



# Lake Views



August 2020, Volume 7, Number 08

NEW VILLAS AND TOWER  
APARTMENTS READY THIS FALL!



YOU ARE NOT ALONE  
AT LAKEVIEW TERRACE

[www.LakeviewTerrace.com](http://www.LakeviewTerrace.com)

The Monthly eMagazine of Lakeview Terrace, Altoona FL.



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## Do You Know August Is:

- Admit You're Happy Month
- Family Fun Month
- National Catfish Month
- National Golf Month
- National Picnic Month



## In The Spotlight

### LUCKY SEVEN. THROWING RIFLES. HOLD THE SPANDEX!

Jackie Clark, our dynamic and dependable Community Receptionist, is chock full of stories. She was named after her father Jack.



The term “Lucky 7” holds much meaning for her. “I am the seventh granddaughter of the seventh daughter. We were all born on the seventh day of the month!”

During her high school years in Apopka, Florida, Jackie was involved in the Marine Corp ROTC program. At the age of 16, she traveled to the Marine Corp Office Base in Quantico, Virginia, to compete in a sharpshooter competition.

Jackie recalled how the Sergeant Major blindfolded her in front of the class to see how long it would take her to disassemble and reassemble her M-16 rifle.

A Member of the ROTC Color Guard, her position was on the end and “I got to twirl and throw my rifle in the air as we performed”. By her senior year, she became a Staff Sergeant. Jackie was on the Dance Team and in the Flag Corp for a while, but they did not hold her interest. “I was such a tomboy. I preferred camo and combat boots instead of spandex and rhinestones.”

After high school graduation, Jackie was hired by Barnett Bank as a teller. She took her responsibilities seriously. Quickly working her way up to Lead Teller, then Vault Supervisor, she was responsible for processing hundreds of thousands of dollars on a daily basis.

Then, one Christmas season, bank robberies were happening frequently and work became very stressful. “I was newly pregnant and decided to leave that position out of fear for the ‘what if’.”

Jackie and her husband then opened their own Concrete Pumping company. She felt blessed to be able to stay at home and run their business for many years. As their children started getting older, they sold the business. Jackie decided to find something to occupy her time during the day while they were in school.

She applied for a job at Sam's Club to work a few days per week as a cashier. Management noticed her special qualities and responsible nature; Jackie was promoted six times in three years.

However, once Jackie and their family moved to Umatilla, the drive became too far. "It didn't make sense financially for me to work there anymore. That's when I found Lakeview Terrace!"

Jackie and her husband were high school sweethearts, and have been happily married for 25 years. They are proud of their three children.

Their oldest, Hunter Cypress, is 21 and pursuing a Micro Biology and Bio Chemistry Degree at Jacksonville. He has worked summers here as a host or Dietary Aide.

Reese Avery-Nichelle is 17. She is about to begin her senior year at Umatilla High School and would like to become a Labor and Delivery Nurse.

Briar Ava-Madison, "the baby", is their 13-year-old. She would like to become a University of Florida cheerleader while studying to be a surgeon.

She has always told them, "Life is like climbing a mountain. Sometimes the path gets rough and rocky and you have to dig in and focus on each step. Sometimes you may miss your footing and stumble; other times you may need to stop and rest along the way."

"But no matter what, I will always be behind you, pushing you forward to make sure you reach the top. It's ok to stop and catch your breath when you need to, as long as you keep climbing."

Not too long ago, Jackie was having a bad day. One of her children told her, "Momma, I'm gonna tie a rope to you and pull you behind me today as I climb."

Jackie and her family enjoy fishing and boating on the weekends. She describes herself as a proud Christian and prays every morning in her truck before walking into work.

She reflected, "I am happy to have found Lakeview Terrace. Although working here can be an emotional rollercoaster, I enjoy feeling as if I make a difference in people's lives."

Thank you Jackie, for the support and compassion you give to this community. You do make a difference!

By Heather Presley

## IN THE NEWS.....



Market Day at Lakeview

First Friday Produce Day

Friday, August 7th

9 AM—12 PM

August is ONE of the hottest months of the year, so let's do some fun things, think coastal and stay cool!

