



# Lake Views



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*In golf as in life it is the follow through  
that makes the difference.*



The Monthly eMagazine of Lakeview Terrace, Altoona Fl.

[www.LakeviewTerrace.com](http://www.LakeviewTerrace.com)

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**Do You Know November is:**

Peanut Butter Lovers Month

National Alzheimer's Disease Awareness Month

Diabetes Month



## Golfing News

The golf course is green; flags are in place; the greens survived the heavy rains. Every Saturday at 8:30 am, a group (mostly men but women are welcomed) gathers for a nine hole scramble and then a shootout on the first hole to see who gets closest to the pin and has the honor of wearing the golfing medal to meals for the next week. Lots of fun, some players only putt and chip to keep from falling down or hurting themselves and we even will tee your ball up for you if needed.



The course isn't fancy: no forced carries, no sand traps, no water hazards **BUT** you don't need to go elsewhere for a great challenge.

Golf course policies:

- There is **no** dress code
- Golf shoes are **not** required
- Course is open during **all** daylight hours and beyond if that's your preference
- Tee times are **not** required
- Fivesomes or more **are** allowed
- Greens Fees **\$0.00**
- **No** time limits governing pace of play
- Walking allowed or you can drive your cart anywhere except across the "greens"

For those long term residents, we'd like to see you on the course and for the new residents, come on out and putt a ball or two.

If you have any questions contact Steve Tibbits

# Diet may help manage Alzheimer's risk

By Interim HealthCare

Alzheimer's disease remains one of the most significant medical challenges for seniors, as the sixth-leading cause of death for adults in the U.S., according to the Alzheimer's Association. With no cure available and treatment still in experimental stages, prevention is a major part of managing the disease, especially those with genetic factors weighing in on their risk of developing Alzheimer's.



Diet is an important part of wellness for seniors in the management of many chronic conditions, Alzheimer's included. Here are a few foods that may provide brain-boosting benefits that can help those at risk manage the disease.

## **The MIND diet**

Fad diets may be all the rage these days, but specially designed meal plans can help seniors stay healthy by providing essential nutrients needed for healthy aging and, in some cases, healthy brains. This is the principle behind the MIND diet, which was adapted from two similar meal plans - the DASH diet and the Mediterranean diet. Neither of these meal plans contain secrets that are particularly elusive: The MIND diet, for example, places an emphasis on consuming more fruits and vegetables and cutting down on cholesterol and saturated fats.

The Mayo Clinic noted that the DASH diet also aims to reduce sodium levels. The standard DASH meal plan allows for 2,300 milligrams of sodium a day, while the low-sodium variant encourages people to keep their sodium intake below 1,500 milligrams daily. The Mediterranean diet is remarkably similar to the DASH diet, emphasizing vegetables - especially leafy greens - and fatty fish like salmon over high-carbohydrate foods and high-fat dairy products.

The MIND diet is similar to the above meal plans, with the exception that it adds in foods that are specifically correlated with better cognitive functioning in seniors.

This plan was developed by Rush University Medical Center in Chicago alongside a longitudinal study of seniors at risk for Alzheimer's. Researchers found that cognitive decline was slowed in those of the 960 participants who closely adhered to the MIND diet in ways that were statistically significant.

### **Eating for your MIND**

There are two distinct components to the MIND diet: eating the correct foods and avoiding the harmful ones. Both are of equal importance if you want to preserve cognition and help reduce Alzheimer's risk.

### **The do's**

According to CBS News, the standard MIND diet includes three servings of whole grains and two servings of vegetables - one of which must be a leafy green - every day. Additionally, followers of the MIND diet are encouraged to wash these daily must-haves down with a single glass of red wine. The plan also incorporates a serving of poultry two to three times a week. For snacks, seniors can turn to nuts, which are high in omega-3 fatty acids and are generally thought to protect the brain. Interestingly, the MIND diet doesn't permit fruit, with berries being the only member of this section of the food pyramid allowed.

