



Lake Views



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Do You Know September is:

Fall Hat Month

Honey Month

Better Breakfast Month

Classical Music Month



Alcohol and Metabolism **DON'T MIX WELL**

Drinking alcohol makes major changes in your body. The body can't store alcohol, so it must be metabolized immediately, and that can have a detrimental effect on other metabolic processes. Alcohol can bring on malnutrition because the high levels of calories in many alcoholic drinks account for a large percentage of the body's daily energy requirements. It also impairs your body's ability to absorb nutrients and vitamins from the food you eat as your body metabolizes the alcohol.

Blood sugar. One of the key functions of your metabolism is to maintain adequate blood sugar levels. Drinking alcohol makes the body rush the alcohol toxins out of its system, and blood sugar levels are ignored.

Sugars and fats. When you're drinking, your body doesn't metabolize sugars and fats as well as it did before. That can contribute to weight gain.

Energy. Your body can't store calories from alcohol for later, the way it does with food calories.

Beer belly. Studies show that alcohol especially decreases the fat burning process in the belly area.

Food. It's actually more important to eat right than to eat less if you're going to be drinking. Before going out, have a dinner or snack with protein, fiber and healthy fat.

More food. It's not unusual to get hungry when you're drinking. After a certain amount of alcohol, you will give up and dive into the high-calorie food, which will feed your metabolism immediately ignoring other calories in your body.



Black-bellied Whistling Duck

Latin: *Dendrocygna autumnalis*

Average length: M 19.4", F 19"

Average weight: M 1.80 lbs., F 1.85 lbs.



Description: Male and female black-bellied whistling ducks are similar in size and color. In general, black-bellied whistling ducks are long-legged, long-necked and the most erect of all ducks. They have a black belly with a chestnut nape, lower neck, chest and back. A chestnut cap tops the head. They boast a bright orange bill, gray face and upper neck and white eye ring. The long pink legs are easily observed while they are perched in trees.

Breeding: Pairs most often partner for life and share the responsibilities of incubation and brood rearing. Nests are usually located in tree cavities, nest boxes or on the ground in grassy areas or under brush or cacti near water. Ground nesting is most common where mammalian nest predators are absent. Female black-bellied whistling ducks lay an average of 13 eggs and several females lay in the same nest.

Migrating & Wintering: Black-bellied whistling ducks are migratory in the northern and southernmost limits of their range. Large flocks are often observed in wintering areas in the lowlands of Mexico, though formerly more abundant in interior Mexico than at present. In the United States, they winter primarily in southern coastal Texas. Black-bellied whistling duck are widespread and common in Central America and South America south to northern Argentina.

Population: between 100,000-1,000,000; Black-bellied whistling ducks are susceptible to over-harvest due to their unwary nature.

Food habits: commonly feed at night on grain, seeds, some insects and mollusks and leaves and shoots found in fields and shallow water.

Black-bellied Whistling Ducks are known to migrate and nest at Lakeview Terrace. The picture is of babies that were hatched on property.

Brian - Director of Utilities, Grounds, & Landscaping

Sampling Of Lakeview Terrace Activities

- Sept. 1st Ladies Social Guest Speaker: LVT Resident Academy
- Sept. 3rd Renninger's Farmers Flea Market, Mt. Dora
- Sept. 5th Boggy Creek Camp Club
- Sept. 6th Men's Social Guest Speaker: LVT Resident Academy
Via Port Mall, Leesburg
- Sept. 7th Lunch Outing to: IHOP
Wednesday at the Movies "Concussion"
- Sept. 9th Lunch Outing to: Lampu Japanese Steakhouse
Warehouse Opens Today
- Sept. 13th Residents Meeting
Dinner Outing to: Carrabba's Italian Grill
- Sept. 14th Wal-mart/Target Shopping Trip
- Sept. 15th LVT Resident Academy
Deadline to turn in your Flu Shot packet
- Sept. 16th Lunch Outing to: Whale's Tale
- Sept. 17th Computer Club
- Sept. 20th Cantata Practice
Poetry Group
- Sept. 21st Altamonte Mall Shopping Trip
Construction Update
- Sept. 22nd Bingo Fun
Flu Shot Clinic
- Sept. 23rd Lunch Outing to: Umatilla Inn
- Sept. 24th The Ice House Theater Presents: Corpse
- Sept. 25th Kingdom of the Sun Concert Band
- Sept. 26th Troubadours Performance
- Sept. 27th Dinner Outing to: Texas Roadhouse
Cantata Practice
- Sept. 28th Veteran's Day Celebration
Orlando Shakespeare Theater Presents: West Side Story





Each Monday:

- 9:00 A.M. Total Body Exercise Class
- 9:00 A.M. Shopping Trip to Eustis
- 12:30 P.M. Bridge
- 1:00 P.M. Shopping Trip to Eustis
- 6:00 P.M. Bingo

Each Tuesday:

- 9:00 A.M. Shuffleboard
- 9:00 A.M. Aquatics Class
- 10:00–3:00 P.M. United Southern Bank
- 1:30 P.M. Water Walking
- 6:00 P.M. Duplicate Bridge

Each Wednesday:

