

FEATURE

Preventative Care for Seniors

Joe H. Zerbey VI

As we traverse the complexity of modern living, it's easy to succumb to chaos and drift with the tides of time. However, we always have the option to take the reins and steer our lives in the direction we most desire. The matter of health can be a daunting subject. We are all dealing with different dispositions and must accept the challenges they provide.

Along this arduous journey, there are steps we can take to make the best of things and prevent greater health risks from surfacing. Today, I have compiled a few practices that can help ease one's mind and body. Of course, I believe we should all stick to whatever we find to be most comfortable, so if there are any activities here that you find unsuitable for you, don't feel pressured to try them.

Taking Walks

Physical exercise like walking is a great way to stay engaged with your surroundings, as well as work out your legs and heart. It's invigorating and is an experience one can have alone or with company. If you don't want to walk around physical spaces, like

hallways or trails, you could always opt for a treadmill or stationary bicycle. Movement matters, and you get to choose what works best for you! Longview has a beautiful nature trail and a full walkable path circling the facility. On nice days, why not grab a friend and enjoy some good weather?

Stretching

Stretching is very important for reducing the chances of developing arthritis and muscle atrophy. Though it cannot prevent arthritis completely, the act in itself assists with managing pain and symptoms. It's also an amazing way to start your day and wake you up. Stretching also strengthens mobility, balance, and reduces fall risk. Use the link below for some stretches you can try! If there are any you are not comfortable doing, please do not push yourself. Longview offers morning movement sessions in the auditorium for residents to enjoy as well!

<https://www.aarp.org/health/healthy-living/stretches-for-flexibility-longevity/>

Keeping Your Mind Active

Playing word games, building puzzles, reading books, listening to audio books or your favorite music are all great ways to keep your brain busy and healthy. A mind engaged with language strengthens memory and cognitive ability, protecting the brain from the possibility of Alzheimer's. Having lots of conversations with friends is a big help too, especially when it comes to

recalling memories and articulating events that you've gone through.

Experience New Things

No matter how young or how old, a human's brain benefits from having new experiences, learning, and going to new places.

Regurgitating repetitive or familiar information can lead to cognitive decline. Being curious and adventurous can elevate one's mood and overall interest in the world and life in general. There's a lot out there to explore and learn about. You may find a new hobby or interest to mull over! Get engaged with new groups, too. Talk to people you normally don't or haven't met yet.

Wellness Checks

This practice is a great way to retain comfort and confidence, reducing anxiety and stress in one's life. Regular checkups keep track of your health and allows you to study the progress you've made, along with what still needs attention. Taking control of your health is one of the best ways to remove worry from your life.

Make Weekly Goals

Keeping to a routine can sometimes be tedious, but structure assists with cognitive function, allowing a good planner to make the most of a full day. Although, throwing in some spontaneous, fun activities never hurt anyone either! During your day-to-day, it's always a benefit to create small goals. Whether they are met or not matters far less than setting them in the first place. Having something to strive towards, whether it is a physical health goal, a book-reading goal, or even just a socializing goal, a happy resident is one who takes strides towards improvement and enrichment.

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 May

May 3 - Pastor Tena Tavelli, Caroline Center Church

May 10 - The Rev. Caspar Green, retired, American Baptist

May 17 - The Rev. Geri Judd, Newfield United Methodist Church

May 24 - Major "Sunshine", The Salvation Army

May 31 - Brooke Newell

Roman Catholic News

Father Dan from Cornell Campus Ministry will return on Thursday, May 21 to hear confessions in the Interview Room from 2-2:30 pm. The Interview Room is located on the 3rd floor near the front desk. At 3 pm, he will lead mass in the Chapel (3rd floor).

Shabbat

Friday afternoon Shabbat observances will resume when the students are back for the fall semester. Wishing our IC students a wonderful summer!

Stretch Your Spirit

On Wednesday, May 20th at 10:45 am, Francine Barchett and Antonia Marcheva from Cornell will come to present a program on "*Faith & the Environment: Caring for*

God's Creation in Everyday Life." No Wednesday morning Bible study that day. Come, Stretch Your Spirit in the auditorium!

RECREATION

Bree Nash

May Events:

- 5/4 Cornell Companions Pet Therapy Visits (2PM)
- 5/5 Wellness Series with Kent Sisco: What's New with Social Security? (1:30PM)
Music with the Fortnight Singers (6:30PM)
- 5/6 IC Course Advising (1PM)
Last Day of Classes at IC
Meet & Greet with IC Occupational Therapy Students (2:15PM)
- 5/7 Play it Again Senior Acting Troupe: Peak Experiences (2PM)
- 5/8 Trolley Celebration (1PM)
- 5/11 IC Sociology of Aging Presentation (8:45AM)
IC Course Advising (10:45AM)
Enhanced/Assisted Living Resident Council Meeting (1:30PM)
- 5/13 Trip to Friends of the Library Book Sale (1:30PM)
- 5/15 IC Course Advising (1PM)
Armed Forces Day Celebration with Navy Veteran Daniel Weed (3PM)

