

FEATURE

Healthy Aging Across the Longview Community!

Joe H. Zerbey VI

Why hello there, and welcome back to our monthly newsletter. September is **Healthy Aging Month**, so we thought it would be appropriate to point out some strategies with which you can start aging healthy today! Along the way, we'll show off some resident spotlights that will help illustrate those strategies.

1. Try Something New or Pursue a Creative Interest

New activities and new stimuli assist the brain with memory and staying alert. Keeping the brain active with new information is a great way to assist healthy aging. Jimmy from C-Wing tried something new, and it became one of his favorite hobbies as a result.



He took up painting 2 years ago when a family member signed him up for a painting class. He could have said no, but decided to give it a try. He couldn't get enough of it since. You can find him in the 3rd Floor C-Wing Lounge painting away. He produces many small paintings throughout the week and is always trying to paint different things.



“Sometimes if I don't like something, I'll leave it alone for a while and come back to it later,” he remarked with a laugh. “You just need to keep experimenting until you get something you like.”

Julia from C-Wing enjoys creating collages. It allows her to express herself and create beautiful pieces of art that she can share with her fellow residents.

The Craft room has a display of various resident creations that everyone is welcome to adorn with their own works of art.



newsletter, perfectly capturing this idea. For a long time now, they've been gathering each Sunday to have informal gatherings. Friendship is one of the strongest tools for healthy aging a resident can have.



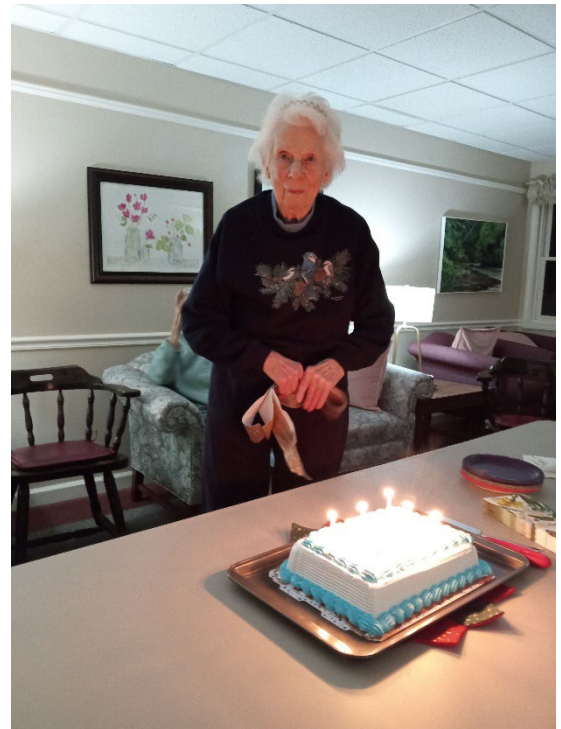
John from A-Wing is an avid bird watcher and enjoys getting outdoors to absorb nature's wonder firsthand. Thanks to our nature trail and surrounding environment, Longview is home to many gorgeous animals.



2. Stay Social

Conversing with friends, discussing current topics, news, along with experiences from one's past, is a great way to keep your brain active and recall information. There are many places in which residents can gather and stay social.

Mickey and residents from 2nd Floor, C-Wing submitted an article in last month's



3. Explore Your Community & Stay Physically Active!

Longview offers many trips off campus, which I implore all residents to take advantage of. Seeing places, new or old, that diverge from your usual routine helps with collecting new information for the brain to store, bolstering one's memory and recall abilities. Residents visit museums, parks,

and even get to soak in the sun on a boat. There's plenty to enjoy, so make sure to sign up for trips in the craft room!



While you're at it, take advantage of Longview's walkable campus. We have a sidewalk that circles the entire property that provides space for residents to get their steps in and enjoy the sun!

Jane from C-Wing can be found walking outside every morning with her friends, Mary Lou and Carolyn from B-Wing. "We do a mile and a quarter every morning, every day except Sunday." Jane shared with me. "It's good we do it. We're meeting



people, getting fresh air, and getting exercise. We need that."

This article's points of interest were cited from the following healthyaging.net article:

<https://healthyaging.net/healthy-aging-month/10-tips-september-is-healthy-aging-month-2026/>

Please feel free to send feedback on this newsletter's content to either me at jzerbey@longviewwithaca.org or Christina Sterling at csterling@longviewwithaca.org. We want to keep the newsletter relevant, fun and to the liking of all who read it. Thank you again for your support.

