



# *Lake Views*



January 2016, Volume 3, Number 1

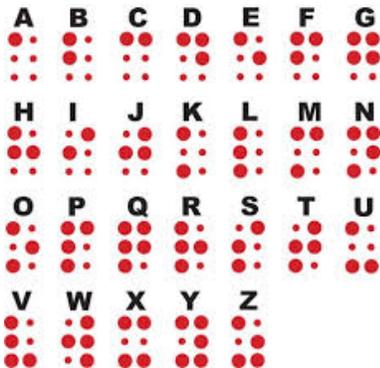


**The Monthly eMagazine of Lakeview Terrace, Altoona Fl.**

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

# Contents

3	Christmas Cantata	6	LVT Hiking Club News
	Wii Bowling Tournament	8	Lakeview Terrace Activities
4	More Than Vaccine Needed To Protect Elderly From Flu	10	9 Things You Didn't Know About Helen Keller



**Do You Know January is:**  
National Blood Donor Month  
National Braille Literacy Month  
Hot Tea Month  
National Soup Month



## Christmas Cantata December 22, 2015



The Christmas Cantata at Lakeview Terrace was enjoyed by all.

### **Wii BOWLING TOURNAMENT**

Come January 5<sup>th</sup>, the 15<sup>th</sup> LVT tournament will begin and will have approximately 55 Wii bowlers in 12 teams with replacement bowlers participating.

The National Senior League will also commence around the middle of February.

This will give us two tournaments in play at the same time.

If you are interested in learning Wii bowling, contact Norm Hebert or Eve Murdock at (352) 669-4444 or Nat Lilly at (352) 669-1313 for training.



**Wii Breakfast**

# More than vaccine needed to protect elderly from flu

By Interim HealthCare

For most of the population, catching the flu results in a few days off from work and laying in bed with discomfort. But for the elderly, who have weakened immune systems, the flu can be more than an inconvenience - it can be deadly.



That's why researchers have been studying the effectiveness of the flu vaccine in seniors. A new study published in *Immunity* magazine now says that the standard flu vaccine may not be as effective for the elderly as it is for most people, prompting a drive for developing new vaccines and urging extra precautions for senior care in flu season.

## How vaccines affect the elderly

A flu vaccine works by introducing proteins from the virus to a person's immune system so that it identifies and develops defenses against it. Researchers have now found the molecular composition that makes it harder for elderly immune systems to fully develop these defenses when they are exposed to the full virus.

"We provide novel evidence of a potential connection between the baseline state of the immune system in the elderly and reduced responsiveness to vaccination," said the study's co-authors Shankar Subramanian of the University of California, San Diego, and Bali Pulendran of Emory University. "By providing a more complete picture of how the immune system responds to vaccination, our findings may help guide the development of next-generation vaccines that offer long-lasting immunity and better protection of at-risk populations."

The study spanned five different flu seasons, as the virus is prone to evolving from year to year. The team studied the blood of vaccinated elderly patients and compared it to the vaccinated blood of younger patients. They found that young patients had high levels of B-cells that produce antibodies, while the elderly patients had higher levels of monocytes, which cause inflammation.

## Protecting the elderly from influenza

The Center for Disease Control and Prevention still recommends that getting a flu vaccine is the first step in helping to prevent the 65-years-old and older population from catching the virus. They can choose from either the standard vaccine, or the "high-dose" version that is typically recommended for people in this age bracket. Even though the shot may be less effective in older people, it is still better than being completely unprotected with no vaccine at all.

Aside from getting the flu shot, seniors can protect themselves from the virus by practicing regular health habits to cut down on germ exposure. Routinely washing their hands is a great start, as well as cleaning their homes with antibacterial cleaners and disinfectants like bleach to help kill germs. It's important that they avoid contact with people who are sick, and they may even want to consider wearing face masks if going to high-risk areas like the doctor's office.

To help keep the immune system as strong as possible, it's important for seniors to watch what they eat and focus on a healthy diet with plenty of fruits and vegetables. Vitamin C is also believed to be a strengthener for the immune system, so taking vitamins or supplements with a doctor's approval can help older bodies work at fighting off infections.



