



Lake Views



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Do You Know August is:

National Family Fun Month

National Golf Month

Peach Month

National Picnic Month



In The Spotlight Behind the Scenes at LVT

Everyone here at Lakeview Terrace helps make our community the special place that it is, both staff and residents alike. We are highlighting some of our wonderful staff members who, behind the scenes, play a vital role in making a positive contribution to the lives of our residents. This month we shine a spotlight on a staff member from Housekeeping, Grounds-keeping, and Food + Beverage.



In April 2017, **Andy Bernhard** joined Lakeview Terrace in Grounds-keeping. In that short amount of time, he became Technician for Grounds. Additionally, he is licensed for Pest Control in Lawn and Ornamental. Shortly after his hire date, Andy was hand-selected by the Executive Director to become Irrigation Technician.

Andy said it takes a lot of work to make sure the plants have the correct amount of water and nutrients required to thrive here in Florida. Being able to work outside and always having something to do is the most rewarding aspect of his job. As he puts it, “The grass never stops growing here in Florida.”

Andy loves fishing, hunting, and woodworking. Andy has made numerous shelves fireworks stand using reclaimed wood and repurposing discarded pallets. Andy enjoys nature walks, along with his family. They especially love going off the beaten track. A native of Oregon, Andy carries with him an intrinsic appreciation for the treasures of nature’s landscape.

Christine Wilder worked at Umatilla Academy for Girls for two years. After the detention center was closed down, she was referred by a family member to LVT. Christine began as a Dietary Aide at Lakeview Terrace in 2008. In 2013, she became a Cook. A few years later, in 2017, she became a Second Lead Cook.

Christine not only preps, but cooks the meals for our residents. Because her responsibilities within the kitchen



keep her away from the limelight, Christine shared that the favorite aspect of her job is making the residents happy through her culinary passion. Her favorite thing to bake for our residents is the banana pudding cheesecake. Christine said it is definitely a crowd-pleaser!

Outside of work, Christine enjoys spending time with family and friends. She also likes going to the gym. You may see Christine taking her daily brisk walks around our Lake Quida on her lunch breaks. It is important to her to stay active and healthy.



Andrea Robinson, from Housekeeping, remarked, “Even I thought that Housekeeping was easy, but it is not. Your home is definitely cleaner than mine!”

She began at Lakeview Terrace in January of this year. Andrea remarked that the most rewarding aspect of her job is a feeling of accomplishment and that she has made a difference in another’s life, whether from doing her job well, sharing a smile, or taking time to listen and getting to know the residents and their amazing lives.

After her husband passed away unexpectedly, Andrea said she had to quickly learn to take care of herself. She thought coming to work at Lakeview Terrace was just going to be a job. “Then I found I loved it! It gives me as much in return as I give it.”

In her spare time, Andrea’s greatest interest is in the rescue of vintage photographs of people from the 1800’s to the 1950’s. She finds them in thrift stores, online auctions, and garage sales. From them she builds family trees. Using genealogy, Andrea researches their descendants in order to return these pieces of the families’ histories to them. She understands the importance of these irreplaceable pieces of history and spends her free time trying to pair the photographs with their rightful homes.

By Heather Presley

Sampling Of Lakeview Terrace Activities & Events



ACTIVITIES at LVT

Friday, August 2nd at 2:00 PM
August Birthday Bash in the Lounge

Saturday, August 3rd at 7:30 AM
Frisbee Golf Tournament at LVT Course

Tuesday, August 6th at 10:00 AM
Beacon College Presentation in the Lounge

Wednesday, August 7th at 1:00 PM
Movie: "Interview with God" at LWC



Thursday, August 8th at 9:00 AM
Ladies Social in the Lounge

Tuesday, August 13th at 10:00 AM
SoZo Kids Presentation in the Lounge

Friday, August 16th at 3:00 PM
Resident Hosted Pool Party at LWC

Wednesday, August 21st at 1:00 PM
Movie: "Friendly Persuasion" at LWC

Thursday, August 22nd at 10:00 AM
Bingo Fun in the Lounge

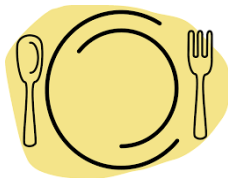


Thursday, August 22nd at 3:00 PM
Men's Social in the Lounge

Breakfast & Lunch Outings

Friday, August 9th at 11:00 AM
Longhorn Steakhouse, The Villages

Monday, August 12th at 9:00 AM
Combat Café, Eustis



ACTIVITIES at LVT cont.

