



Lake Views



October 2015, Volume 2, Number 10

*National
Breast Cancer
Awareness Month*



The Monthly eMagazine of Lakeview Terrace, Altoona Fl.

www.LakeviewTerrace.com

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Do You Know October is:

Breast Cancer Awareness Month

Computer Learning Month

National Diabetes Month

National Pizza Month



What A Coincidence!

By: Dixie (Lakeview Terrace Resident)

Last month we ran the article “6 Things You Should Know About Wyatt Earp.”

Dixie Allen a resident at Lakeview Terrace shared an additional fact with us.

The Captain in the Mexican War, for whom he was named, was Dixie’s 3rd great-grandfather, Wyatt Berry Stapp, who had a short but distinguished career in Monmouth, Illinois before and after the war.



- Wyatt Berry Stapp was her great, great grandfather.
- He was born 1812 in Kentucky.
- Married in 1843 in Monmouth, IL. His wife died in February 1847.
- In June 1847 he organized Captain Stapp’s Illinois Mounted Volunteers to serve in the Mexican War and ended service as Brig. General.
- Served as Clerk of Circuit Court State Senate in Illinois.
- In 1851 at the age of 39 he passed, leaving two children, one being her great grandmother.

LAKEVIEW TERRACE REHAB DEPARTMENT

Phases of Rehabilitation:

Through an evaluation, the therapist will identify any muscle groups in your body that need to be addressed. Once mobility and strength of individual muscles are increasing in strength, then multi-muscle exercises are targeted. By following the recommendations of your therapist and physician, you can strive to reach your potential and have more pain-free movements.

Feel free to contact us at
352-669-2133 extension 2295.

Tamra “Tammy” Crawford
Director of Rehab



Sand Hill Crane Scenic Screen

By: Vera (Lakeview Terrace Resident)

We had given away almost all of our beautiful oriental furniture to our family. However, I did save a coveted item, a four-panel black scenic screen with birds designed within the decorative background scene. When we were finally settled, we found time to look out of our window and realized the beautiful view we had. We also noticed that the birds flying around the lake were similar to the ones etched in our scenic screen. Having noticed the similarity now, I also realized that I previously had not a clue, nor was I ever interested in finding out if there were sun birds or if this was only an artist's vision or rendition on our screen until now! On arrival at Lakeview Terrace, and having this beautiful view from our window, our eyes were really opened and we were actually seeing many of these similar birds flying by, frolicking in the lake and walking on those long, thin, strong legs. We learned from our neighbor that they were sand hill cranes. On the next clear day we drove to the newly built book store in The Villages. They had many bird books that would educate us. It seemed necessary for us to learn more about these very interesting birds.

After settling in, I seemed to find it implausible that my computer desk had been surrounded for more than 45 years by the scenic screen with these splendid birds and I had never been a bit curious at all about the screen background or the very strange birds. I only saw it as a beautiful setting for my computer desk.





FITNESS



Water walking as you may have figured out right now has zero to do with walking on water. Although that sounds like it would be a great exercise to test your balance, what we are going to talk about is how to exercise in the pool without having to know how to swim by simply walking in water to get in shape with minimum risk. Just the fact that in-water exercise reduces the risk of injuring yourself while working out makes it possible for more and more people to get involved in active exercise than ever before participating in fitness routines, such as water aerobics and water walking.

Exercising in water such as water walking is a totally different workout experience than land exercise. For starters, resistance to water pressure surrounding the outer walls of your skin make it harder to keep your balance which provides more exercise than walking on land. It's something everyone has to experience to understand. Therefore, check the monthly Calendar for Aquatics Classes and join us!

Leslee Stephens, CPT

October is Computer Learning Month

Lakeview Terrace has a "Computer Club" that meets the 3rd Saturday of every month at 10:15 am. The next meeting is scheduled for October 17th. The club is designed to help residents enhance their technical knowledge and to share ideas with one another.



Catch some rays: Sunlight offers various health benefits

Published: Tuesday, September 8, 2015

by Interim HealthCare



There may be few aspects of summer that are better than feeling the warmth of the sun on your skin. The season is a break from the cooler temperatures that dominate the rest of the year and allows you to spend more time outdoors. While it's long been suggested that people should limit their time spent in direct sunlight, it's beneficial to your health to let your body soak up some rays.

Sunlight may not be as bad as assumed

In a scientific consensus paper published in the Journal of the American College of Nutrition, researchers from Grassroots Health, a nonprofit public health research organization, wrote that staying out of the sun may actually harm your health. Vitamin D can be found in certain foods and supplements, but daylight offers other benefits that can only be gained by being outside.

There may be lower risks of developing certain types of cancer when in daylight, and populations in areas with more exposure to the sun have seen fewer cases of the disease. Low amounts of vitamin D have been found in instances of breast, colon, kidney, brain and bladder cancers. Sunlight may reduce the risk of malignant cancers even if it doesn't necessarily lower the chances of developing the condition.

