



Lake Views
April, Volume 12, Number 04



www.LakeviewTerrace.com

The Monthly eMagazine of Lakeview Terrace, Altoona FL.



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LVT Robots

Ron Molnar, a curious, imaginative and innovative LVT resident values technological variety - common traits of the scientific mind. His interest in electronics began when he was a young boy attending the 1939 World's Fair in New York. He still vividly recalls seeing his first robot smoking a cigarette. It was an advertisement promoting Chesterfield tobacco products.

As an electrical engineer at IBM for 30 years, Ron taught employees how to repair and program manufacturing robots used in the production of computers.

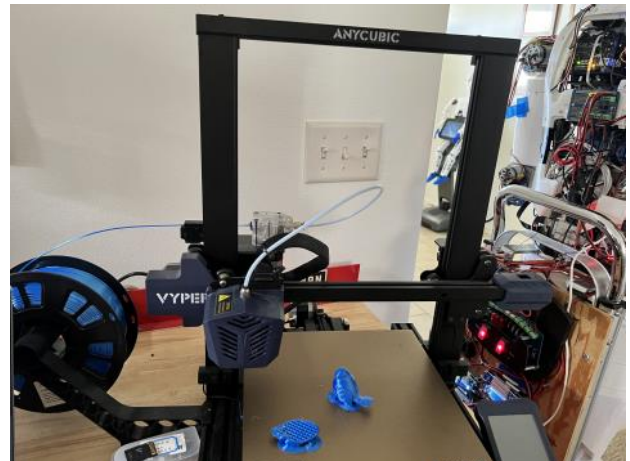
When 3-D printers became commercially available in the 1980s, Ron bought one to produce parts for his own projects. He uses a CAD-Cam program to design a digital 3-D model; he then loads the model into a slicer program, which converts the model into printing instructions for a 3-D printer to build the object. The instructions contains the parameters, including layer height, speed and the X,Y,Z axis.

While his two robots, Sam and Sue are the most remarkable of his feats, he has also strategically fabricated and placed over 100 plastic blue birds around campus. In addition, he's produced snowmen, vases, rabbits and more that funnel through a hot nozzle.

His first robot creation was a "round thing that moved around on the floor." Then he spent six years building a head, complete with moving eyes. When his grandchildren visited at Christmas, he programmed Sam to welcome them with a 'HO, HO, HO.'

Ron reads a lot - "mostly scientific and electronic magazines, anything technical."

"I've never been bored with Ron," said Pattie, his wife of 45-years. She vowed that she would never marry after she lost her first husband but "he swept me off my feet."



The 3-D Printer uses a plastic material called Polylatex on a large plastic spool.



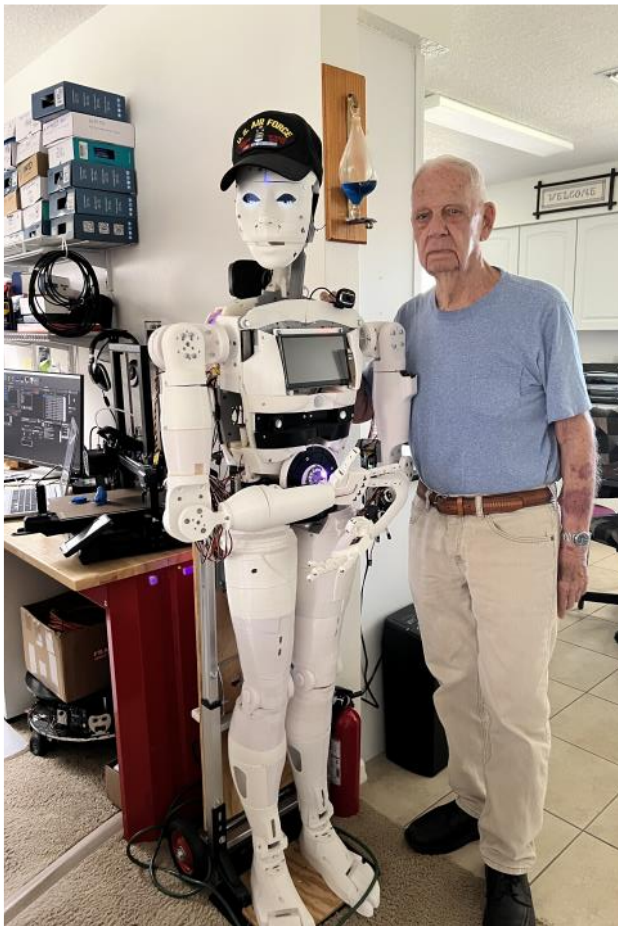
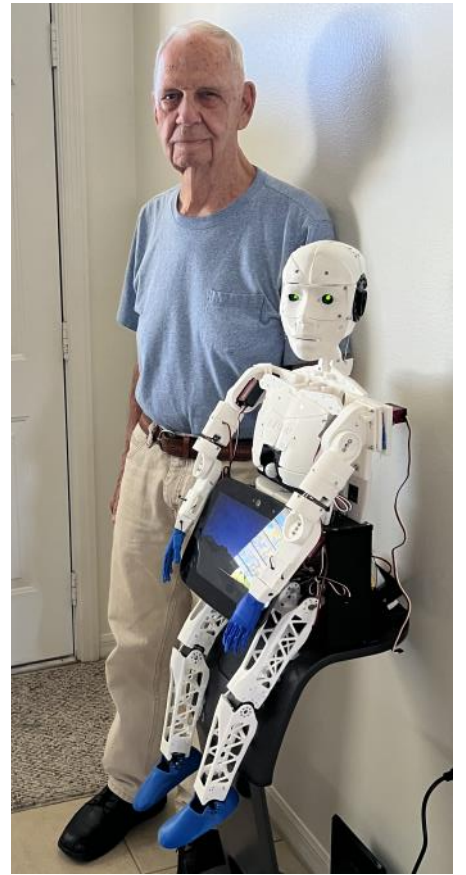
Pattie says there's never a dull moment with Ron.



