

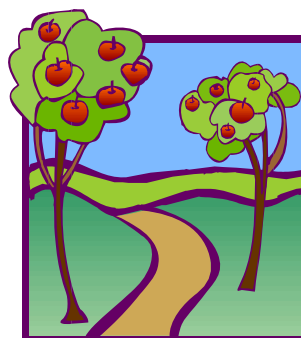
Longview News

Longview residents are welcome to make submissions to Longview News.
Deadline for articles in October issue: September 26

September 2010

Special Events in September

W,	9/1	9:00 AM	Men's Club Meeting in the Special Care Facility Dining Room
		11:15 AM	Picnic at Upper Buttermilk Park
		2:45 PM	Be Sharp Stay Sharp
Th,	9/2	2:15 PM	Trip to the Dollar Store
F,	9/3	7:00 PM	Bluegrass Jam
M,	9/6		LABOR DAY - OFFICES CLOSED
		3:00 PM	Kazoo Band Practice- All are welcome!
Tu,	9/7	2:15 PM	Trip to P & C
		7:00 PM	Intergenerational Choir
		7:45 PM	Chopin Series I at Ithaca College
W,	9/8	11:15 AM	Picnic at Cheryl Tavares'
		7:00 PM	September Birthday Party
Th,	9/9	11:00 AM	Board of Elections Absentee Ballots
		2:15 PM	Trip to K-Mart
F,	9/10	7:45 PM	Louis K. Thaler Violinist Series at Ithaca College
Sa,	9/11	9:30 AM	Trip to the Ithaca Farmers Market
M,	9/13	1:00 PM	Adult Home Residents' Meeting
		2:00 PM	HOLIDAY BAZAAR MEETING! All are welcome
Tu,	9/14	2:15 PM	Trip to Tops
		7:00 PM	Intergenerational Choir
W,	9/15	9:00 AM	IC Students' Brain Builders Program begins
		10:30 AM	Spiritual Life Team meeting
		2:45 PM	Be Sharp Stay Sharp
		7:00 PM	Dewitt Middle School Sing-a-long
Th,	9/16	11:00 AM	Cheese Party



F,	9/17	7:00 PM	Bluegrass Jam
Su,	9/19	1:30 PM	Founder's Day Concert in the Park (Dewitt)
		7:00 PM	Stretch Your Spirit
Tu,	9/21	2:15PM	Trip to Wegman's
		7:00 PM	Intergenerational Choir
W,	9/22	7:00 PM	Prof. Maryann Erickson presents "A Journey Through Four National Parks"
Th,	9/23	2:00 PM	Celebration of Life (remembering those who have passed away, including Don Burton, Douglas Cowie, and Barbara DiPrimio)
		2:15 PM	Trip to Kohl's
Su,	9/26	6:30 PM	Sunday Night Movie
Tu,	9/28	2:15 PM	Trip to P & C
		7:00 PM	Intergenerational Choir
W,	9/29	2:45 PM	Be Sharp Stay Sharp
		7:45 PM	Faculty Jazz At Ithaca College
Th,	9/30	2:15 PM	Trip to Wal-Mart

Greetings from the Recreation Department!

We'd like to welcome back the students into the Longview community. This fall we will have a variety of students assisting in many different areas. They are here to learn, listen, and teach! If you would benefit from having a friendly visitor, please speak to the Recreation Department or call 375-6335.

With school back in session, students will be helping us with several weekly programs. The Circle K Club from Ithaca College hosts Monday Night Bingo, Professor Jennifer Haywood directs the Intergenerational Choir every Tuesday evening, and every Friday the Literary Circle gathers for a short story reading and discussion. We invite you to join these programs to learn, sing, and play! Also, please keep your eyes peeled for upcoming musical performances at the I.C. that we provide transportation to.

Tom Trenchard is the new Ithaca College shuttle driver who will also be assisting with our weekly shopping trips. Please introduce yourselves and give him a warm welcome.

When using the assisted audio devices in the Auditorium, please make sure you **turn them off** after using! The Recreation Department would also like to conduct a training for any residents interested in assisting with the Auditorium audio equipment. If you are interested please contact the Recreation Department. Also, if you think you would benefit from having a grocery cart and would like to know where to purchase

It may be far away, but it doesn't plan itself! The Longview Holiday Bazaar will be held on Saturday, December 4th and we have begun the planning and preparation for this event. The Plant Sale, White Elephant Sale, Bake Sale, Craft Sale, Entertainment, and Friendly Greeter are all committees in which we ask Longview residents to volunteer for. We will hold meetings on the 2nd Monday at 2:00 PM for the next several months. All are encouraged to attend.