Tuesday, August 27th 9:00 - 4:00 PM
Bloodmobile at LWC

Wednesday, August 28th at 12:00 N
Veterans Club "Working Lunch"

Friday, August 30th at 11:00 AM
LVT Travel Club Meeting in the Lounge



Outings

Saturday, August 17th
All day trip - Leaving LVT at 9:00 AM
The Casements Tour in Ormond Beach
Lunch after tour at Riptides on the Beach

Friday, August 23rd
Howey Mansion Tour in Howey at 10 AM
(Extensive walking, some stairs)
Lunch after tour at Boondocks Bar & Grill



Dinner Outings

Tuesday, August 13th at 4:00 PM
Stavro's Italian Restaurant, Eustis

Tuesday, August 27th at 4:00 PM
Ichiban Buffet, Leesburg

WEEKLY ENTERTAINMENT/ACTIVITIES



Bridge		12:30 PM	Lounge	Monday
Mahjongg		12:30 PM	Lounge	Monday
Bingo		6:00 PM	Lounge	Monday
Bridge		6:00 PM	Lounge	Tuesday, Thursday
Boggy Bear Workshops		1:00 PM	Multi-Purpose Rm.	Tuesday
Glee Club		3:00 PM	Lounge	Tuesday
Bible Study		9:45 AM	Multi-Purpose Rm.	Wednesday
Poker, Cribbage		6:00 PM	Lounge	Wednesday
Mahjongg, Samba		6:00 PM	Lounge	Wednesday
Horse Racing		6:00 PM	Lounge	Friday
Pennies From Heaven		6:00 PM	Lounge	Thursday, Saturday
Euchre		6:00 PM	Multi Purpose Rm.	Thursday
Golf		8:30 & 10:30 AM	9 Hole Course	Saturday

MONTHLY ENTERTAINMENT/ACTIVITIES

Men's & Ladies' Social	9:00 AM	Lounge		First Tuesday & Thursday
Boggy Creek Stuffing	12:30 PM	Lounge		First Monday
Movie		1:00 PM	Living Well Center	First and Third Wednesday
Poetry Group	1:30 PM	Conference Room		Third Tuesday
Nature Club	1:15 PM	Multi-Purpose Room		First Thursday
Dementia Caregivers	1:30 PM	Health Care Center		Second Thursday
Bereavement Group	10:00 AM	Conference Room		Third Monday
Novel Club	10:00 AM	Bistro		Fourth Monday
Veterans Group	2:00 PM	Lounge		Fourth Wednesday
Neuropathy Support	10:00 AM	Multi-Purpose Room		First Saturday

WEEKLY SHOPPING

Every Monday 9:00 am & 1:00 pm	Four Corners in Eustis
First Tuesday 12:30 pm	Rolling Acres Plaza in The Villages
Third Wednesday 9:00 am & 1:00 pm	Walmart/Target in Mt. Dora
Fourth Wednesday 9:30 am	Mall at Millennia in Orlando
Every Thursday 9:00 am	Umatilla
First Thursday 1:00 pm	Eustis Square
Second Thursday 1:00 pm	Village Marketplace in Tavares
Third Thursday 1:00 pm	Tri-Cities Plaza/Hobby Lobby
Fourth Thursday 1:00 pm	Shop Eustis Village



Cool Summer Eats

Who wants to turn on the oven or stove when it's hot out? While grilling is ideal for summer cooking, there are many ingredients that can come together without a single flame. Try pairing these no-cook summer staples with fresh vegetables and fruits for limitless delicious and cool options:

ROTISSERIE CHICKEN can be added to salads, sandwiches, or rolled into rice paper wrappers with veggies for summer rolls.

WALNUTS OR ALMONDS add protein and crunch to salads or an easy snack on the go.

BERRIES are low in sugar and calories, but high in sweetness and flavor. Enjoy in smoothies, with yogurt or simply eat them on their own.

AVOCADOS can be spread on toast, diced and mixed into salads or mashed into guacamole with chopped tomatoes.

CHICKPEAS are protein rich and combined with olive oil and just about any diced vegetables makes a cool and colorful salad.

WATERMELON is juicy and refreshing as the most - hydrating summer food eaten as a snack or cubed into summer salad.

Whether you are making sandwiches, salads, wraps, or bowls, you can't go wrong keeping your meal cool.

Southwestern Corn Salad

- 3 tbsp olive oil
 - 3 cups cooked corn kernels
 - 1 (15-oz.) can black beans, well rinsed and drained
 - 1 medium red bell pepper, diced
 - 1 medium jalapeno pepper, seeded and minced
 - 4 thinly sliced green onions
 - 1 clove garlic minced
 - 2 tbsp chopped cilantro leaves
 - ½ tsp ground cumin
 - ¼ tsp chipotle pepper
 - 3 tbsp fresh lime juice
- Combine all ingredients in a large mixing bowl and toss to combine thoroughly.



