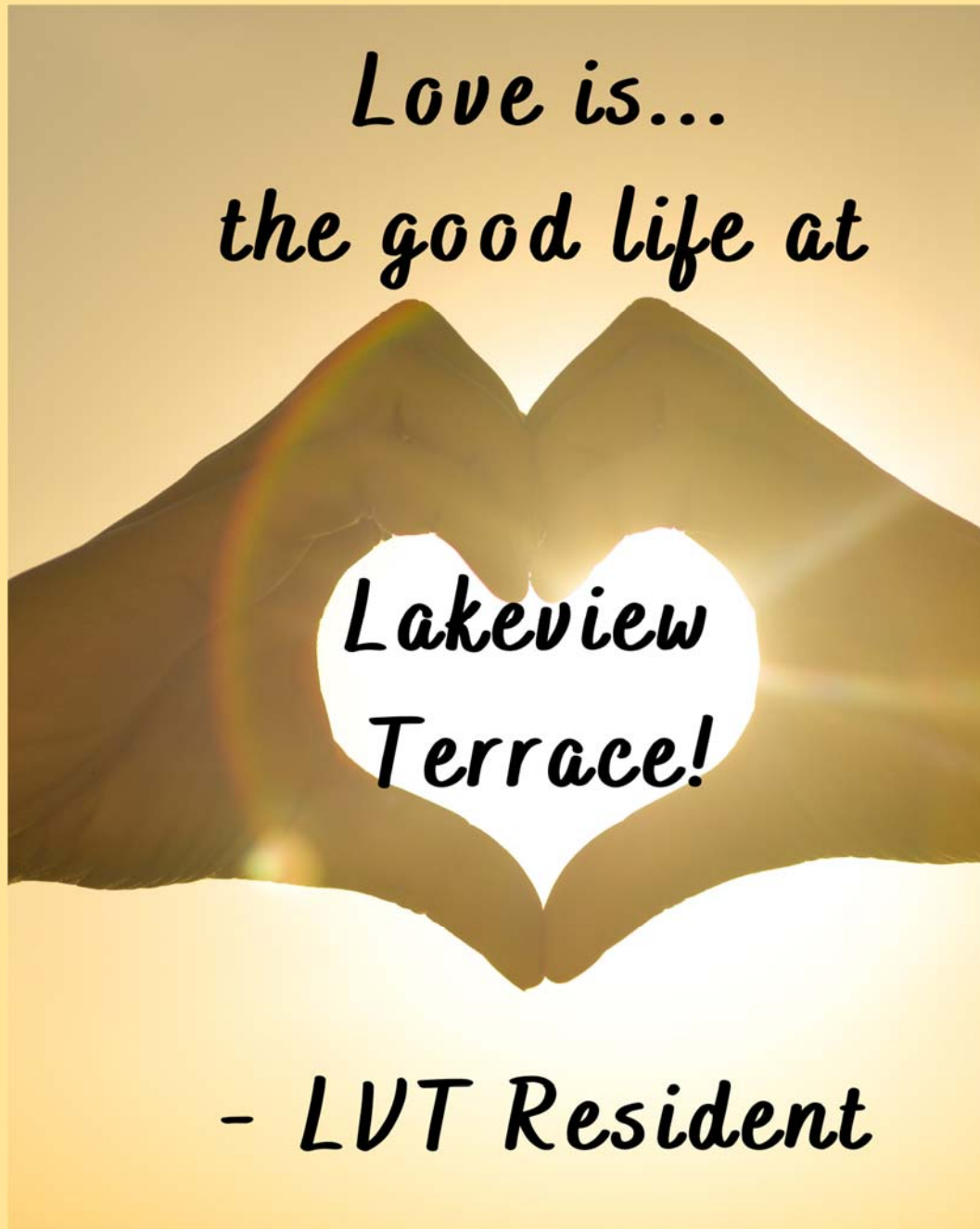




Lake Views



February 2021, Volume 8, Number 02

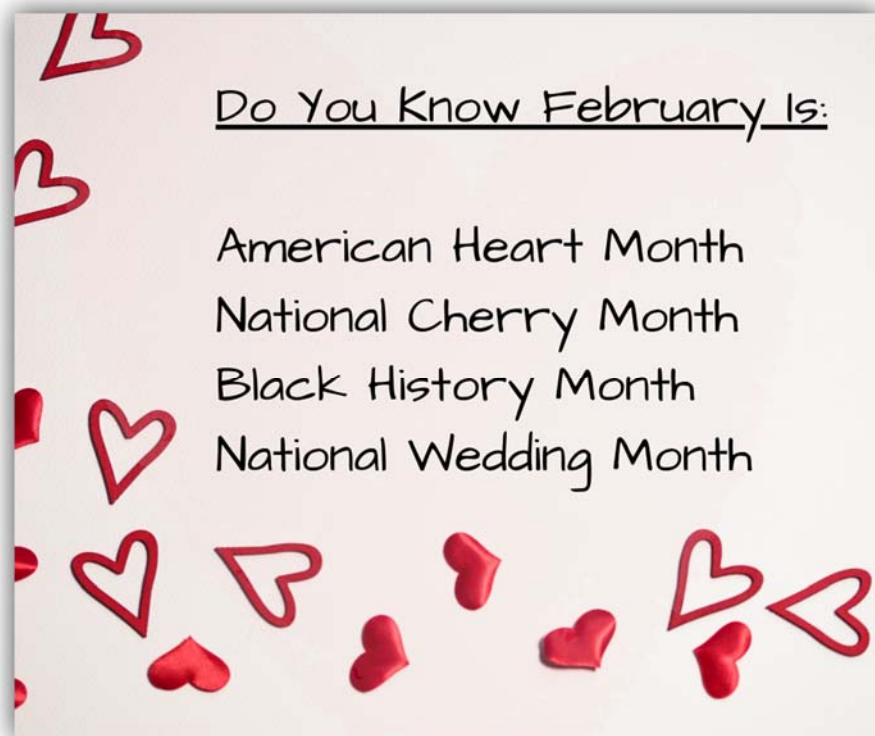


www.LakeviewTerrace.com

The Monthly eMagazine of Lakeview Terrace, Altoona FL.

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Happening at Lakeview Terrace this month.....

Love your

February will be “**Love your Heart**” month at Lakeview Terrace! Beginning with national “Wear Red Day” on Friday, February 5th, our focus for the month will be loving our hearts through exercise, diet and promoting heart healthy habits.

Friday, February 5th at 9:00 AM we are hosting a “**Walk for Heart Health**” beginning at the Community Building fountain circling around Lake Quida and back to the Community Building for heart healthy snacks and a group photo—don’t forget to “Wear Red”!

Reducing stress is just one of many ways to improve heart health, how about a massage with Mary Herman? Check the monthly calendar and newsletter to book a one hour massage on campus.

Nature therapy is an excellent way to care for your heart and mind. Join us for a tour of the St. John’s River and lunch at Blackwater Inn - check the newsletter for details and be sure to sign up in the Activities Book.

Who says sweet treats can’t be healthy too? Be sure to mark your calendar for Monday, February 22nd to come by the **Frozen Yogurt Bar** in the Bistro from 1:00 - 3:00 PM. The Bar will offer frozen yogurt with healthy toppings, such as blueberries, strawberries, nuts and more!

Lastly, we all know that spending time with friends and helping others is one healthy habit that effects our body, mind and spirit.

We will be hosting our second annual “**Community Expo**” on February 19th in the Lounge. This event provides a glimpse of the many opportunities on campus, even during our social distancing practices. Representatives from the clubs and groups will be present to meet with you and discuss the current and future opportunities at Lakeview Terrace. Be sure to come by and get acquainted.

