



Lake Views



October 2020, Volume 7, Number 10



"Location, Location, Location - I wanted an affordable community in a peaceful country setting" - LVT Resident



Photos by Walter Leesch, LVT Resident

www.LakeviewTerrace.com

The Monthly eMagazine of Lakeview Terrace, Altoona FL.

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In The Spotlight

LAKEVIEW TERRACE is for the BIRDS!

With that said, we could not be more delighted! Located within a stone's throw from the Ocala National Forest, the natural landscape at Lakeview Terrace provides the perfect environment for local birds to make their home here as well as continue to thrive.

In 2008, LVT resident Bob Beard led a group of fellow residents in keeping records of the numerous bird sightings on campus. They compiled their information in a large book, *The Birds of Lakeview Terrace*, available in our Community Library.

In January 2018, members of the LVT Nature Club developed a correlating pamphlet, located inside the large book, to assist residents in their own birding activity. The pamphlet provides a list of bird sightings at Lakeview Terrace from 2008 to 2017, along with space for you to record and date your own sightings of each species.

As of August 2020, LVT has provided habitat for more than eighty bird species! The Nature Club's repairs made on the purple martin houses have attracted purple martins to Lakeview Terrace for the first time in several years.

In addition to preserving the opportunity for birds to flourish at LVT, members of the Nature Club expressed interest in cultivating areas of our beautiful campus to encourage butterflies to make their home here. The Club completed two new areas, one by Lake Pearl and the second by Lake Quida.

During the last two years, Nature Club members have been actively repairing and cleaning the bluebird nesting boxes located around each lake. Because of their efforts, at least five of the nesting boxes were active this year!



Although bluebirds are visible year round in our community, they are more so during breeding season. From March through June, Mom and Dad are very active in and around the nesting boxes, where typically four to five baby birds await their nourishment.

Both parents help raise their broods, each of which contains four to five eggs. Bluebirds are born naked, featherless, and hungry!

Each baby bluebird requires feeding 25-35 times per day. Their eggs take roughly 10-12 days to hatch in the nest, where they stay approximately twenty days before leaving the nest to fledge, or fly.

Bluebirds may raise two to three broods in one season. The young birds from the first brood actually remain with their parents to help with the second brood. Approximately 30% of adult bluebirds return to the nesting site from the previous year.

Typically, the limpkin bird species is found in Central Florida, Georgia, as well as the tropics. Their main diet consists of apple snails.

During the last two years, LVT has seen significant growth of apple snails in both of our lakes. As a result, we have seen limpkin families returning and raising families here annually.



From Lake Quida to Lake Pearl, our resident limpkins are on the move, traveling back and forth between the two bodies of water. They have even stopped by the Bistro on occasion, to check out the Daily Special!

Black-bellied Whistling Ducks are relatively new to our community. Due to hurricane-force winds several years ago, these ducks were essentially blown in from Texas and Louisiana. First, they landed on Lake Okeechobee, then since migrated to Altoona in surprisingly large numbers. Their flocks can consist of hundreds of birds.

Here, ducklings glide through lily ponds on the edge of Lake Quida on a family outing. They usually remain around shallow ponds and lakes, but also enjoy a good waddling on lawns and golf courses.

