



Lake Views



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www.LakeviewTerrace.com

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Contents

3	In The Spotlight	9	LVT Events & Activities
5	Library News....	11	Birds of Lakeview Terrace
6	Looking For Some Hot Stuff	12	Happening at Lakeview...
7	6 Tips To Keep Good Vision As You Age		



In The Spotlight

Who Doesn't Love a Stuffed Teddy Bear?

Kids love stuffed animals, especially teddy bears. They offer a sense of safety, predictability and comfort in an often uncertain and frightening world. Beth Tyson, Psychotherapist and children's book author attests to the bears appeal.

At Camp Boggy Creek, Eustis, every child, from seven to 16-years-old, receives a homemade stuffed Teddy Bear and Afghan or Quilt when they arrive at camp. The Camp, founded by Paul Newman and General Norman Schwarzkopf had one premise in mind — every child, no matter their illness can experience a transformational spirit and friendships that go hand in hand with camp.



While fishing, horseback riding and rope climbing are naturally a part of their experience, a handmade classic stuffed teddy bear is especially cherished by the young campers.

At LVT, 40 to 50 residents participate in creating these bears from scratch, and several of the women crochet afghans or make quilts for the kids.



It's quite a creation, from getting material and cutting the pattern to stuffing the bears and tying a ribbon around its neck. Some of the volunteers are tasked with threading the needles, others pin and sew up the back.

“Our participation in the program started in 2005,” said Rosemary Spencer, a lead organizer and sewist in the group. The assembly was started by Barbara Mandigo at the age of 90-years old. “She was an awesome lady and local resident.

Today, Rosemary and a small group of sewists meet weekly to match fabrics, trace and cut 22 pieces to put the bear skins together. The Stuffing Party is held monthly, where the well organized production of the colorful bears is completed.

“The Camp needs about 6,000 bears a year...We send about 50 every month, said Rosemary, “but we need more sewists for a backlog of bear skins.”

Ingrid Ellsworth is one of the few sewists and she thoroughly enjoys the program. “If I have to give up everything, I’d still find time for this project. It’s so rewarding. The Camp is a state-of-the-art awesome place for sick kids.”



By Mary Pat, LVT Resident

Library News...

Publishing the Great American Novel

So you've written the Great American Novel. Can it be a Best Seller? Your quest begins by sending your manuscript to numerous Agents for traditional Publishing Companies. When it's accepted, does that Publisher simply send your book to a printer and put it in bookstores? Hardly! Let's follow a Publisher's production process.

After acquisition and contract signing, Structural Editors improve flow, story, and writing weaknesses for consistent grammar, plot and characters. Copy Editors ensure format and word consistency. Proofreading Editors meticulously correct any remaining errors. Illustrators design eye-catching covers to attract readers.

During the six months that your book is being finalized, Publicists send advance copies to reviewers to write pre-publishing articles, develop creative, multi-channel campaigns and create marketing materials. They contact social media and distribute news releases. Brick and mortar bookstores and e-Book sellers receive schedules for shipping, interviews and book signing events.

After the book is in stores, administrative work goes on: Ordering and shipping, management of sales, payment of royalties and commissions, legal issues and housekeeping items still need handling

A Publisher generally pays an author a royalty of 10 – 20% of full retail price with a higher percentage for e-Books due to their ease of distribution. Increasingly, some publishers now pay royalties based on the actual discounted price of books as sold by booksellers, thereby dramatically lowering the author's royalties.

In Self-Publishing, you earn substantially higher royalties, retain the rights for your story and enjoy fast production. However, you make all decisions and perform the edits and tasks at your own cost and time without the support of Publishers' resources, marketing programs, contacts, and administration. Consultants are available, but it is challenging and can be costly to produce your own finely polished and high quality Best Seller.

Traditional Publisher or Self-Publish your Great American Novel? Tough decision. Less money but the support provided by a traditional Publisher or Self-Publishing with more income, but your time and money investment with less professional guidance or marketing? Your choice. You can publish your Great American Novel either way.

By Joanie (LVT Resident)

Looking For Some HOT STUFF

Spice does more than add a zesty pop to your meal, it can:

Help maintain a healthy weight.

Boost heart health by breaking down fats.

Support gut health by reducing inflammation and enhancing the “good” bacteria in the gut.