A very popular local event know as Planes, Trains and BBQ is held annually in Tavares. We are hosting our own version at Lakeview Terrace.

Planes: What type of paper airplane can you build? What type of plane will fly the longest, the furthest?

Trains: The Choo Choo Club will host a static display of trains in the Lounge

BBQ: BBQ - Food Trucks are ALL the rage and we have a few coming to visit our residents



## Why it's more important than ever to de-stress (and simple tips that can help)

Suffice it to say that the past few months have been incredibly stressful for just about all of us. We're living in unprecedented times, and whether we recognize it or not, this stress is having an impact.

There are some times where stress can be a good thing. Good stress is called "eustress," and it's the type of stress we feel when we're excited. Our pulses quicken and our hormones shift -- but, there's no fear or imminent threat. When we are nervous heading into a job interview, riding on a roller coaster or going on a first date, we're encountering "eustress."

Unfortunately, bad stress outweighs eustress for most of us, especially in today's current climate. Acute stressors don't usually have a bad impact on our health, as long as we take steps to de-stress as quickly as possible. For many of us, though, acute stress compounds into chronic stress. That's when we're dealing with constant stressors for a long period of time.

Social distancing, worrying about COVID-19, being apart from loved ones, possibly losing a job or a loved one losing a job, relatives or friends becoming sick, other stress in the world...over the course of months and months?

That would definitely be classified as chronic stress, and most of us are suffering.

### How stress affects senior health

Our bodies aren't designed to deal with chronic stress, so its effects on our health are serious. This is especially true for seniors, who often have existing conditions and struggles that are exacerbated by stress.

Common effects of stress on our health include:

- > Anxiety
- > Headache
- > Over or undereating
- > Muscle pain or tension
- > Social withdrawal
- > Feeling overwhelmed
- > Fatigue
- > Chest pain
- > Depression
- > Sleep problems
- > Gastrointestinal issues
- > Feeling overwhelmed
- > And unfortunately, more



The risk and impact of stress increases substantially for seniors. Specifically, stress can cause the following in seniors:

- > **Memory problems.** Stress forces our brains to act differently than when things are "normal." As a result, chronic stress can cause short-term memory problems, especially in seniors. These memory problems are unrelated to Alzheimer's or dementia.
- > **Lowered immune response.** There are a host of risks associated with lowered immune response. In today's reality, immune system health is especially important when we consider the risks (especially the heightened risks of COVID-19 for seniors) surrounding the coronavirus. A lowered immune response can also inflame other conditions your senior loved ones may be fighting, making symptoms and suffering worse.
- > **Heart issues.** Stress floods your body with adrenaline, which can raise blood pressure and heart rate. Stress can also cause seniors to seek poor ways to deal with its effects, like smoking, alcohol and poor eating. Each of these factors also has a negative impact on health, further exacerbating issues.
- > **Chronic digestive issues.** When faced with chronic stress, the nervous system can send the digestive system into a haywire state, which can lead to all sorts of digestive issues and over the long run, chronic issues like ulcers and irritable bowel syndrome.

#### How to help relieve the burden of stress for seniors right now

This advice can help you reduce the burden of stress on your senior loved ones, and can also help you reduce your own stress levels to improve health and happiness:

- > **Get outside.** Depending on the physical abilities of your senior loved ones, this may literally mean pulling up a chair and sitting outside with a book or headphones. And that's okay! Some sunshine and blue skies (or if on a porch or under another covering, during a nice summer rain storm) can work wonders on mental health. Seniors who are feeling cooped up and lonely during quarantine can also enjoy seeing neighbors and feeling less confined.
- > **Get moving.** The ability to exercise may vary based on the health challenges of your loved ones, but walking, stretching and other physical activity can help reduce the effects of stress (plus, exercise has a whole host of benefits!). Even a walk around the block can have a positive impact!
- > **Engage company.** FaceTime and Zoom calls are great, but if you live nearby, consider a socially-distanced visit. Sitting out on a porch while safely distanced or wearing masks can alleviate feelings of loneliness and social isolation, which can significantly impact stress levels. You can also combine some of these suggestions, going on a socially-distanced walk with a loved one (perhaps one in the street and one on the sidewalk, or both wearing masks) to spend time together while maximizing the health benefits.
- > **Be mindful.** Apps like Headspace and Calm offer free meditations to help people de-stress and relax -- if your senior loved one has a smartphone, help him or her load one or both of these apps to their device. Meditation has been shown to dramatically impact mental and even physical health!
- > **Talk to a doctor.** There is a difference between "the blues" and serious depression, which is increasingly common in seniors. If you are worried that your senior loved one is suffering from depression, be sure to call his or her doctor. The doctor may recommend medication or therapy to further assist with challenges.