The Longview Recreation Department
Marcie, Bree, Laurie, & John

Farewell Message from Marcie Forsythe

I would like to thank you all for your wisdom, stories, and passion that have taught me to reach great heights and not to fear the future. Longview has been a great influence on my professional career and I thank this community for the open arms that have accepted me! The people, the dancing, the hugs, and smiles will never leave my heart.

*If you ever feel alone...
Remember the many faces you will soon see,
They will smile when you see them.
Be at peace with the waiting.
Wait on, live well, cause you create Smiles!*

Lifelong Learning

The Lifelong Learning course catalog is now available for fall 2010! There are over 130 classes, presentations, and workshops on subjects ranging from foreign language, art, science, history, health, economics, computer classes, and cultural studies. Classes start Wednesday, 8/31. There is a registration fee of \$80 for an unlimited number of courses (\$75 if you are a member of Lifelong). Need-based scholarships are available for anyone who is unable to pay the fee, and some of the classes are free.

Lifelong is located at 115 West Court Street in Ithaca. You are welcome to stop by for a tour or to pick up a catalog. You may also call Lifelong at 273-1511 or visit their website at www.tclifelong.org, for more information.

Driving Concerns

When one is used to being able to drive, it can be a very difficult thing to give up. Many times people do not give it up as quickly as they should and it is dangerous not only for the driver, but for the other people on the road.

If you have concerns about someone's driving, please speak to them first. If that is ineffective, you may contact the DMV Medical Review Unit at (518) 474-0774. Physicians also have a form which they can use to report their concern about a driver.

Editor's Note

Go out and enjoy the nice weather, but take a companion (it's safer, and more fun!).

Ithaca College's fall semester began on 8/25, and the students are back! Some will be assisting us in recreation, and several will be visiting with individual residents. If you'd like to be matched up with a student, be sure to fill out the Volunteer Request Form available on Marcie's door, or tell a staff person.

We have four residents registered to audit classes at Ithaca College this semester, and we are pleased to have the affable Tom Trenchard as our new shuttle driver!

The Head Start children are returning on 9/15. We are looking forward to having them in our midst again. The Center for Life Skills will be starting up again on 9/8, here in the Ithaca College Classroom. There are usually a couple Longview residents who participate in this program.

A phlebotomist from Cayuga Medical comes to the nurse's office on the 4th floor on Tuesday mornings around 7:00 to draw blood.

Residents of Longview are eligible for a free hearing evaluation from Ithaca College's Ewing Clinic, located in Smiddy Hall. Call 274-3714 for an appointment. There is also a Physical Therapy Clinic on campus where one may be evaluated for a walker and/or obtain therapeutic treatments. Call 274-3740 for more information. Remember, the shuttle is available for you to ride back and forth to the I.C. campus during the morning, Monday through Friday.

COMINGS AND GOINGS

Helen Macali moved into 418 on 8/10 from her daughter's home on East King Road. Born in Ireland, she raised five children here in Ithaca. Helen enjoys reading, knitting, reality TV, classic movies, baking, and music (easy listening & country).

Bob Miller moved into G23 (in the new wing) on 8/11 from Clare Bridge (Brookdale). He taught soil physics at Cornell and served as Dean of the Faculty. Bob enjoys listening to music and is interested in World War II, rocks, and fossils.

Howard Stevenson moved from 344 to G22 (in the new wing) on 8/9. A graduate of Cornell, he worked as an engineer. Howard is interested in stamps and coins.

Harry Katzmann moved from 104 to 434 on 8/19. He retired as Director of Human Resources for a college in Illinois. Harry's interests include shopping, watching baseball and other sports, and music (especially jazz).

Keith Hayman is moving into 341 in early September from his home in Cazenovia, NY. He is a retired social worker who worked for the Veterans' Administration in Syracuse. Keith enjoys reading and talking with people.

Veronica Boyer is moving into 435 on 9/8 from her apartment at Juniper Manor in Trumansburg, NY. She worked in retail sales, personnel, and administration. Veronica enjoys music, playing piano, reading, playing cards, plants, and crafts.

Please welcome these new residents, and help them feel at home here!

Best wishes to Catherine Kellogg, who moved to Beechtree Care Center, and to Toini Kaartinen, who moved to Elderwood Nursing Home in Waverly, NY. Farewell to Grace Kutzleb, who is moving back to Cincinnati to be with family.