So “Love your Heart” and join us in practicing the above heart healthy habits and be aware of the daily ways you can **LOVE your heart!**

By Leslee & Susan M

In The Spotlight

Behind the Scenes at Lakeview Terrace

When people inquire about our Life Care community, we provide them with a glossy brochure including floorplans. Inside, photographs show Lakeview Terrace Drive as it gently slices through rolling hills blanketed in verdant, velvet carpet. Beautiful homes are nestled against sparkling lakes.

Those things, however, are not the essence of Lakeview Terrace. Call it what you will: a hamlet, a neighborhood, or a village. The kindness of staff and residents make LVT the special, welcoming home that it is. In our Behind-the-Scenes series, we shine the Spotlight on two staff members. We appreciate their skills, innate talents, and dedication to our community. We also offer congratulations on their promotions as we watch their careers flourish here with us.

Rochelle Buchanan joined us from The Philippines. Before relocating to the United States in 2016, she worked as an Administrative Assistant in a yoga studio. She moved to the US on a fiancée visa. Once she obtained her work permit, she began seeking employment. Melissa Herman, LVT Human Resources Coordinator, reached out to Rochelle's husband to share a job opening for A/P Bookkeeping. In March 2021, she will mark her fourth year with us!



Rochelle shared, “When I was the A/P Bookkeeper, it was really rewarding to have good relationships with our vendors. I provided excellent service with prompt payment, and ensured they delivered what was needed in order to provide outstanding support to our residents. She offered support to colleagues when residents had questions about their billings. “It’s very rewarding to see their smile after helping them. I love to help and interact with our residents.”

Recently promoted to HR/Administrative Assistant, Rochelle finds it very satisfying to help employees understand their pay, PTO (paid time off), and insurance. “I really value and enjoy my work here at LVT. I love working with everyone. I am here to help. They can approach me anytime they need help.” She carries her faith with her. Her favorite quote is “I can do all things through Christ who strengthens me”.

In her free time, Rochelle enjoys going out on the boat for fishing, scalloping, and gigging. “My husband and father-in-law influenced me. Most of the time, we go out gigging on the lake.”

Sherri Morries is proud to say she was born and raised here in Florida. Prior to her joining our community, she worked at Fish ‘n Chix in Umatilla. She not only ran the register, but also worked in the kitchen a few nights out of the week.

As of April 2021, Sherri will have worked at Lakeview Terrace for fourteen years. “I was looking for a forever job and saw that LVT had many job opportunities where I could grow and expand. It has been a great experience.

“My journey started out working as a Night Cook at the Pearl Kitchen for about 9 ½ years.” In order to have a schedule that worked better with her son, Sherri transferred from the Food + Beverage Department to join the Housekeeping staff.

“After a year or two in Housekeeping, I decided I needed a change and applied for the Project Coordinator position with Maintenance. I wasn’t so sure I would get it, but here I am. Let me tell you, I learn something new every day.”

In conjunction with her supervisor, Todd Harris, Sherri coordinates the distribution of work orders to the Maintenance staff. She follows up with the staff member assigned to each request to learn what is required, and provides necessary supplies for the various projects. When needed, she contacts outside vendors, submits bids to the Executive Director for review, and schedules the work to be completed.

Sherri assigns work orders for Maintenance, whether for Marketing refurbishments or special requests from residents.

“The most rewarding part of my job is the second family I have gained here at LVT with the residents and the coworkers I have!” As for the most challenging aspect, she replied with a laugh, “Trying to keep it all together!” She explained, “Some days are a real challenge, but with the team we have here, nothing is impossible.”

During her time off-campus, she spends time in the great outdoors. “The beach is my happy place!” Sherri has fun “riding 4 wheelers, even through the mud hole!” It is something she grew up doing, like a family tradition. She also enjoys riding bikes with her son in the woods.

Sherri loves all music, especially country music. She is an enthusiastic Florida State fan.

