



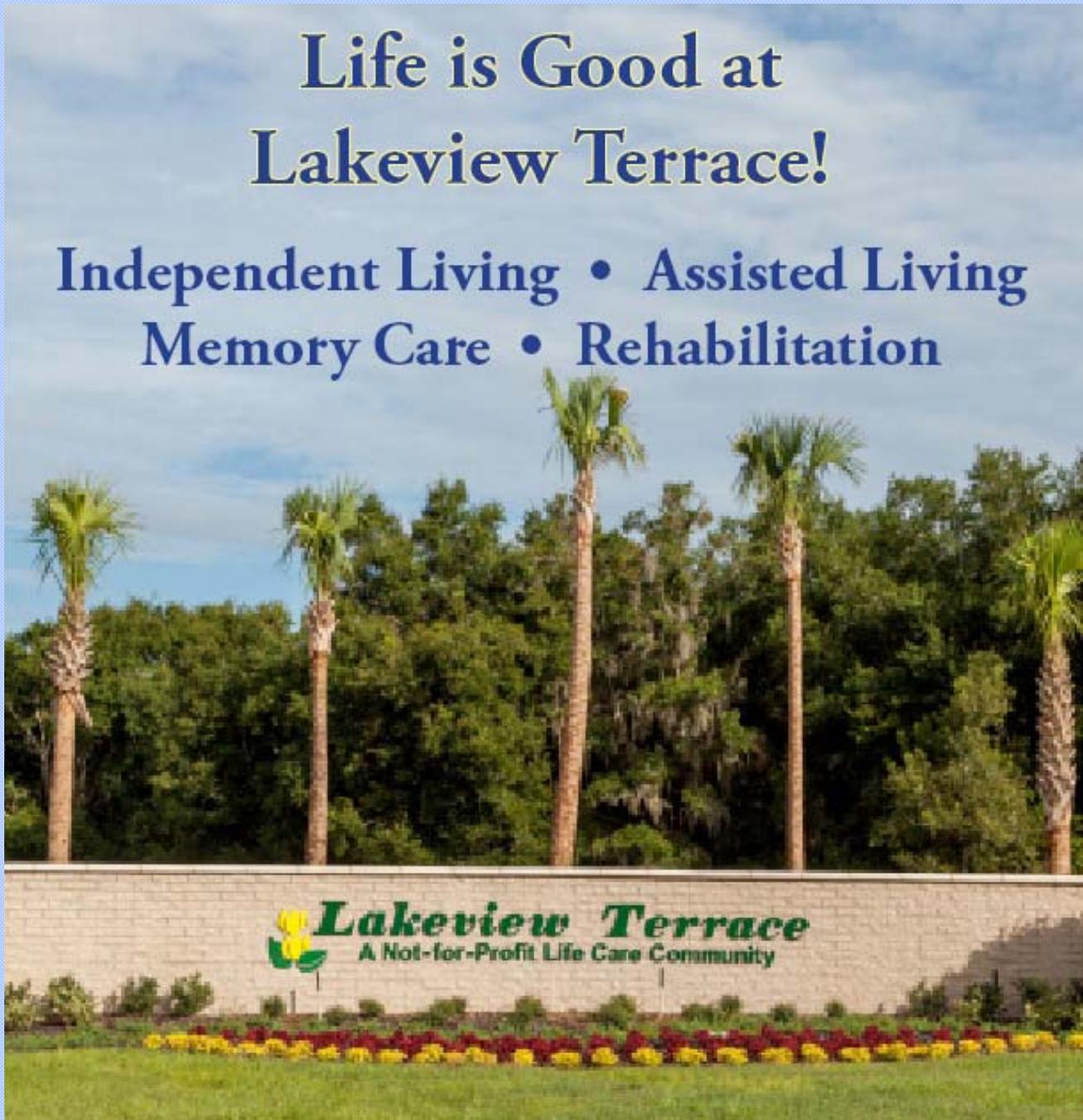
Lake Views



August 2018, Volume 5, Number 08

Life is Good at Lakeview Terrace!

**Independent Living • Assisted Living
Memory Care • Rehabilitation**



www.LakeviewTerrace.com

The Monthly eMagazine of Lakeview Terrace, Altoona Fl.



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Do You Know August is:

- National Catfish Month
- National Eye Exam Month
- Peach Month
- Romance Awareness Month



Building Inner and Outer Strength

Bouchard Total Wellness Aug. 2018

Being happy, healthy and strong requires a basic level of physical fitness. Sedentary lifestyles have made it easy to overlook how little physical activity our bodies are accustomed to. Imagine if an emergency occurs and the basic capacity to climb, jump, crawl, or run has you calling on muscles that have sat dormant since high school? It can be a big wake-up call to find oneself in a situation where physical fitness is needed to escape a situation, help a loved one or even just to keep up on an adventure.

