Lake Views

August, Volume 10, Number 08

Lakeview Terrace Rehabilitation and Health Care Center Receives The Governor's Gold Seal Award

May 17, 2023 - May 16, 2026

www.LakeviewTerrace.com

The Monthly eMagazine of Lakeview Terrace, Altoona FL.

Lakeview Terrace
A Not-for-Profit
Life Care Community

Like Us On Facebook

Lakeview Terrace
Retirement Community

Contents

Governor's Gold Seal Award

May 17, 2023 - May 16, 2026

Lakeview Terrace Rehabilitation and Health Care Center is a proud recipient of the prestigious Governor's Gold Seal Award of Excellence in Long-Term Care by the State of Florida. Currently, there's 709 nursing homes in the State of Florida, and only 11 are currently recognized with the Gold Seal Award. Lakeview Terrace is the only nursing home in Lake County being recognized with the Gold Seal Award.

To be recognized for the Gold Seal Award, a facility must be recommended and meet the following criteria:

- Have no Class I or II deficiencies within 30 months preceding application
- Provide evidence of financial soundness and stability
- Participate in a consumer satisfaction process involving residents, family members and guardians
- Involve families and members of the community in the facility on a regular basis
- Have a stable workforce
- Have an outstanding record with the State Long-Term Care Ombudsman Council within the 30 months preceding application
- Provide targeted in-service training to meet training needs identified

Our staff is united towards one goal, "to provide the best health care services to the residents." We extend our sincere gratitude to everyone who has contributed to this great achievement!

In The Spotlight

LVT Has All Its Marbles

'Are you losing your marbles? You better knuckle down. Was he fudging? That's a dead duck. We've all heard these expressions in various situations but few of us realize they are common marble slang.

When a 'mibster' (marble player) shoots marbles outside the large circle in a game — his opponent *loses his marbles; be sure (to keep) knuckle down on the ground while shooting your large marble* marble; and beware of fudging —- a minor form of cheating by crossing the line on your shot; lastly, if you take an easy shot with your taw (large marble), it's a dead duck.

A mibster when he was a kid growing up in the Bronx, Bernie Greenberg knows his marbles. He outgrew the street game, but he rekindled his passion for the round balls in the 1960s while working as Director of a community mental health center.

Over a 10-year period, he collected thousands of marbles. Today, he shares his collection, dating back to the 1860s with residents and friends alike.

Marbles Dating From 1860's To Today

"I was very serious while accumulating my collection," said Bernie, who searched estate sales, antique shops, and garage sales.

His marble collection rolls through the history of a toy played since ancient times. He encourages guests to roll and feel the marbles while explaining their origin. Both Greek and Roman youths played games with small balls made from clay, and marbles were discovered in the tombs of the young Egyptian pharaoh Tutankhamen.

It's impossible to pin down marbles precise country of origin but they've been found in tombs of ancient Egyptians and were played with by Native Americans. The earliest ones were simply stones that artisans made with clay, stone, or glass.

Marbles are categorized by many factors, including condition, size, type, manufacturers/artisan, age, style, material, scarcity, and existence of original. Ugly, but rare marbles may be valued as much as those of very fine quality. However, this is the exception, rather than the rule, and normally "condition is king" when it comes to marbles.

“Marbles earned their nickname based on what they look like or what they were made from,” explained Bernie, holding up an aggie, a marble made from agate. And, an ‘alley’ can be a marble made of alabaster, it can also be used as a ‘shooter’ —- a large marble.

Although Bernie has an extensive collections of marbles, his favorites are the antique ones, those made before mass production in the 1870s. These clay marbles were made by artisans with rough, brown, red and tan clay. Pick one up encourages Bernie and roll it. The ancient, homemade marbles wobble. Others have figurines in them, like Santa Claus or a deer. Some have intricate swirls. Marbles run the gamut, from clay to glass and have been used for various games over the years.

An ancient toy, marbles are one of the world’s most popular, interesting and entertaining games. Just ask Bernie.
”

Marble trays, including one from New York World’s Fair in 1939

Kaleidoscope with marble

Vintage greeting card with children playing with marbles

Clay marbles dating back to ancient times

Figurines like this appeared in certain marbles

By Mary Pat, LVT Resident

ENERGY Boosting Bites

It's no secret that the foods we eat, along with exercising, hydrating and getting enough sleep, can have a huge impact on our energy levels. All foods provide energy, but not all foods affect energy levels in the body the same way. People who turn to sugar or carbs will feel a short-lived quick spike and then crash, while whole foods provide a more sustainable energy supply throughout the day.

