

FEATURE

Technology Support for Older Adults in Ithaca, NY

Joe H. Zerbey VI

The sun is setting, and your family is ready to turn in for the day. You've just finished a wonderful Zoom call with them. It was delightful as usual, catching up on recent events and sharing anecdotes.

It's so nice to talk and see their faces, even if it was only possible through their tablet, miles and miles away from you. It isn't the most preferred method of catching up, but it's undeniable that learning to utilize modern technology is a benefit to you and family members alike.

It's clear that handling Zoom and comprehending its array of buttons, settings, and symbols can be very frustrating at times. If this scenario sounds familiar, fear not, for Ithaca, NY has many resources designed to assist with navigating technological problems that need solving.

In this feature, we wanted to showcase some local solutions for tech problems, whether it concerns hardware, software, or know-how.

1. Lifelong

Many residents are already aware of Lifelong and are either members or have visited their facility in the past. They are a friendly and empathetic community resource that focuses on counseling and preparing adults age 50+. They also offer tech support for those who are interested. Staff are available for appointments at 1:00 PM or 2:00 PM. They can assist you with figuring out the functionality of your smartphone, tablet, or computer. If interested, Call **(607) 273 - 1511**

2. Office for The Aging

This organization has a helpful and diverse supply of resources for older adults. Not only can they point you in the direction of local solutions, but they also have a program tailored to your needs. **Project CARE / Project Generations** is supported by volunteers who set aside their time for Tompkins County residents aged 60+. They assist with alleviating isolation and provide friendship. Project Generations is the same, except it specifically utilizes volunteers from local colleges and universities.

When talking with the coordinator for this opportunity, simply specify that your main focus will be on technology support, and the office will match you with a volunteer that meets your needs. For more information or to enroll in the program via phone or email:

Contact Dawn Sprague, Project CARE
Coordinator

dsprague@tompkins-co.org
or call (607) 274 - 5499

If you are on a computer and would like to fill out the online application, simply click the link below:

<https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=iN0JmT7gRk26Nv-PezRDwzclM6pnxCNIt4g4X95fIGdUNERFMkFBOUtKOFI0U09HOFrKNUJVT0JOQj4u>

3. Computer Room

Not far from South Hill, near Meadow Street, is one of Ithaca, NY's most reliable computer repair facilities. While not available for tech support in the way of traditional education, they can supply quality fixes, repairs, and diagnoses for any computer. They are very friendly and walk you through any problem and help you determine what is wrong with your device.

In addition to diagnoses and repairs, Computer Room also offers data transfer services. If you are getting a new computer. They'll install your apps, transfer your files, bookmarks, saved passwords, and even download the drivers for your printer, all in just one business day.

If you don't have a means of transportation to get to their office, Computer Room offers On-site services, which are easy to schedule. Just pick a date and time, and a tech will arrive with the right tools and expertise to address your problem. They are also available for remote assistance.

For more information, call their main number: (607) 277 - 8336

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 for October

October 4 - The Rev. Nancy Didway, First Presbyterian Church, Dryden

October 11 - Brooke Newell

October 18 - The Rev. Caspar Green, American Baptist, retired

October 25 - Pastor Tena Tavelli, Caroline Center Church

Shabbat in October

Students from Ithaca College Hillel will visit for Shabbat worship and Torah study on October 2, October 9, October 16, and October 30th. Gather each Friday in the Interfaith Chapel (3rd floor) at 3:30 pm. ALL are welcome!

Roman Catholic Confession and Mass

Father Dan from Cornell visits on the third Thursday of each month to hear confessions and conduct Mass. On October 15, confessions will be heard in the Interview Room (next to the Reception Desk, third floor) at 2:30 pm. Mass is held in the Interfaith Chapel (3rd floor) at 3 pm.

Stretch Your Spirit

On Wednesday, October 21, at 6:00 pm, students from the Ithaca College campus ministry will visit to share the music of the Taizé community located in Burgundy, France. The community is comprised of approximately eighty brothers from different church backgrounds — Catholic, Anglican, Protestant — and from nearly thirty countries. The community is a tangible sign of reconciliation between divided Christians and separated peoples.

