



# *Lake Views*



**April 2018, Volume 5, Number 04**

## *Spring at Lakeview Terrace*



**The Monthly eMagazine of Lakeview Terrace, Altoona Fl.**



# Contents



- |   |   |    |  |
|---|---|----|--|
| 3 | Rainy Day Workouts  | 7  | Greetings From Your Executive Director     |
| 4 | The Place To Be   | 8  | Sampling Of Lakeview Terrace Activities    |
| 5 | Five Foods Doctors Recommend When People Want To Lower The Risk Of Alzheimers | 10 | In The Spotlight At LVT<br>Barbara Mandigo |



## Do You Know April is:

- National Humor Month
- International Guitar Month
- National Pecan Month
- Stress Awareness Month

## Rainy Day Workouts

Wet weather can leave a damper on your good intentions to get active outside. A little drizzle never hurt anyone and can be refreshing when working up a sweat. If exercising in the rain has you unmotivated to move, here are a few ideas to spice up your routine on a rainy day:

**Turn to the internet.** There are plenty of workout and yoga videos online (even free on YouTube). These guided workouts can offer the encouragement and accountability that a real gym offers, without leaving your house.

**Self-guided exercise.** If you're going to miss going on a walk outdoors, try some self-guided exercises. There are plenty of things you can do such as jogging in place, doing crunches, using free weights, getting into your favorite yoga poses, holding a plank, or doing squats. Focus on a certain area of the body and do three sets of each exercise with a one minute break in between.

**Body weight exercises.** If you don't have free weights at home, don't fret. You can use your own body weight! Squats and lunges use your weight and resistance to tone your legs and glutes, while pushups work your chest and arms.

Being cooped up inside due to bad weather doesn't mean you have to neglect your well-being. With these suggestions, you will be able to workout without leaving the comfort of your home, and what could be better than that?



Bouchard Total Wellness April 2018

In March we had the opportunity to host a few of the residents from Scottish Highlands.

Lunch was served in the Bistro and they were able to tour our beautiful community.

They left knowing more about Lakeview Terrace and why we stand out from the rest.

- ◇ Lakeview Terrace has a stellar Life Care Program that provides you with a secure future and peace of mind for you and your loved ones.
- ◇ It has a 5 Star rated Health Care Center and it has been managed by the same management company for over 30 years.
- ◇ And much more.



***Lakeview Terrace is the place to be!***

## **Five Foods Doctors Recommend**

### **When People Want to Lower the Risk of Alzheimers**

by Interim HealthCare

In just shy of two decades, the number of deaths attributed to Alzheimer's has increased by 89 percent. Right now, people aged 65 or older have a 1 in 10 chance of having Alzheimer's. It's expected that in the next 32 years, the number of Alzheimer's patients will triple.

When you have a family member with Alzheimer's, there is no guarantee that you'll get the disease. Research is ongoing, however. Doctors do recommend making changes in hopes of lowering your risk. One of those suggestions is to focus on brain-friendly foods. Here are five foods doctors recommend to help lower the risk of Alzheimer's disease.

#### **Berries**

Berries contain many antioxidants. In 2012, the Annals of Neurology released a study regarding cognitive health and berries. In this study, some participants ate blueberries and strawberries regularly while others did not. Those who ate them regularly were found to slow cognitive aging by as much as 2.5 years.

#### **Fish Rich in Omega-3 Fatty Acids**

Omega-3 fatty acids help lower inflammation throughout the body. This can help with Alzheimer's, arthritis, and heart disease. It's for this reason that doctors recommend eating fatty fish.

Fish that are good sources of fatty acids include herring, mackerel, salmon, sardines, trout, and tuna. Balance how much fish they consume due to mercury levels. Most doctors recommend eating fish once a week.

#### **Green, Leafy Vegetables**

Kale, spinach, and Swiss chard are all believed to help. A 2017 study from Rush University found that participants who ate more than one serving of leafy green

vegetables each day slowed their cognitive aging. It did depend on the greens that were consumed. Collards, kale, mustard greens, spinach, and turnip greens seemed to be some of the better options.

## Legumes

The fiber, B vitamins, folic acid, and zinc are some of the reasons beans and legumes are recommended. Lentils are an affordable and very versatile option. Other beans and legumes to keep on hand are black beans, chickpeas, and many of the dried beans like cranberry, navy, or pinto.

