



Lake Views
December, Volume 11, Number 12



www.LakeviewTerrace.com

The Monthly eMagazine of Lakeview Terrace, Altoona FL.

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Exciting News!

Lakeview Terrace Rehabilitation and Health Care Center earned the designation as one of US News & World Report’s “Best Nursing Homes” for 2025 in both ‘Short Term Rehabilitation and Long Term Care.’

This recognition reflects our unwavering commitment to providing outstanding care for our residents. Thank you to our incredible team for making this achievement possible.

Foods To Focus On

Many holiday traditions revolve around festive events and delicious food. Certain aromas and flavors can bring pleasant memories and may include dishes that are made special for the holidays. Enjoy holiday goodies without feeling restricted by filling up the festivities with these healthy holiday favorites:

Traditional Foods	Tradition To Savor
Popcorn	String for decoration or enjoy a bowl over a movie or game.
Apple Cider	Make your own from scratch. It tastes delicious and will make your home smell amazing.
Mixed Nuts	Nuts in the shell taste fresher and take longer to eat.
Turkey	Stick to white meat and pull off the skin.
Sweet Potatoes	Roast for very intense flavor without adding fat.
Pomegranate	Sprinkle the seeds over a salad or indulge in a bowl full.

HOMEMADE APPLE CIDER

- 10-12 medium fresh assorted apples, such as Granny Smith, Honeycrisp, Gala
- 2 medium oranges peeled and sectioned
- 4 cinnamon sticks
- 1 tablespoon whole cloves
- 1 gallon of water
- Dark brown sugar

Wash the apples, core and cut into wedges. Add apples and orange slices to a stock pot. Place cinnamon sticks and whole cloves into a small piece of cheesecloth and place into the pot. Add the water and cook on high heat for 30 minutes, stirring often, then reduce the heat to low and simmer for 2 hours. Add water as needed to keep the fruit covered. Remove the cheesecloth of spices, mash the cooked fruit with a spoon or potato masher and remove from pot. Add brown sugar to taste.



By Bouchard Total Wellness

LVT Community Nurses

When a resident pulls the HELP cord in their unit at LVT, a community nurse responds. Who are these dedicated healthcare agents who answer calls for assistance 24-hours-a-day, seven days a week?

Director of Home Health Services Liz DeWild, with Community Nurses Dorena Connor and Stephanie Rich assure residents they have continuity of care. They visit housebound patients in their own dwelling, as well as in Healthcare. Their goal is to provide a comprehensive range of clinical nursing support including wound management, medicines management, end of life care and symptom control.

Although they are not on duty between 5:30 pm and 7 a.m. if there's an emergency at 2 a.m., an LVT nurse responds within minutes. After assessing the emergency, the nurse takes the resident's vitals and does a full body assessment. The following day, one of the three Community nurses follow up. They are here to help residents through this difficult time.

Falls and wacky blood pressure are the most common calls. After evaluating the resident's condition, the nurse will advise resident to seek hospital treatment if necessary.

"When we come to your home, you put your trust in us," said Stephanie, who has been here over four years. "We are passionate about the residents and leave notes for one another to follow-up on them."

"We are here for you but we need your help to help you," stressed Liz. That's why it's important to keep your Vial of Life up to date. "It screams who you are even when you can't speak for yourself."

Every independent resident should have a Vial of Life in their refrigerator. It describes your medical circumstances, family (health) history, and drugs — both prescription and over the counter. If anything changes, please update the Vial of Life.

"If you go to the hospital without it, how can hospital staff access you without knowing your medications and health condition? And, if you have a DNR, it should to be on yellow paper," said Stephanie.

"We look out for one another," said Dorena, who has been at LVT since 2008. She started in the the dining room while studying to become a nurse. "The relationship with residents and staff— including transportation security and dietary is what makes LVT a notch above the rest. "It's a cohesive, beautiful relationship."