SPIRITUAL GUIDANCE NEWS

Brooke Newell

Guest Preachers

September 6 - Pastor Richard Lloyd, retired

September 13 - Pastor Jack Keating,
Trumansburg U.M. Church

September 20 - Brooke Newell

September 27 - Ms. Jami Breedlove, St.
Paul's U.M. Church

Shabbat Returns Following Summer Break

The students from Ithaca College Hillel are looking forward to visiting for Shabbat worship on Friday, September 4 and Friday, September 25 at 3:30 pm in the Interfaith Chapel (3rd floor). All are warmly WELCOME!

Stretch Your Spirit: Lakota Wisdom Keepers (a video)

There remain a few knowledgeable elders among the Lakota people. These "Wisdom Keepers" have many of the answers to what the world is looking for. Three of these elders share their perspectives on creation,

spirituality, and human relationships in this video. Join us in the auditorium on Thursday, September 10th at 3:00 pm. Run time is 1 hour, 17 minutes.

Roman Catholic Mass

Again, this month, Father Dan from Cornell will visit to hear confessions and conduct Mass on Thursday, September 17th. Confessions will be heard in the Interview Room (3rd floor, next to the reception desk) at 2:30 pm (*note time change*), and Mass will be offered at 3 pm in the Interfaith Chapel (3rd floor).

Bible Study

Beginning the first week in September, Bible study will move from Wednesday morning to THURSDAY morning at 10:30 am. See you Thursday, September 3rd in the Interfaith Chapel. We will be finishing up our study of Magrey DeVega's book on atonement theory, and new books will be distributed: "The Gospel of Thomas" — a series of Jesus' sayings that did not make their way into the Bible.

RECREATION

Bree Nash

September Events

- 9/1 Intro to Poetry with Kevin Murphy (10:30AM)
Music with the Fortnight Singers (6:30PM)
- 9/2 Ageless Jazz Band Musical Performance, Pavilion (6:30PM)

- 9/4 How to Spot AI & Associated Impacts (3PM)

Shabbat with IC Hillel (3:30PM)

- 9/5 Super Bingo with Cornell Sigma Alpha Students (2PM)

- 9/8 Intro to Poetry with Kevin Murphy (10:30 AM)

Wellness Series: Hack-Proof your Smartphone (1:30PM)

Coffee with Cheryl (2:30PM)

- 9/10 Stretch Your Spirit Video: Lakota Wisdom Keepers (3PM)

- 9/11 Patriot Day Celebration (2PM)

Food for Thought: The Celebratory Food of Rosh Hashanah (3:30PM)

- 9/14 Enhanced/Assisted Living Resident Council Meeting (1:30PM)

Art Club (3:15PM)

- 9/15 Intro to Poetry with Kevin Murphy (10:30AM)

Independent & Patio Home Resident Info Meeting (1PM)

- 9/18 Paint & Sip, no experience needed! (3PM)

- 9/19 Cornell Companions Pet Therapy Visits (10AM)

- 9/21 Art Club (3:15PM)

- 9/22 IC Opening Ceremony of Namgyal Monastery Mandala Construction (9:30AM)

Intro to Poetry with Kevin Murphy (10:30AM)

Book Club Discussion: The Women (2PM)

- 9/24 Trip to IC Roundtable Discussion:
Imagining Peace (11:20AM)
- 9/25 September Birthday Party with Bob
Lyna (3PM)
- 9/26 Trip to IC Football Game VS St.
Lawrence (12:30PM)
- 9/28 Vision Loss Group, Exploration
Meeting (1PM)

Death Café: Eat Cake, Drink Tea &
Talk About Death (3:15PM)
- 9/29 Intro to Poetry with Kevin Murphy
(10:30AM)

Special Days

- 9/7 Labor Day – All Administrative
Offices Closed for the Holiday
- 9/11 Patriot Day

Rosh Hashanah Begins at Sundown
- 9/13 Grandparents Day
- 9/20 Yom Kippur Begins at Sundown
- 9/21 Peace Day
- 9/22 Autumn Begins

Book Club

The Longview Book Club has been started by three residents in the Patio Homes. This program will be resident-led and supported by the Recreation Department. Books will be distributed shortly to those who've signed up. The first discussion meeting will be held for Part One of The Women on Tuesday, September 2 at 2PM in the Rehab Room on the Garden Level. Please reach out to Bree Nash with any questions.