Laying out a plan to increase mobility and strength by moving in healthier ways can bring confidence and self-reliance. **IF YOU WANT IT, MAKE IT HAPPEN:**

Set a routine. Whether you make a chart or set times for workouts in your calendar, don't make excuses.

Incorporate cardio to build endurance. Aerobic exercise including brisk walking, jogging, swimming, cycling or a rowing machine raise your heart rate to shuttle oxygen to your muscles.

Strengthen, tone, and improve flexibility. Bodyweight resistance exercises such as push-ups, sit ups and lunges are simple, effective and free.

Unlock your full body potential and get excited for the new opportunities that lie ahead.

“Tough times never last, but tough people do.”

Robert H. Schuller

Lakeview Terrace has a Wellness Coordinator who is educated in exercise science with an emphasis on special population. She offers an orientation for the equipment located in the fitness room. Along with personal training sessions to get you safely started on your health journey (custom workout – workout card). All programs are in line with ASCM guidelines (American College of Sport Medicine).

Stop by the Living Well Fitness & Aquatic Center and see Leslee; she can help you put a plan together to unlock your full body potential.

In The News...

Camp Boggy Creek

Residents don't have to be at LVT very long before they become aware of the great charitable works demonstrated here for Camp Boggy Creek. Besides having had volunteer counselors, LVT has had many residents contributing quilts, Afghans, and teddy bears needed by the camp. Regarding the bears, we've all heard Barbara Mandigo at the resident association meetings deliver the latest "bear count." These bears, since 2006 have been mostly sewn by herself, and in recent years, also by Jewel Bledsoe- with a grand total of more than 6000 bears!!! These are needed during the summer to supply each camper with a bear and during the school year weekend family experience, to provide a bear for each camper's siblings. To help relieve Barbara of some of the pressures of bear-production, we started the Camp Boggy Creek Workshops which meet on the 1st and 3rd Tuesdays of each month. Currently, when we meet, we select two fabrics that coordinate to make a colorful bear. We lay out the pattern pieces, which are now laminated. Taking a ball-point pen we then trace around each pattern piece. Next, we cut on the lines to make the various bear skin parts. Three of our residents do most of the cutting, 4 do the sewing and the rest stuff.

Our workshop team contributed 37 bearskins last month. A total that's good for us, but a long way from Barbara Mandigo's numbers. We'll keep trying! And finally, a big THANK YOU to all who stuffed bears and participate in other ways.



FRESH Herbs

Bouchard Total Wellness Aug. 2018

Store bought or picked from your garden, if you want to infuse your food with flavor, fresh herbs are the key. Even if you don't have a green thumb or lots of space, you can easily grow a kitchen garden in pots. Herbs are among the easiest plants for beginners to grow.

THE MOST COMMON FRESH HERBS TO COOK WITH INCLUDE:

Basil. Use in pasta sauce, make a pesto sauce, add as garnish to pizza, bruschetta or salad.

Chives. Chop fresh and add to baked potato.

Cilantro. Add to salsas, curries and pesto sauces.

Dill. Pairs beautifully with seafood, smoked salmon, potatoes and carrots.

Oregano. Mince into a marinade or stuff whole sprigs inside a chicken before roasting.

Parsley. Perk up salads and vegetable dishes with its delicate flavor.



In The Spotlight At LVT Clarence Rank

Clarence Rank always loved trains, and this passion has been playing a large role in his life. Originally from Wisconsin, Clarence worked with his father on steam locomotives. By the time he was 21, he became a night switchman on the Green Bay Western line.

With the Korean War coming down the tracks, Clarence took a proactive approach as far as how he wanted to contribute to the effort and utilize his innate skills and experience. He had no doubt he would be drafted to serve.

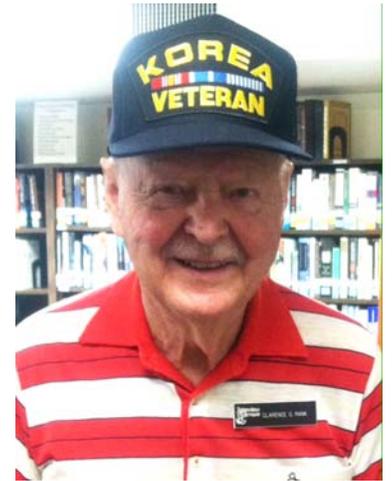
He approached the Army recruiter prior to being drafted and suggested they send him to the Army's transportation command at Fort Eustis, Virginia.

Clarence also recognized that his time serving in the Army as a railroad man would roll into his railroad pension.