Liz resounded Dorena's view. "There's a family feeling here." We realize that residents' children rely on us. We're here to keep you independent — That's our GOAL"



Director of Home Health Services Liz DeWild on her way to visit housebound residents.



Community Nurses Stephanie and Dorena provide a comprehensive range of clinical nursing support.



Sirens listens to Robert Putnam's heart rate.



Polly Tyra receives meds from Stephanie.

By Mary Pat (LVT Resident)

Slow Down and Sleep Well

Anxiety and restlessness can affect your sleep. Here are a few reminders to help you get the sleep you need.

- When your mind is focused on the future it creates a feeling of unease. Let go of your mental to-do list by writing down your priorities for the next day and detaching.
- Stick to a sleep schedule with the same bedtime and wake up time. Practice a relaxing wind down ritual starting with turning off devices.
- Cut down on caffeinated drinks and avoid alcohol.
- Exercise daily.
- Lighten up evening meals.

THOUGHTS BECOME REALITY. WHAT YOU THINK, YOU BECOME. YOU CAN TRAIN YOUR OWN MIND FOR SUCCESS AND HAPPINESS.



LVT Therapy

Losing your balance lately? Having difficulty articulating your words or thoughts? Feeling weak when lifting things?

Maybe you should consider a fitness test to assess your physical health and wellness. At LVT Rehab Center, the *Functional Pathways team* designs a program that is best suited to residents' needs.

Avoid being the one in three adults over 65-years-old who falls at least once a year or half of the people over 80 who fall during the year. By exercising body and mind, residents help maintain independence for optimum quality of life.

"The major reasons seniors fall are poor balance and loss of strength," explained Mike Riley, Director of Therapy at LVT Health Care Center. A Therapist for 33 years, Mike and his staff focus on building body strength, flexibility, endurance, balance, and cognition.

The therapists use the HUR Smart Balance Machine, which boasts the latest in balance technology. The Cadillac of 'fall prevention programs' it accurately assesses your current state of balance; gauges your progress; and engages a personal training program.

Independent residents usually have therapy twice a week for three weeks. Then, it's up to the resident to follow-up with exercise at the Wellness Center. Rehab residents and Assisted Living residents "have more stuff going on with them and have therapy four to five times a week for four to six weeks," explained Mike.

"Once residents complete therapy Mike refers them to me," said Leslee, Wellness Coordinator. "They are a huge asset to us here at LVT."

Jean Gibson, avid golfer, had a knee replacement. "Mason worked with my knee for five weeks and now I can swing like I never did before. He did a great job." She also participates in the Walking Class and Yoga.

Sunny Wierd understands how important it is to be independent. "Mason comes to the house and works on my strength and balance." She also participates in yoga and strength training classes.

After Phyllis Seaver broke her hip, she spent several weeks in rehab. When she got home, she continued rehab and no longer uses a walker or cane.

Whatever your limitations, there's an LVT wellness program to meet your needs. Strength Training classes include standing balance exercises. Chair Yoga



Mary Redd on Smart Balance Machine with therapists Mason, Mike and Gabriela.



Jean Gibson swings the club after knee replacement.

includes strength, balance and flexibility routines to improve heart health, respiration and circulation. For those who have difficulty with these classes, Water Aerobics challenges participants' balance and coordination. Leslee also works with residents one on one.

And, there's nothing more pleasant than walking around Lake Quida - just keep moving.

"Our goal is to get them back to their previous fitness level as safely as possible," said Mike.



Phyllis Seaver works with Shane to regain her independence after hip surgery.



Speech Therapist Jennifer works with Carol Luteyn on her cognitive skills.



Who said therapy isn't fun? Phyllis Seaver enjoys a golf ride with occupational therapist Shane.



At LVT, pickleball is just one of the many ways to keep in shape.

By Mary Pat (LVT Resident)

Holiday Music & Celebrations

THE CHANDLERS' CHRISTMAS SHOW

This duo is back to share their favorite Christmas tunes.