Different spices deliver different benefits, here’s a “taste:”

Cayenne pepper: Loaded with capsaicin, a substance that has many health benefits. It adds heat and health to dishes and helps to break down fats. Sprinkle it on avocado toast!

Ginger: Filled with cancer-fighting antioxidants, ginger improves digestion and relieves nausea. Grate it into a stir fry, or steep it in hot water for tea!

Cinnamon: Anti-viral, anti-bacterial, anti-fungal, and helps lower blood sugar. Sprinkle it on low-fat yogurt or oatmeal for breakfast!

Although many people enjoy the taste and benefits of spicy foods, there are some who may prefer to avoid them. People who suffer from inflammatory bowel disease, ulcerative colitis, or Crohn’s Disease may find that the conditions are aggravated by spicy foods. Others may experience acid reflux or nausea after consuming hot and spicy dishes. Spice or no spice, a balanced diet that suits an individual’s preferences and needs is always the goal. Adding fresh hot peppers or a sprinkle of chili powder to your food is a great idea, but not if it’s on a giant pile of fries!



By Bouchard Total Wellness

6 Tips To Keep Good Vision As You Age

Just because your eyes *feel* healthy, you might assume that they *are* healthy. Unfortunately, most eye diseases don't have warning signs... which means you could have an eye problem and never know it. The good news is that there are many things you can do to take care of your eye health, even as you age.



Even if you've had perfect 20/20 vision your whole life, it's important you have an established relationship with an ophthalmologist or optometrist. Scheduling an annual visit with your eye doctor and following these 6 tips will help ensure you're on your way to top-notch eye health and vision.

Tip 1: Protect Your Vision

Whether you are 25 or 85, the same rules apply to protecting your vision. No matter your age, protect your vision at all costs! A few easy ways you can protect your eyes and vision include:

- **Wearing sunglasses** - Even on cloudy days! The easiest way to protect your eyes is by shielding them from the sun. Be sure to pick sunglasses that block 99 to 100 percent of both UVA and UVB radiation. You could also wear a wide-brim hat to not only protect your eyes but the skin on your face from the sun's harmful rays, as well.
- **Wearing protective eyewear** - This should be a no-brainer, but don't take a chance when you are doing things like home projects, construction work, or playing sports. There are plenty of safety goggles and glasses to choose from!
- **Give your eyes a rest** - Have you ever scrolled through your phone or computer for what seems like five minutes, but you look up and suddenly an hour has passed by? Rest your eyes by taking a break every 20 minutes to look at something else around 20 feet away for about 20 seconds.
- **If you wear contacts, take steps to prevent eye infections** - Be sure to wash your hands before you put your contact lenses in or take them out—every time! You also should disinfect your contact lenses and replace them regularly.

Tip 2: Know Your Risks For Eye Disease

The following factors can put you at risk for developing eye disease. Know your risk and work with your ophthalmologist or optometrist to help stay on top of screenings you may need if any of the following apply to you:

- You are overweight or obese
- You have a family history of eye disease
- You are African American, Hispanic, or Native American
- You have diabetes or high blood pressure

Common eye diseases include Age-related macular degeneration (AMD), Diabetic retinopathy, cataracts, glaucoma, and dry eye. Work closely with your eye care professional to diagnose and treat these issues.

Tip 3: Take Care Of Your Overall Health

We may sound like a broken record, but following these tips will benefit your eye health long-term and can improve many other aspects of your health, as well.

- First and foremost, stop smoking if you currently smoke.
- Make smart food choices.
- Make sure you are physically active and maintain a healthy weight.
- Keep an eye on your blood pressure and manage diabetes if you have it.

Tip 4: Learn How To Identify Low Vision

One of the most common problems as we age is experiencing low vision, even if you don't have an eye disease. According to the National Institute on Aging, low vision means you cannot fix your eyesight with glasses, contact lenses, medication, or surgery. Low vision affects some people as they age. You may have low vision if you:

- Can't see well enough to do everyday tasks like reading or cooking
- Have difficulty recognizing the faces of your friends or family
- Have trouble reading street signs
- Find that lights don't seem as bright

If you have any of these problems, ask your eye care professional to test you for low vision.

