorically, barnacles also serve as a reminder to monitor what we allow to "cling" to us. In maritime terms, barnacle buildup creates drag that slows a ship down; similarly, personal barnacles like old grudges, negative habits, or the need for external validation can hinder our progress. Periodically, "scraping" away these emotional burdens allows us to move through life with more efficiency and grace. Ultimately, the barnacle shows us that while staying anchored is a strength, we must be careful about which weights we choose to carry.

Contributors

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