



Lake Views



March 2016, Volume 3, Number 3



**Groundbreaking ceremony held on February 24th
to initiate our expansion and renovation project!**

The Monthly eMagazine of Lakeview Terrace, Altoona Fl.

www.LakeviewTerrace.com

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Do You Know March is:

- Irish American Month
- Social Workers Month
- National Women's History Month
- National Nutrition Month



The Best Foods for Arthritis

Published: Tuesday, February 2, 2016 by Interim HealthCare

The Arthritis Foundation has reported that arthritis is the No. 1 cause of disability in the U.S. with more than 50 million people living with the condition. Even though it's such a common disease, it is often misunderstood and understandably so, since there are more than 100 types of the condition.



The symptoms associated with arthritis often include pain, swelling and stiffness of the joints. This can be severe or moderate. From medications and therapies to surgery and acupuncture, there are a wide range of treatment options for helping to relieve the symptoms. But did you know that certain foods have the power to ease the pain and swelling as well? While no diet is a cure for the disease, certain foods have been known to fight inflammation, boost immunity and strengthen bones.

Ease your arthritis symptoms with food

Certain types of fruit, dairy and even fish have been found to help relieve certain symptoms of arthritis. Read below to find out which foods you or your loved one should start adding to meals:

- **Oranges, limes and grapefruit:** Vitamin C has been shown to help maintain healthy joints with osteoarthritis and prevent inflammatory arthritis. Consuming these fruits, which are packed with Vitamin C, can help relieve symptoms.
- **Fish:** Adding fish such as tuna, herring, salmon or mackerel to your diet has been known to help with rheumatoid arthritis, according to the AF. These sea creatures are full of omega-3 fatty acids, which are known to be anti-inflammatory. Doctors suggest adding 3 to 4 ounces of fish per week.
- **Beans:** Beans are a great source of nutrients and there are several types that can help ease the symptoms of rheumatoid arthritis. Like fish, soy beans are bursting with omega-3 fatty acids, which beat inflammation, and are also high in fiber and low in fat. Red beans, pinto beans and kidney beans are a great source of protein, which is critical for the health of your muscles. They're also full of fiber which helps lower CRP (C-reactive protein).
- **Dairy:** It's important to incorporate low-fat dairy products into your diet. Yogurt, cheese and milk can be very beneficial for osteoporosis and osteoarthritis. Dairy is packed with Vitamin D and calcium, two things that have been found to increase bone strength.

- **Red and purple fruits:** Believe it or not, cherries have been known to lower the frequency of gout attacks thanks to their anti-inflammatory anthocyanins, according to the AF. The same is true for other red and purple fruits such as blueberries, strawberries and raspberries.

Adding these food sources into your diet is a natural way to ease the symptoms of arthritis.

8 Hand Exercises to Ease Arthritis Pain

www.healthdigezt.com



Making a Fist



Thumb bend



Finger bends



Making an O



Table bend



Finger lift



Fan and Fist



Wrist stretch

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Did you know that Lakeview Terrace has a Beauty Shop and a Bank on site!

Pearl Beauty Shop

Open

Monday - Saturday

9:00 am - 2:00 pm

Services include:

Manicure

Pedicure

Color

Perm

Shampoo & Style

Haircut

Wax



Lakeview Terrace featured at the main office of United Southern Bank in Umatilla for the month of March.

United Southern Bank

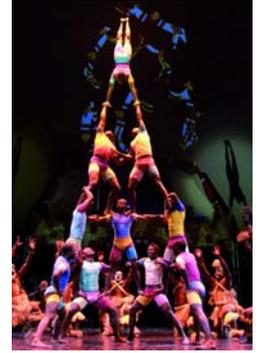
Open

Tuesday & Wednesday

10:00 am - 3:00 pm

Sampling Of Lakeview Terrace Activities

- March 1st Men's Get-Together "Crime Prevention"
- March 2nd Via Port Mall, Leesburg
Wednesday at the Movies: The Best Exotic Marigold Hotel
Dinner outing: Tillies Bar & Grill, Eustis
- March 3rd Ladies Get-Together "Crime Prevention"
- March 5th Cirque Zuma Zuma at the Lake Sumter State College
- March 7th Hiking trip to "Trimble Park" in Tangerine
Boggy Creek Camp Club
- March 8th Resident's Meeting
Dinner outing: OakWood Smokehouse, Leesburg
- March 10th LVT Ecology
- March 15th Poetry Group
Fall Prevention Boot Camp
- March 16th Walmart/Target, Leesburg
- March 17th St. Patrick's Day
- March 18th Lunch outing: Chefs of Napoli III, Wildwood
- March 19th Computer Club
- March 20th Palm Sunday
- March 21st Hiking trip to "Hopkins Prairie" in Ocala
- March 25th Good Friday
Orange Blossom Opry
AARP Free Tax Aide at LVT
- March 26th Ice House Theatre "Gypsy"
- March 27th Easter Sunday
- March 30th Seminole Town Center, Sanford
- March 31st LVT Strawberry Festival



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 Trip 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 in the Lounge
- 6:00 P.M. Pennies From Heaven Card Game in the Lounge

Country Store Open

Monday — Friday

10:00 am—2:30 pm

In The Spotlight At Lakeview Terrace

Susan Marchessault

Susan Marchessault, Director of Social Services at the LVT Health Care Center, is one busy lady! Having said that, I will also mention that I have never seen her without a smile, and she apparently also has the ability to “shoehorn” all kinds of tasks into her workday. Best of all, Susan is really a “PEOPLE” person, with her first priority being the health, happiness and wellbeing of the residents of LVT. The social services go far beyond the bounds of the Health Care Center, whether you are aware of it or not.



