



Lake Views



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Contents



3	In The Spotlight Active Aging Week	8	Healthy Eating On A Budget
5	Sampling Of LVT Activities & Events	9	Symptom Checker: When To Call The Doctor With Breast Cancer Concerns
7	LVT Library	11	Like Us On Facebook

Do You Know October is:

Breast Cancer Awareness Month

Cookie Month

Pizza Month

National Diabetes Month



In The Spotlight Active Aging Week

Lakeview Terrace Residents will participate in Active Aging Week beginning October 1st. Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational, and environmental.

Initiated in 2003 by the International Council on Active Aging®, the week-long campaign calls attention to and wholeheartedly celebrates the positivity of aging today. Along with showcasing the capabilities of older adults as fully participating members of society, this Week spotlights the inspiring role models that lead the way.

The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span.

Here at Lakeview Terrace, we are going to participate in all of the dimensions of wellness by focusing on one dimension each day for a full week!

Tuesday October 1st (Emotional Wellness): Leslee Stephens, LVT's Living Well and Fitness Director, will present an overview of events for the next seven days, pairing the wellness dimensions along with their relative importance. Following her presentation, local senior comedian Carol Smith Clendinen will delight residents with "Jumpstarting Your Good Humor Batteries". *Laughter helps to break the cycle of negativity and improves mood. Laughter is important to wellness because its innovative approach plays a role in decreasing pain, diffusing stress, releasing muscle tension, and much more.*

Wednesday October 2nd (Social Wellness): Our residents will be interacting with peers and staff to complete a fun-filled scavenger hunt! They will obtain clues from staff, collect name tags, and find hidden treasures around the community. *Surrounding ourselves with a positive social network increases self-esteem. Social wellness enables us to create boundaries that encourage communication, trust, and conflict management. Having good social wellness is critical to building emotional resilience.*

Thursday October 3rd (Environmental Wellness): In the morning, our residents



will attend a talk hosted by resident Peggy Wolfson, and learn about Coryanthes Orchids. The LVT Nature Club will host an afternoon gathering, as well. *Environmental wellness inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the Earth by taking action to protect it. Environmental well-being promotes interaction with nature and our own personal environment.*

Friday October 4th (Physical Wellness): Residents and staff alike will rally for the cause and participate in a one mile All Cancer Awareness Walk to help a local high school student with her battle. Lake Quida will be encircled with walkers wearing colorful tee shirts in honor and memory of all those who have been touched by all forms of cancer. *Physical Wellness reminds us that our body needs to be healthy so we can perform to the best of our ability in all areas of life. It also includes managing our stress, getting enough sleep, and eating a healthy diet.*

Saturday October 5th (Vocational Wellness): Come meet Tiphane Crudele, Activity Assistant in the Rehab Center. Although we currently have over 100 resident volunteers at the Center, there is always a need for more volunteers to continue enriching the lives of others. Please consider your natural talents and interests and sign up to share them through future volunteer opportunities. *Vocational wellness, otherwise known as core values, can be nurtured by matching what is most important to us in life with interests, hobbies, and volunteer work. As we uncover our talents and passions, we experience a higher level of self-expression and overall happiness.*



Sunday October 6th (Spiritual Wellness): There will be a movement workshop at the Living Well Fitness and Aquatic Center led by Shawnee Robin and Bill Warden. They founded a traditional healing, martial arts, and performing arts center for education in Mount Dora. They conduct yoga and tai chi classes at LVT every week. This Sunday, the class will feature Tai Chi, Yoga, and Meditation. *Spiritual wellness helps us grant balance within life.*

Monday October 7th (Intellectual Wellness): An Intro to Microsoft PowerPoint workshop will be taught in the Lounge in the Community Center. *Having an optimal level of intellectual wellness inspires exploration. Intellectual wellness also stimulates curiosity. Curiosity is important because it motivates us to try new things. We invite you to participate in this array of enriching and joyful activities! Check the October Issue of News and Views for additional information.*

By Heather Presley

Sampling Of Lakeview Terrace Activities & Events



ACTIVITIES at LVT

Tuesday, October 1st at 1:30 PM
Kick Off Program and Guest Speaker
in the Lounge

Wednesday, October 2nd at 10:00 AM
Scavenger Hunt at LWC

Thursday, October 3rd at 9:00 AM
Residents' Academy Combined Social
in the Lounge

Friday, October 4th at 8:30 AM
All Cancer Walk begins in the Lounge

Friday, October 4th at 5:00 PM
Birthday Bash in the Bistro

Saturday, October 5th at 10:00 AM
Meet & Greet at LWC

Sunday, October 6th at 2:00 PM
Movement Workshop at LWC

Thursday, October 10th at 10:00 AM
Music & Memory Presentation in the Lounge

Tuesday, October 15th at 8:45 AM
Hearing Clinic in the MPR

Tuesday, October 15th at 10:00 AM
Library Program in the Lounge

Thursday, October 17th at 10:30 AM
Residents' Academy at LWC

Thursday, October 17th at 1:30 PM
Oktoberfest Concert in the Lounge



ACTIVITIES at LVT cont.