The idea behind energy boosting foods is to consume a varied and balanced diet containing vitamins, fiber, fats, and proteins.

HERE ARE SOME OPTIONS THAT PROVIDE STABLE ENERGY TO BOOST YOUR MOOD AND ENERGIZE YOUR BODY:

FRUITS: Bananas, avocados, apples, strawberries, oranges, blueberries, raspberries, and blackberries.

ANIMAL SOURCED FOODS: Fatty fish (salmon, sardines, tuna), beef liver, yogurt, and eggs.

VEGETABLES: Sweet potatoes, beets, and dark leafy greens.

GRAINS: Oatmeal, popcorn, quinoa, and brown rice.

BEANS & LEGUMES: Soybeans, lentils, nuts and seeds, and peanut butter.

DRINKS: Water, coffee (in moderation), and green tea.

FOODS TO AVOID: Fast or fried foods, added sugars, processed snacks, candy bars, and baked sweets.

RECIPE

Nut Butter Energy Balls

2 cups rolled oats • 1 cup natural peanut or other nut butter • ½ cup honey • ¼ cup mini chocolate chips • ¼ cup unsweetened shredded coconut

Combine all ingredients in a medium bowl and stir well. Use a tablespoon to measure and roll the mixture into balls. Store in an airtight container for up to 5 days in the refrigerator or up to 3 months in the freezer

By Bouchard Total Wellness

Library News

Fun Without Toys

Let's face it – you knew this was coming eventually! How's your tongue? Can it twist? I'm sure as a child, you laughed and giggled as your friends (or maybe you) made a mess of a tongue twister. (My favorite was "Rubber baby buggy bumpers.) Tongue twisters are phrases and sentences that contain sequences of similar sounding words making them difficult to say quickly, causing hilarity.

Tongue twisters are beneficial because through rhythm and cadence, they help your brain remember patterns and words faster than speaking or singing and, through repetition, they also stretch and strengthen muscles that you use to speak.

But did you know that English twisters are used by foreign students of English to improve their accent and by actors who need to develop a specific accent? Speech therapists can use twisters diagnostically to test for brain damage or language impairments. In therapy, tongue twisters are used to correct stuttering or a lisp, to improve generalized speech difficulties in children and adults, and to guide recovery from stroke-induced aphasia.

Generally, since each tongue twister focuses on one specific letter or blend use of a particular twister allows the therapist to focus on a specific area needing improvement while having fun with the client.

Here are some tough favorites. (Read each one aloud three times.)

~ Toy boat

~ Red Buick, blue Buick

~ Fred fed Ted bread and Ted fed Fred bread

~ A cup of proper coffee in a copper coffee cup

~ I saw Susie sitting in a shoeshine shop

~ Pre-shrunk silk shirts

~ A big black bear sat on a big black rug

And probably the most familiar tongue twister:

~ She sells seashells by the seashore

We'll close with the record holding World's Hardest Tongue Twister as ranked by Guinness Book of World Records:

~ The sixth sick sheik's sixth sheep's sick

Could you say it??? (I couldn't!) Did you have a whirlwind of twister fun? Does your tongue still work?

By *Joanie (LVT Resident)*

LVT Events & Activities Highlights

Aug. 3rd
5:00 Birthday Bash

Aug. 4th
9:00 - 3:00 Blood Bus
11:00 Lunch @ Lake Eustis Marina Grill
2:00 Trivia

Aug. 5
10:30 Crafting

Aug. 7th
1:00 Boggy Bear Stuffing

Aug. 8th
1:30 General Information Session
4:00 Dinner at Cheddars

Aug. 10th
9:00 Ladies' Social
6:00 Orange Blossom Opry

Aug. 11th
10:00 Card Making w/ Jackie
2:00 Trivia

Aug. 14th
11:00 iPhone Class

Aug.15th
Freda Chism's 103rd Birthday

Aug. 16th
11:30 Chicken Liver Club
1:00 Tours by Nona Presentation

Aug. 17th
3:00 Men's Social

Aug. 18th
11:00 Lunch @ El Marie Pizzeria
2:00 Trivia

Aug. 19th
10:30 Movie: Paradise Hawaiian Style

Aug. 22nd
4:00 Dinner at Luigi's (Eustis)