- 8:00 A.M. Yoga/Tai Chi in the Lounge
- 9:00 A.M. Total Body Exercise Class
- 9:45 A.M. Bible Study
- 6:00 P.M. Mahjongg and Poker

Each Thursday:

- 9:00 A.M. Shopping Trip to Umatilla
- 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. Total Body Exercise Class
- 9:30 A.M. Fall Prevention Class
- 10:00–3:00 P.M. United Southern Bank
- 6:00 P.M. Game Night & 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
- 6:00 P.M. Pennies From Heaven Card Game



Uncle Sam Day

September 13th



Date When Celebrated : September 13th

Uncle Sam Day celebrates a symbol of America. Uncle Sam is certainly one of America's most recognized symbols. Uncle Sam appears on everything from military posters to cartoon images to advertising media. He is perhaps, the most recognizable symbol in the world.

Did you Know? There are other human symbols representing our country. None anywhere near as popular as Uncle Sam. They include Brother Jonathan, who largely disappeared after the arrival of Uncle Sam, and Columbia, a female.

Origin of Uncle Sam Day:

There are two theories as to how Uncle Sam emerged. Both date back to the early 1800's.

The officially recognized theory dates back to soldiers stationed near Troy, New York during the war of 1812. Barrels of meat they received were stamped "U.S." The supplier was Samuel Wilson of Troy, New York. Soldiers jokingly referred to him as "Uncle Sam". In 1813, the first image of "Uncle Sam" appeared. In 1961, the U.S. Congress issued a resolution recognizing "Uncle Sam" Wilson, and authorizing a monument in his hometown in Troy, NY.

There is a second, less popular theory of the creation of Uncle Sam. During the early 1800's, Irish immigrants were coming to America. Some believed that Uncle Sam emerged from these immigrants. In their Gaelic language, the United States of America was "Stáit Aontaithe Mheiriceá", abbreviated "SAM".

Uncle Sam Day became official in 1989, when a joint resolution of Congress designated September 13 "Uncle Sam Day". This date was selected, as "Uncle Sam" Wilson was born on September 13, 1776.

<http://holidayinsights.com/moreholidays/September/unclesamday.htm>

In The Spotlight At LVT

Bernie Greenberg

Bernie's poem appeared in Neurology Now, on the National publication's website edition on July 27, 2016.

Meandering Memory

By Bernie G - LVT Resident

I am clueless, more often than useful.
Annoying to everyone else,
and at times dangerous.
Could be I am forgetting,
but I have no idea.

Do you remember memory?
When things fit in,
when life was semi-sequential,
when there was meaning,
and purpose,
and sense?
Well if you do...forget it.
It will be less memorable.

Can't remember memory.
Not a big deal for me,
more so for everyone else.
They expect me to make sense
but I don't recall being logical.
Nor do I care.
I am happy not remembering that I know.

Long-term memories are easier somehow.
They seem fixed in place like concrete.
Medium-term memories get lost transferring
from short to long.
It's a transmission problem like being stuck
in park.
Short-term memories are just that, short.

Memory is hard work.
Looking for what was,
among billions of brain cells
and trillions of synaptic connections.
There is a lot of pressure to find familiar
links.
Memory is tense.
It is all past tense.

It would be nice to learn from the past.
To recreate those moments of joy
To fix those that brought disappointment or
fear.
However, both would require that I remem-
ber the past.
When I can't, it is not a character defect,
a hiatus in concentration, or lack of will-
power. It's just because I forgot.

What Kinds of Complications Does a Loved One with COPD Face?

By **Interim HealthCare**

Chronic obstructive pulmonary disease, commonly referred to as COPD, is a complex series of lung diseases and problems that can make life very difficult for your elderly loved one. The biggest potential problem is the complications that can come along with a diagnosis of COPD. These are just a few of the bigger issues.



Increase in Respiratory Infections

People with COPD have lungs that are already weakened, so being exposed to germs and bacteria that enter the lungs can be a problem. Those irritants find that your loved one's lungs are easy prey and they're able to multiply quickly. Before long, your loved one is having even more difficulty breathing than normal. Lung infections such as pneumonia can be easy to overlook, so be sure to talk to your loved one's doctor about how to recognize the earliest stages of pneumonia and other lung infections. The more quickly that your loved one receives treatment, the better.

Heart and Lung Problems

Your loved one's heart and lungs work together to keep his body fueled with oxygen. When part of that system, such as his lungs, isn't working well, that can throw the whole system out of balance. Many people with COPD are at a higher risk for heart attack and other problems such as heart disease. Your loved one might also have higher blood pressure both overall and just in the arteries of his lungs. If that is the case, your loved one's doctor is likely to have special recommendations for diet, exercise, and medications that can help.

Depression

Your loved one might experience either short bouts of depression or longer, more extended periods of depression. This can be a result of simply not feeling well and therefore not being as active as he wants to be. Your loved one might also experience depression as a side effect of some medications or due to having periods of worsened health due to lung infections. If your loved one is prone to depression, be sure to mention it to his doctor so that you can develop a plan to help deal with the depression properly and quickly.

Work with your loved one's doctors, elder care providers, and respiratory therapists to help minimize the risks of potential complications.



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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