Get well wishes to Florence Hellwitz, who is in rehab at Cayuga Ridge Extended Care. Our sincere sympathy to the family and friends of Don Burton, who deceased on 8/13; to the family and friends of Barbara DiPrimio, who passed away on 8/23; and to the family and friends of Douglas Cowie, who died on 8/31.

SEPTEMBER BIRTHDAYS

Birthday greetings this month go to Maggie DeGraff, 9/4; Jean Anderson, 9/11; Oran Casebeer, Walter Glauer, and Florence Hellwitz, 9/12; Emma Zeilic and Eleanor Barnard, 9/13; Martha Hart, 9/15; Margaret Lent and Missy Mingins, 9/19; Susan Zelenak, 9/20; Ernest Stern-glass, 9/24; Robert Miller, 9/25; Ralph Guggenheim, 9/27; Howard Ste-venson, 9/28; and Nicholas DiCicco, 9/30. The September birthday party will be held on 9/8 at 7 pm in our auditorium.



BEAR SIGHTING

One of our residents recently sighted a bear near the picnic table, where people go to smoke. Obviously, one should stay far away from a bear. The most important thing we can do right now is to make sure we don't leave food sources out. Since bird feeders are a major attractant for bears, it is best to take them down until the last week in November, when bears typically go into hibernation. Other attractants include trash bins, uncleaned barbecue grills, and pet food. Please contact Resident Services if you have any questions or concerns.

A RELUCTANT GOOD-BYE from Marilyn Strassberg, Director of Resident Services

It is difficult to describe how fortunate I feel to have been part of the growth and development of Longview from its beginnings on East Hill to our present location and expansion on Ithaca's South Hill. I can still picture in my mind the moving vans coming to South Quarry Street the morning of November 18, 1998 and arriving at 1 Bella Vista Drive by evening, with the possessions of almost 100 residents and staff. What a wonderful day that was for us all!

Over the years, I have been privileged to be able to work with so many remarkable residents and dedicated staff and to oversee the full occupancy of our apartments and the opening of our new Special Care Residence. I have learned much from our residents about how to enjoy one's later years that I hope to be able to put into practice as I begin my own retirement years.

My husband Richard and I have decided to move from Ithaca to a location closer to our seven grandchildren, who now range in age from two to fifteen. I still find it hard to believe that I have a grandson who towers over me at almost six feet!

In addition to helping my daughter and son with child care and the traveling that we are planning, I do expect to keep my hand in some form of social work activity as I am the kind of person who is used to and needs to keep busy. Thank you for all of your help and support over these past fourteen years. I wish all of you well.

IC Speaker for September: “A Journey through Four National Parks”

Aging Studies Professor Mary Ann Erickson will talk about a family trip through four western national parks: Yellowstone, Grand Teton, Bryce, and Zion. Besides her family’s journey by bike, foot and car, her talk will highlight the impact of geological factors and historical journeys on the western landscape. This presentation is scheduled for Wednesday, September 22 at 7:00 p.m. in the Longview auditorium.

Creativity throughout the Lifespan Course at Longview

Students in Mary Ann Erickson’s class will be conducting a series of fun and creative activities at Longview this fall. The students will be looking at what creativity is and why it’s important, and would like to get experience in creating and leading programs for different age groups.

The initial meeting for this activity will be on Thursday, October 7 from 2:35 – 3:50 p.m. in the Ithaca College Classroom (on the second floor), and will include a brief introduction and get-acquainted social time for Longview residents and the students in the class. Then, beginning on Thursday, October 21, the group will begin a series of 6 sessions (October 28, November 4, November 11, November 18 and December 2). Each session will run from 2:35 – 3:50 and will include activities relating to a particular area of creativity that students and Longview residents are interested in. Possibilities include arts and crafts, music, writing, and movement. A small group of elementary-aged children will join the group for these 6 sessions.

Longview residents will also have a chance to engage with an Ithaca College student in some kind of collaborative project. This type of project might include residents sharing a skill with the students, or the students teaching the residents something new, or a project may be created using skills that residents and students already have. If you are interested in participating in these sessions, please contact Claudia Stoscheck (375-6320) or Chris Pogorzala (274-1051) by September 20.