Throughout the year, the community welcomes tens of thousands of young adults from around the world. They come for week-long visits, during which they experience worship centered around beautiful, simple songs written by the brothers. The program will last about 30 minutes.

Games and Music with Cornell Students

Cornell University students will visit on Saturday, October 3rd, 2:00 pm to play games and share music with our residents. Meet in the auditorium and enjoy conversation, singing, and some friendly competition!

RECREATION

Bree Nash

October Events

- 10/2 Flu & COVID Vaccination Clinic
Games & Music with Cornell Students (2PM)
- 10/5 Cornell Companions Pet Therapy Visits (2PM)

- 10/6 Wellness Series: Building Foundations of Caregiving (1:30PM)
Coffee with Cheryl (2:30PM)
Music with The Fortnight Singers (6:30PM)
- 10/7 Register to Vote or Request an Absentee Ballot (10:45AM)
- 10/8 Wellness Series with Cayuga Health Residents (2:30PM)
Ageless Jazz Band Performance in the Pavilion, Weather permitting (6:30PM)
- 10/9 October Birthday Party with the Maplewood Jazz Trio (3PM)
Shabbat with IC Hillel (3:30PM)
- 10/10 Games Day with IC-Longview Partnership Club (2PM)
- 10/12 Community Garden End of Season Clean-Up (1PM)
Enhanced/Assisted Living Resident Council Meeting (1:30PM)
IC Common Threads: Navigating Life Transitions Discussion Group, Please RSVP
- 10/13 Music Therapy with Amanda (10:30AM)
Wellness Series: Savvy Social Security Planning for Women (1:30PM)
- 10/16 True Crime & Paranormal Social Club (2:30PM)
Shabbat with IC Hillel (3:30PM)
Longview's Annual Harvest Moon Dance (6:30-8:30PM)

- 10/17 Cornell Companions Pet Therapy Visits (10/17)
- 10/19 Independent & Patio Home Resident Town Hall Meeting (1:30PM)
Art Club: Rock Painting with IC Students (3:15PM)
- 10/20 Book Club Discussion: Part Two, The Women (2PM)
- 10/21 Trip: Friends of the Library Book Sale, Senior Day (1:30PM)
Stretch Your Spirit: Monastic Music with Catholic Campus Ministries (6:30PM)
- 10/22 Medicare Update 2026 with Elaine from Lifelong (10:45AM)
Wonderful Wheelchairs, Complimentary Repairs with Ron (2:15PM)
- 10/23 Paint & Sip, All are welcome! (3PM)
- 10/24 Trip: Alzheimer's Association Annual Walk to End Alzheimer's
- 10/26 Trip: Iron Kettle Farm (9:30AM)
Death Café: Eat Cake, Drink Tea & Talk About Death (3PM)
Belly Boo, Mirage Belly Dancing Performance (6:30PM)
- 10/28 Tompkins County Board of Elections, Absentee Ballot Distribution (10:30-11:30AM)
- 10/31 Halloween Costume Party & Minute-To-Win-It Games! (2PM)
Shabbat with IC Hillen (3:30PM)

Special Days

- 10/12 Indigenous Peoples' Day
- 10/24 United Nations Day

10/31 Halloween

Ithaca College Physical Therapy Mobility Assessments:

IC PT will be hosting mobility assessments for those interested on Friday, November 6 from 1-3PM. A sign-up sheet will be posted in the Craft Room mid-October.

Common Threads: Navigating Life Transitions Discussion Group at Longview, 10/12 from 3:30-4:30PM

Ithaca College students and new Longview residents, in partnership with Longview's Welcoming Committee, for a discussion exploring the challenges and discoveries of navigating major life transitions. Please RSVP to Bree Nash in the Recreation Department!

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!

Independent Resident Town Hall Meeting

The meeting will be on Monday, Oct 19 at 1:30 pm, in the auditorium.

MARKETING & SALES

Kim Owen

October marks the second year of Longview's annual fundraising event, the **Harvest Moon Dance**. On Friday, October 16, Longview will host this special event in partnership with the Ithaca College/Longview Partnership Club.

