



Lake Views
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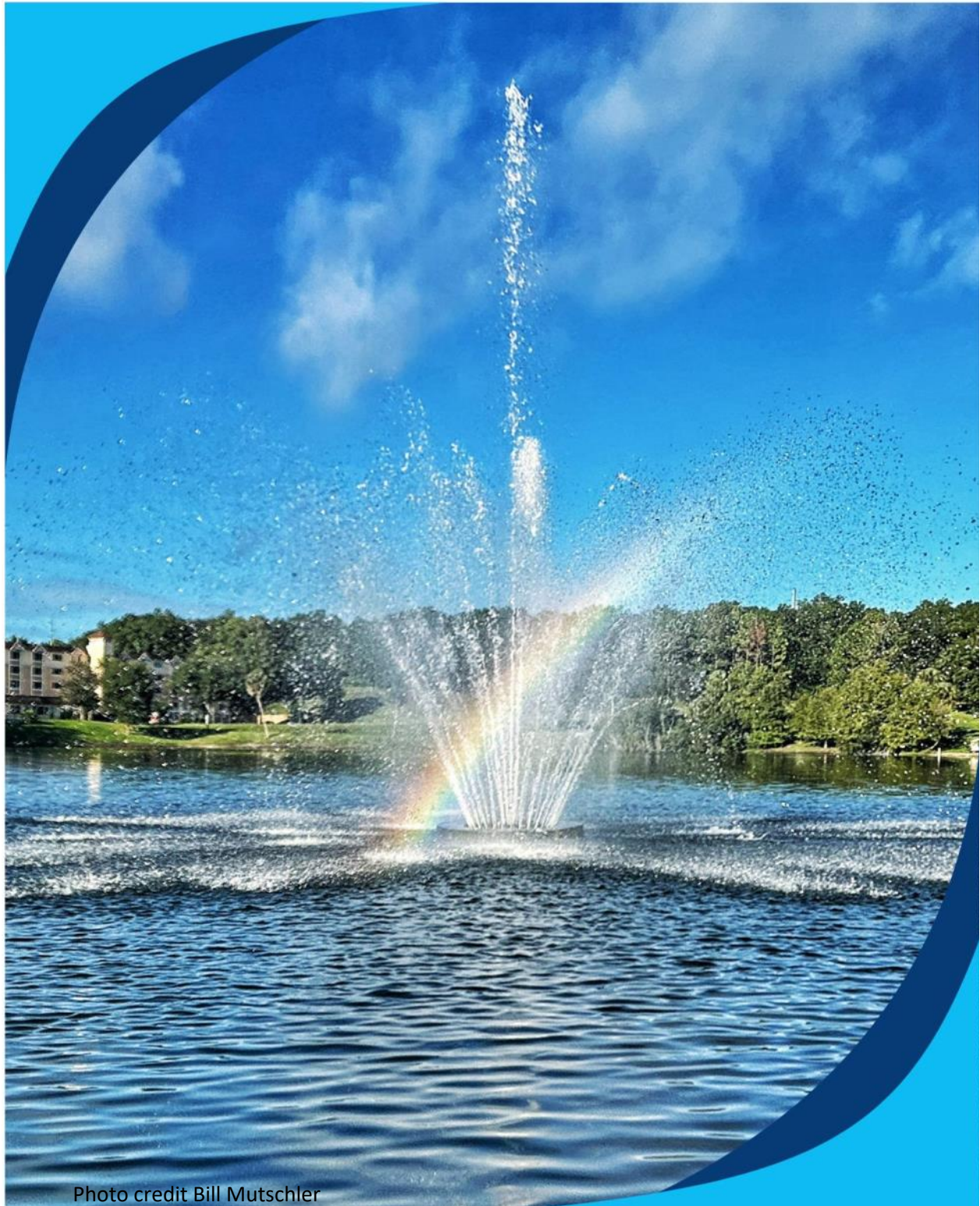


Photo credit Bill Mutschler

www.LakeviewTerrace.com

The Monthly eMagazine of Lakeview Terrace, Altoona FL.

Contents

- | | | | |
|---|---|---|-----------------------|
| 3 | Florida Health Finder | 7 | Monthly Opportunities |
| 4 | LVT RA Board | 8 | Walking Does Wonders |
| 6 | Meditation, Inner Peace And
Stress Reduction | | |





Florida Health Finder

Lakeview Terrace Rehabilitation and Health Care Center maintained an “Overall Rating” of “5-STARs”, as well as “5-STARs” in all categories.