Susan maintains records on all residents that includes documentation regarding living wills, healthcare surrogate, Power of Attorney, etc. In her duties at the Health Care Center, Susan completes resident assessments and documentation pertaining to psychosocial issues, behavior and cognition. In plain English, Susan keeps tabs on us even as we live independently, making sure that we have assistance when needed.

For residents who are living in the Skilled Nursing Facility (SNF), the items mentioned above are also components of a Comprehensive Care Plan (required by federal and state regulations). Throughout this process, new residents are encouraged to be as active as possible in making decisions about their own health care plan and the services offered to them.

The Social Services Department also assists residents and their families to resolve and cope with all kinds of issues involved in the aging process. For example, information can be provided about such problems as dementia, loss of eyesight or hearing, physical disabilities, and the many other concerns that complicate our ability to live independently. When there are end of life issues, Susan is available to help facilitate access to Hospice, spiritual support, grief counseling, as well as other areas.

All admissions to the Health Care Center, whether temporary or permanent, are handled through our Social Services Department. If it is necessary for the resident to make a permanent move into the Health Care Center, Susan assists in coordinating all of those changes, including completing the Admission Agreement and other necessary documentation.

All LVT employees receive special training related to “the Spirit of Service at LVT.” Susan is in charge of teaching all staff what I prefer to call “the LVT Attitude” which (to me) means service above and beyond the call of duty, with a smile and a helping hand to all residents. I feel sure that part of the staff training is to always be alert to changes that affect a resident’s ability to care for themselves. Thanks to this good training, we are all the beneficiaries of the pleasant, helpful people who work so hard to assist us!

For 33 years Susan has been working as a Resident Advocate and is respected by both co-workers and residents. Thank you Susan for all that you do!

By: Louise - LVT Resident



LVT's Got Talent



**The Lakeview Terrace talent show was held on February 25th.
The talent show was a great success.
A huge “Thank You” goes to all that made it possible.**

9 Things You May Not Know About Elizabeth Cady Stanton

Elizabeth Cady Stanton was born on November 12, 1815 in Johnstown, New York. Brash, uncompromising and fiercely intelligent, she spent more than 50 years as one of the leading voices of the American women's rights movement.

Though not as famous today as her close friend Susan B. Anthony, Stanton loomed large in the decades-long struggle for women's suffrage, and her speeches and writings helped pave the way for discussions of economic opportunity for women, progressive divorce laws, interracial marriage and reproductive rights. On the bicentennial of her birth, learn nine fascinating facts about the woman Anthony called "the philosopher and statesman of our movement."



1. Stanton's passion for women's rights was forged during childhood.

Stanton was the eighth of 11 children born to Margaret Livingston and Daniel Cady, a respected lawyer, judge and congressman. A precocious child, she spent much of her girlhood observing the goings on at her father's law office, where she was disgusted to learn of the many inequitable laws restricting women's freedom and ability to inherit property. She even schemed to snip the offending passages out of her father's law books in the hope of invalidating them. While he would later disapprove of her activism, Judge Cady initially encouraged his daughter by loaning her law books and explaining that objectionable statutes could be overturned by public appeals to the government. "Thus was the future object of my life foreshadowed and my duty plainly outlined," Stanton later wrote.

2. She got her start as an activist in the abolitionist movement.

In 1839, Elizabeth Cady met and fell in love with an abolitionist lecturer and journalist named Henry Stanton. The two were married a year later—Elizabeth insisted on having the word "obey" removed from their wedding vows—and went on to settle in Boston, where they became active in the anti-slavery cause and rubbed elbows with the likes of Frederick Douglass and William Lloyd Garrison. Along with providing a blueprint for her later social activism, Stanton's experiences in the abolitionist movement helped spark her involvement in women's rights. A key incident came at the 1840 World Anti-Slavery Convention in London, where women delegates were unfairly excluded from the proceedings and banished to a visitors' gallery. Stung by the hypocrisy of their male counterparts, Stanton and fellow abolitionist Lucretia Mott resolved to begin a political crusade on behalf of their gender. They would remain allies until Mott's death in 1880.