The honor student at Green Bay's Central Catholic High school made it through Boot Camp rather easily, even with Army close-order drill. He was used to taking orders having played trombone in the school's marching band, positioned right in the front row.

Clarence found himself working alongside a colonel, sergeant, and two Korean men. The natives helped with physical aspects of the position and offered valuable translation skills. Clarence, the colonel, and sergeant focused on offering their expertise in running the PX Train. This steam locomotive pulled several cars chock full of candy bars, razor blades, and other appreciated items distributed to the troops stationed in and around Seoul. Clarence recalled his mission was out of the ordinary from the experience of many of his boot camp colleagues. Clarence was grateful that those ranked above him recognized knowledge of trains, including PX trains, were an important part of the overall operation.

During the second of his two-year deployment, Clarence absorbed additional responsibilities assigned as chaplain's assistant to a Franciscan priest.



Clarence, a devout Catholic, was grateful for this opportunity. He was able to attend mass daily, and this helped him support others who were headed to serve on the front lines.

After earning NCO status during his service in Korea, Corporal Clarence Rank was honorably discharged from the Army at Fort Carson, Colorado. Returning to civilian life, he enjoyed a successful corporate career for over 50 years. Clarence's professional career had him working mostly in Chicago. He set up and operated a major computer center there, chosen originally from almost 50 other candidates to do so.

Woven throughout his life, Clarence brought an innate ability to supervise people with a sense of mutual respect. He is proud of his accomplishments and service to our country. We thank you, Clarence.

Weekly Entertainment



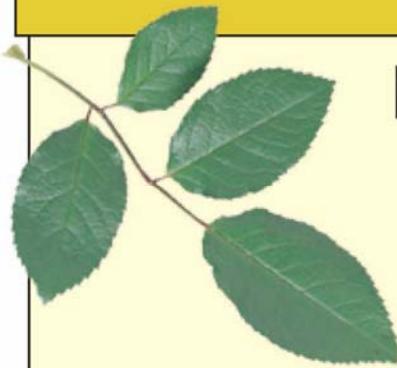
Bridge.....		12:30pm.... Lounge.....	Monday
Mahjongg.....		12:30pm.... Lounge.....	Monday
Bingo.....		6:00pm.... Lounge.....	Monday
Bridge.....		6:00pm.... Lounge.....	Tuesday, Thursday
Bible Study.....		9:45am.... Multi-Purpose Rm....	Wednesday
Poker, Cribbage.....		6:00pm.... Lounge.....	Wednesday
Mahjongg, Samba.....		6:00pm.... Lounge.....	Wednesday
Dominos.....		6:00pm.... Lounge.....	Friday
Horse Racing.....		6:00pm.... Lounge.....	Friday
Pennies From Heaven...		6:00pm.... Lounge.....	Thursday, Saturday



Sampling Of Lakeview Terrace Activities

- Aug. 1st Chef's Dinner
Movie "Get Low" at LVT
- Aug. 2nd Senior Nature Force "The Blue Ridge"
- Aug. 3rd Lunch at "Chicken Salad Chick," in The Villages
- Aug. 7th Boggy Creek Bear Workshop
Dinner at "JC's Lobster Pot" in Deland
- Aug. 9th Chicken Liver Club Luncheon at "Fish n' Chicks"
Elite Veterinary Home Care
- Aug. 10th Beer Pairing at LVT
- Aug. 13th Hawaiian Day at LVT
- Aug. 15th Movie "The Secrets of Jonathan Sperry" at LVT
- Aug. 16th Healthcare Q&A at LVT
Variety Show at LVT
- Aug. 17th Lunch at "Lighthouse Point Bar & Grill" at The Villages
- Aug. 21st School Board Chairman Stephanie Luke & Superintendent at LVT
Boggy Creek Bear Workshop
Poetry Club
- Aug. 22nd Veterans Group
Dinner at "Chefs of Napoli III" in Leesburg
- Aug. 23rd Bingo Fun
Beacon Salon Series: Aaron Mahnke at Beacon College
in Leesburg
- Aug. 24th The Holy Land Experience in Orlando
- Aug. 27th Book Club "A Man Called Ove"
- Aug. 28th Primary Elections
- Aug. 29th Trip to Altamonte Mall
- Aug. 30th Piano Recital with Mike Farona
- Aug. 31st Russell Stover's in Wildwood





Multiple Awards!

Lakeview Terrace



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Community



Governor's Gold Seal
5/15/2018 - 5/14/2021



5 Star Healthcare
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Agency for Health Care
Administration



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Rating from Centers for Medicare &
Medicaid Services

Only 28 Skilled Nursing Facilities out of 683 in the State of Florida have achieved this status. The Facility must rank in the top 10% in quality of care scoring and have a five-star rating overall. They must prove financial soundness, have great consumer satisfaction from family and residents, and have a stable staff.