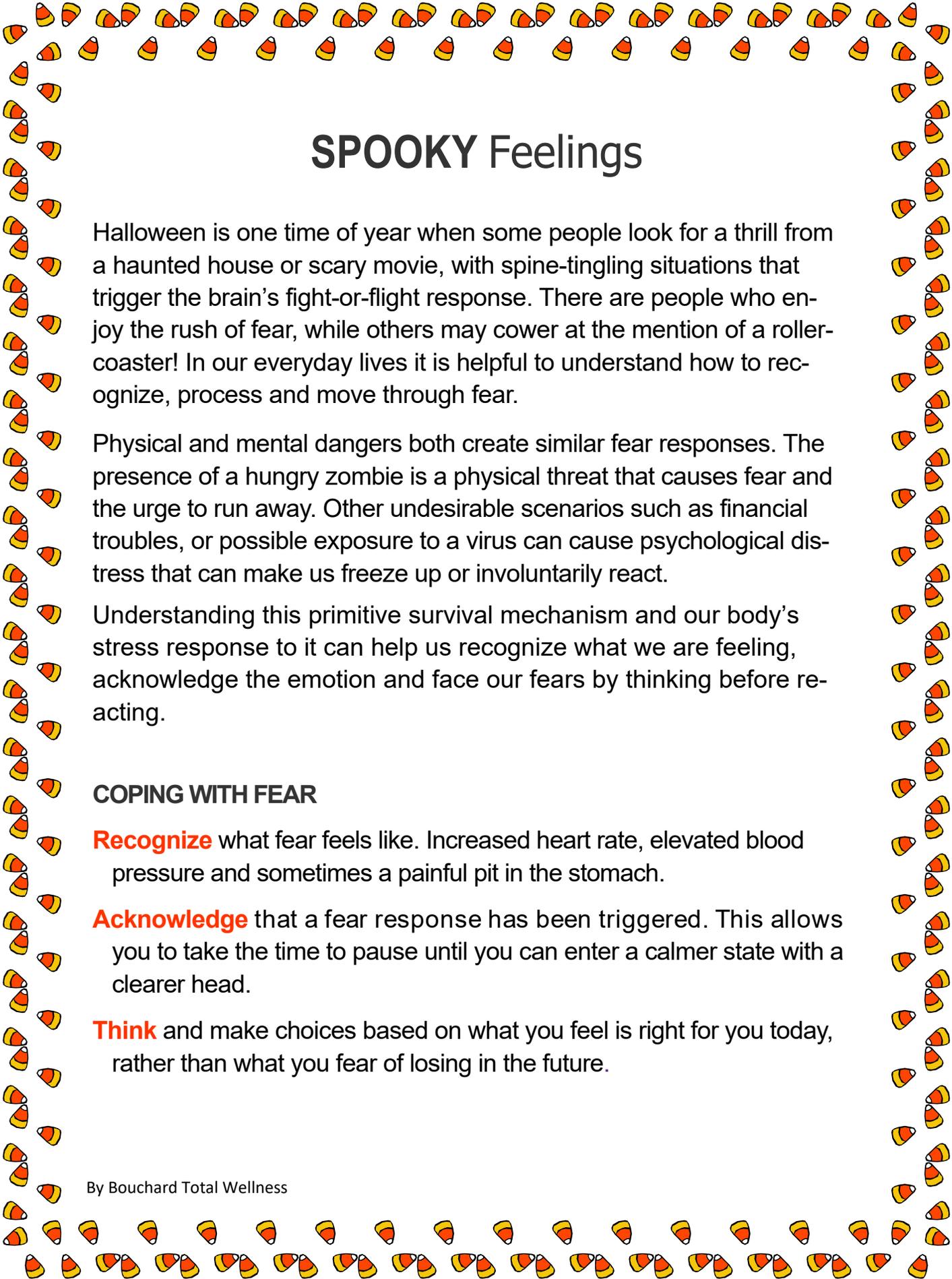
Black-bellied whistling ducks are often nocturnal, taking their evening meals after sunset. Their diet consists of grasses, corn, seed, rice, and spiders.



Florida state law does not allow any fertilizing within fifteen feet of a body of water and recommends a voluntary 15' low-maintenance zone from any water body. Because of this, birds can safely nest along these protected shorelines to set up camp and create flourishing families.

What better time to stroll our campus and get to know your feathered neighbors? Pick up your copy of *The Birds of Lakeview Terrace* pamphlet from our Library today.

By Heather Presley



SPOOKY Feelings

Halloween is one time of year when some people look for a thrill from a haunted house or scary movie, with spine-tingling situations that trigger the brain's fight-or-flight response. There are people who enjoy the rush of fear, while others may cower at the mention of a roller-coaster! In our everyday lives it is helpful to understand how to recognize, process and move through fear.

Physical and mental dangers both create similar fear responses. The presence of a hungry zombie is a physical threat that causes fear and the urge to run away. Other undesirable scenarios such as financial troubles, or possible exposure to a virus can cause psychological distress that can make us freeze up or involuntarily react.

Understanding this primitive survival mechanism and our body's stress response to it can help us recognize what we are feeling, acknowledge the emotion and face our fears by thinking before reacting.

COPING WITH FEAR

Recognize what fear feels like. Increased heart rate, elevated blood pressure and sometimes a painful pit in the stomach.

Acknowledge that a fear response has been triggered. This allows you to take the time to pause until you can enter a calmer state with a clearer head.

Think and make choices based on what you feel is right for you today, rather than what you fear of losing in the future.

By Bouchard Total Wellness

Active Aging Week

Initiated in 2003 by the International Council on Active Aging®, the weeklong campaign calls attention to and wholeheartedly celebrates the positivity of aging today. 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. 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.