By Heather Presley

Find Your Calm

Have you had the experience of hundreds of thoughts and tasks circling around your brain and not one feels achievable. This sensation of being overwhelmed is not pleasant or productive. When you're stretched too thin by responsibilities and too much to do, it's difficult to be calm. Try these strategies to break free of the burnout cycle:

Plan ahead. If you anticipate that busy times are coming, instead of thinking about what can go wrong, visualize success and the steps to achieve it.

Set Boundaries. Don't over-commit yourself. Avoid scheduling too much and prioritize.

Break it down. When your to-do list is full, break each task into smaller more manageable tasks and handle them one at a time.

Self-talk. Tell yourself you can get through this. Comfort yourself as you would a friend. You have the power to relax and focus yourself.

The goal is a balanced life with time for work, relationships, relaxation and fun. Experiment with resilience techniques and find out what works best for you.



Diet and Exercise Are Still the Keys to Good Health

One of the first steps toward maintaining good health is to eat a diverse diet and exercise regularly. This is important for people of any age, but especially for seniors. They should have three proper meals every day. Snacks may also provide the needed nutrients, especially for the elderly loved one who can't eat a lot of food at one time.

“Eating well is important for all ages, but especially for older individuals who need to maintain their strength and energy, while often managing chronic diseases like diabetes and high blood pressure. Because calorie needs decrease with age, but nutrient needs remain the same or even increase, it's essential that seniors pack as much nutrition into each meal as possible. Planning quick and nutritious meals that are high in protein, vitamins and minerals can make healthy eating easy

Three most important meals are:

- **Breakfast.** Seniors should eat simple foods for breakfast that are easy and quick to make. It is vital not to skip breakfast, as this will provide the energy needed to start a day. Seniors should eat foods that contain protein such as eggs or cheese, and some high-fiber foods like whole grain. Dairy products are also recommended for their calcium, which is good for bone health. Fruits are a must for seniors, as they contain a lot of vitamins and fiber, suitable for their daily needs.
- **Lunch.** It is recommended to use as many vegetables as possible. They are rich in fiber, and this will keep your senior parent feeling full for longer periods of time. Because of this, people who are dealing with weight problems should eat a lot of vegetables. Meat products can contain a lot of fats so use them sparingly on fat-restricted diets. As a substitute, seniors could eat fish, which is lighter and healthier than red meat and has a healthy dose of omega-3 fatty acids.
- **Dinner.** It is not a bad idea to make different soups for dinner. Often, elderly people can't digest a big heavy meal right before bed. Soup is nice and light but still very healthful. Leftovers can be combined in a tasty broth for a delicious soup. Good meals for the elderly also include tuna or chef's salad.

