



# *Lake Views*



December 2015, Volume 2, Number 12

## *Happy Holidays*



*“Wishing you a peaceful, prosperous and  
harmonious holiday season”*

*Lakeview Terrace Sales Staff*

The Monthly eMagazine of Lakeview Terrace, Altoona Fl.

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

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## Do You Know December is:

Bingo Month

Write A Friend Month

Tomato & Winter Squash Month



# 1st Annual Southchester LVT Dog Show



## Best Costume:

- 1st Miko - Fern Wass
- 2nd Maxwell Smart - Peg Landers
- 3rd Butterball - Pat Ferrelli

## Best Trick:

- 1st Buttons - Shirley Schwartz
- 2nd Sassy - Pauline Schuster
- 3rd Sam - Robert Birch

## Friendliest:

- 1st Baron - Lynn Von Nessen
- 2nd Sassy - Pauline Schuster

## Prettiest:

- Bandit - Ray Carrier



# Fitness routines may offset brain atrophy

Published: Friday, November 20, 2015 by Interim HealthCare

A study from the University of Maryland School of Public Health found that improved fitness regimens may help fight brain atrophy in seniors living with conditions like Alzheimer's disease and dementia.



## Those who exercise improve brain mass

One of the conditions associated with Alzheimer's is the shrinking of the brain's cortex. This atrophy is a contributor to the cognitive impairment that comes with the disease.

The disease does not have a cure, but the UM study revealed that increasing exercise in older individuals can expand the size of the cortex over time. The results were found in healthy adults and those already displaying early signs of Alzheimer's.

"Many people think it is too late to intervene with exercise once a person shows symptoms of memory loss, but our data suggest that exercise may have a benefit in this early stage of cognitive decline," said Dr. J. Carson Smith, a UM associate professor of kinesiology and senior author of the study. "Exercise may help to reverse neurodegeneration and the trend of brain shrinkage that we see in those with [mild cognitive impairment] and Alzheimer's."

During the study, patients who were regularly exercising displayed better brain function when it came to processes like memory recall.

## Types of exercise for preventing brain atrophy

Dr. Smith and his colleagues specifically tested the effects of a moderate-intensity fitness program on older adults. For twelve weeks of the study, the patients walked on a treadmill at a moderate intensity four times a week to produce the results.

According to the Center for Disease Control, moderate-intensity exercise consists of workouts that bring a person to 50 to 70 percent of his maximum heart rate. In cases of walking, for example, this would typically include walking at a pace of about 3 miles per hour. Water aerobics and even gardening are other good activities for seniors that can help them reach their intended target heart rates.

### **Other benefits of exercise for seniors**

The study also found that the cardio respiratory systems of the patients, both the healthy and those in the early stages of Alzheimer's, improved by 8 percent during the trial. This can also help improve brain function in older adults, as found by a Boston University Medical Study last spring. Cardio respiratory fitness, it said, may enhance white matter in older brains, which holds the nerve fibers that help transmit information to different parts of the brain.

Walking 30 minutes a day for three to four days a week can also improve the condition of the hippocampus in older adults, according to a similar study that Dr. Smith conducted last year. The hippocampus is responsible for many aspects of memory processing.

"We found that physical activity has the potential to preserve the volume of the hippocampus in those with increased risk for Alzheimer's disease, which means we can possibly delay cognitive decline and the onset of dementia symptoms in these individuals," Dr. Smith said. "Physical activity interventions may be especially potent and important for this group."

Dr. Smith and his team say they are optimistic about their findings, and hope they will see even greater long-term results with continued research. Further studies aim to test more patients over longer periods of time to see how much growth and strengthening of the brain will take place, as well as discovering how long the effects of the exercise programs can stave off the atrophy of important processing centers in the brain.

Finding safe, low impact exercises is important for seniors' physical health, and with more research, could point to some promising long-term effects for cognitive health as well.