Friday, October 18th at 10:00 AM
Fall Crafting Session in the Lounge

Tuesday, October 22nd at 10:00 AM - 2:00 PM
DMW FLOW Clinic in the Lounge

Thursday, October 24th at 10:00 AM
SHINE Program in the Lounge

Friday, October 25th at 2:00 PM
Travel Club in the Lounge

Thursday, October 31st at 10:00 AM
Bingo Fun in the Lounge

Thursday, October 31st at 2:00 PM
Halloween Party in the Lounge

Thursday, October 31st at 5:00 PM - 7:00 PM
Trick or Treating Campus Wide



Outings

Saturday, October 12th at 1:00 PM
Lake Sumter Performing Arts Series, Leesburg

Thursday, October 17th at 4:00 PM
Advent "Pink Out" 5K, Tavares

Saturday, October 26th - ALL DAY TRIP
Victory Casino Cruise, Port Canaveral

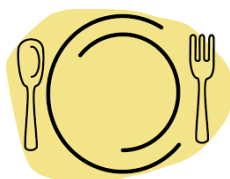
Sunday, October 27th at 12:00 Noon
Livestream Ballet at Epic Theater

Tuesday, October 29th at 5:00 AM
Sea Spirit Fishing Charter, Ponce Inlet



Breakfast & Lunch Outings

Friday, October 11th at 10:00 AM
Hollerbach's Willow Café Oktoberfest
Street Festival & Lunch, Sanford





Dinner Outings

Tuesday, October 8th at 4:00 PM
Palermo Pizza, Paisley

Tuesday, October 22nd at 4:00 PM
Deland Fish House

WEEKLY ENTERTAINMENT/ACTIVITIES



Bridge		12:30 PM	Lounge	Monday
Mahjongg		12:30 PM	Lounge	Monday
Bingo		6:00 PM	Lounge	Monday
Bridge		6:00 PM	Lounge	Tuesday, Thursday
Boggy Bear Workshops		1:00 PM	Multi-Purpose Rm.	Tuesday
Glee Club		3:00 PM	Lounge	Tuesday
Bible Study		9:45 AM	Multi-Purpose Rm.	Wednesday
Poker, Cribbage		6:00 PM	Lounge	Wednesday
Mahjongg, Samba		6:00 PM	Lounge	Wednesday
Horse Racing		6:00 PM	Lounge	Friday
Pennies From Heaven		6:00 PM	Lounge	Thursday, Saturday
Euchre		6:00 PM	Multi Purpose Rm.	Thursday
Golf		8:30 & 10:30 AM	9 Hole Course	Saturday

MONTHLY ENTERTAINMENT/ACTIVITIES

Men's & Ladies' Social	9:00 AM	Lounge		First Tuesday & Thursday
Boggy Creek Stuffing	12:30 PM	Lounge		First Monday
Movie		1:00 PM	Living Well Center	First and Third Wednesday
Poetry Group	1:30 PM	Conference Room		Third Tuesday
Nature Club	1:15 PM	Multi-Purpose Room		First Thursday
Dementia Caregivers	1:30 PM	Health Care Center		Second Thursday
Bereavement Group	10:00 AM	Conference Room		Third Monday
Novel Club	10:00 AM	Bistro		Fourth Monday
Veterans Group	2:00 PM	Lounge		Fourth Wednesday
Neuropathy Support	10:00 AM	Multi-Purpose Room		First Saturday

WEEKLY SHOPPING

Every Monday 9:00 am & 1:00 pm	Four Corners in Eustis
First Tuesday 12:30 pm	Rolling Acres Plaza in The Villages
Third Wednesday 9:00 am & 1:00 pm	Walmart/Target in Mt. Dora
Fourth Wednesday 9:30 am	Mall at Millennia in Orlando
Every Thursday 9:00 am	Umatilla
First Thursday 1:00 pm	Eustis Square
Second Thursday 1:00 pm	Village Marketplace in Tavares
Third Thursday 1:00 pm	Tri-Cities Plaza/Hobby Lobby
Fourth Thursday 1:00 pm	Shop Eustis Village





LVT Library



Over the years, children's authors have given positive direction to our youth. Here are five inspirational quotes from classic children's literature. See if you can match the quotes to the mixed up list of authors and their books.

Quotes:

1. I am not afraid of storms for I am learning to sail my ship.
2. True courage is in facing danger when you are afraid.
3. The moment you doubt whether you can fly, you cease forever to be able to do it.
4. We must all face the choice of what is right and what is easy.
5. The more that you read, the more things you will know. The more that you learn, the more places you'll go.