## Poultry

Beef and pork are fattier meats that doctors recommend limiting to every now and then. If you are looking for a brain-healthy source of protein, chicken and turkey breast are ideal. It should be sautéed or broiled in with little to no oil. If you must use oil, olive oil is best.

In addition to dietary changes, you should cut stress and make sure you have time to exercise at least 30 minutes each day.

## Goat Cheese Berry Salad

- 2 cups of assorted greens
- 1/8 cup sliced red onion
- 1 tablespoon of pumpkin seeds
- 1/2 cup fresh blueberries
- 1/2 cup fresh sliced strawberries
- 1/2 cup crumbled goat cheese



Assemble all ingredients on a plate and pair with a low-fat raspberry vinaigrette or even add a piece of fresh salmon for more protein.

# Greetings from your Executive Director

Recently a group of Lakeview Terrace Department Directors and I attended the Annual Umatilla Chamber of Commerce Banquet. Our community was given the “Innovative Business Award of the Year” for our accomplishments over the last several years. This recognition includes the new Living Well and Aquatics Center, renovations to the Dining Room and Lounge, the addition of our new Bistro and outside seating with a new garden area. Coming soon will be a 20 bed Skilled Nursing addition to our Health Care Center. We have increased our census into the 90% occupancy level and added several new staff positions to lead us into the future. I think it is also fair to say that your continued support of our staff and management creates a friendship among our family of employees and residents that allows Lakeview Terrace to be successful. New residents and prospects notice the friendliness and they speak highly of being welcomed into their new home. Remember, everyone at some point was a new resident; so thank you friends and neighbors for your part in the “Innovative Business Award of the Year”!

Sincerely,

*Jim Gillespie*



## Sampling Of Lakeview Terrace Activities

April 2nd	Boggy Creek Bear Stuffing
April 4th	Movie "The Help"
April 5th	Social "Wendy Proctor - Camp Boggy Creek" at LVT LVT Resident's Academy
April 6th	Creation Health
April 7th	Lake Women's Club at LVT
April 9th	Hike "Pear Park" LVT Choo Choo Club
April 10th	Dinner at Aunt Catfish Restaurant
April 11th	Banking at Your Fingerprints
April 12th	LVT Senior Nature Force Florida Storytelling Festival at the Lakeside Inn
April 13th	Gypsy Gold Horse Farm
April 17th	Hearing Clinic Poetry Club Beacon Salon Series: Diane Roberts
April 18th	Movie "Now You See Me"
April 19th	Bingo Fun LVT Resident's Academy Dementia Caregivers Support Group
April 20th	Lunch at Olive Garden
April 21st	Kingdom of the Sun Concert & Dinner at Golden Corral
April 23rd	Hike "Kelly Park" Book Club "The Mountain Between Us"
April 24th	Dinner at LongHorn Steakhouse
April 25th	Veterans Group Meeting
April 26th	Volunteer Banquet
April 27th	Homosassa Excursion
April 30th	Florida's Driver's License Clinic





## Weekly Entertainment



Bridge	12:30pm	Lounge	Monday
Mahjonn	1:00pm	Lounge	Monday
Bingo	6:15pm	Lounge	Monday
Bridge	6:15pm	Lounge	Tuesday, Thursday
Bible Study	9:45am	Multi-Purpose Rm	Wednesday
Poker, Cribbage	6:15pm	Lounge	Wednesday
Mahjonn, Samba	6:15pm	Lounge	Wednesday
Dominos	6:15pm	Lounge	Friday
Horse Racing	6:15pm	Lounge	Friday
Pennies From Heaven	6:15pm	Lounge	Thursday, Saturday



## Monthly Entertainment / Activities

Men's Social	9:00am	Lounge	First Tuesday
Movie	1:00pm	Living Well Center	First & Third Wednesday
Ladies' Social	9:00am	Lounge	First Thursday
Senior Nature Force	9:45am	Multi-Purpose Rm	Second Thursday
Computer Club	10:15am	Multi-Purpose Rm	Third Saturday
Meal System Update	10:00am	Lounge	Every Wednesday
Veterans Group	2:00pm	Lounge	Fourth Wednesday
BINGO Fun	10:00am	Lounge	Fourth Thursday
Karaoke	6:00pm	Living Well Center	Last Tuesday
Poetry Group	1:30pm	Conf. Rm	Third Tuesday



## In The Spotlight At LVT Barbara Mandigo

Barbara hit the ground running! Born in Ithaca, New York, she was raised on a dairy farm that has been in the family since the 1700's.

