Lake Views

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Queen Natasha (Laney) made her grand entrance at the Halloween Ball - royalty revealed at last!

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A Not-for-Profit
Life Care Community

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Hope Lives On

Step into the madcap world of Elegant Living Towers (ELT) on the night of the annual Halloween Ball, where glamour, gossip, and a touch of royal deception collide. The residents bustle and bicker as they prep for the party—among them Ida, who shows up in a $1 prison costume from the Wearhouse—when her phone rings. It's her best friend, Hope Romney, and she is positively hysterical: her vial of life has expired. "By the sainted life of my mother, I am going to expire!" she wails, launching the evening into farce.

Hope's harried personal assistant, Olivia (Rochelle Markowitz), scurries around taking orders and muttering complaints while trying to keep the world from imploding. Laney Ashby gives a scene-stealing performance as Hope Romney—an apparent impostor from Altoonaslabia who, in a delicious twist, is actually Queen Natasha Hope Rominofski in disguise. Determined to unmask herself, Hope plans a dramatic revelation at the Ball.

To ensure her story reaches the world, Hope summons Scoop, a star reporter from the Way Outback Newspaper (Mary Pat Giffin), convinced this confession will be a sure-fire Pulitzer winner. But the evening's plans go awry: a fire alarm blares, the elevator jams, and in the confusion, someone slips away with Hope's jewels. Who could have taken them? The play unfolds as a gleeful whodunit full of mistaken identities, comic timing, and theatrical exaggeration.

Hope Lives On is a spoof of Lakeview Terrace—a sharp, affectionate satire crafted with wit and relish. Created, produced, and directed by the talented Deanna Dean, the production mixes campy humor, rapid-fire dialogue, and colorful characters to deliver an evening of pure theatrical fun. Expect laugh-out-loud moments, a flourish of melodrama, and a finale that ties its glittering threads together in deliciously unexpected ways.

Over 200 residents and friends cheered, clapped, and rose to their feet in a standing ovation for fellow residents whose talents were truly *beyond words*.

The concession stand raised over **$500** for the Employee Scholarship Fund - an amazing achievement! It was an unforgettable day at Lakeview Terrace….or should we say, *Elegant Living Towers*?

Makeup artist Laney applies eyeshadow on Joan Maybee, one of the Zombies.

The Oakridge Boys brought down the house with their toe-tapping rendition of Elvira during the Intermission.

The cast of characters line up.

The Zombies electrified the audience with Michael Jackson's Thriller, choreographed to perfection by Geri and Bill Griffith, our master line dance instructors.

By *Mary Pat (LVT Resident)*

Move Over Diabetes

Being active helps improve your body and mind, from strong bones to flexible joints, a stronger heart and even lower stress for a better mood. Did you know that physical activity and keeping a healthy weight can help to manage and even prevent diabetes problems?

REGULAR EXERCISE:

- Has been shown to help manage blood sugar levels over time.
- Helps the hormone insulin absorb glucose into all your body's cells and muscles for energy.

THERE ARE FOUR KINDS OF IMPORTANT PHYSICAL ACTIVITIES:

1. Aerobic exercise, such as a brisk walk, should be done every day.
2. Strength training, done three times a week, can keep your muscle strong
3. Stretching, or even better, strike a pose and practice yoga.
4. Regular daily activity including gardening, carrying groceries or cleaning up around the house.

If you have diabetes, talk to your healthcare team before you start an exercise plan, and learn how to plan your meals around your physical activity.

By Bouchard Total Wellness

Turkey Trot

Nov. 27th at 9am

Perfect After Dinner Sweets

For many people, dessert is a must have after dinner. The problem is, most of the time, we reach for ice cream, cake, candy, or other unhealthy snacks. Fruit has naturally occurring sugar in it, which can satisfy our sweet tooth without increasing our chances of disease and weight gain. In addition to nutrients, fruit also has plenty of fiber, meaning our bodies won't have time to turn the sugar into fat.

