



Lake Views



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In The Spotlight

LVT Kindness

'No act of kindness, no matter how small is ever wasted.' — *Aesop*

At LVT, residents use their time, talent and resources to better the lives of others, their own lives, and the community — their generous acts, compassion, generosity, and service define KINDNESS.

It's the small gestures that matter most. This is just one example that typifies how LVT friends and neighbors show they care when someone needs a helping hand.

In early October, Rita McComas' right knee went out and she couldn't put any weight on it. She had acute pain from severe tears in her meniscus. She had to stay off her feet till her surgery a month later.

In the mean time, Mike had to take care of Rita and their Havanese (from Cuba) puppy, Cosmo. While taking Cosmo for his morning walk, Mike fell and broke his hip. Following surgery, he went to LVT HealthCare for rehab.

"It has been difficult," admitted Rita, who quickly discovered the kindness of others in the community. "I can call up to 30 different dog walkers, who will come as early as 6:30 a.m. and as late as 8:30 p.m."



Cosmo



Tom Vruolo and Cosmo making faces.

A dog lover and "wonderful" neighbor, Tom Varuolo is there for them and Cosmo. He is training the lively puppy to walk without a leash and make funny faces. He and his wife also deliver daily meals for Rita and Mike.

They aren't the only neighbors, who have reached out to help during this setback. Mimi takes Cosmo out every morning at 6:30 a.m. to do his business.

Throughout the day, different neighbors show up at the McComas' door to assist them. Some deliver a few groceries, pick up their mail, or simply visit with them. Sonny Brown even checked their golf cart batteries.

One of the many walkers, Natalie Prim realizes, "just to be present lifts a person's spirit. I'll do it anytime."

While neighbors have been a big help, LVT Healthcare and the Transportation

Department have been there for Rita and Mike, too.

“The Transportation Department has been great,” said Rita, who depends on them to take her to physical therapy and to visit Mike in Rehab. “Monica runs a well organized group. They have it together. I don’t know what I would do without them.”

Mike has been pleased with LVT Rehab, too. The staff meets in a conference room to measure Mike’s progress and determine what needs to be done to send him home. They had grab bars installed in the bathroom for his safety before releasing him.

“It was a wise decision to move here,” said Mike. “They do what they say, they’ll do.”

“I don’t know what we would have done if we weren’t here,” said Rita. Mike agrees.



Rita and Cosmo visit Mike at Rehab Center.



Rita and Mike McComas at home with his and her walkers.



Pat Socall, one of the many dog walkers with Cosmo.

By *Mary Pat (LVT Resident)*

Mindful Holiday Eating

The holiday season often means more parties and gatherings—and an abundance of festive food and drinks. However, practicing mindful holiday eating can help you savor the season without overdoing it. This healthy approach encourages focusing on preparing and consuming food in a distraction-free environment. Thinking about the food may make you more aware of your hunger and fullness cues. Mindful eating offers physical and mental health advantages, such as:

- Better body cue recognition
- Overeating prevention
- Healthier food choices
- Stress reduction
- Weight loss

Mindful eating doesn't mean avoiding eating your favorite holiday foods. It's simply about bringing more awareness and enjoyment to your food. Also, focus on the social aspect of gatherings and engaging in meaningful conversations. By practicing mindful holiday eating, you can enjoy the season and create lasting memories. Contact a dietitian if you need guidance with mindful eating.

Your Mindful Eating Checklist

Honor your hunger and satiety cues.

Use all five senses while you eat.

Limit distractions while eating.

Take small bites and chew slowly.

LVT Events & Activities Highlights

Friday, December 1st
Pajama Day

Friday, December 1st at 2:00 PM
Trivia

Saturday, December 2nd
IceHouse Theater

Sunday, December 2nd
Christmas Concert at the First
Presbyterian Church in Eustis

Monday, December 4th at 1:00 PM
Boggy Bear Stuffing

Tuesday, December 5th at 9:00 AM
Ladies' Social

Tuesday, December 5th
Dinner at Carrabba's Italian Grill

Wednesday, December 6th at 2:00 PM
UHS/UMS Jazz Ensemble

Wednesday, December 6th at 5:00 PM
Holiday Art Show

Thursday, December 7th at 9:00 AM
Men's Social

Thursday, December 7th at 10:30 AM
Resident's Academy

Thursday, December 7th at 5:00 PM
Birthday Bash

Friday, December 8th at 10:00 AM
Hanukkah Gathering

Friday, December 8th at 10:00 AM
Card Making

Friday, December 8th at 2:00 PM
Lake County Ladies Chorus

Saturday, December 9th at 11:00 AM
Christmas Crafting

Saturday, December 9th at 6:00 PM
"Christmas with Elvis"

Monday, December 11th at 1:00 PM
iPhone Class

Monday, December 11th at 2:00 PM
Android Class

Tuesday, December 12th at 1:30 PM
General Information Session

Wednesday, December 13th at 6:00 PM
LIVE A Christmas Carol

Thursday, December 14th at 4:00 PM
Holly Jolly Christmas Party

Friday, December 15th
Lunch at Ski Beach Bar & Grille

Friday, December 15th at 2:00 PM
Christmas Sing A Long

Saturday, December 16th at 1:00 PM
Christmas Cinema

Monday, December 18th at 9:00 AM
Watercolor Painting Class

Tuesday, December 19th
Christmas Shopping in the Villages

Thursday, December 21st at 10:30 AM
Resident's Academy

Thursday, December 21st at 2:00 PM
Radio City Music Hall Christmas Spectacular

Friday, December 22nd at 2:00 PM
Old Time Radio Club Show

Monday, December 25th
Merry Christmas

Thursday, December 28th at 10:00 AM
EXTRA Bingo Fun

Friday, December 29th
Lunch at Twisted Biscuit in Astatula

Friday, December 29th at 2:00 PM
Trivia Bowl

Monday, January 1st
Happy New Year

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

Mahjongg 5:00 PM

Poker 5:30 PM

Rummikub 6:00 PM

Thursday

Bridge 12:30 PM

Straight Dominoes 2:00 PM

Pennies From Heaven 5:30 PM

Euchre 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.