Sociology of Aging Course

Professor Elizabeth Bergman’s Sociology of Aging students are looking for volunteers who are interested in helping the “book knowledge” they are acquiring during the semester to come alive in application to a real person’s life and experiences. On three Tuesdays this fall (September 28, October 26, and November 16) from 10:45-Noon in the Ithaca College classroom (on the second floor), students will visit Longview for informal, small group discussions with Longview residents. Topics for discussion will include formative life experiences and how they shape the experience of aging, retirement experiences, and thoughts and/or experiences with Social Security, Medicare and other programs for older adults. The students look forward to having fun, making new friends, and learning in a unique way. If you are interested in participating in this class project, please contact Claudia Stoscheck (375-6320) or Chris Pogorzala (27-1051) by September 15.

The Intergenerational Choir

Enjoy singing? Remember, the Intergenerational Choir is open to everyone! No previous musical experience is necessary. The Intergenerational Choir rehearses Tuesday nights in the Longview Auditorium from 7:00 – 8:00 p.m. It includes Ithaca College Undergraduates and Longview singers of all musical backgrounds. The first Fall 2010 rehearsal will be Tuesday, September 7. If you have any questions about the choir, please contact Jennifer Haywood, 274-1968 or jhaywood@ithaca.edu. Otherwise, just come and join in the music making!

Be Sharp! Stay Sharp!

This group, led by Chris Pogorzala, consists of a variety of puzzles and exercises to keep the brain active. All are welcome to attend. Be Sharp! Stay Sharp! will meet from 2:45 – 3:45 p.m. on Wednesdays, September 1, 15 and 29 in the Ithaca College Classroom on the second floor.

Longview Spiritual Life Team

The word *team* in this context is used to mean “a group of people organized for a particular purpose.” The purpose of the Longview Spiritual Life Team is to provide all residents with an opportunity to participate in decision-making regarding the chapel, worship services, and other spiritual life programs and interests. Meetings are open to anyone who would like to become involved. In the past year, discussion revolved around many topics including the purchase of a new hymnbook and the use of the chapel by people of different spiritual backgrounds.

The next meeting of the Spiritual Life Team will take place on **Wednesday, 9/15 at 10:30 AM in the Chapel**. All are welcome. If you have questions, please contact Debbie Allen, Spiritual Life Coordinator, at 375-6302, or in person on Thursdays.

The Creation of an Icon in Bronze:

A Presentation by Rev. Gurdon Brewster

Sunday, September 19 from 7 to 8 PM in the Auditorium

We are fortunate to have Gurdon Brewster, part-time minister of the Church of the Epiphany in Trumansburg and Cornell chaplain for 35 years, as our next speaker for the *Stretch Your Spirit* series. Gurdon will be speaking about the purpose of icons in Eastern Orthodox churches and his experience of creating icons out of bronze. He has been a sculptor since high school and is presently a member of the State of the Art Gallery. Gurdon is also the author of a book entitled, No Turning Back: My Summer with Daddy King, a memoir in which he describes his work as a seminary student intern at the Ebenezer Baptist Church in Atlanta where Rev. Martin Luther King Sr. and Dr. Martin Luther King Jr. were co-pastors. All are welcome to attend this presentation.

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The articles in the LONGVIEW
NEWS are the opinion of the
writer and do not represent the
views of the facility



Longview
An Ithacare Community

Humor

from Reader's Digest

Give a man a fish and he has food for a day; teach him how to fish and you can get rid of him for the entire weekend.
-Zenna Schaffer

A man in love is incomplete until he has married. Then he's finished.
-Zsa Zsa Gabor

The trouble with the rat race is that even if you win, you're still a rat.
-Lily Tomlin

Women don't want to hear what you think. Women want to hear what they think, in a deeper voice. -Bill Cosby

Time's fun when you're having flies. -Kermit the Frog

Longview Sunday Chapel Services

September 5

Ms. Debbie Allen
First Baptist

September 12

Major Barbara Carvill
Salvation Army

September 19

Ms. Karen Kaufmann
St. Paul's United Methodist

September 26

Rev. Eunice Tabor
St. Paul's United Methodist

Message from Debbie Allen

I've decided to begin part-time coursework this fall at Colgate Rochester Crozer Divinity School in Rochester, New York. At various times throughout my life, I have considered going to divinity school, but for a number of reasons, made other choices. My experience as Spiritual Life Coordinator at Longview, as well as other life circumstances, made it clear to me that now is the time to begin this new endeavor. I look forward to integrating what I learn with my work at Longview. Attending courses on Monday and Tuesday in Rochester during the coming semester will allow me to continue the schedule I have had at Longview on the remaining days of the week.