Tip 5: Know When You're Having An Eye Emergency

It's highly recommended that you know how to identify a potential eye emergency. See an eye care professional right away if you:

- Suddenly cannot see or everything looks blurry
- See new floaters (tiny specks or "cobwebs" that seem to float across your vision) and/or flashes of light
- Have eye pain
- Experience double vision
- Have redness or swelling of your eye or eyelid

Tip 6: Get Annual Dilated Comprehensive Eye Exams

Think of your eye doctor as the primary care physician dedicated just to your eyes. Just like you should see your primary physician each year, you should have annual dilated comprehensive eye exams. This will allow your ophthalmologist or optometrist to check in on any issues you may be having, as well as keep track of trends in your eye health so they can diagnose any eye diseases early on.

Start Taking Care of Your Eye Health Today

Your eyesight is precious, and it's never too late to start taking care of your vision. Following even a few of these steps can make a big difference in preserving your eye health, no matter how old you are!

LVT Events & Activities



Monday, August 1st at 1:00 PM
Boggy Stuffing

Wednesday, August 3rd at 11:00 AM
Cellphones for Seniors

Thursday, August 4th 8:00-5:00
ONSPOT Dermatology Bus

Thursday, August 4th at 5:00 PM
Birthday Bash



Friday, August 5th at 11:00 AM
Lunch at Red Crab in Eustis

Friday, August 5th at 2:00 PM
Trivia

Saturday, August 6th at 10:00 AM
Crafting

Saturday, August 6th at 1:00 PM
Movie "Seven Days In Utopia"

Tuesday, August 9th at 1:30 PM
General Info. Session w/ Administration

Tuesday, August 9th at 4:00 PM
Dinner at Cheddars in Sanford

Wednesday, August 10th at 5:00 PM
Sock Hop Mingle

Thursday, August 11th at 9:00 AM
Ladies' Social

Friday, August 12th at 10:00 AM
Card Making w/ Jackie Walker

Friday, August 12th at 2:00 PM
Trivia

Saturday, August 13th at 9:00 AM
Trip to Morse Museum & Lunch
at Cheesecake Factory

Monday, August 15th at 2:00 PM
Radio Club

Wednesday, August 17th at 11:00 AM
Cellphones for Seniors

Thursday, August 18th at 10:00 AM
Bingo Fun

Thursday, August 18th at 3:00 PM
Men's Social

Friday, August 19th at 2:00 PM
Trivia

Saturday, August 20th at 1:00 PM
Movie "Blue Hawaii"

Tuesday, August 23rd 7AM - 7 PM
Primary Election at the Living Well Center

Wednesday, August 24th at 1:30 PM
"More CIA Adventures" w/ Jim & Pat Harris

Thursday, August 25th at 10:00 AM
Hula Lessons w/ Jolene

Thursday, August 25th at 3:00 PM
Elvis LIVE

Friday, August 26th at 11:00 AM
Lunch at Brick & Barrel in Eustis

Friday, August 26th at 2:00 PM
Trivia

Monday, August 29th at 2:00 PM
Radio Club

Tuesday, August 30th at 9:30 AM
Mall Shopping at Seminole Towne Center

Wednesday, August 31st at 4:00 PM
Summertime Karaoke



**"To be really happy and really safe,
one ought to have at least two or
three hobbies." - Winston Churchill**

Keep Active (Physical)

Mon, Wed & Fri.

Total Body Exercise w/ Fall Prevention 9:00 AM

Tuesday

Aqua Class 9:00AM & 1:00PM
Yoga w/ Shawna 10:00 AM

Thursday

Aqua Class 9:00 AM
Floor Yoga 1:00 PM

Saturday

Aqua Class 9:30 AM
Tai Chi 10:30 AM

Keep Playing (Games)

Monday

Golf 8:30 AM
Bridge 12:30 PM
Mahjonn 1:00 PM
Scrabble 2:00 PM
Cribbage 3:00 PM
Bingo 6:00 PM



Tuesday

Table Tennis 1:30 PM
Bridge 5:30 PM

Wednesday

Golf 8:30 AM
Cornhole 1:30 PM
Poker 5:30 PM
Mahjonn 5:30 PM

Thursday

Bridge 1:00 PM
Pennies From Heaven 5:30 PM
Euchure 5:30 PM

Friday

Mahjonn 1:00 PM
Dominoes 2:30 PM
Pennies from Heaven 5:30 PM
Horse Racing 6:00 PM