Overall Inspection	★ ★ ★ ★ ★
Quality of Care	★ ★ ★ ★ ★
Quality of Life	★ ★ ★ ★ ★
Administration	★ ★ ★ ★ ★
Nutrition & Hydration	★ ★ ★ ★ ★
Restraints & Abuse	★ ★ ★ ★ ★
Pressure Ulcers	★ ★ ★ ★ ★
Decline	★ ★ ★ ★ ★
Dignity	★ ★ ★ ★ ★

Florida *Nursing Home Guide* updated to reflect the ‘Rating Time Period July 2022 through December 2024.’
<https://quality.healthfinder.fl.gov/>

LVT RA Board

As the President of the Residents Association (RA) Board, Ila King's goal is to advocate to management on the residents' behalf. The Board meets with management regularly to address residents' needs and propose improvements to our community. "It's one of the reasons the RA was set up," explained Ila. "We are their voice."

For example, at a recent RA Board meeting, Vice President Pete Czech introduced a motion to provide a \$300 monthly stipend for a resident in need of assistance. This is one of the more important aspects of the RA.

Many residents at Lakeview Terrace are grieving the loss of loved ones or suffering from stress. The RA allocated \$1,300 for videos and materials to support these residents.

Many residents aren't aware of who their representatives are and what they do. Their representatives can help settle issues like parking concerns and lighting. The RA also subsidizes events like the New Year's Eve party.

"Knowledge is power," said Ila. She encourages residents to talk with their representative and recognize their role in making LVT a better place. Sunny Wiard, Single Digit Garden Home Rep, for example, sent a letter introducing herself to residents in her territory. It's good to know who to call if there's a safety issue or other concern.

Technology can be mind-boggling for many residents but e-mail, virtual work sessions, Zoom calls and more are a part of the new culture. "It's knowledge. It's power," stresses Ila. "It's here to stay. Let's use it." That's why she and other volunteer residents are helping others use technology.

Using technological tools allows Ila to juggle multiple tasks. When she's not advocating for residents at LVT, she produces a weekly Bible videocast, leads two Zoom Bible classes, calls monthly bingo at Assisted Living, assists people filing taxes through AARP, reads short stories at Healthcare, and belongs to three book clubs, including the VIP audio club.

How can she manage so many projects? She spends her time focusing on strengthening both the spiritual and community well-being of others.



RA Board President Ila King listens to reports from community representatives.

2025 Residents Association Board



Ila King
President



Pete Czech
Vice President



Kathie Sharp
Secretary



Bob Agnew
Treasurer



Tom Varuolo
At Large Rep.



Jim Harris
3 & 5 Story Rep.



Sunny Wiard
Garden Home Rep.



Ruth Day
Garden Home Rep.



Barbara Engelbert
Villa Representative



Kay Mueller
Tower Representative



RA Board representatives meet with management. Pictured from left to right are : Jim Harris, three and five story rep; Pete Czech, Vice President, Ken Schultz, President & CEO of Lakeview Terrace, Chris Sefjack, LVT Executive Director, Bob Agnew, Treasurer; and Ila King, RA Board President.

By Mary Pat, LVT Resident

Meditation, Inner Peace AND Stress Reduction

It's not important to understand why or how meditation works to reduce stress, but to realize that it does work. The mind/body connection is something we don't understand, but it is very real. If stress has you anxious, tense and worried, meditation is a simple and inexpensive practice that anyone can do for a tranquil mind. Meditation can help give you a sense of calmness through your day and improve your physical and emotional well-being. There are many ways to practice meditation to calm a mind that constantly chatters with thoughts, daydreams, worry or fantasy.

Some example techniques involve:

- Focus on the present. Being in the now, rather than focusing on the past or the future involves experiencing each moment and then letting it go.
- Pick a word or phrase that has meaning to you. Maybe a word such as peace, love or one.
- Find a quiet and comfortable place with few distractions.
- Close your eyes and concentrate on your breathing as you inhale and exhale. As you exhale, repeat your word or phrase.
- When you notice your mind wandering, gently return to your focus word.

Don't worry whether you are doing it right or wrong. As you practice you will find it easier to quiet the mind, and distracting thoughts will become less frequent. Meditation practice will help you relieve stress in the moment and create changes to deal better with stress in the future.