## LVT Events & Activities

Please be reminded that our activities are based on the reopening phases outlined by the Governor. We are not allowed at this time to schedule any off campus lunch, dinner or recreational trips. We appreciate your patience. Be well!

Monday, August 3rd at 12:30 PM  
Boggy Bear Stuffing in the Lounge

Tuesday & Wednesday, August 4th & 5th  
Static Train Display in the Lounge

Wednesday, August 5th at 1:00 PM  
Movie at LWC - "Judy"

Thursday, August 6th at 5:00 PM  
Birthday Bash in the Bistro

Friday, August 7th 9:00 AM - 12:00 PM  
Market Day in the Lounge

Friday, August 7th at 10:00 AM  
Flight Competition at the LWC

Wednesday, August 12th 11:00 AM - 2:00 PM  
Food Trucks at Community Building

Wednesday, August 12th at 1:00 PM  
Movie at LWC- "Downtown Abbey"

Thursday, August 13th at 9:00 AM  
Ladies' Social in the Lounge

Monday, August 17th 2:00 PM - 4:00 PM  
Ice Cream Social in the Bistro

Tuesday, August 18th 7:00 AM - 7:00 PM  
Primary Election in the Multi-Purpose Room

Tuesday, August 18th at 8:45 AM  
Hearing Clinic in the Lounge

Wednesday, August 19th at 1:00 PM  
Movie at LWC- "It Happened One Night"

Wednesday, August 26th at 1:00 PM  
Movie at LWC - "Resistance"

Thursday, August 20th at 10:00 AM  
Bingo Fun in the Lounge



## WEEKLY ENTERTAINMENT/ACTIVITIES

Bridge	12:30 PM	Lounge	Monday
Mahjonn	12:30 PM	Lounge	Monday
Bingo	5:30 PM	Lounge	Monday
Bridge	5:30 PM	Lounge	Tuesday, Thursday
Boggy Bear Workshops	1:00 PM	Multi-Purpose Rm	Tuesday
Men's Glee Club	3:00 PM	Lounge	Tuesday
Bible Study	9:45 AM	Multi-Purpose Rm	Wednesday
Poker, Cribbage	5:30 PM	Lounge	Wednesday
Mahjonn, Samba	5:30 PM	Lounge	Wednesday
Horse Racing	5:30 PM	Lounge	Friday
Pennies From Heaven	5:30 PM	Lounge	Thursday, Saturday
Wood Carving Club	1:00 PM	Multi-Purpose Rm.	Fridays

## MONTHLY ENTERTAINMENT/ACTIVITIES

Happy Bookers	10:00 AM	Tower	2nd Monday
Boggy Creek Stuffing	12:30 PM	Lounge	1st Monday
Movie	1:00 PM	Living Well Center	1st and 3rd Wednesday
Poetry Group	1:30 PM	Multi-Purpose Rm	3rd Tuesday
Nature Club	1:15 PM	Lounge	1st Thursday
Novel Bunch	10:00 AM	Multi-Purpose Room	4th Monday
Veterans Group	2:00 PM	Lounge	4th Wednesday
Travel Club	11:00 AM	Lounge	4th Friday

## LVT Residents' Academy

Date	Subject	Instructor
Sept. 3rd	Chaos: Predictably Unpredictable	Laurita
Sept. 17th	What a Boating Adventure!	Kuhnen
Oct. 1st	Tardigrades	P. Wolfson
Oct. 15th	Why We Love Stories	J. Reagan
Nov. 5th	Galileo: The Father of Science	M. Farona
Nov. 19th	Old Age Is Over	A. Perciballi



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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