- 5/16 Cornell Companions Pet Therapy Visits (10AM)
- 5/18 Brodhead Garden Rededication Ceremony (1PM)
Death Café (3PM)
- 5/19 Music Therapy (10:30AM)
- 5/20 Stretch Your Spirit: Faith & The Environment (1:15PM)
Resident Presentation: What Makes a meal a meal? From Army Chow to Chef's Opinions by Harry Lawless (6:15PM)
- 5/21 Wonderful Wheelchairs, Repairs with Ron – Free! (2:15PM)
- 5/22 Paint & Sip with Recreation (3PM)
- 5/27 Movie Screening: Connie Cook Documentary & Talk Back
W/ Sue Perlmutt (6:15 PM)
- 5/29 May Birthday Party, all are welcome! (3PM)

Special Days:

- 5/1 May Day
- 5/10 Mother's Day
- 5/16 Armed Forces Day
- 5/25 Memorial Day

Recreation Highlights:

Are you interested in taking a class at Ithaca College?

Join Angela Darling and Bree Nash during the three *IC Course Advising Sessions* to learn about the process and commitment of taking a class at IC. You'll be provided with

a list of available courses during the shuttle times and information packet. See dates in the May Events section.

IC Sociology of Aging Presentations – May 11 at 8:45AM

Join us as Ithaca College students share the remarkable life stories of your fellow Longview residents — stories of love, work, history, and resilience that deserve to be heard and celebrated. Come honor your neighbors and see your community through fresh eyes!

IC Physical Therapy Fitness & Balance Class, Monday, May 4 at 10AM and 1:30PM

Join graduate Ithaca College Physical Therapy students form a fun and engaging fitness and balance class. All are welcome!

TIDBITS

Longview Store Volunteer

Whitney Robinson

Recreation is seeking a Longview Store Volunteer for **Mondays 10:30am-11:30am**. Reach out to Recreation for any questions.

Thank you!

New Pharmacy Provider

Zack Griswold

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

Over the past several months, many residents have shared concerns about the service provided by our last vendor. We heard your feedback, and we took it seriously. After careful review and research, we are pleased that **Health Direct** has 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

Trolley Celebration!

Celebrate with us **Friday, May 8th** in the Pavillion at **1:00 PM!**

After a long wait, we are excited to unveil our shiny new trolley! There will be a brief dedication speech, snacks, and of course, trolley rides. See you there!

MAY BIRTHDAYS

Gene T. – **May 1st**

Ann B. – **May 8th**

Ginger C. – **May 10th**

Sanjib M. – **May 13th**

Ann S. – **May 14th**

Velma M. – **May 17th**

Gerald F. – **May 19th**

Betty E. – **May 20th**

Lois P. – **May 24th**

Margaret P. – **May 25th**

Mike M. – **May 26th**

Carol R. – **May 26th**

Edward S. – **May 28th**

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**)

Mary N. (**352**)

Sanjib M. (**210**)

Judith B. (**227**)

DID YOU KNOW?

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A Strange Dino: The Therizinosaurus!

Dinosaurs are already some of the strangest and scariest creatures that humans have found in fossil form, but one of the most notorious finds has got to be Therizinosaurus.



Not only is it very tall when standing next to a human, but it also possesses the largest claws of any known creature. These claws can reach up to 3 feet in length!

Its name, Therizinosaurus, means “scythe lizard.” It is called such because of its long, curved claws, which were intimidating, but mostly used to collect vegetation. It would slice leaves and greens from trees and other plants. It may have eaten insects, but there is no direct evidence implying this behavior.

Although, if predators were to pose a threat, this herbivore would likely use these



Thanks to recent studies, it is also believed that these claws were used for mating purposes, shown off by males as a form of display to attract females. Therizinosaurus would be mostly protected due to its size and lack of competition for food.

Their only true threat were predators, such as tyrannosaurids like the **Tarbosaurus**.



massive blades as a means of defending itself, leaving scars on any bold enough to challenge it. Though they would not seek out conflict, if a predator, or even a fellow herbivore, walked too closely, therizinosaurus had the potential to become aggressive.

Much like larger animals of today, such as the hippo, evidence suggests that this dino would strike first if it felt threatened, not willing to risk its territory or well-being.

This behemoth of a dinosaur was unchallenged by other meat-eaters of its kind. But, as mentioned earlier, therizinosaurus was not defenseless and would become aggressive when threatened, even when facing such a titanic monster.

Often times, if a predator was properly intimidated or wounded during an attempted hunt, it would see their prey as too great a risk to pursue and retreat.

Therizinosaurus likely left many scars upon predators like tarbosaurus and other hungry carnivores.



Its ancestry was similar to predators like velociraptors or the T-Rex, but this dino evolved to eat plants instead, despite its size and powerful structure.

Editor

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