Saturday

Golf 8:30 AM
Pennies From Heaven 2:00 PM

Sunday

Dominos 2:00 PM

Keep Exploring (Clubs/ Groups)

2nd Monday

Happy Bookers 10:00 AM
Choo Choo Club 3:00 PM

4th Monday

Novel Bunch Book Club
10:00 AM

Tuesdays

Boggy Bear Workshop 1:00 PM
Men's Glee Club 3:00 PM

2nd & 4th Tuesdays

Knit Wits 2:00 PM

1st, 2nd, & 3rd Wednesdays

Golden Girls 1:30 PM

3rd Tuesday

Poetry Group 3:00 PM

2nd Thursday

Outdoor Club 2:00 PM



2nd Thursday Bi-Monthly

Chicken Liver Club 11:00 AM

Fridays

Wood Carving 1:00 PM (MPR)

1st & 3rd Fridays

Creative Writing Group 12:00 N
Radio Club 3:00 PM

4th Friday

Travel Club 10:00 AM

4th Wednesday

Veterans Group 2:00 PM

Keep Being (Support)

2nd Wednesday

Jan, March, May, Sept, Nov
V.I.P. (Visually Impaired People) 1:00 PM

3rd Wednesday

Dementia Support Group
Third Wednesday 11:00 AM

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, Hallmark
Store

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 (HCC Sun-
porch)

Wednesdays

Bible Study 9:45 AM (MPR)

Fridays

Men's Bible Study 10:00 AM

2nd & 4th Friday

Communion 1:30 PM (HCC)

3rd Friday

Mass & Confession 2:00 PM

3rd Thursday

Presbyterian Service 2:00 PM

Birds of Lakeview Terrace

While many embrace the flight and wonder of birds soaring on the lakes of Central Florida, few can identify them. Watching them feed, care for their chicks, and breed has been a delight for residents at Lakeview Terrace (LVT) over the years.

Now, an updated two-volume reference book is available in the LVT library for residents to peruse at their leisure. Walt Leesch, a top notch photographer, (no cell phone camera) has been photographing these wondrous warm-blooded vertebrates since he moved here in 2017. He and Eleanor Frank have recorded their sightings with photos and descriptions.

Walt started taking pictures when he was a kid. “We spent our summers outdoors on Lake Heron in Michigan”, where he met his wife Cheryl. His love of birds and photography flourished from there.

Eleanor’s passion for birdscaping began when she lived up North. “But the birds here are different,” she said. So, she began her quest to learn more about the Florida birds when she moved here 12 years ago. Bob Baird, another resident, had made a list of bird sightings starting in 2008. Over 80 different species have been identified at LVT to date.

Although Bob recorded the sightings, it is Eleanor, who added pictures and descriptions of each species. “I bought different bird books and plagiarized descriptions and photos” to compile a resource book.

A recent remarkable occurrence has been the birth and growth of two Sandhill Cranes born on Pearl Lake on April 10. Since then, residents have strolled past — watching them grow and mature to nearly adult height.

Resident Wendy Pacek watches the Sandhill Crane family every evening as they return to their nest near one of two gardens on the shoreline. She was instrumental in getting plantings to protect the family from predators during the nesting season.

Efforts by Wendy and other members of the Nature Club (now the Outdoor Cub) have helped the birds of LVT by planting shoreline gardens; cleaning and repairing Purple Martin houses and Blue Bird nesting boxes. These are just a few of their many projects.

Be sure to stop by the LVT library to browse these books about our magnificent warm-blooded vertebrates.

***North Lake Outpost article, Mary Pat Giffin
(Author)***

Pictured L to R: Eleanor Frank, Wendy Pacek and Walt Leesch



Happening at Lakeview...

Hawaiian Day - Thursday, August 25th

“Hawaiian Day” is one of our very favorite theme days at Lakeview Terrace and we are going to have a great time! Dust off those clam diggers, Hawaiian shirts and leis and get in the mood for some libations, perhaps a little hula dancing and of course a great show!

Our featured menu for the day will include a special breakfast, island-themed entrées and a “breezy” cocktail before our very special show!