Guests will enjoy an evening of dancing, delicious fall-themed appetizers, live music, and a silent auction. This year, all proceeds from the event will support financial assistance for residents with low to moderate incomes who require a higher level of care in our Assisted Living and Enhanced Assisted Living residences and might not otherwise be able to afford these services. The silent auction will open two weeks before the event, giving participants an early opportunity to browse and bid on a variety of items.

Live entertainment will be provided by the **Diana Leigh Quartet**, whose music will help make the evening both memorable and festive. The involvement of Ithaca College students continues to make this intergenerational celebration a tremendous success, bringing together residents, students, families, and community members.

We are also especially grateful to our event sponsors and donors, whose generosity helps make the Harvest Moon Dance possible and supports Longview's mission of caring for those in need.

The Brodhead Nature Trail at Longview has benefited from several generous donations from the Triad Foundation and private donors. Thanks to their support, Longview

was able to purchase two picnic tables, three benches, and a gazebo to enhance the trail experience for residents and visitors.

The benches and picnic tables have already arrived and will be installed along the trail. The gazebo is scheduled to arrive by October 1 and will be placed along the trail, creating a welcoming space for relaxation and gathering.

In the months ahead, we will also begin developing new trail signage in partnership with Ithaca College students Cat and Alex. Their collaboration will help improve the educational and recreational experience for everyone who enjoys the trail.

We are deeply grateful to the Triad Foundation and our private donors for their generosity and commitment to enriching outdoor spaces for residents at Longview.

Longview's new **electric vehicle (EV) charging stations** are installed and ready for use. Andrea Rankin was the first resident to take advantage of the new amenity and test out the chargers.

There are two designated charging spaces available for residents, and use of the chargers is provided at no cost. This addition supports Longview's commitment to sustainability while offering a convenient service for residents who drive electric vehicles.

We encourage residents with EVs to take advantage of this new resource and help us continue building a greener community.

Say Hello! Please welcome your new neighbors in October! The Marketing and Sales team continues to work closely with the Welcome Committee to help new residents with as smooth a transition as

possible. The group meets monthly to coordinate welcoming new residents and to share and discuss any concerns about the process and how we can make it better.

Keep in touch and let us know how you think we're doing.

TIDBITS

Longview Maker Space

Ben Hogben

The Longview Makerspace was officially launched on Wednesday, September 16, 2026. 10 residents attended to see the new space and offer suggestions for future planning. Some of the upgrades include two new worktables to provide more space for projects; a gooseneck floor lamp to light up work areas; a colored pencil kit for drawing; and a water jug with a spigot for watercolor painting. I'm also looking into upgraded seating. We discussed holding monthly meetings to talk about future planning of the space and possible guest speakers.

Current items in the makerspace are ironing board, iron, storage bins, jewelry making items, sewing station, a label maker, a glue gun, tool set, art easels, a clip-on task lamp and different sized canvases. The makerspace cabinet is locked for safety reasons. The location of the key is noted on a poster on top of the cabinet.

Longview Library

Whitney Robinson

We are looking for Volunteers to help keep our Library looking great. Duties include stamping new books as they come in,

reshelving books, and helping folks find what they are looking for. If you are interested, please let Bree or Whitney in Recreation know.

IC Graduate OT Study –

Jessica Taves

I am looking for 10 folks to work with small groups to discuss topics such as housing, community mobility, home safety, and transitions, using the Lifestyle Re-Design Research Study.

Students may perform assessments in the areas of balance, safety, community mobility, ADL's, home safety evaluations, activity engagement, and risk for loneliness, in addition to recommendations for increased safety and engagement.

We will meet in the **IC Classroom** at LV from **3:30 PM - 4:45 PM**

Mondays: November 9, November 16, November 23, November 30 and Dec 7.

Please call and sign up with:

Bree Nash at: (607) 375 - 6335

or Jessica Taves at:

(607) 274 - 1051

****Must be available for all sessions**** 😊

Contributors

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