By Bouchard Total Wellness



Photo credit Bill Mutschler

Monthly Opportunities

BOGGY BEAR STUFFING
Monday, March 3rd at 1:00 PM

VISUALLY IMPAIRED PESONS MEETING
Wednesday, March 12th at 1:00 PM

TOUR OF MA BARKER'S ESTATE
Tuesday, March 4th ~ Leaving at 9:00 AM

LADIES SOCIAL
Thursday, March 13th at 3:00 PM

RESIDENTS' ACADEMY
Thursday, March 6th at 10:00 AM
Mike Farona will present
"Atomic Bomb"

CARD MAKING W/ JACKIE
Friday, March 14th at 10:00 AM

MARCH BIRTHDAY BASH
Thursday, March 6th at 5:00 PM

GOSPEL SING
First Presbyterian Church, Umatilla
Sunday, March 16th ~ Leaving at 3:00 PM

FIRST FRIDAY FUN BINGO
Friday, March 7th at 10:00 AM

HOT ROD CAR SHOW
Monday, March 17th at 10:00 AM



LUNCH AT THE BACK PORCH
Friday, March 7th ~ Leaving at 11:00 AM



LUCKY'S MINI-GOLF TOURNEY
Monday, March 17th at 2:00 PM



"SISTERS ACT UP"
A Comedic, Musical Performance
Friday, March 7th at 2:00 PM

RESIDENTS' ACADEMY
Thursday, March 20th at 10:00 AM
Jim Harris will present "More CIA"

IPHONE CLASS
Monday, March 10th at 1:00 PM

NEW RESIDENT MIXER
Thursday, March 20th at 4:00 PM
By invitation only - RSVP Required

RESIDENT ASSOCIATION MEETING
Tuesday, March 11th at 1:30 PM

NORTH LAKE TRAIL UPDATE
w/ Mike Stephens, Trail Committee Chair
Friday, March 21st at 10:00 AM

DINNER AT LONGHORN STEAKHOUSE
Tuesday, March 11th ~ Leaving at 4:00 PM

ANDROID CLASS
Monday, March 24th at 1:00 PM

MALL SHOPPING
Paddock Mall in Ocala
Tuesday March 25th ~ Leaving at 9:30 AM

HEALTHCARE VOLUNTEER OPEN HOUSE
Tuesday, March 25th at 2:00

TRIP TO HARD ROCK CASINO
Wednesday, March 26th ~ Leaving at 9:00 AM

MEN'S SOCIAL
Thursday, March 27th at 3:00 PM

"A FESTIVAL OF AMERICAN FOLK SPIRITUALS"
Presented by the LVT Guys & Gals
Friday, March 28th at 2:00 PM

Walking Does Wonders

Imagine a physical activity that nearly everyone can do, isn't expensive, doesn't require a gym membership and can be done as part of your daily life.

What is it? It's not a pill or a blockbuster medication. It's regular, brisk walking, and it can:

- ◇ Support immunity. Studies show that doing a regular walking routine for exercise can help protect you from illness during cold and flu season.
- ◇ Protect joints and reduce joint pain, according to several studies — and walking five to six miles a week can even prevent arthritis from forming.
- ◇ Also improve your cardiovascular fitness, muscle endurance and sleep, reduce stress and strengthen your bones and muscles.

Just starting? Try walking at three miles per hour (walking a mile in 20 minutes), beginning with ten minutes per day for the first three weeks. Slowly increase the time you walk by five minutes per week until you can walk 30 minutes per day, or more. You can gradually increase your speed to a brisk walk, which is four to five miles an hour. If you are already in good shape, start at this level. Note: First get your health care provider's okay if you have health problems or are unaccustomed to exercise.

If you've been walking for a while with no issues (e.g., trouble breathing), add extra effort to increase fitness.

- ◇ Walk uphill. It boosts your heart rate and makes your lower leg muscles work harder.
- ◇ Walk faster. Picking up the pace makes you work harder.
- ◇ Use weighted gloves. Just be sure not to swing your arms too far to prevent strain or injury.
- ◇ Work your upper body. Walking isn't just for your legs. Try adding Nordic walking poles to your daily exercise to activate your upper body muscles and burn more calories.
- ◇ Walk on sand to give your muscles a different challenge.

The faster, farther and more frequently you walk, the greater the benefits. And walking can be a pleasant way to get fit. Invite a friend to join you.



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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