Hula Class with Jolene at 10am

Warm up those hips and get ready to HULA! Local dance instructor, Jolene Coates, will be on campus to teach us how to Hula! Jolene has more than 25 years of experience in dance instruction and enjoys spending time in our community with our residents.



Elvis Returns to LVT at 3:00 pm.

One of LVT’s favorite performers, Rocking out with everyone's favorite “Hound Dog”!



Let me introduce you to our mascot. Gary is his name and he was donated to us by Bob Birch and we refurbished it !! Stop by and say hello—he is close to # 1 tee.

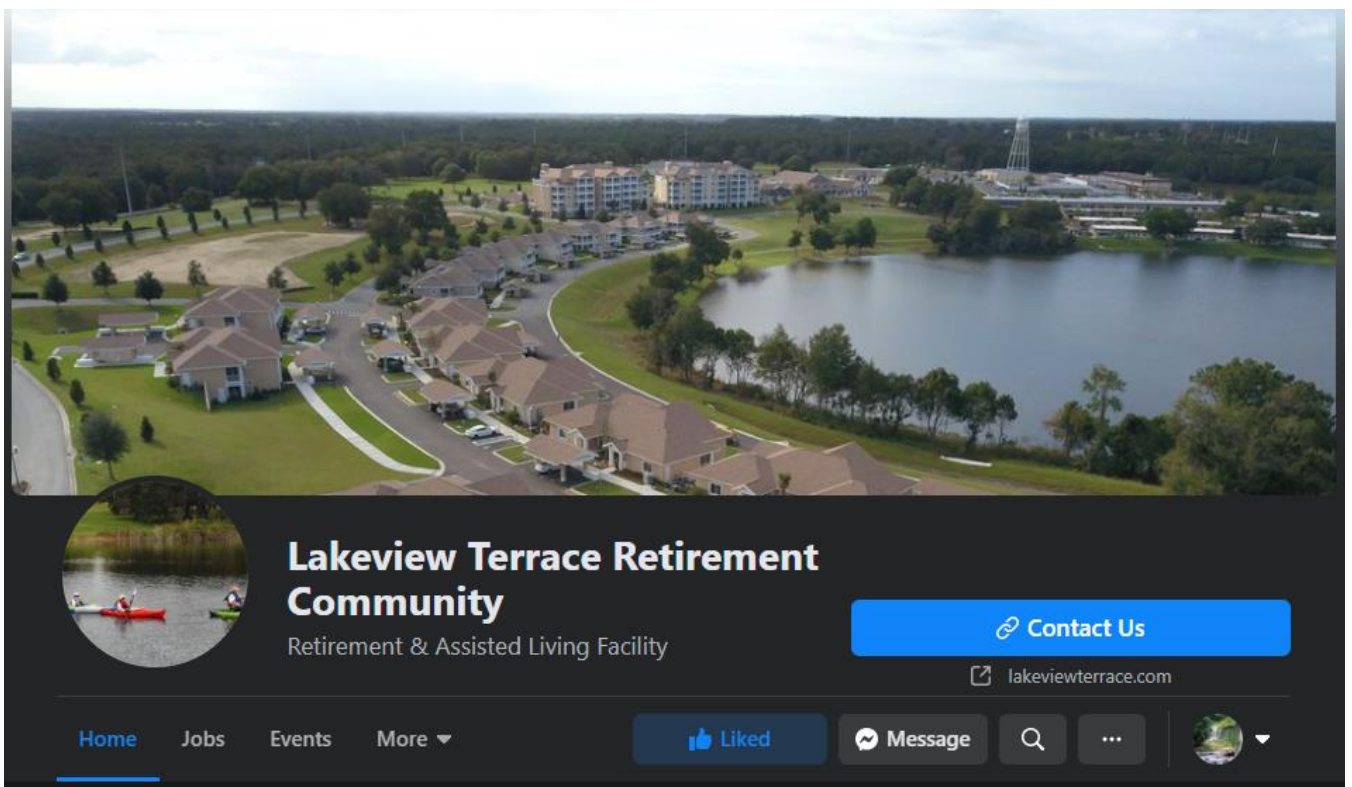
HIT ‘EM LONG, AND HIT ‘EM STRAIGHT ! AND IF YOU DON’T, YELL, “FORE!” FOR HEAVEN’S SAKE

By Jean Gibson, Chairperson



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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