The researchers also reported a correlation between the amount of sunlight someone receives and his or her chances of developing Type 1 diabetes. During the winter and spring seasons, there are more instances of the disease than in the warmer months. The investigators cited a study from Finland, where people were given regular doses of vitamin D during the first year of life. They had a 90 percent lower risk of Type 1 diabetes by age 31 compared to those who didn't receive the same amount.

Vitamin D offers health benefits

Vitamin D deficiency can cause countless health problems, which means you should get out in the sun as much as possible. As you grow older, your bones lose their density, which makes them more vulnerable to injuries. However, a good dose of vitamin D aids your body in absorbing calcium to help strengthen your bones, according to The Active Times. This could prevent certain bone diseases as well as broken bones. The sun also gives your immune system a boost. The nutrient benefits the cells in your body that fight off infections, which means you'll have a better chance of healing or managing certain conditions.

Vitamin D isn't the only reason people's health improves with more sunlight. Being outdoors can provide you with a number of benefits, the source explained. The sunlight boosts your serotonin levels, which help you sleep better at night and improve your mood. Serotonin is also believed to ease depression symptoms.

Certain skin conditions also profit from sunlight. If you experience psoriasis, eczema or acne, you should spend at least a few minutes a day outside. You shouldn't spend enough time outside to burn, but even a little bit of direct sunlight can leave your skin looking and feeling healthier.

While sunlight provides benefits to your health, it also has its risks. Too much direct ultraviolet light can cause its own problems, including skin cancer. If you're going out in the heat of the day, you should make sure to protect your skin. Use plenty of sunscreen and wear sunglasses and a hat to lessen the effects of the sun's rays.

Some ways to catch some rays at Lakeview Terrace



Sampling Of Lakeview Terrace Activities

- Oct. 1st Ladies' Get Together, guest speaker Angie from The Umatilla Humane Society
Shopping trip to Eustis Square
- Oct. 5th Boggy Creek Camp Club
- Oct. 6th Men's Get Together, guest speaker Angie from The Umatilla Humane Society
Shopping trip to Via Port Mall
- Oct. 7th Wednesdays at the movies "Elsa & Fred"
- Oct. 8th Oktoberfest at Lakeview Terrace
LVT Ecology, guest speaker Brian Dykes
- Oct. 9th Whale's Tale Fish House, Mt. Dora
- Oct. 14th Wal-Mart/Target Shopping Trip
Lunch outing, Cheddar's
- Oct. 15th Palm Island, Mt Dora Hiking trip
- Oct. 15th Medicare Information Session
- Oct. 17th Computer Club
Dinner & Sunset Boat Tour
- Oct. 20th Dinner outing to Vincent's Italian Restaurant, Mt. Dora
Poetry Club
- Oct. 21st Put Pain In Its Place: How To Get Osteoarthritis Pain Under Control informational session
- Oct. 22nd Flu Shots
Team Trivia with Dominic
- Oct. 24th Michael Andrew & Swingerhead, Lake-Sumter State College
- Oct. 26th Sweet Tomatoes, Lady Lake
- Oct. 29th Silver Glen Springs, Hiking trip
Pumpkin Carving/Painting Contest
- Oct. 30th Halloween Party with costumes, tricks and treats!



Lakeview Terrace Shopping & Social Activities

Each Sunday:

- 8:55 A.M. Sunday Chapel Service in the Lounge
- 4:00 P.M. Vesper Service on the 2nd Floor Porch of the H.C.C.

Each Monday:

- 8:00/9:00 Strong & Steady Exercise Class in the Lounge
- 9:00 A.M. Shopping Trip to Eustis
- 12:30 P.M. Bridge in the Lounge
- 1:00 P.M. Shopping Trip to Eustis
- 6:00 P.M. Bingo in the Lounge

Each Tuesday:

- 9:00 A.M. Shuffleboard
- 10:00–3:00 P.M. United Southern Bank
- 1:00 P.M. Fall Prevention Class in the Lounge
- 1:30 P.M. Water Walking
- 6:00 P.M. Duplicate Bridge in the Lounge

Each Wednesday:

- 8:00 A.M. Yoga/Tai Chi in the Lounge
- 9:00 A.M. Strong & Steady Exercise Class in the Lounge
- 9:45 A.M. Bible Study in the Multi purpose Room
- 6:00 P.M. Mahjongg and Poker in the Lounge

Each Thursday:

- 9:00 A.M. Shopping Trip to Umatilla
- 9:00 A.M. Aquatics Class
- 1:00 P.M. Shopping Trips to Eustis
- 6:00 P.M. Card Night in the Lounge

Each Friday:

- 9:00 A.M. Women's Golf – Lakeview Terrace Golf Course
- 9:00 A.M. Strong & Steady Exercise Class in the Lounge
- 9:30 A.M. Fall Prevention Class in the Lounge
- 10:00–3:00 P.M. United Southern Bank
- 6:00 P.M. Game Night in the Lounge (including "An Evening at the Horse Races")

Each Saturday:

- 8:30 A.M. Men's Scramble – Lakeview Terrace Golf Course
- 9:30 A.M. Wii Tennis in the Lounge
- 11:00 – 1:00 P.M. Country Store
- 1:15 P.M. Yoga/Tai Chi - Lounge
- 6:00 P.M. Pennies From Heaven
Card Game in the Lounge