Aug. 23rd
4:00 Dick Brook's Birthday

Aug. 24th
10:00 Hula Lessons w/ Jolene
4:00 Hawaiian Luau

Aug. 25th
1:30 Piano Recital w/ the Fabulous Mike Farona

Aug. 26th
10:00 Bingo Fun

Aug. 28th
11:00 Android Class

Aug. 29th
9:30 Mall Shopping to Florida Mall

Aug. 30th
1:00 "Let's Talk Computers"

LVT Residents' Academy

Date	Subject	Instructor
Sept. 7th	Big Bang, Black Holes, Supernovas, Pulsars	Mike Farona
Sept. 21st	Lecture Recital on Musical Styles	Ted & Marian Stedman
Oct. 5th	"How Did It Happen?"	Gene Bouley
Oct. 19th	White water rafting in the Grand Canyon	Gene Bouley
Nov. 12th	Firefighting	Bill Crabtree
Nov. 16th	The Land Bust and Depression in N. Lake County 1928-1941	Dale Smith
Dec. 7th	Birds	Walt Leesch
Dec. 21st	TBD	Peggy Wolfson

Keep Active (Physical)

Mon, Wed & Fri.
Total Body Exercise 9:00 AM

Tuesday
Walking Class 8:55 AM
Aqua Class 9:00 AM
Chair Yoga 10:00 AM

Thursday
Aqua Class 9:00 AM
Chair Yoga 10:00 AM

Saturday
Aqua Class 9:30 AM
Tai Chi 10:30 AM

Keep Playing (Games)

Monday
Golf 8:00 AM
Bridge 12:30 PM
Mahjongg 1:00 PM
Scrabble 2:00 PM
Bingo 6:00 PM

Tuesday
Euchre 1:30 PM
Bridge 5:30 PM
Pickleball 6:30 PM

Wednesday
Golf 8:00 AM
Cornhole 1:30 PM
Poker 5:30 PM
Mahjongg 5:00 PM
Rummikub 6:00 PM

Thursday
Bridge 12:30 PM
Straight Dominoes 2:00 PM
Pennies From Heaven 5:30 PM
Euchure 5:30 PM
Hand & Foot 6:00 PM

Friday
Mahjongg 1:00 PM
Dominoes 2:30 PM
Pennies from Heaven 5:30 PM
Horse Racing 6:00 PM

Saturday
Golf 8:00 AM
Pennies From Heaven 12:30 PM
Dubs Cards 1:00 PM

Sunday
Pennies from Heaven 1:30 PM
Pickleball 2:00 PM

Keep Exploring (Clubs/ Groups)

2nd Monday
Happy Bookers 10:00 AM

4th Monday
Novel Bunch Book Club 10:00 AM

1st Tuesdays
Choo Choo Club 4:00 PM

Tuesdays
Boggy Bear Workshop 1:00 PM
Men's Glee Club 3:00 PM

3rd Tuesday
Poetry Group 3:00 PM

Wednesdays
Ladies' Chorus 11:00 AM
Crochet 3:00 PM

3rd Wednesdays
Chicken Liver Club 11:30 AM

4th Wednesday
Veterans Group 2:00 PM

2nd Wednesday
Quilting Group 1:00 PM

2nd Thursday
Outdoor Club 2:00 PM

4th Thursday
Quilting Group 10:00 AM

Fridays
Wood Carving 1:00 PM

2nd & 4th Saturdays
Line Dancing 2:00 PM

Keep Being (Support)

3rd Wednesday
Dementia Support Group
Third Wednesday 11:00 AM

2nd Wednesday
Jan, March, May, Sept, Nov
V.I.P. (Visually Impaired People) 1:00 PM

Keep Going (Shopping)

Every Monday
Publix, Eustis 9:00 AM
Winn-Dixie, Eustis 1:00 PM

Every Thursday 9:00 AM
Umatilla - Save A Lot, Dollar General

2nd Thursday 1:00 PM
Village Marketplace (Tavares)
Joann's Fabric, Dollar General
Winn-Dixie,

3rd Thursday 1:00 PM
Tri-Cities Plaza (Mt. Dora)
Hobby Lobby, TJ Maxx, Ross, Dollar Tree

4th Thursday 1:00 PM
Shop Eustis Village
Beall's, Publix, Cato

3rd Wednesday 1:00 PM
Walmart, Target & Aldi

Last Tuesday 9:30 AM
Mall Shopping w/ Lunch

Keep Seeking (Spiritual)