### **The don'ts**

The MIND diet is big on eliminating cholesterol and saturated fats, which means that butter and margarine are no-gos. Consider replacing them with olive oil instead. Additionally, while red meat isn't forbidden by the diet, it's recommended that seniors steer clear, instead turning to poultry for protein needs.

<http://www.interimhealthcare.com/news/news-desk/diet-may-help-manage-alzheimer-s-risk>



**MIND STANDS FOR:  
MEDITERRANEAN-DASH  
INTERVENTION FOR  
NEURODEGENERATIVE  
DELAY**

## FULVOUS WHISTLING DUCKS

By: Vera (Lakeview Terrace Resident)

During the past few months we have been experiencing something entirely new flying around our lovely lake. They are small, very colorful, beautiful birds that seem to be comfortable and friendly with our Crane Family. Our neighbor, Bettie Ball, who knows birds and wildlife very well, seems to agree, that these are ducks.

Mind you, the Sand Hill Crane Family continuously watch their Property Border- Lines! Yet, the darling, friendly ducks seem to be winging closer and closer and the Cranes are not at all hostile. The ducks seem to have joyful short flights, usually as a blissfully flying couple. I have often witnessed how the Cranes disallow other birds near their domain and demand a certain distance when strangers pass through their area. Even the beautiful, white Egret must watch her step and cannot come too close while she makes her daily trip around Lake Pearl. She knows that there are “rules and regulations” to follow.

This past week, I have seen the most incredible Duck scene. A parade of tiny babies in a tight row following mama down to the lake shore and their watchful papa at the end of the fast moving line. It was almost impossible to count how many there were, they were that closely packed to one another. I think that I counted at least nine of the wee babies in that straight marching row. It was so very amazing to see the fast moving line that seemed as if they were all running, but I didn't think these babies could be old enough to run.



Such hard-working parents, one wonders how they accomplish it all! While watching from a distance, it appeared to be an actively moving sand line! However, my glasses told me the real story and how dedicated the parents are. From what I have seen, the lake trip is accomplished every day. As soon as their offspring start to recognize the lake, the teaching of flying and swimming will slowly begin. All these ducklings are given necessary survival lessons by very determined parents.

## Yoga/ Tai Chi

Wednesday's at 8:00 AM & Saturday's at 1:15 PM



HEALTHY BODY + HEALTHY MIND = HAPPY LIFE

## Hiking Club News

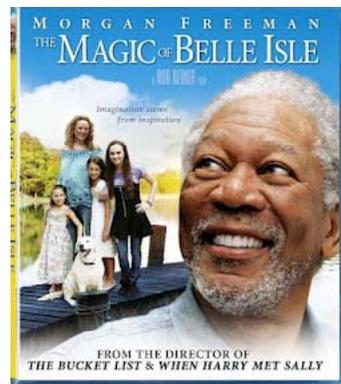
Our first hike of the fall season was at Palm Island in Mt. Dora and we had 10 hikers with several of them being new residents. The temperature was perfect and the scenery lovely. We got to watch a young anhinga diving for fish and then he (or she) perched about 8 feet from the wooden walkway to groom and dry its wings. All eyes were open wide as we watched an 11-12 foot gator swimming on the surface of the lake. Glad he was not on shore. A Kodak moment was presented by a very old and large Cyprus that had been hallowed out by a fire. It looked like a tree tee-pee. We guessed about who or what might live in it.

Several residents expressed regrets that they had conflicts and could not make this hike. We hope to see them on the November outing to Ellis Acres Reserve or Lake May.