Coming in November

- 9th The Southchester LVT Dog Show
- 12th Arts & Crafts Fair

9 Reasons To Start Eating Pumpkin Seeds This Fall



RDA provided by 1 cup:

- Vitamin A - 245%
- Vitamin C - 19%
- Vitamin E - 10%
- Riboflavin - 11%
- Fiber - 11%
- Potassium - 16%
- Copper - 11%
- Manganese - 11%
- Iron - 8%
- Omega-3s - 4.9 mg
- Omega-6s - 4.9 mg

With fall at our front door, it's the perfect time to start getting into the habit of eating more pumpkin seeds. These tasty little morsels are full of great medicinal properties that only make them more inviting to eat.

Pumpkin Seeds For Better Health

Cancer Prevention

Spanish scientists have discovered that certain compounds in pumpkin seeds successfully fight cancer cells. Another study conducted by German scientists found that women who went through menopause and ate pumpkin seeds daily had a 23% lower risk of developing breast cancer.

Prostate Health

The oil that is found in pumpkin seeds can be used to fight hyperplasia or prostate enlargement. It contains antioxidants and phytochemicals that reduce the level of free radicals in the body and prevent the formation of cancer cells.

Reduced Menopause Symptoms

Pumpkin seeds help to relieve symptoms of menopause: they regulate hot flashes, headaches, reduce joint pain, and reduce the frequency of mood swings. They have also been proven to improve good cholesterol and regulate blood pressure.

Reduced Cholesterol

Studies have found that pumpkin seeds can reduce bad cholesterol by 13% and overall cholesterol by 10%. They also reduce the risk of cardiovascular disease, blood clots, stroke and heart attack.

Protect Against Diabetes

Because pumpkin seeds are rich in healthy unsaturated fatty acids, daily consumption is recommended to people suffering from diabetes. They are effective in regulating the body's blood sugar levels and increasing the body's sensitivity to insulin.

Weight Loss

Eating pumpkin seeds can help you lose weight because of their high fiber and protein content per serving. They are a great snack that helps you feel fuller for longer, but just a cup of seeds contains 285 calories so consume in moderation.

Improved Mood

Pumpkin seeds can help improve mood by alleviating anxiety and depression. It contains the compound known as tryptophan that the brain uses to create serotonin which helps you feel happy and at ease.

Facilitate Arthritis

Researchers have found that pumpkin seeds have anti-inflammatory properties that can aid in reducing arthritis symptoms. Eating 30g of pumpkin seeds a day is recommended for dealing with arthritis symptoms.

Prevent Osteoporosis

People who have a zinc deficiency are susceptible to osteoporosis. Eating just a quarter cup of pumpkin seeds can give you 17% of your daily recommended amount of zinc, which you need to help build strong bones.

www.healthy-holistic-living.com/pumpkin-seed-benefits-and-recipes.html

For Pumpkin Seeds Recipes please visit the web site above.



Breast Cancer Awareness

The First Event

In 1985, the first Breast Cancer Awareness Month (BCAM) was observed in the United States. In the US this event is referred to as *National Breast Cancer Awareness Month* (NBCAM).

Initially, the aim of this event was to increase the early detection of breast cancer by encouraging women to have mammograms. As many women know, a mammogram is an x-ray of the breast used to detect abnormalities in breast tissue. Early detection means that cancer can be more effectively treated and prevented from spreading to other areas of the body.

The Color Pink & The Pink Ribbon

With the founding of The Breast Cancer Research Foundation in 1993, the pink ribbon, which had previously been used to symbolize breast cancer, was chosen as the symbol for breast cancer awareness.

The color pink itself, at times, has been used to striking effect in raising breast cancer awareness. Many famous buildings and landmarks across the globe have been illuminated in pink light during this event; Sydney's Harbour Bridge, Japan's Tokyo Tower and Canada's Niagara Falls to name a few.

Due to the success of this awareness event, for many people, the color pink and breast cancer awareness ribbons are now associated with breast cancer awareness.

Background To This Event

Breast cancer is a disease which begins in the breast tissue; it's the second most common type of cancer and mainly affects women (breast cancer is rare in men).

During 2005, over 185 000 women were diagnosed with breast cancer (see incidence of breast cancer). Left undetected and untreated, breast cancer can spread to other areas of the body. Where breast cancer has to spread to other areas, it is referred to as metastatic breast cancer and classed as stage 4.

The prognosis for stage 4 breast cancer is not good; the 5 year survival rate is only 16 percent. Given the high incidence and destructive nature of breast cancer, early prevention and treatment of this disease is a high priority.

To find more about breast cancer or to read the full article please visit www.whathealth.com/awareness/event/breastcancerawarenessmonth.html



Lakeview Terrace Mission Statement

To Provide a Community
Where residents will feel **secure**,
Be able to enjoy **meaningful relationships**
And **activities** of interest;
Where one can be **autonomous** and
Can **live independently**,
Yet have available
Quality care and services
And, above all,
Experience joy.



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