HEALTH IMPROVING Gift Ideas

The holiday season inspires people to focus on everything that is important in life, like good health, friends and loved ones. Invest in the people you care about and their health by considering thoughtful gifts that enhance their wellness.

LISTED BELOW ARE ASPECTS OF PERSONAL HEALTH THAT CONTRIBUTE TO OVERALL WELL-BEING, AND A FEW IDEAS FOR MEANINGFUL GIFTS THAT SUPPORT EACH AREA.

EMOTIONAL

Feeling and expressing emotions, achieving a sense of fulfillment, optimism, and self-acceptance.

GIFT IDEAS: Books or a journal, bath set, incense, aroma therapy kit, herbal tea, coloring book, eye pillow.

INTELLECTUAL

Encourage creative and stimulating mental activities.

GIFT IDEAS: Pay for a class to learn a new hobby or skill, books or puzzles.

PHYSICAL

Healthy behaviors for the body including exercise, nutrition, and abstaining from harmful habits to add quantity and quality of years to life.

GIFT IDEAS: Water bottle, air fryer, massage, white noise or sound machine.

FINANCIAL

A secure path to managing money successfully.

GIFT IDEAS: Stocks, bonds or money in a CD so they can watch it grow, pay for a subscription to a service that saves or helps manage money, pay off one small debt.

SOCIAL

Improve social health by supporting healthy relationships.

GIFT IDEAS: Gift certificate for a class to learn something new like art, cooking music, yoga, or tai chi, write one thing you can do to help a friend on a card they can redeem.

ENVIRONMENTAL & SPIRITUAL

Maximizes harmony with the earth and minimizes harm to the environment. Meaning and purpose in human existence.

GIFT IDEAS: Candles, gratitude journal, plant or seed planting kits, passes to a state park or botanical garden.





Happening at Lakeview...



Thursday, December 14th

We look forward to celebrating as we meander through the space enjoying Christmas treats, beverages and holiday entertainment.

We will enjoy classic holiday treats and delight in the company of our neighbors and friends.

Veteran's Club

On the 10th of November, LVT celebrated Veterans Day by having a BBQ lunch followed by a Veterans Day Program. About 50 people attended the lunch and almost a full house for the afternoon program. So thanks to LVT for making the day special for our veterans and residents.

On Saturday, November 11th, the American Legion of Umatilla hosted a Veterans Day at McTureous Park. Two LVT residents, Richard Stephenson and Richard Zinck, were presenters. The program was well attended by LVT residents and local residents.

The American Legion was founded in 1919 to provide help to veterans, and it is the largest wartime service organization. It now has about two million members with 12,000 posts in the United States, Puerto Rico, the Philippines and France. In Florida there are over 13,000 members at over 300 posts. The Legion, as it is known, provides free assistance to veterans to file and pursue benefits and is probably the most influential advocate fighting for veterans in our nation's capital.

Our next meeting is on January 24th at 2:00 pm with a speaker from the Lake County Veterans Services. *Bryant Giffin, Chairperson*

Germs' Favorite Hideouts

- 1. The germiest item in a home can be the:**
a. Toilet seat. | b. Kitchen sponge. | c. Dishwasher.
- 2. The average household cutting board has _____ times more fecal matter than a toilet seat.**
a. 50. | b. 100. | c. 200.
- 3. You should disinfect your mobile phone:**
a. Daily. | b. Weekly. | c. Every two weeks.
- 4. To ensure your toothbrush doesn't grow excess bacteria, you should store it:**
a. In a closed container. | b. Next to the sink. | c. As far away from the toilet as possible.
- 5. You should wash your bed linens:**
a. Every other week. | b. Every week. | c. Once a month.

ANSWERS:

b — A kitchen sponge can be the germiest item in your home. **Tip:** Sanitize your sponge in the microwave for two minutes daily; replace it every two weeks.

c — The average household cutting board has 200 times more fecal matter than a toilet seat. **Tip:** Run it through the dishwasher or clean it with a bleach solution.

a — Disinfect your phone daily. Most phones have ten times more bacteria than toilet seats.

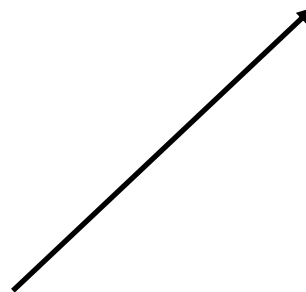
c — Every time you flush your toilet, germs can float around the bathroom for up to two hours. Close the lid when flushing and store your toothbrush away from the toilet. **Tip:** Store your toothbrush upright to air it out.

b — Minimize exposure to harmful bacteria by washing bed linens weekly. A new study found that unwashed pillowcases can have more germs than a toilet seat after only one week.



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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