## Sampling Of Lakeview Terrace Activities

- Nov. 2nd Boggy Creek Camp Club—Stuffing teddy bears and tying quilts for the kids at Camp Boggy Creek
- Nov. 3rd Men’s Get Together, guest speaker Steve Burt  
Shopping trip to Via Port Mall
- Nov. 4th Wednesdays at the Movies “Magic of Belle Island”
- Nov. 5th Ladies Get Together, guest speaker Steve Burt  
Shopping trip to Eustis Square Mall
- Nov. 6th Lunch outing to Ruby Tuesday, Leesburg
- Nov. 9th 1st Annual Southchester LVT Dog Show
- Nov. 10th Residents Association Meeting and Voting  
Breakfast outing to Cracker Barrel Old Country Store, Leesburg
- Nov. 11th V.I.P meeting, guest speaker Jayne Maravola with New Vision
- Nov. 12th LVT Annual Community Arts & Crafts Fair  
Ellis Acres Reserve, Hiking Trip
- Nov. 12th Dementia Support Group meeting, guest speaker Cheryl Fletcher
- Nov. 14th Lake Sumter Theatre Presents “Ethel Merman’s Broadway”
- Nov. 17th Poetry Club
- Nov. 18th Wednesdays at the Movies “Carol Burnett”  
Shopping trip to Wal-Mart/Target Trip, Leesburg
- Nov. 19th Wii Bowling Breakfast of Champions
- Nov. 20th Lunch outing to Mellow Mushroom, Mt. Dora
- Nov. 21st Mike Palma Ventriloquist & Magician at LVT
- Nov. 23rd Troubadours meeting  
Lake May, Hiking Trip
- Nov. 24th At LVT “Medicare Made Simple” guest speaker Betty Cunningham  
Dinner outing to Carrabba’s Italian Grill
- Nov. 26th Thanksgiving Day is planned in the Pearl Dining Room



# 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

### Country Store Open

Monday— Friday

10:00 am—2:30 pm

# Peanut Butter Overload Cupcakes

**Makes** 18 cupcakes

- 1 (517-gram) box instant chocolate cake mix, prepared according to package directions
- 18 pieces peanut butter chocolate cups (we used Reese's Peanut Butter Cups)

For the peanut butter icing

- 1/2 cup butter
- 1 cup creamy peanut butter
- 2 cups confectioners' sugar
- 1 1/2 tablespoons milk



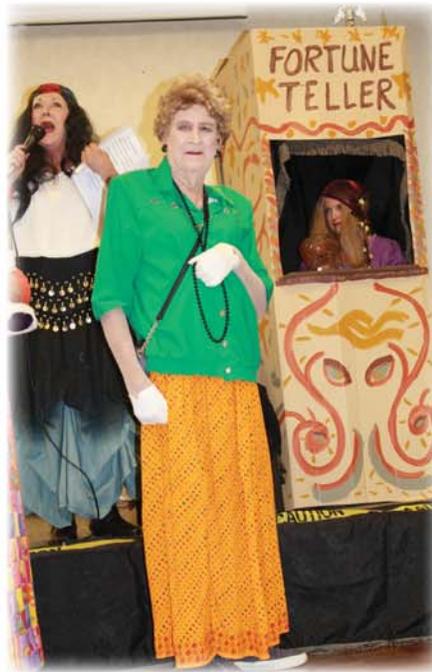
- 1 Preheat oven to 325°F. Line two (12-cup) muffin pans with 18 cupcake liners.
- 2 Fill each cup with cake mix batter until 1/4-full. Place one peanut butter chocolate cup in the center of each cup. Fill each cup with more batter until 1/3-full.
- 3 Bake for 18 to 22 minutes or until top springs back when lightly touched. Carefully remove cupcakes from pan; let cool.
- 4 Make the peanut butter icing: Place butter and peanut butter in a large bowl. Beat with a wooden spoon to combine. (Using an electric mixer? Beat for about 30 seconds.) Gradually mix in the confectioners' sugar. When the mixture starts to thicken, add the milk, 1/2 tablespoon at a time, until all of the sugar is mixed and the icing is thick and fluffy; about 3 minutes.
- 5 Frost the cupcakes with the peanut butter icing by using a piping bag with a large star tip or by simply spreading the icing over each cupcake.

**Chocolatey tip:** Keep 'em guessing! Substitute some of the peanut butter cups with other chocolate pieces like Hershey's Kisses, mini Butterfinger, or any of their favorite chocs.

<http://www.yummy.ph/recipe/peanut-butter-overload-cupcakes>

# Good Times!

## Halloween Party at LVT on Oct. 30th





## 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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