Ron in his lab creating figurines.



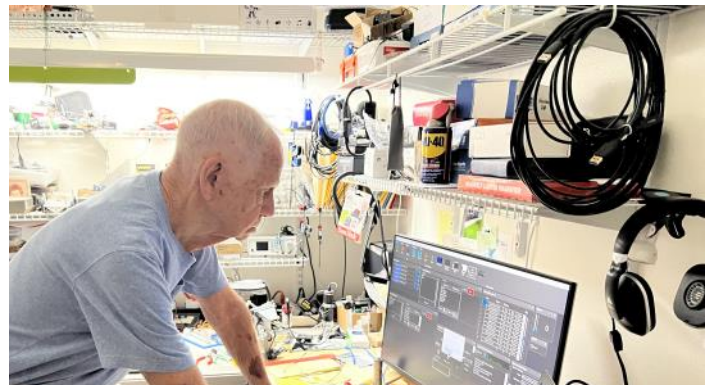
Ron and Sue welcome visitors to their garden home.



Ron and Sam.



Ron guards work area with one of his human heads.



Ron programming his next project.

By Mary Pat (LVT Resident)

Enjoy The Journey

Why is it that 10 minutes pass so quickly after pressing the snooze button on the morning alarm clock, but the same 10 minutes on a treadmill can feel like an hour? Exercise shouldn't be something we painstakingly get through, but time that is enjoyed. Physical activity may not produce a "feel good sensation" immediately, but when it becomes routine, an overall feeling of general well-being will develop.

WAYS TO ENJOY THE JOURNEY TO BECOME MORE PHYSICALLY ACTIVE:

Add small amounts of physical activity gradually. Start with a 10-minute walk in the morning or after dinner.


Find things that you are passionate about, to tie in physical activity. Garden, take up photography and take nature pictures, volunteer to clean up local parks or beaches, walk dogs at the animal shelter.

Pick a person who you want to spend more time with and set up waking dates.

Use exercise as a stress relief. When feeling frustrated or having negative feelings, release that energy through activity.

If you pair things that you enjoy with physical activity you'll end up not just making time for exercise, but also finding the joy in it.

By Bouchard Total Wellness



"Happiness is a DIRECTION, not a PLACE."
- Sydney J. Harris

Monthly Opportunities

NEW Beading Class
Tuesday, April 1st at 1:00 PM

APRIL BIRTHDAY BASH
Thursday, April 3rd at 5:00 PM

LUNCH AT NORWOOD'S TREE HOUSE
Friday, April 4th

GENERAL INFORMATION SESSION
with Management
Tuesday, April 8th at 1:30 PM

V.I.P. Meeting w/ Dr. Joshi
Thursday, April 10th at 1:00 PM

CARD MAKING W/ JACKIE
Friday, April 11th at 10:00 AM

GRACEWAY CHURCH IN LEESBURG
Presents The Resurrection Story
Sunday, April 13th

IPHONE CLASS
Monday, April 14th at 1:00 PM

ABSOLUTE LAW GROUP
Trusts, Living Wills & More!
Wednesday, April 16th at 11:00 AM

VETERANS CLUB MEETNG
WEDNESDAY, April 16th at 1:00 PM

MEN'S SOCIAL
Thursday, April 17th at 3:00 PM

iPads, Tablets & More
Monday, April 21st at 1:00 PM

UHS Key Club Game Night
Wednesday, April 23rd at 5:30 PM

NEW MAHJONGG CARD CELEBRATION
Wednesday, April 30th at 12:45 PM

RESIDENTS' ACADEMY
Thursday, April 3rd at 10:00 AM
Peg Lindsay will present "Dragonflies"