3. Stanton organized the first women's rights convention.

While living in Seneca Falls, New York in 1848, Stanton joined with Lucretia Mott and others in convening 300 people for a convention “to discuss the social, civil and religious conditions and rights of Women.” Stanton took center stage with a reading of her “Declaration of Sentiments,” a rewriting of the Declaration of Independence that proclaimed, “We hold these truths to be self-evident: that all men and women are created equal.” The document was accompanied by a series of resolutions to be ratified by those in attendance. Much to the chagrin of her fellow organizers, who feared they would be ridiculed, Stanton insisted on including a measure supporting women’s right to vote. The resolution passed after considerable debate, forever changing the direction of the movement and establishing Stanton as one of the most provocative thinkers on the subject of women’s rights.

4. She wrote many of Susan B. Anthony’s speeches.

Stanton gave birth to seven children between 1842 and 1859, but while she continued to write from the confines of her home, her duties as a wife and mother often prevented her from taking an active role in the women’s rights movement. The self-described “caged lioness” finally found a vehicle for her philosophy in 1851, when she met the Massachusetts-born Quaker and reformer Susan B. Anthony. The two women struck up a lifelong friendship, and the unmarried Anthony later traveled the country delivering speeches that Stanton had composed in between bathing her kids and cooking meals. Anthony sometimes even babysat the Stanton brood to give her friend time to work. Stanton returned to the road after her children were grown, but Anthony continued to serve as the face of the women’s rights movement for the rest of their lives. “I forged the thunderbolts and she fired them,” Stanton later said.

5. Stanton was a critic of the 14th and 15th Amendments to the Constitution.

Stanton strongly supported the abolition of slavery, but she and Anthony courted controversy during Reconstruction by opposing the 14th and 15th Amendments, which enshrined black voting rights in the Constitution. Their objections centered on the use of the phrase “male citizens” in the text of the 14th Amendment. Rather than risk a permanent setback in their own fight for the vote, the pair urged their fellow abolitionists to hold out for an amendment that included both men and women of all races. Stanton alienated many former allies by resorting to controversial arguments, once saying that it was better for a black woman “to be the slave of an educated white man, than of a degraded, ignorant black one.” Her pleas failed to stop either amendment, and by 1869, the debate had splintered the women’s rights movement into two rival factions. The groups wouldn’t be reunited until 1890, when they merged to form the National American Woman Suffrage Association with Stanton as its first president.

6. She was the first woman to run for Congress.

Though barred from voting, Stanton knew there was no law preventing her from taking national office if elected. With this in mind, she announced in 1866 that she was running for a Congressional seat in New York. “I have no political antecedents to recommend me to your

support,” she wrote in a letter announcing her candidacy, “but my creed is free speech, free press, free men, and free trade—the cardinal points of democracy.” Stanton went on to receive a total of 24 votes—some of the first ever cast for a female politician.

7. Stanton’s radical ideas earned her a public rebuke from the women’s rights movement.

Stanton made a career out of pushing the envelope, but her ideas were occasionally too revolutionary even for her fellow activists. She caused a scandal by calling for more liberal divorce laws at an 1860 women’s rights convention, and later shocked many suffragists by embracing a brand of feminism that advocated everything from equitable wage laws to women’s rights to serve on juries and withhold sex from their husbands. By far the biggest controversy unfolded in 1895, when the octogenarian reformer published the first volume of “The Woman’s Bible,” a scathing examination of the role organized religion played in denying women their rights. The book was an instant bestseller, but it drew harsh criticism from Christian members of the National American Woman Suffrage Association. Ignoring protests from Susan B. Anthony, the Association later voted to formally denounce the book and distance itself from its author. Stanton would remain an outsider in the suffrage movement for the rest of her life.

8. She tried to donate her brain to science.

In 1887, fellow women’s rights activist Helen Gardener asked Stanton to will her brain to Cornell University for postmortem preservation and study. At the time, there were widespread claims that the shape and size of men’s brains made them naturally smarter than women, and Gardener hoped that an examination of Stanton’s grey matter would disprove them once and for all. Never one to doubt her own intelligence, Stanton approved a “Bequest of Brain to Cornell University,” but following her death in 1902, her children refused to honor the agreement. Undeterred, Gardener later donated her own brain to science after her death in 1925. It remains in the Cornell collection to this day.

9. Stanton’s daughter was also a prominent women’s rights activist.

In her later years, Stanton fought for women’s rights alongside her youngest daughter, Harriot Stanton Blatch. A graduate of Vassar College, Harriot joined the struggle in the 1880s and later assisted her mother and Susan B. Anthony in completing their multi-volume “History of Woman Suffrage.” After Stanton’s death, she founded the Equality League of Self-Supporting Women, an organization that enlisted thousands of low-income factory and garment workers into the suffrage movement. The group played a key role in finally securing passage of the 19th Amendment in 1919, and Harriot went on to join reformer Alice Paul and others in lobbying for an additional Equal Rights Amendment. Concerned that Stanton’s contributions to the cause were being forgotten, she later collaborated with her brother Theodore on a 1922 book about their mother’s life and legacy.

http://www.history.com/news/9-things-you-may-not-know-about-elizabeth-cady-stanton?cmpid=Social_FBPAGE_HISTORY_20151112_276307945&linkId=18707886



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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