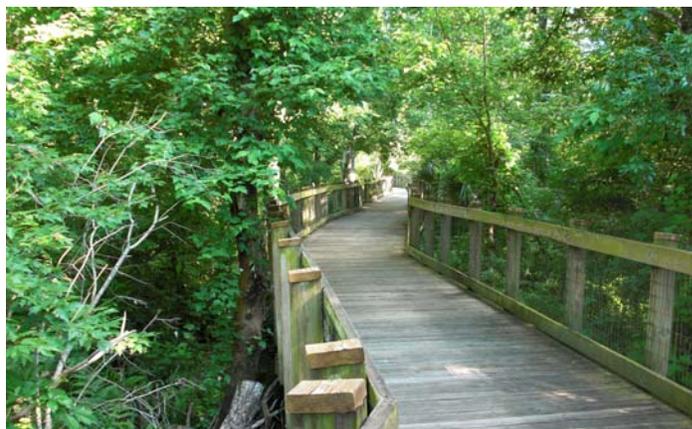
# The LVT Hiking Club

## LVT Hiking Club News January 2016

Hiking in Florida has been at its best for our last two hikes with mild temperatures and lots of sunshine. Our second hike in November was at Lake May near Eustis. Seven hikers headed out on the lake trail and stopped to sample the oranges (as well as stuffing a few into our backpacks and bags to take home). Four of us took the longer trail through the woods on the return trip, while the other three opted for the more direct route back to the parking lot. Lake May is one of my favorites, not just because of the oranges, but because of the variations in terrain and the abundance of reindeer moss in the white sand scrub areas.



The first December hike to Oakland Preserve near Winter Garden was extra special for the eleven hikers who car pooled there. We met with the preserve's delightful young naturalist, Taylor. She guided us along the expansive wooden walkway that wound through both upland and wetland habitats on its way to a spectacular view of Lake Apopka. Taylor explained to us that the muck farming practices several decades ago resulted in toxifying the lake with pesticides and fertilizers. These chemicals ended Lake Apopka's fame as one of the major bass fishing destinations in the country. Now these harmful farming practices have been restricted and special plants have been placed along the shore to filter the polluted water. The St. John's Water Authority ecologists are encouraged by signs that the lake is coming back. Fishing is not yet legal.



As we traveled along the walkway, Taylor pointed out numerous native as well as invasive species of plants. We got to sample tiny cucumbers that grow on vines along the walkway railing. The cucumbers ranged from a quarter to a half inch and tasted just like a regular cucumber.

One area appeared to be a morning rest area for young gators. We saw eight of them basking in the sun. They ranged from a foot to 18 inches, not very scary. We also saw butterflies and learned a lot about the various berries that are popular with the birds.

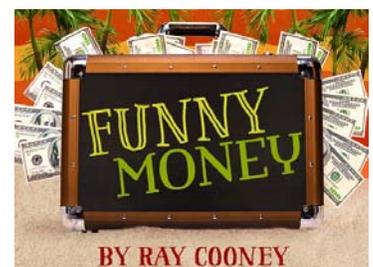
On the trail back, our wildlife viewing took on a more international flavor. A private preserve for exotic wildlife borders Oakland and we got to see a Zebra, several antelope, some deer and one curious Emu. We then retired to Savoree's in Winter Garden for lunch.

We know that there are several residents who would like to attend the hikes but have conflicts with appointments and other activities. It is impossible to schedule the hikes and not have them conflict with something. We do the best we can. Some will be on Thursdays but we will also schedule on some Mondays. Please note the days and times.



## Sampling Of Lakeview Terrace Activities

- Jan 1st Happy New Year
- Jan 4th Boggy Creek Camp Club
- Jan 5th Men's Get Together—guest speaker “Casey Collignon” author and motivational speaker  
Shopping trip Via Port Mall, Leesburg
- Jan 6th Wednesday at the Movies: 5 Flights Up  
Dinner outing to Naples Italian Restaurant, Leesburg
- Jan 7th Ladies' Get Together—guest speaker “Casey Collignon” author and motivational speaker
- Jan 9th Computer Club meeting
- Jan 10th First United Methodist Church Concert Series “The Anchormen”
- Jan 11th Hiking News
- Jan 12th Resident Meeting
- Jan 14th LVT Ecology presents “Do You See What I See”  
Special performance at LTRS by Patty Waszak, Phenomenal Musician
- Jan 16th Model “A” Car Show at LTRS
- Jan 19th AARP Smart Driver Course Part 1  
Fall Prevention Boot Camp
- Jan 20th Shopping trip to Wal-Mart and Target, Leesburg
- Jan 21st AARP Smart Driver Course Part 2
- Jan 22nd Lunch outing to Cheddar's Scratch Kitchen, Sanford
- Jan 23rd LSSC presents “Toronto All-Star Big Band Concert”
- Jan 26th Lunch outing to McAlister's Deli at Paddock Square followed by a trip to Russell Stover Candy Shop at The Villages
- Jan 27th Shopping trip to Paddock Mall, Ocala
- Jan 28th Hiking Trip
- Jan 30th The IceHouse Theater presents “Funny Money”