Sundays
Chapel Service 8:55 AM
Vespers 4:00 PM

Wednesdays
Bible Study 9:45 AM

Fridays
Men's Bible Study 10:00 AM

2nd & 4th Friday
Communion 1:30 PM

3rd Friday
Mass & Confession 2:00 PM

3rd Thursday
Presbyterian Service 2:00 PM

*** Activities and times subject to change.**

Happening at Lakeview…

Hawaiian Day

Thursday, August 24th

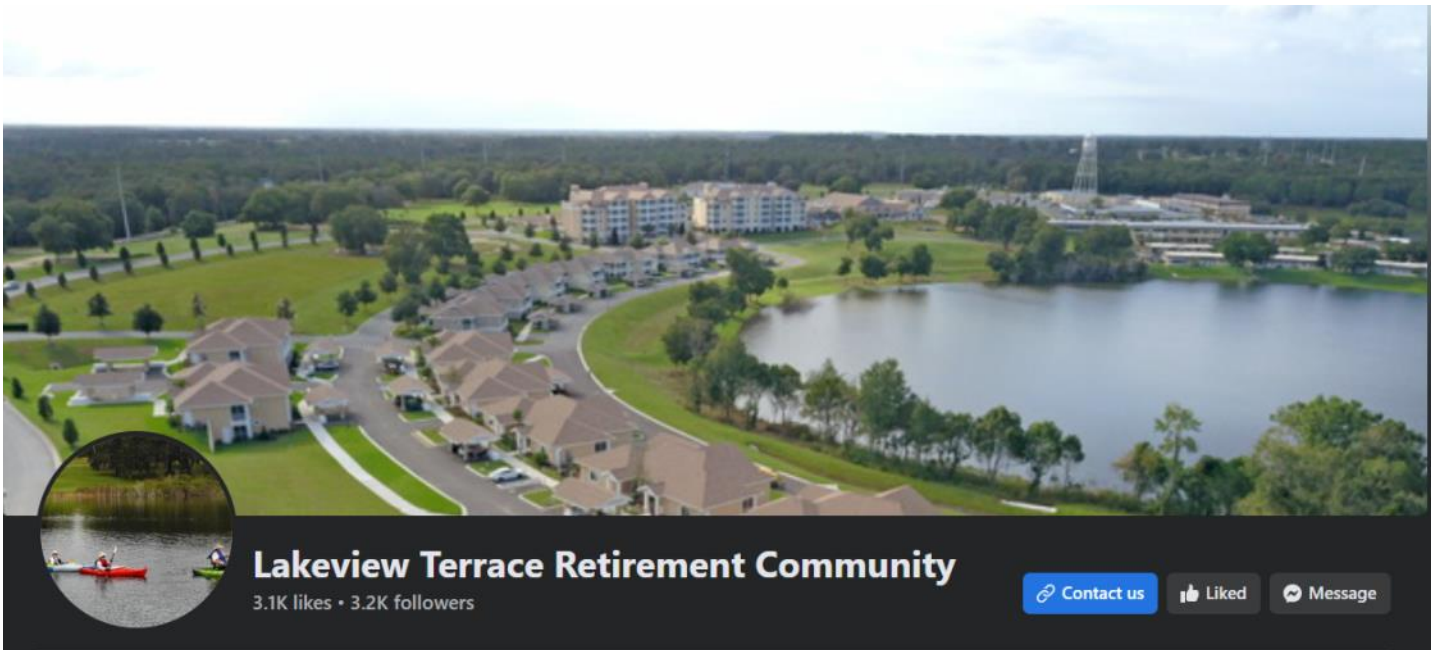
10:00 AM "Hula Lessons with Jolene" in the Auditorium
All residents are welcome to come and learn to Hula with our favorite dance instructor, Jolene! We will learn the Don Ho classic "Tiny Bubbles" to share at the Luau!

11:00 AM Enjoy the most spectacular Hawaiian Buffet in the Clubhouse Dining Room! Offering classic Hawaiian dishes with a few non traditional dishes to experience! And of course, Mai Tais!

4:00 PM Hawaiian Luau - Join us in the NEW Community Building (pending completion) for a time of socialization, cocktails and entertainment!

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.

Lakeview Terrace
A Not-for-Profit Life Care Community

331 Raintree Drive, Altoona, Florida 32702-9609

352-669-3148 • 800-343-1588

www.LakeviewTerrace.com

Contact us at lifecareinfo@LakeviewTerrace.com