Wednesday, December 4th at 2:00 PM
in the Auditorium.

LAKE COUNTY LADIES CHORUS

A local favorite!
Friday, December 6th at 2:00 PM
in the Auditorium.

LAKE CONCERT BAND

CHRISTMAS CONCERT

Tuesday, December 10th at 6:30 PM
in the Auditorium.

DICKENS HOLIDAY MEMORIES

with David & Marilyn McElroy
Wednesday, December 11th at 6:00 PM
in the Auditorium.

LVT RECORDER CONSORT

CHRISTMAS SHOW

Friday, December 13th at 2:00 PM
in the Auditorium.

OLD TIME RADIO CLUB

CHRISTMAS SHOW

Monday, December 16th at 2:00 PM
in the Auditorium.

TOUR STETSON MANSION

Wednesday, December 18th
Leaving LVT at 9:00 AM
\$40 Per person
Sign up Required by 12/6

LVT GUYS & GALS

HOLIDAY SHOW

Friday, December 20th at 2:00 PM

DYANNE & DENNIS AWE

CHRISTMAS AT LAKEVIEW

Monday, December 23rd at 2:00 PM
in the Auditorium

HANUKKAH GATHERING

Tuesday, December 24th at 10:00 AM
in the Auditorium
ALL RESIDENTS ARE WELCOME.

CHRISTMAS EVE SERVICE

Tuesday, December 24th at 2:00 PM
in the Auditorium
ALL RESIDENTS ARE WELCOME.

NEW YEAR'S EVE PARTY

Tuesday, December 31st at 5:00 PM
in the Auditorium
TICKETED EVENT - \$20 PER PERSON

Special Days & Extra Fun



BOGGY BEAR STUFFING

Monday, December 2nd at 1:00 PM
in the Media Room
Come join us and stuff some “future smiles”

CHRISTMAS CRAFTING

Tuesday, December 3rd at 10:00 AM
in the Game Room
Let’s get in the mood for Christmas

RESIDENTS’ ACADEMY

Thursday, December 5th at 10:30 AM
Bernie Greenberg “The Rosenwald Schools”
in the Auditorium

FIRST FRIDAY FUN BINGO

Friday, December 6th at 10:00 AM
In the Auditorium
Don’t forget to bring your goodie bag!

LADIES SOCIAL

Tuesday, December 10th at 9:00 AM
Join us in the Clubhouse Dining Room
for our Christmas breakfast.
Sign up required!

DINNER AT PALERMO’S PIZZA

in Paisley
Tuesday, December 10th
Leaving at 4:00 PM
Sig up is required!

WALMART SHOPPING

Wednesday, December 11th
Leaving at 1:00 PM
Sign up is Required

MEN’S SOCIAL

Thursday, December 12th at 9:00 AM
Join us in the Clubhouse Dining room
for our Christmas breakfast.
Sign up required!

RESIDENTS’ ACADEMY

Thursday, December 12th at 10:30 AM
Dale Smith “Christmas in America”
in the Auditorium

LUNCH AT EATON’S BEACH

in Weirsdale
Friday, December 13th ~ Leaving at 11:00 AM
Sign up is Required!

CHRISTMAS SHOPPING

At Altamonte Mall in Altamonte Springs
Friday, December 20th ~ Leaving at 9:30 AM
Sign up is Required!

LUNCH AT THE BISTRO

at the Grand Oaks Resort in Weirsdale
Friday, December 27th ~ Leaving at 11:00 AM
Tour to follow lunch.
Sign up is required!

CINEMA TIME!

“Grumpy Old Men”
Friday, December 27th at 1:00 PM
in the Auditorium
Sign up Required!



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.



200 Clubhouse Vista Road, Altoona, Florida 32702-9609
352-669-3148 • 800-343-1588
www.LakeviewTerrace.com
Contact us at lifecareinfo@LakeviewTerrace.com

Lic # 88029