By Interim HealthCare



LVT Events & Activities

Wednesday, February 3rd
Massage Day in Hotel Room #1

Wednesday, February 3rd at 10:30 AM
Brain Class in the Lounge

Thursday, February 4th at 10:30 AM
Residents' Academy at LWC

Thursday, February 4th at 5:00 PM
Birthday Bash in the Bistro

Friday, February 5th at 9:00 AM
Wear Red Day - Heart Walk

Friday, February 5th at 1:30 PM
Card Making w/ Jackie Walker

Saturday, February 6th at 1:00 PM
Movie at LWC

Sunday, February 7th at 6:00 PM
Super Bowl Party in the Lounge

Wednesday, February 10th
Massage Day in Hotel Room #1

Wednesday, February 10th at 1:30 PM
General Info Sessions in the Lounge

Wednesday, February 10th at 4:00 PM
Wine Down Wednesday in the Lounge

Thursday, February 11th at 9:00 AM
Ladies' Social in the Lounge

Friday, February 12th at 1:30 PM
Brain Aerobics Trivia in the Lounge

Saturday, February 13th
Valentine's River Cruise in Astor

Saturday, February 13th at 1:00 PM
Movie at LWC

Tuesday, February 16th - ALL DAY
"Fat Tuesday" Served Buffet
in The Pearl

Wednesday, February 17th
Massage Day in Hotel Room #1

Wednesday, February 17th at 10:30 AM
Brain Class at LWC

Thursday, February 18th at 10:30 AM
Residents Academy at LWC

Friday, February 19th at 10:00 AM
LVT Community Expo in the Lounge

Saturday, February 20th at 8:30 AM
Golf Tournament at LWC

Saturday, February 20th at 1:00 pm
Movie at LWC

Monday, February 22nd at 1:00 PM
Frozen Yogurt Bar in the Bistro

Wednesday, February 24th
Massage Day in Hotel Room #1

Wednesday, February 24th at 1:30 PM
General Info Sessions in the Lounge

Thursday, February 25th at 10:00 AM
Bingo Fun in the Lounge

Thursday, February 25th at 3:00 PM
Men's Social in the Lounge

Saturday, February 27th at 1:00 PM
Movie at LWC

LVT Residents' Academy

Thursday, February 4th at 10:30
"The Urbanization of America"
w/ Richard Stephenson

Thursday, February 18th at 10:30 AM
"History of the Irish" - Part 1 w/Steve
Tibbits

WEEKLY ENTERTAINMENT/ACTIVITIES

Bridge	12:30 PM	Lounge	Monday
Mahjongg	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
Mahjongg, 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



Experience—Your Best Brain

This course, from The Great Courses series, will take you on a journey that will require a fair amount of knowledge about how the typical brain works. And we'll never understand how physical exercise can improve the prefrontal cortex without first knowing what a prefrontal cortex is. Each lecture is, therefore, divided into two parts. The first discusses basic brain function while the second examines practical applications of what you just learned.



Library NEWS.....

Do you say FebRuary or FebUary?

Most dictionaries list Feb-Ru-ary first as the preferred pronunciation, but DO list the pronunciation without the “R” as an acceptable variant. The loss of the first “R” is probably a result of first saying January with no “R”, followed by saying February using the same speech pattern. In addition, people don’t like to say two r’s so close together. For example, how do you say: su(r)prise, southe(r)ner or lib(r)ary? But somehow it really doesn’t matter how you say it as long as February is still an official month!

Each month, we get 13 new books from Thorndike Press who distributes the majority of Large Print books. They work with large publishers of Regular Print books to publish Large Print books concurrently when the newest books are released. This is how we have built our vibrant Large Print inventory. In fact, we have 28 books on our “NEW” shelves from a *USA Today* list of the top 85 adult books sold in 2020.

Remember that your library is now open from 11:00 AM to 1:00 PM Monday through Friday to keep you and our volunteers safe. You must wear a mask and we ask you to sanitize your hands and practice distancing. YOU STILL CHECK OUT AND RETURN BOOKS THE SAME WAY as always. Return books to the box in the hallway. When we empty the box, we follow Lake County Library’s system of isolating the books for 48 hours before returning them to the shelves. So you can be sure they are safe for you to handle.

We are pleased to announce Bring One, Take One, a test paperback book exchange on a new shelf next to the Return Box. Bring your good used paperbacks and exchange them for others. Feel free to bring more than one if you like, (you must also take at least one!). When you have finished a paperback book, don’t put it in the Return Box – put it back on the shelf for others to take. We offer you this perfect solution to shortened library hours. So, **Bring One, Take One**. We’ll see how it goes. Please give us your feedback.

By *Anne and Joanie, Librarians*





NAVY FEDERAL
CREDIT UNION

ALTAMONTE SPRINGS, FL



The Navy Federal Credit Union brought gifts to our Nursing department. Lakeview Terrace thanks them for this special effort.



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.



331 Raintree Drive, Altoona, Florida 32702-9609

352-669-3148 • 800-343-1588

www.LakeviewTerrace.com

Contact us at lifecareinfo@LakeviewTerrace.com