



Lake Views



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NOW OPEN



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Do You Know April is:
National Humor Month
National Poetry Month
National Pecan Month
Stress Awareness Month



Can walnuts help delay the onset of Alzheimer's disease?

Published: by Interim HealthCare

There are a number of foods known to have memory-boosting power that are recommended for those with early signs of Alzheimer's disease. Now, researchers have found another item to add to the list: walnuts.

The research on walnuts

Led by Dr. Abha Chauhan from New York State Institute for Basic Research in Developmental Disabilities, a research group in India has found that consuming a fistful of walnuts each day may be able to slow or prevent the onset of Alzheimer's disease, reported the Economic Times. Due to the antioxidant and other properties of this nut, the team's preliminary research has pointed to promising potential for this degenerative disease that impacts memory - a condition that has yet to have a cure.



"Oxidative damage and inflammation are two prominent features in the pathology of Alzheimer's disease and many other neurodegenerative diseases. Walnuts are very rich in anti-inflammatory components and antioxidants," said Chauhan.

Although these findings have yet to be published, they will likely lead to more extensive research on the role of antioxidants as they relate to dementia.

Brain-boosting foods

Walnuts join a long list of brain-boosting foods, most of which are filled with antioxidants or Omega-3 fatty acids. According to Reader's Digest, brain development is dependent on high levels of DHA, a type of Omega-3 fatty acid. As such, foods high in DHA can help reduce the risk of developing dementia. Fatty fish is an especially great source and eating white tuna or salmon just once a week may help to reduce the onset of the memory disease by 10 percent. Flaxseed and beans are other great sources of Omega-3 fatty acids.

Alzheimer's.net reported that berries such as cherries, strawberries, blueberries, raspberries, oranges and plums are all filled with antioxidants, helping to reduce the risk of oxidative damage in individuals with the disease. Leafy greens are also especially great foods for helping to boost cognitive function and in the

process, help to reduce the risk of dementia. These include kale, broccoli, spinach and cruciferous vegetables. Studies have shown that the chance of cognitive decline among the elderly is reduced among those consuming leafy greens.

Two unexpected items on the list of foods that are beneficial in helping to reduce the symptoms or onset of dementia include coffee and chocolate, as reported by Alzheimer's.net. In addition to the antioxidant properties, both also have caffeine which has been known to help with memory loss.

Ensuring a balanced, healthy diet with plenty of antioxidants may help to slow the progression of Alzheimer's disease.

Simple Salmon Cakes

- 1 tbsp olive oil
- 14 oz salmon (2 cans Alaskan wild salmon)
- 1 cup wheat bread crumbs or panko
- 1 egg beaten
- 1/3 cup chopped onion
- 1/4 cup parsley
- 1 teaspoon dijon mustard
- salt and pepper

Mix all ingredients except the olive oil and make into patties. Line a baking sheet with foil, and spray with a little cooking spray. Set oven to 350° degrees. Add olive oil to pan and add patties cooking 5-10 minutes on each side until browned.



In The News.....

Meet William Mahon our Director of Restaurant Operations



William Mahon VII is an Arizona native and comes to us from food & beverage and resort management more recently in the Florida Panhandle. He has a beautiful family and twin teenage boys that he adores. William has a multitude of experience in various food & beverage concepts and truly has a passion for the industry. He enjoys spending time with his family, cooking, wine tasting and playing chess. He is thrilled to be part of the Lakeview Terrace family and can't wait to meet each of you personally as he continues his career here.

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We are in our fourth week of play in a seven week tournament, followed up by three to four weeks of play-offs. We have six teams competing in various conferences, with other retirement communities throughout the United States.

Pat Orr and Hank Pezold each bowled two 300 games in the first three weeks of this tournament.

NSL playoff dates are: April 19 - 22.



A SALUTE TO EVERYDAY HEROES



Barbara Mandigo from Lakeview Terrace won the Channel 13's "2016 Viewers Choice Award." Barbara is a resident at Lakeview Terrace and, with her resident friends, is responsible for donating over 7,000 hand-made teddy bears to the Boggy Creek Camp Club. She was honored at the award luncheon held on March 23, 2017.

Congratulations Barbara!

Sampling Of Lakeview Terrace Activities

- April 1st "Oklahoma" at the IceHouse Theatre
- April 4th Men's Social
Umatilla Elementary School Volunteers
- April 5th Movie "Florence Foster Jenkins"
- April 6th Ladies' Social
LVT Resident Academy 
- April 7th Lunch at Umatilla Inn
- April 8th The LVT Readers Theatre Players "Arsenic and Old Lace"
Karaoke at LVT
- April 9th Lunch & Entertainment at The Dam Smoker
- April 10th Hiking Group - Lake Apopka North Shore Wildlife Drive
- April 13th LVT Senior Nature Force
- April 14th Dinner at Olive Garden 
- April 15th Computer Club
- April 16th Easter Sunday
- April 17th Smooth Country Band & Dancing at Olympia Banquet Center
- April 18th Hearing Clinic
Lunch at Bavarian Brewhaus
Poetry Group
- April 19th Movie "Glenn Miller Story"
- April 20th LVT Resident Academy "Medical Terminology"
Volunteer Banquet
- April 21st Earth Day Display 
- April 22nd Karaoke at LVT
- April 23rd Kingdom of the Sun Concert & Dinner at Golden Corral
- April 24th Hiking Group - Juniper Springs
- April 26th Veterans Club Meeting
- April 27th Bingo Fun
Ambassador Meeting 
- April 28th Dinner at Bonefish Grill