Barbara met her husband Richard when they attended Cornell University. Barbara studied Child Psychology. Her face lit up recalling how much she enjoyed the little ones. She was used to being surrounded by children as she was the fourth child among nine other siblings.

Barbara's father was a Marine. One of the most memorable assignments was his work on the Panama Canal when first acquisitioned.

Barbara headed an extension of the 4H Club in Pulaski, while her husband also ran the family's farm. Cornell University offered Barbara a Sabbatical. During this time, she visited and oversaw over one hundred 4H Clubs all around the world as an Associate Agent. Some of her stops included Japan, Thailand, Australia, and New Zealand. Barbara says the world is a fascinating place, and has visited sixty countries. Yes, sixty.

She recalled writing about her travel experiences. Every night, mostly in a tent, she hunkered down and described that day's fascinating discoveries. Barbara submitted the articles to local papers, and the articles were printed all over the world, including Mexico, Australia, and several Asian countries. One of her sons collected and compiled these articles into a book.

Barbara and Richard also brought the world to their home through exchange students. She has fond memories of the students that stayed with them. They came from Australia, India, Thailand, Indonesia, Turkey, Japan, New Zealand, Mexico, and even a WWII refugee from southern Russia who didn't speak a word of English. Not having electricity, the boy from Russia was fascinated with the vacuum cleaner.

Barbara is proud of her five sons. Barbara's passion for education and dedication was not lost on them. Cornell University is very familiar with the Mandigo name. Their professional development and careers are wonderfully diverse: running the family farm, hospitality management consultant, education, computer development, and working for the FBI.

After she became a mother, the 4H informed her they did not have a need for a married woman to work for them! Undaunted, Barbara turned her sights on the management of foster homes. After a few years, the 4H Club came and asked if she would return to work for them. She retired in 1975.



How did Barbara come to be in Florida? Back in 1966, Richard and she drove from Upstate New York to Florida for a vacation. She recalls the undeveloped, dirt roads edged by lush foliage. They enjoyed the Florida landscape, returning every Christmas with their sons, stopping at historical places along the way like Monticello and Gettysburg.

### **Some of Barbara's travel highlights:**

She has camped overnight in Moscow soccer fields.

In Egypt, Barbara climbed the pyramids, and rode elephants and camels.

After the Shah of Iran was deposed, locals surrounded the bus she was riding. Dozens of stones were hurled toward the bus, and broken windows shattered all around her.

She was in Russia right after the Chernobyl accident. One her sisters joked she glowed for weeks after.

Barbara's face lit up when she reminisced about being in Nepal and walking to China's border. She said it was absolutely gorgeous.

### **What has Barbara been up to since landing at Lakeview Terrace?**

She has served as President of the LVT Association.

Barbara has played a key role in the efforts to craft bears for Boggy Creek. She has made 6000 bears since 2006. In addition to the cause itself, Barbara appreciates that it's a great way to bring neighbors together socially. There is a meeting to be held on April 17, 2018, for anyone who would like to learn what this is all about. Check the calendar at the Front Desk for more information.

For years, Barbara set up the daily newspaper to neighbors at LVT. One day, she tag-teamed paper delivery with Ethel White. After a short while, the Garden homes became Barbara's designated delivery area. The papers were delivered around 4:00 AM, yet she commented it was a wonderful way to know people while on her route.

She served as Head of Chaplain's committee for a long time, and has since passed the torch.

Barbara's flower garden is delightful! She has dozens of amaryllis flowers in blossom. Years ago, she saw discarded flower bulbs in the trash while delivering the newspapers and decided to give them new life.

Barbara Mandigo has a knack for blooming where she is planted. We are delighted to have her as our neighbor here at Lakeview Terrace.



**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.**



331 Raintree Drive, Altoona, Florida 32702-9609  
352-669-3148 • 800-343-1588  
[www.LakeviewTerrace.com](http://www.LakeviewTerrace.com)  
Contact us at [lifecareinfo@LakeviewTerrace.com](mailto:lifecareinfo@LakeviewTerrace.com)

Lic # 88029