Redeemable Bottles & Cans

Longview Recreation will resume collecting redeemable bottles and cans in the laundry

rooms located in A-Wing, B-Wings, C-Wings and D-Wing. The money collected helps to offset the prices in the Resident Store. Please speak with the Recreation Department with any questions. Please do not take bottles/cans that are not yours.

Longview Nature Trail

Please keep trail safety in mind as you're exploring the Longview Nature Trail! There are orange safety whistles in the Longview Store that can be used to alert others if you're in need of any help. Always better to plan ahead and not need it!

Flu/COVID Vaccination Clinic – October 2, 2026

The Longview Flu/COVID Vaccination Clinic has been scheduled for October 2, 2026. Residents in Assisted Living will be working with staff AL staff to have paperwork completed. Independent and Patio Homes residents who are interested in receiving one or both vaccinations should reach out to Bree Nash to receive paperwork. **The deadline for all completed paperwork is Friday, September 18.**

TIDBITS

Longview Maker Space Update

Ben Hogben

Are you a resident who enjoys spending time with your favorite hobby? Longview will soon have a dedicated space for sewing, art, making jewelry, and hobbies that require small tools. The space, known as a makerspace, is in the lounge on the 2nd floor in C wing with the elevator, across from 226. As of this writing, some of the items

received are an ironing board, iron, storage bins, jewelry-making items, sewing station, a label maker, a glue gun, a 276-piece tool set, art easels, and canvases.

There is a resident-supplied sewing machine in that space. The supplies cabinet for that space will be locked for safety reasons, and the key can be checked out and returned to the reception desk on the 3rd floor. This space is evolving, which means that new items will be added as we receive donations for equipment. Plans include a new computer and color printer for making greeting cards.

Please see Ben Hogben if you have ideas for other items to add to the makerspace. This project was made possible by monetary donations from residents. If you would like to donate to this project, please drop a check off to Jodie in the Business Office.

There will be an official launch of the makerspace on Wednesday, September 16th at 1 pm. This will be an opportunity to see the space and equipment in place.

Small Reminder – Dog Leash Length

Hello, we just wanted to put a gentle reminder here about the use of dog leashes while inside the facility. Residents should try to keep their dogs' leashes short until they are outside, lest they act as a potential tripping hazard for others nearby.

Coffee with Cheryl

Coffee With Cheryl has been rescheduled for **Tuesday, Sept. 8 at 2:30 pm** in the Dining Room. All are welcome.

Resident Food Committee

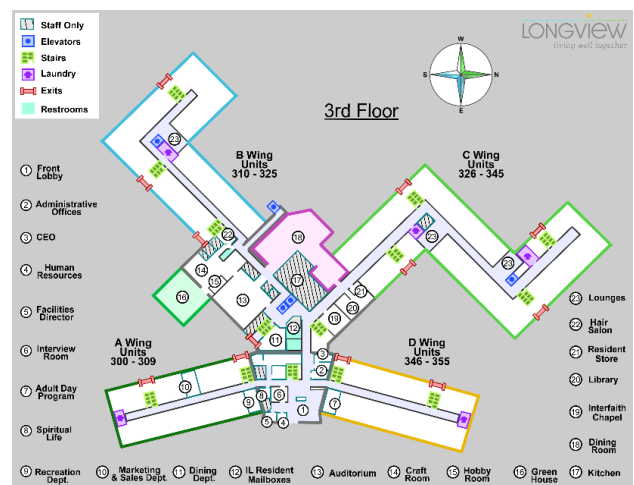
Monday, Sept 21 at 1:30 PM in the Board Room on the 2nd Floor.

Longview Map Update

Joe H. Zerbey VI

Hello, all. For those who are not aware, the Longview Resident Map has undergone some changes in the past few months, and thanks to the feedback from residents and staff alike, there are now copies available at the front desk for anyone who is interested. The map covers the 1st, 2nd, 3rd, 4th, and Garden Level floors.

We hope this new map will assist with navigating Longview's many spaces. Please share any ideas you have for potential updates. We are constantly looking for new ways to improve its clarity and want the best navigation experience possible for residents and staff alike. Thank you!



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