As a Lakeview Terrace **Life Care** resident you need not worry about securing quality, long-term healthcare services elsewhere in later years.

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At St Rd 19 & Hwy 42, entrance on 19

Is Dementia Hereditary?

Contributed by Kathleen Doheny,

"Alzheimer's and dementia is complex," says James Hendrix, PhD, director of global science initiatives for the Alzheimer's Association. Genes play a role, he notes, but they're not the whole story for most people. In fact, the greatest risk factor isn't genes but age. The older a person gets, the greater their likelihood of developing Alzheimer's disease. One in 10 people over 65 has it, as do a third of people 85 and older.



Genes that increase risk

Researchers have identified variants of several genes that increase the risk of Alzheimer's. The one with the strongest impact is called APOE-e4. It increases the risk of late-onset Alzheimer's, which begins at age 65 or older.

If you inherit one copy of APOE-e4, your risk for developing Alzheimer's disease is thought to be about two to three times the average risk. If you inherit two copies (one from each parent), your risk is thought to be about 12 times higher than average, though the Alzheimer's Association notes that "it is hard to say exactly how much" the variant increases the risk for any individual.

Those numbers sound scary, but experts estimate that APOE-e4 may be a factor in only about 25 percent of Alzheimer's cases. So again, age, not genes, is the most important influence on risk.

A tiny percentage of people inherit one or more genes that cause Alzheimer's disease directly (versus increasing the risk). These genes are amyloid precursor protein (APP), presenilin-1 (PS-1) and presenilin-2 (PS-2). They are rare, accounting for only about 1 percent of all Alzheimer's cases. Typically, this form of Alzheimer's disease begins early, in the 40s or 50s. People who are in families that carry these genes usually know it.

Vascular dementia (often caused by a stroke) is not considered hereditary, though in rare cases it can be caused by an inherited genetic disorder. Lewy body dementia is also not generally considered a genetic disease, although a small percentage of families have a gene variation linked with the condition. Currently, no genetic test can assess the risk of developing it.

To test or not to test?

You can buy tests that check for the APOE-e4 gene variation linked with late-onset Alzheimer's disease. (There is no direct-to-consumer test for the genetic variations that increase the risk of early-onset Alzheimer's disease). But should you?

It's a personal decision.

According to the Alzheimer's Association, which does not recommend testing for the general population, the results of testing "have no practical impact on medical treatment decisions" since there are no treatments currently available to prevent, stop or slow down the

condition.

Hendrix cautions that the test results won't affect just you; they could have an impact on your close relatives. "You don't do it in a vacuum," he says. (In case you were wondering, having one or more copies of APOE-e4 does not necessarily mean that your siblings do, too.)

Hendrix's mother had late-onset Alzheimer's, and he says he will not get tested. His reasoning: "If I get my APOE-e4 tested and I turn out to have the mutation, what should I do with that information?" Either way, he says, his lifestyle would be the same, focusing on habits that are good for the brain.

For some people, however, genetic testing could give them extra motivation they need to make changes that can shrink their risk of cognitive decline.

The Alzheimer's Association suggests getting genetic counseling before deciding to take the test, and then, if you do get tested, talking to your counselor again to understand what the results mean. You can find a counselor through the National Society of Genetic Counselors.

A note about privacy and insurance concerns

It is illegal to discriminate against people based on genetic mutations that increase the risk of or cause inherited disorders, based on state and federal laws. On the federal level, the law is called the Genetic Information Nondiscrimination Act (GINA). It prevents health insurance providers from using or requiring genetic information to make decisions about whether a person is eligible for health insurance or what coverage they get. It also makes it illegal for employers to use such information when deciding about hiring.

However, GINA is not all-encompassing. It does not apply, for instance, if the employer has fewer than 15 employees. Nor does it apply to U.S. military personnel or those who get health benefits through the Veterans Administration (VA) or Indian Health Service. Another crucial point, says Hendrix: The law does not protect against genetic discrimination when it comes to other forms of insurance, including long-term care, life insurance and disability insurance. Your premiums might be higher for those if the insurer finds out about your risk; if you hide the information, your policy could be at risk when it is needed, he says.

Genes aren't destiny

It's important to remember that even if your genes or family history put you at increased risk for Alzheimer's disease, you won't necessarily develop it. And if you aren't at increased risk, you could develop it anyway.

You can't change your age or avoid aging, but you can take steps that may benefit your brain. According to the Alzheimer's Association, there is growing evidence that getting regular physical activity, following a heart-healthy diet, challenging your mind and staying socially connected may reduce the risk of the disease.



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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