In The News..

On Tuesday, June 12, 2019, the first ever “Crazy Golf Scramble” was held. Thirteen residents showed up to brave the heat and the challenge of the crazy golf to be played! From all accounts, it was a blast! Whether driving with a putter, or putting with a broom, the challenge of using “crazy” tools to play the game of golf proved to be the right stuff to evoke rounds of raucous laughter, (or extreme frustration)!



Everyone had a chance to use some very odd things! One of my favorites was the requirement to drive off the tee while sitting on a chair. Also, using the fishing pole extended driver on #9 proved to be quite a challenge, and the reason for a lot of laughs! General consensus was that it was great fun and we should do it again.

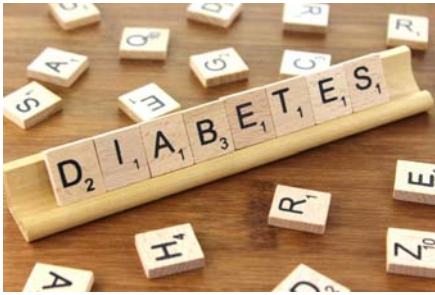
Camp Boggy Creek News

Summertime finds us busy making Boggy Bears, afghans, quilts and also items for the November Craft Show. Pictured below is a group of happy, busy ladies from our first stuffing party at the Health Care Center in June.



By LVT Resident

Symptom Checker: Could it be type 2 diabetes?



Type 2 diabetes is a major threat to the health of seniors in America. According to the American Diabetes Association, more than 25% of Americans age 65 and older suffer from type 2 diabetes (including both diagnosed and undiagnosed cases). That adds up to more than 12 million seniors across the country!

The risk of developing type 2 diabetes increases as we get older, and that risk is higher if your loved one is overweight, inactive, or has a family history of diabetes. Type 2 diabetes can also lead to health problems like increased infections, delayed healing, heart disease, stroke, kidney disease, eye problems, and nerve damage (which can lead to limb amputation). Seniors with type 2 diabetes may also be at an increased risk of cancer and Alzheimer's disease.

Is your senior loved one at risk for type 2 diabetes?

Many seniors are dealing with multiple health problems, which may make it difficult to recognize the signs of type 2 diabetes. Following are some of the signs of type 2 diabetes or prediabetes. Recognizing the signs can allow your Mom or Dad to act quickly to mitigate damage and restore health (and in the case of prediabetes, can even delay or prevent the onset of full-blown type 2 diabetes).

Increased thirst and/or frequent urination

The first sign of type 2 diabetes in seniors is frequently increased thirst (and along with that, frequent urination). That's because excess glucose in the bloodstream due to type 2 diabetes will suck the fluid from the tissues. This triggers a sense of thirst to replenish those lost fluids.

Chronic tiredness or weakness

Some may chalk up being tired as another sign "of getting older," but it can also be caused by the body's inability to properly process sugar.

Fluctuating weight

The body will try to compensate for the loss of fluid by triggering thirst. This can also lead to overeating in some people, and ultimately weight gain. Conversely, some seniors with type 2 diabetes actually *lose weight despite overeating, since the muscles do not get enough glucose.*

Vision problems

Vision problems may be caused by allergies, or could simply be a sign your loved one needs an updated prescription. As type 2 diabetes saps the body's fluid, it also affects fluid in the eyes, which can result in blurry vision.

Numbness or tingling sensations

Circulation issues resulting from type 2 diabetes can cause neuropathy in seniors. Decreased sensation in the legs, feet, arms and/or hands may occur. Your loved one may also be experiencing tingling or burning pain in those areas. Both numbness and burning pain are signs of neuropathy (nerve damage).

Dental problems

Type 2 diabetes can cause redness and inflammation of the gums, increasing your senior loved one's risk of infection and putting his or her teeth in jeopardy.

Next steps if you recognize any of these signs in your senior loved one.

While many of these symptoms are commonly associated with other afflictions, it's important to call a doctor as soon as possible upon recognizing any of these signs in seniors. Prompt treatment and lifestyle changes can have a significant impact on your loved one's long-term health.



Here are the answers of last month's issue of
Lake Views E-magazine "Who Said That?!"



JANE MORRELL



DENNY LIBBY



WENDY PACEK



GIL OWENS



BARBARA MANDIGO



ETHEL CORNELL



SUGA TRAWICK



RICHARD FIGUEROA



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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