WHAT TO EAT:

Strawberries dipped in chocolate. Satisfy your chocolate and sweets craving with this simple, antioxidant-rich dessert. Melt chocolate in a microwave, dip strawberries, and enjoy!

Whip up a smoothie. Blend berries with almond butter, and almond milk or yogurt for a satisfying, healthy snack after dinner.

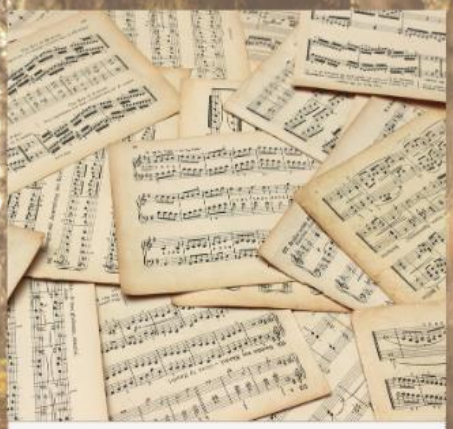
Make fruit pops or enjoy frozen fruit. Buy prepackaged frozen fruit or freeze grapes for a quick snack. For something a little fancier, pour 100% fruit juice with no added sugar into an ice cube or popsicle tray and freeze.

Enjoy fruit parfaits. Mix Greek yogurt with the fruit of your choice (strawberries and nectarines work well) for a sweet, healthy treat.

Cut up watermelon. Scoop watermelon into balls and freeze or eat right away. You can also use cantaloupe or honeydew melons as well. Eating healthy doesn't mean you have to compromise enjoying sweets after a meal. You can enjoy these delights while getting your daily fiber and nutrient intake.

November HIGHLIGHTS

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

NOVEMBER BIRTHDAY BASH
Thursday, November 6th
at 4:00 PM

GOSPEL WORSHIP HOUR
w/ Bret Taylor
Friday, November 7th
at 3:00 PM

VETERANS' DAY PARADE
Tuesday, November 11th
at 10:00 AM

LVT Craft Show
MONDAY & TUESDAY
November 24th & 25th

Good News in Science: Dog & Cat Ownership Boosts Brain Health

New research brings encouraging news for older adults: owning a dog or cat may help preserve cognitive function as we age. Studies from both 2022 and 2025 show that pet ownership—especially of dogs and cats—is linked to slower cognitive decline and better brain health. One study even suggests that having a pet could reduce "brain age" by up to 15 years.

Why the benefit? Experts believe that dogs and cats offer unique forms of social and cognitive stimulation. Dogs, in particular, encourage physical activity and social interaction, while cats provide emotional comfort and companionship. These interactions may help maintain memory, verbal fluency, and overall mental sharpness.

Considering a Pet? Here Are Some Tips:

For Dog Owners:

- **Energy & Size**: Choose a breed that matches your lifestyle. Smaller or lower-energy dogs are often easier to manage.
- **Dog's Age**: Older dogs may be calmer and already trained.
- **Mobility & Support**: Consider your physical ability and who can help with care.
- **Finances**: Budget for food, vet care, grooming, and emergencies.
- **Living Situation**: Check pet policies and access to outdoor space.

For Cat Owners:

Cats are generally lower-maintenance and adapt well to smaller homes. Choose a cat with a temperament that suits your lifestyle—some are cuddly, others more independent. Provide space for scratching posts, toys, and cozy perches.

Whether it's a wagging tail or a gentle purr, pets offer more than companionship—they support brain health and well-being in meaningful ways.

Adapted from the Society of Certified Senior Advisors

Veterans Memorial

Located on the south side of Lakeview Terrace Drive, the Veterans Memorial features a walkway lined with bricks honoring Lakeview Terrace Veterans. Each brick tells a story and serves as a lasting tribute to their dedication and sacrifice. It's a beautiful place to pause, reflect, and remember the heroes within our very own community.