October 5th - October 9th

Monday	9:00 AM Total Body Exercise 12:30 PM Boggy Bear Stuffing 6:30 PM Glow Golf & Hotdogs (<i>SIGN-UP</i>)
Tuesday	8:15 AM & 9:00 AM Aqua Total Body 10:00 AM Yoga
Wednesday	9:00 AM Total Body Exercise 6:30 PM Aqua Glow Dance Party (<i>SIGN-UP</i>)
Thursday	8:15 AM & 9:00 AM Aqua Total Body 9:00 AM Ladies' Social w/ Candace Huber * Laughter & Your Immune System (<i>SIGN UP</i>) 1:00 PM Tai Chi 2:00 PM Flu Shots (<i>SIGN-UP</i>)
Friday	9:00 AM Total Body Exercise 10:00 AM Card Making (<i>SIGN-UP</i>) 1:30 PM Brain Aerobics - 50'S Trivia (<i>SIGN-UP</i>)

10 Ways to Make Senior Mealtime Healthier and Happier

As we age, eating can become less enjoyable due to a diminished sense of taste or smell, and a lack of appetite caused by health issues or medications. Particularly for seniors who live at home, mealtime can become a weary chore or an exercise in snacking while watching TV.



Yet, proper nutrition is essential for continued health and longevity. These 10 tips can help you reinvigorate enjoyment of mealtime:

1. Make it social.

Breaking bread with others is often more enjoyable than dining solo. Seniors who live alone can invite a friend or neighbor for a meal (consider forming an informal lunch or dinner club). Another option is to join breakfasts, lunches or dinners offered at the local senior center or place of worship.

If you have a loved one who lives alone and needs some help with daily tasks, consider hiring a home aide, who can cook, provide company during mealtime and provide other critical care components to keep happy and healthy.

2. Turn up the taste.

Sugar and salt are packed into many sauces, dips and other common food accents. Skipping those unhealthy additions can often mean bland, boring food.

Instead, senior meals should bypass the salt- and sugar-laden condiments and add flavor using fresh pepper, mustard, garlic, ginger, citrus juice, spices and dried or fresh herbs according to taste. Instead of sugar, add sweetness with cinnamon, vanilla extract or a touch of maple syrup.

3. Don't forget to drink.

Dehydration can put a damper on appetite. If drinking enough water is a challenge, make it more appealing with slices of lemon, lime, orange or cucumber, a few fresh mint leaves or a few crushed raspberries.

4. Downsize servings.

For someone who isn't particularly hungry to begin with, a piled-high plate isn't

likely to provide much appeal. Serve smaller portions, and make sure they deliver ample nutrients. If getting enough calories is an issue, enrich meals with calorie-dense foods like olive oil, soft cheeses like ricotta, nuts or nut butters and avocado.

5. Provide food that is visually appealing.

Visual appeal can help overcome the challenge of diminished taste and smell. Include lots of brightly hued fruits and vegetables with every meal. Serve food on colorful dishes that contrast with both the table and the food. In studies, people with dementia tended to eat more when food was served on dark blue plates. Bonus: Veggies and fruits provide a variety of important nutrients

6. Set the table.

Deck it out with a tablecloth or placemats, napkins, silverware, flowers — whatever you can add to make meals feel special for your loved one. Make sure the room is well lit.

7. Set the mood with music.

In one study, people with dementia consumed 20 percent more calories when familiar music was played during meals. For other seniors, music can help meals feel special and can evoke memories of special meals and celebrations past.

8. Counter cotton mouth.

Some medications slow saliva production, and that can interfere with appetite and also make chewing more difficult. Chewing gum, brushing the teeth or swishing with an oral rinse made for dry mouth before meals can get saliva flowing for your loved one.

9. Make food easy to eat.

For seniors who have trouble managing silverware or with other logistics involved in eating, simple fixes or swaps can help address those issues. For example, use non-slip placemats and easy-to-grip drinkware, and serve precut foods, soups in mugs and finger foods.

10. Slow it down.

Encourage your loved one to slow down during mealtime. Chewing food thoroughly tends to make eating more enjoyable by allowing time to appreciate flavors and textures. And slower eating is better for digestion.

By Interim HealthCare



LVT Events & Activities



Please be reminded that our activities are based on the reopening phases outlined by the Governor. We are not allowed at this time to schedule any off campus lunch, dinner or recreational trips. We appreciate your patience. Be well!