# 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

# 9 Things You Didn't Know About Helen Keller

Despite being rendered deaf and blind at 18 months, Helen Keller has become one of the most well-known women in history. She overcame her disabilities thanks to the help of her teacher and friend, Anne Sullivan. During her lifetime, Helen became an author, lecturer, advocate, Socialist, and source of inspiration for many.



1. Helen Keller graduated cum laude from Radcliffe College at age 24 with honors in 1904 and was the first deaf and blind person to earn a college degree. 50 years later Robert Smithdas became the second deaf blind person to graduate from college.

2. Helen and her teacher/companion, Anne Sullivan toured on the vaudeville circuit in the 1920s. It was actually a thinly veiled freak show where Sullivan would introduce Keller with a brief history of Keller's life and answer questions from the audience to which she would have witty remarks.

3. Even though most people see Keller as a saint-like woman who achieved great things, she was a devout Socialist with radical left-wing ideas. The FBI had her on their radar and monitored her, though a formal investigation never took place.

4. She was multi-talented when it came to communicating. Helen did more than just sign, she could finger spell, lip-read, read Braille and raised type, and use a typewriter as well as speak. Though she didn't speak clearly, she was able to vocally communicate and often had Anne Sullivan as an interpreter.



*"It is not blindness or deafness that brings me my darkest hours. It is the acute disappointment in not being able to speak normally. Longingly I feel how much more good I might have done if I had only acquired normal speech. But out of this sorrowful experience, I understand more fully all human strivings, thwarted ambitions, and the infinite capacity of hope."*

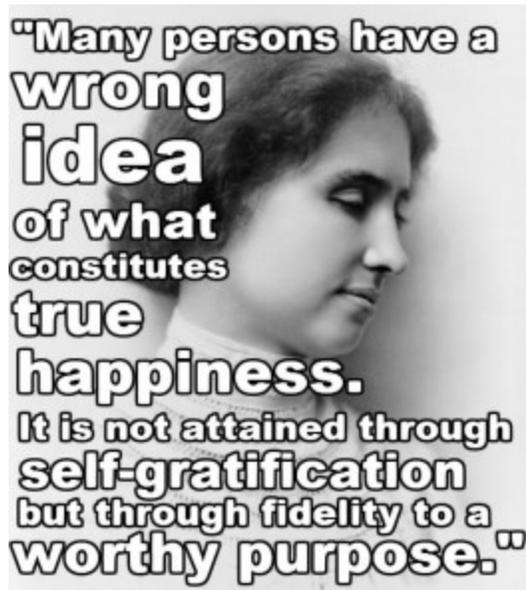
5. Helen loved music! When one sense is lost, others become super acute, enabling a persona to be more sensitive. Helen had highly sensitive fingers and listened through her fingers. She was able to “hear” the vibration of the instruments as well as the human voice.

6. Along with her involvement with the Socialist Party, Helen was a vital advocate for women’s suffrage, birth control, and workers’ rights. She helped found the American Civil Liberties Union (ACLU) in 1920.

7. Hidden in plain sight is Helen Keller’s image embossed on the American Alabama quarter. Released in 2003, the coin is the first U.S. coin to feature Braille.

8. Helen Keller can out-text you. She was able to use a standard typewriter as well as a Braille typewriter, out-typing even Anne Sullivan.

9. Keller wasn’t always loved as the inspirational woman she was. After graduating college and becoming more involved as a Socialist, she began writing about the movement and was in the public eye for it. One newspaper, the *Brooklyn Eagle*, wrote that her “mistakes sprung out of the manifest limitations of her development.”



<https://www.phactual.com/9-things-you-didnt-know-about-helen-keller/>



**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.**



331 Raintree Drive, Altoona, Florida 32702-9609  
352-669-3148 • 800-343-1588  
[www.LakeviewTerrace.com](http://www.LakeviewTerrace.com)  
Contact us at [lifecareinfo@LakeviewTerrace.com](mailto:lifecareinfo@LakeviewTerrace.com)

Lic # 88029