## Barbara Mandigo

Barbara Mandigo has been a resident of Lakeview Terrace since September of 2001. Prior to moving in, she and her husband, Richard, spent many years doing volunteer work for residents in the Lakeview Terrace Health Care Center. Without missing a beat, Barbara continues that volunteer spirit as a resident. She and an organized group of residents make teddy bears, quilts and afghans for the children of Camp Boggy Creek. She continues her work in the Health Care Center and she moves the newspapers to the front door of the residents' homes all over Lakeview Terrace every morning.



Barbara does all of this at the age of 100 and lives independently in her own home! She is an inspiration to so many people and is a well-loved member of the Lakeview Terrace Family.



## Second Annual Christmas Cantata



The LVT Senior Songsters will be at the Lounge on December 22, 2015 at 1:30 p.m. We sing with joy in our hearts and with a desire to share that joy with each of you.

A lovely musical way to prepare for the joyous Holiday. We also rejoice in the new sound system management has provided for this occasion and many other events. The lovely clarity the system brings is a joy to our hearts and 'music' to our ears.

We especially thank **Leslee** for all the time and effort that went into this provision.

A very Merry Christmas to each of you, our LVT family.

Mary (LVT Resident)

## **Sampling Of Lakeview Terrace Activities**

- Dec. 1st** Men's Get Together, guest speaker Jack Ewing  
Via Port Mall Shopping Trip
- Dec. 2nd** Wednesday at the Movies "The Christmas Card"
- Dec. 3rd** Ladies' Get Together, guest speaker Jack Ewing  
Shopping trip to Eustis Square
- Dec. 5th** Christmas Dance Show, featuring the Revolution Dance Team for the Dance Depot
- Dec. 6th** The New Dawn Singers at the First United Methodist Church of Tavares
- Dec. 7th** Boggy Creek Camp Club
- Dec. 9th** Lunch outing to Red Lobster, Leesburg
- Dec. 10th** Oakland Preserve on Lake Apopka Hiking Trip  
LVT Ecology Group meeting with guest speaker Dr. Richard Stevenson
- Dec. 11th** Orange Blossom Opry Yeehaw Christmas, Weirsdale
- Dec. 12th** Lake Sumter Theatre presents "Branson on the Road Holiday Style"
- Dec. 14th** Christmas Sing-A-Long featuring the LVT Golden Girls
- Dec. 15th** Poetry Club  
Lunch outing to the 1884 Restaurant & Bar, followed by shopping at Peddlers Wagon, Eustis
- Dec. 16th** Wal-Mart/Target shopping trip
- Dec. 17th** Christmas Gala & Feast at LVT
- Dec. 18th** Tour of Christmas Lights
- Dec. 19th** Lori Grill & the Notebenders Christmas Show at the Historic Tropic Theater
- Dec. 21st** Tour of Christmas Lights
- Dec. 22nd** The LVT Senior Songsters present "Come, Thou Long Expected Jesus"
- Dec. 23rd** Tour of Christmas Lights
- Dec. 24th** Christmas Eve Service
- Dec. 25th** Christmas
- Dec. 28th** Hiking Trip to Hidden Water, Eustis
- Dec. 29th** Lunch outing to Nicky D's
- Dec. 30th** Seminole Town Center, Sanford
- Dec. 31st** New Year's Eve Party



# 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

# Cinnamon's Spicy History

Cinnamon has been in use by humans for thousands of years—as early as 2,000 B.C. Egyptians employed it, as well as the related spice cassia, as a perfuming agent during the embalming process, and it was even mentioned in the Old Testament as an ingredient in anointing oil. Evidence suggests it was



used throughout the ancient world, and that Arab traders brought it to Europe, where it proved equally popular. Legend holds that the Roman emperor Nero burned as much as he could find of the precious spice on the funeral pyre of his second wife Poppaea Sabina in A.D. 65 to atone for his role in her death.