Adapting To CHANGE

Change happens whether we want it or not. Positive and negative changes both require transition and adjustment. Change forces us to examine our lives and pause to gain perspective. This can be entering a world of the unknown or fear of living without something we have relied on. Many people are afraid of change, but the ability to adapt and be open to the challenge can increase quality of life.

Analyze. Gain an understanding of the change to make informed choices.

Accept. Change your strategy to adjust to the situation.

Be optimistic. Getting disappointed or depressed won't change the situation.

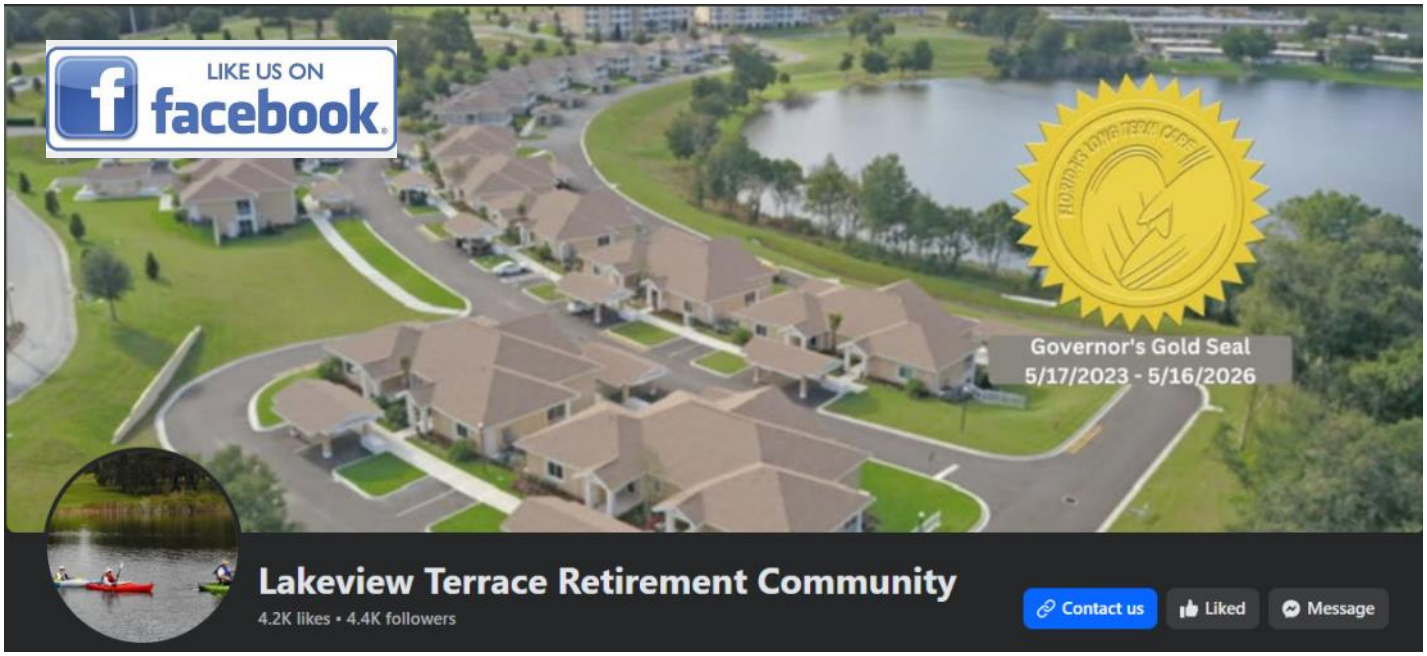
Expect change. Be prepared and make the best of it.

Patience. Change is a cycle that can't be sped through. Allow the time to adjust.

Let go. To create the future you want, the past needs to be let go.

Adapting your thinking and adjusting to life by accepting uncertainty allows you to find new solutions and strategies for the new situations you encounter.

By Bouchard Total Wellness



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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
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