Thursday, October 1st at 10:30 AM
Resident's Academy at LWC

Thursday, October 1st at 5:00 PM
Birthday Bash in the Bistro

Friday, October 2nd at 5:00 PM
Nature Club's Boat Parade & S'mores
at Lake Pearl

Saturday, October 3rd at 1:00 PM
Movie at LWC - "Knives Out"

Monday, October 5th at 12:30 PM
Boggy Creek Stuffing in the Lounge

Monday, October 5th at 6:30 PM
Glow Golf & Hotdogs at LWC

Tuesday, October 6th at 1:30 PM
Internet Session with Chris Sefjack
in the Lounge

Wednesday, October 7th at 1:30 PM
Golden Girls in the Lounge

Wednesday, October 7th at 6:30 PM
Aqua Glow Dance Party at LWC

Thursday, October 8th at 9:00 AM
Ladies' Social in the Lounge

Thursday, October 8th at 10:30 AM
Chef's Dinner Sign Up at the
Pearl Hostess Desk

Thursday, October 8th at 2:00 PM
FLU Shot Clinic at LWC

Friday, October 9th at 10:00 AM
Card Making in the Lounge

Friday, October 9th at 1:30 PM
Brain Aerobics Trivia in the Lounge



Saturday, October 10th at 1:00 PM
Movie at LWC - "Playing with Fire"

Saturday, October 10th at 1:30 PM
Lake Sumter Concert Series in Leesburg
Season Ticket Holders ONLY
(Pending renewal & Governor's Orders)

Monday, October 12th at 1:30 PM & 2:30 PM
RA Assoc. New Resident Orientation
in the Lounge

Tuesday, October 13th at 1:30 PM
Internet Session with Chris Sefjack
in the Lounge

Wednesday, October 14th at 5:00 PM
Wine Down Wednesday in the Lounge

Thursday, October 15th at 10:30 AM
Resident's Academy at LWC

Thursday, October 15th at 5:00 PM
Chef's Dinner in the Bistro

Saturday, October 17th at 1:00 PM
Movie at LWC - "The Farewell"

Wednesday, October 21st at 1:30 PM
Golden Girls in the Lounge

Thursday, October 22nd at 10:00 AM
Bingo Fun in the Lounge

Thursday, October 22nd at 3:00 PM
Men's Social in the Lounge

Saturday, October 24th at 1:00 PM
Movie at LWC - "Luce"

Tuesday, October 27th at 9:00 AM
Wii Bowling Breakfast in the Lounge

Thursday, October 29th ~ 5:00 – 7:00 PM
Trunk or Treat near LWC



WEEKLY ENTERTAINMENT/ACTIVITIES

Bridge	12:30 PM	Lounge	Monday
Mahjongg	12:30 PM	Lounge	Monday
Bingo	5:30 PM	Lounge	Monday
Bridge	5:30 PM	Lounge	Tuesday, Thursday
Boggy Bear Workshops	1:00 PM	Multi-Purpose Rm	Tuesday
Men's Glee Club	3:00 PM	Lounge	Tuesday
Bible Study	9:45 AM	Multi-Purpose Rm	Wednesday
Poker, Cribbage	5:30 PM	Lounge	Wednesday
Mahjongg, Samba	5:30 PM	Lounge	Wednesday
Horse Racing	5:30 PM	Lounge	Friday
Pennies From Heaven	5:30 PM	Lounge	Thursday, Saturday
Wood Carving Club	1:00 PM	Multi-Purpose Rm.	Fridays

MONTHLY ENTERTAINMENT/ACTIVITIES

Happy Bookers	10:00 AM	Tower	2nd Monday
Boggy Creek Stuffing	12:30 PM	Lounge	1st Monday
Movie	1:00 PM	Living Well Center	1st and 3rd Wednesday
Poetry Group	1:30 PM	Multi-Purpose Rm	3rd Tuesday
Nature Club	1:15 PM	Lounge	1st Thursday
Novel Bunch	10:00 AM	Multi-Purpose Room	4th Monday
Veterans Group	2:00 PM	Lounge	4th Wednesday
Travel Club	11:00 AM	Lounge	4th Friday

LVT Residents' Academy

Date	Subject	Instructor
Oct. 1st	Tardigrades	P. Wolfson
Oct. 15th	Why We Love Stories	J. Reagan
Nov. 5th	Galileo: The Father of Science	M. Farona
Nov. 19th	Old Age Is Over	A. Perciballi



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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