The Arabs transported cinnamon via cumbersome land routes, resulting in a limited, expensive supply that made the use of cinnamon a status symbol in Europe in the Middle Ages. As the middle class began to seek upward mobility, they too wanted to purchase the luxury goods that were once only available to noble classes. Cinnamon was particularly desirable as it could be used as a preservative for meats during the winter. Despite its widespread use, the origins of cinnamon was the Arab merchants' best-kept secret until the early 16th century. To maintain their monopoly on the cinnamon trade and justify its exorbitant price, Arab traders wove colorful tales for their buyers about where and how they obtained the luxury spice. One such story, related by the 5th-century B.C. Greek historian Herodotus, said that enormous birds carried the cinnamon sticks to their nests perched high atop mountains that were insurmountable by any human. According to the story, people would leave large pieces of ox meat below these nests for the birds to collect. When the birds brought the meat into the nest, its weight would cause the nests to fall to the ground, allowing the cinnamon sticks stored within to be collected. Another tall tale reported that the cinnamon was found in deep canyons guarded by terrifying snakes, and first-century Roman philosopher Pliny the Elder proposed that cinnamon came from Ethiopia, carried on rafts with no oars or sails, powered by “man alone and his courage.”

Struggling to meet increasing demand, European explorers set out to find the spice's mysterious source. Christopher Columbus wrote to Queen Isabella, claiming he had found cinnamon and rhubarb in the New World, but when he sent samples of his findings back home, it was discovered that the spice was not, in fact, the coveted cinnamon. Gonzalo Pizarro, a Spanish explorer, also sought cinnamon in the Americas, traversing the Amazon hoping to find the "pais de la canela," or "cinnamon country."

Around 1518, Portuguese traders discovered cinnamon at Ceylon, present-day Sri Lanka, and conquered its island kingdom of Kotto, enslaving the island's population and gaining control of the cinnamon trade for about a century until the Ceylon kingdom of Kandy allied with the Dutch in 1638 to overthrow the Portuguese occupiers. The Dutch defeated the Portuguese but held the kingdom in their debt for their military services, so once again Ceylon was occupied by European traders, handing the cinnamon monopoly over to the Dutch for the next 150 years. Ceylon then was taken over by the British in 1784 after their victory in the fourth Anglo-Dutch War, but by 1800, cinnamon was no longer an expensive, rare commodity, as it had begun to be cultivated in other parts of the world, and other delicacies such as chocolate and cassia, which has a flavor similar to cinnamon, began to rival it in popularity.

Today, we typically encounter two types of commercial cinnamon: Ceylon and cassia cinnamon. Cassia cinnamon is primarily produced in Indonesia and has the stronger smell and flavor of the two varieties. This cheaper variety is what we usually buy in grocery stores to sprinkle on our apple pies or French toast. The more expensive Ceylon cinnamon, most of which is still produced in Sri Lanka, has a milder, sweeter flavor popular for both baking and flavoring hot drinks such as coffee or hot chocolate.



<http://www.history.com/news/hungry-history/cinnamons-spicy-history>

## Butternut Squash Soup

### Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 onion, thinly sliced
- 4 cloves garlic, smashed
- 2 fresh sage leaves
- 2 teaspoons kosher salt
- Freshly ground black pepper
- 2 medium canned plum tomatoes
- 1 medium butternut squash (about 2 pounds), peeled, halved, seeded, and diced
- 4 cups low-sodium chicken broth or water
- 1 teaspoon balsamic vinegar
- 2 tablespoons freshly grated Parmesan, optional



### Directions

Heat the olive oil in a soup pot over medium heat. Add the onion, garlic, sage, 1 teaspoon of the salt and season with pepper, to taste. Cook, covered, stirring occasionally, until soft and fragrant, about 15 minutes. Raise heat to medium-high, add the tomatoes, and cook, stirring with a wooden spoon, until the tomatoes break up and the onions brown slightly, about 7 minutes. Add the squash and the remaining teaspoon salt, and continue to cook, stirring occasionally, until the squash is tender, about 12 minutes. Add the broth, bring to a simmer, and cook, uncovered, until the vegetables tender, about 20 minutes. Set aside to cool slightly.

Working in batches, puree the soup in a blender, or with an immersion blender. Return the soup to the pot and reheat over medium heat. Stir in the vinegar. Serve the soup in warm bowls with a touch of parmesan cheese if desired.

Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/butternut-squash-soup-recipe.html?oc=linkback>



## 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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