Author's Name/Book Title

- A. J. K. Rowling/*Harry Potter and the Goblet of Fire*
- B. L. Frank Baum/*Wonderful Wizard of Oz*
- C. Dr Seuss/*I Can Read With My Eyes Shut!*
- D. Louisa May Alcott/*Little Women*
- E. J. M. Barrie/*Peter Pan*

In closing, here is a youthful quote from the man who knows children best, Walt Disney. "There is more treasure in books than in all the pirate's loot on Treasure Island!" Enjoy plundering . . . and we'll see you on October 15th.

Answers: 1-D, 2-B, 3-E, 4-A, 5-C

By Anne Wix & Joanie Perciballi, Librarians

Healthy Eating On A Budget

You can save money and eat well. In fact, many healthy eating habits such as packing a lunch and cooking at home will lead to everyday savings in your pocket.

- **Plan weekly meals.** Write down the meals you want to make this week.
- **Make a grocery list.** Staying organized helps to avoid buying items you don't really need.
- **Understand the price tag.** Look at the unit price and the size of the product. You may find that a larger tub of cottage cheese costs more than a smaller tub, but if the unit price per ounce is lower, then the bigger tub is still the better deal.

"If you keep **GOOD** food in your fridge, you will eat **GOOD** food."

- *Erick McAdams*

Sweet and Sour Chicken with Broccoli

- 1 Tbsp sesame oil
- ½ Cup orange juice
- 1 Lb. boneless chicken breasts
- 6 Cups broccoli florets
- 1½ Tbsp cornstarch
- 2 Tbsp rice vinegar
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp honey
- 2 cloves chopped garlic
- $\frac{2}{3}$ Tsp crushed red pepper



Heat oil in a large skillet over medium heat. Add chicken and cook until browned and cooked through. Transfer chicken to a plate. Add orange juice to the pan, scraping up any brown bits. Add broccoli, cover and cook until tender. In a separate small bowl, whisk vinegar, soy sauce and cornstarch. Add mixture to the pan along with honey, garlic and red pepper. Bring to boil stirring until sauce is thickened. Add chicken back to pan, cook for 1 minute and serve.

Symptom Checker: When to Call the Doctor with Breast Cancer Concerns

Every October individuals and organizations across the globe join together to recognize Breast Cancer Awareness Month. One in eight women will be diagnosed with breast cancer in her lifetime, with one woman receiving a breast cancer diagnosis every 2 minutes in the United States.



When caught early, breast cancer is highly treatable. Nearly two-thirds of breast cancers are diagnosed in the localized stage, for which the 5-year survival rate for patients is 99%. But knowing when to call a doctor can be challenging. Particularly in seniors, stubbornness or an aversion to alerting the doctor for “every little thing” could hold off a diagnosis -- and critical treatment -- unnecessarily.

As part of our “Symptom Checker” series, and in honor of National Breast Cancer Awareness Month, let’s examine some common symptoms of breast cancer. If you notice any of these or any other symptoms, please be sure to contact your doctor. Any doctor would much rather tell you “it’s nothing” than have you avoid coming in and discover it’s something serious.

Some of the more common breast cancer symptoms

While this is not an exhaustive list (and some breast cancers have no symptoms at all), here are some of the more common symptoms that *merit calling your doctor to rule out breast cancer*:

Any new or changing lump

It’s extremely important to contact your doctor any time you notice a new or change in lump in one or both breasts. This can also include swollen lymph nodes near or around your breast. Lumps may be small or large, hard or soft -- any type of lump should be checked out by a doctor.

Unusual swelling in the breast (even without a lump)

While a lump is the symptom most often associated with breast cancer, unusual swelling in your breast (even without any noticeable lump) should also be reviewed and monitored by a doctor. The swelling may feel as if it encompasses your entire breast, or just part of the breast.

Breast or nipple pain

While breast pain is a common symptom for many issues women face, it can also sometimes be a sign of breast cancer. Tenderness, aching or sharp pains that are persistent are worth mentioning to your ob/gyn. The pain may be across your breast, along part of the breast, or may only encompass the nipple. But, any type of pain should be examined.

Changes to the skin of the breasts or nipples

Skin irritation, rashes or dimpling may indicate certain types of breast cancers. Skin changes can also include thickening of the skin, scaliness and redness. Nipple inversion, turning or other physical changes, as well as unusual discharge, should be reviewed by a doctor

Don't miss your checkups and mammograms

Although the American Cancer Society no longer recommends monthly self exams for individuals who are at average risk of breast cancer, talk to your doctor or your loved one's doctor to determine your specific recommendations. The ACS also recommends annual mammograms for women at an average risk of breast cancer beginning at age 45, moving to every two years at age 55.





Many of you have heard about our Facebook page, so why not jump in and “Like” and “Share” our page with a friend.

Find us at “**Lakeview Terrace Retirement Community.**”





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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