Weekly Entertainment



Bingo.....	6:15pm.....	Living Well Rm.....	Monday
Bridge.....	6:15pm.....	Living Well Rm.....	Tuesday, Thursday
Bible Study.....	9:45am.....	Multi-Purpose Rm....	Wednesday
Poker.....	6:15pm.....	Living Well Rm.....	Wednesday
Mahjonn.....	6:15pm.....	Living Well Rm.....	Wednesday
Card Night.....	6:15pm.....	Living Well Rm.....	Thursday
Game Night.....	6:15pm.....	Living Well Rm.....	Friday
Horse Racing.....	6:15pm.....	Living Well Rm.....	Friday
Pennies From Heaven...	6:15pm.....	Living Well Rm.....	Saturday



Monthly Entertainment/Activities

Boggy Creek Bears.....	12:30pm...	Lounge.....	First Monday
Men's Social.....	9:00am.....	Lounge.....	First Tuesday
Women's Social.....	9:00am.....	Lounge.....	First Thursday
Movies.....	1:00pm.....	Lounge.....	First Wednesday
Senior Nature Force.....	9:45am.....	Conference Rm.....	Second Thursday
Computer Club.....	10:15am...	Multi-Purpose Rm....	Third Saturday
Construction Update.....	9:45am.....	Lounge.....	Every Wednesday
Veterans Group.....	2:00pm.....	Multi-Purpose Rm....	Fourth Wednesday
BINGO Fun.....	9:45am.....	Lounge.....	Fourth Thursday

Fitness Classes

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00am	9:00am	9:00am	9:00am	9:00am
Total Body Fitness	Aqua Total Body	Total Body Fitness	Aqua Total Body	Total Body Fitness
1:00pm	9:45am	9:35am		
Aqua Arthritis	Yoga/Tai Chi	Fall Prevention		



In The Spotlight At LVT Pet Therapy Dogs at Lakeview Terrace

Several Lakeview Terrace residents with pets have chosen to share their pets with residents in the HealthCare Center as *Pet Pals*. These *Pet Pals* go to exercise class with residents, visit them in Memory Care, sit with them in their homes, or just spend time with them wherever they are. There are at least 4 dogs that regularly visit the Healthcare Center. Our Activities Department is looking for a cat to become part of this program with the dogs. Of course it will take a special cat to do this!

Animals have such a special way of communicating and residents love to see and spend time with these special pets. Sassy, Penny, Kita, and Lucy Mae are all such wonderful pets, not to mention their owners who love to bring them for visits! Everyone involved benefits so much!

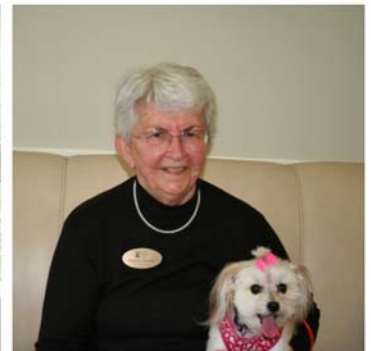
In addition to the *Pet Pals*, a group of certified therapy dogs from the local chapter of P.A.W.S. comes to visit monthly. All the dogs that visit make the days of the people they see so much brighter!

Just A Dog?

Oh Woof No!

I am a big hug of **therapy**
full of **unconditional love**
with just enough **bravery**
and a lifetime of **loyalty**

Kirbythedorkie.com



Physical Exercise For Emotional Strength

We all know that regular exercise can make us physically strong. However, regular exercise can also make us emotionally solid. You can ease depression and anxiety by getting physical. If you have ever worked out when in a bad mood, you have probably seen this in action. So, what does exercise do for us emotionally?



Releases chemicals that make you feel good. Just a 30-minute walk around your neighborhood can release feel-good chemicals in your brain.

Gives you a boost of energy and promotes sleep. With oxygen flowing through your body, your heart and lungs work more efficiently. This makes you feel better and allows you to get through the day. When the day is over, you'll sleep more soundly, repairing you physically and emotionally.

Serves as a healthy distraction. When you have a lot on your mind, a yoga class, walk or time at the gym can offer a distraction from your thoughts. Instead of turning to alcohol, food or drugs, exercise is a great way to cope. For many people, this time is their "safe space." In addition, going to classes or the gym will encourage you to socialize, creating a supportive, positive environment.

Boosts your immune system. When you feel better physically, you feel better emotionally. If you are feeling sick, it can add to feelings of depression and anxiety.

Physical strength is a great benefit of exercise, but emotional health is just as important. If you commit to 75 minutes of vigorous exercise or 150 minutes of moderate, you will surely feel the emotional rewards.

Visit <http://ow.ly/oU3K306c4Mt>

For an article from Psychology Today with Four Exercises for Social/Emotional Well-Being.



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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