FIRST FRIDAY FUN BINGO
Friday, April 4th at 10:00 AM

BOGGY BEAR STUFFING
Monday, April 7th at 1:00 PM

DINNER AT THE OLIVE BRANCH
Tuesday, April 8th

LADIES SOCIAL
Thursday, April 10th at 3:00 PM

LIVING WATER QUARTET
Tri-County Baptist Church
Friday, April 11th at 2:00 PM in the Auditorium

DELEON SPRINGS BOAT TOUR
at DeLeon Springs State Park
Monday, April 14th

HEARING CLINIC W/ TRU EAR HEARING
Tuesday, April 15th at 10:00 AM

CHICKEN LIVER CLUB
Wednesday, April 16th at 11:30 AM

RESIDENTS' ACADEMY
Thursday, April 17th at 10:00 AM
Peg Lindsay will present "Galapagos Island"

GOOD FRIDAY SERVICE
Friday, April 18th at 2:00 PM

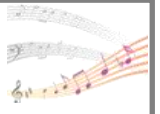
MALL SHOPPING
Mall of Millennia
Tuesday April 22nd~ Leaving at 9:30 AM

ANDROID CLASS
Monday, April 28th at 1:00 PM

CLASSICAL PIANO RECITAL
w/ the Fabulous Mike Farona
Wednesday, April 30th at 2:00 PM



LVT Music



Music expresses that which cannot be said and on which it is impossible to be silent. —- Victor Hugo

It was standing room only for the “Festival of American Folk Spirituals,” performed by LVT’s Guys and Gals Chorus, highlighting the magnificent, commanding voices of Erin and Alex Burgess.

Director Ted Stedman, proud father of featured singer Erin, and Rosalie Hull, combined their talents with the men’s and women’s vocalist groups to produce the show, which gripped the hearts of the audience. The cheers and standing ovation said it all.

The songs told stories of the diverse African and Appalachian cultures during the 18th and 19th century. It was the era of slavery. The songs were a way for these people to express themselves. They were influenced by the experiences of being held in bondage and on working on plantations.

“Spirituals are a part of our American history, explained Ted. “Jazz, American music, and blues emerged from this period. The songs, many with biblical content weren’t written but passed on by word of mouth.”

These African rhythms often have a strong sense of syncopation, which essentially means unpredictable rhythms being incorporated into a song to modify its predictable meter. This musical device alters individual measures, and forces listeners to pay attention in order to follow and tap along.

It’s had a lasting influence on music today. The technique of syncopation is frequently used by today’s musicians. The Beatles, for example, used it in songs like ‘Ticket to Ride’ and ‘All My Loving’ and Michael Jackson used it in ‘Thriller.’

Both Ted and Rosalie are career musicians. Ted graduated college with a voice major and instrument minor. Over the years, he coached elementary students in vocals; lead a chorus; and taught a jazz ensemble, which was awarded two European tours.

Rosalie graduated college with a music degree, where she majored in voice and minored in piano. For 35 years, she taught music to students in kindergarten through sixth grade in Leesburg. She started playing piano when she was just six-years-old. “My Grannie taught me to play ‘No, Not One.’ With my thumbs on the black keys!” She was hooked.

The Guys and Gals Chorus uplifted and moved the audience with their Festival of American Folk Spirituals. They have arrived. Encore!



The Recorders opened the show with their rendition of 'Were You There.'



It was a family affair for the Stedmans.



Ted and Don Sharp performed an amazing duet of an Appalachian folk song that stresses life's hardships.

By Mary Pat, LVT Resident

It's Just Allergies

“Sounds like you’re getting sick? Nope, it’s just my allergies!”

Those who suffer from hay fever recognize the drippy, stuffy, swollen, itchy, sneezy, watery eyes and other symptoms that can easily be confused with a cold. Allergy symptoms aren’t pleasant, but thankfully there are things you can do to ease the suffering.

Get treated. An allergist can help with a diagnosis and management plan to help you feel better.

Wash up. Shower and wash your hair every night before bed.

Shut out the pollen. Close the windows in the car and at home and set the air-conditioner to re-circulate.

Stay inside. Check the pollen count and avoid outside activities when the pollen count is high.

If your allergies are worse indoors, you may be allergic to dust mites, pet dander or mold. In this case avoid triggers by making a few changes inside the home:

- Wash bedding weekly in hot water and try “mite-proof” bedding.
- Use a dehumidifier to control mold.
- Wash your hands after petting animals.

By Bouchard Total Wellness



The Asthma and Allergy Foundation of America reports that 81 million people in the country are allergic to pollen, grass and weeds in the spring.

LVT Library

Our on-site library is a cozy haven for book lovers, offering a vast selection of titles for every interest. Whether you're looking for a thrilling mystery, a heartwarming novel, or an informative read, there's something for everyone!

A special thank you to our wonderful library volunteers who help keep everything organized and inviting!





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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