



Lake Views



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www.LakeviewTerrace.com

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Do You Know February is:

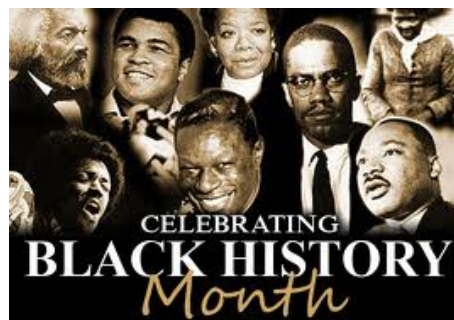


American Heart Month

Black History Month

Canned Food Month

Great American Pie Month



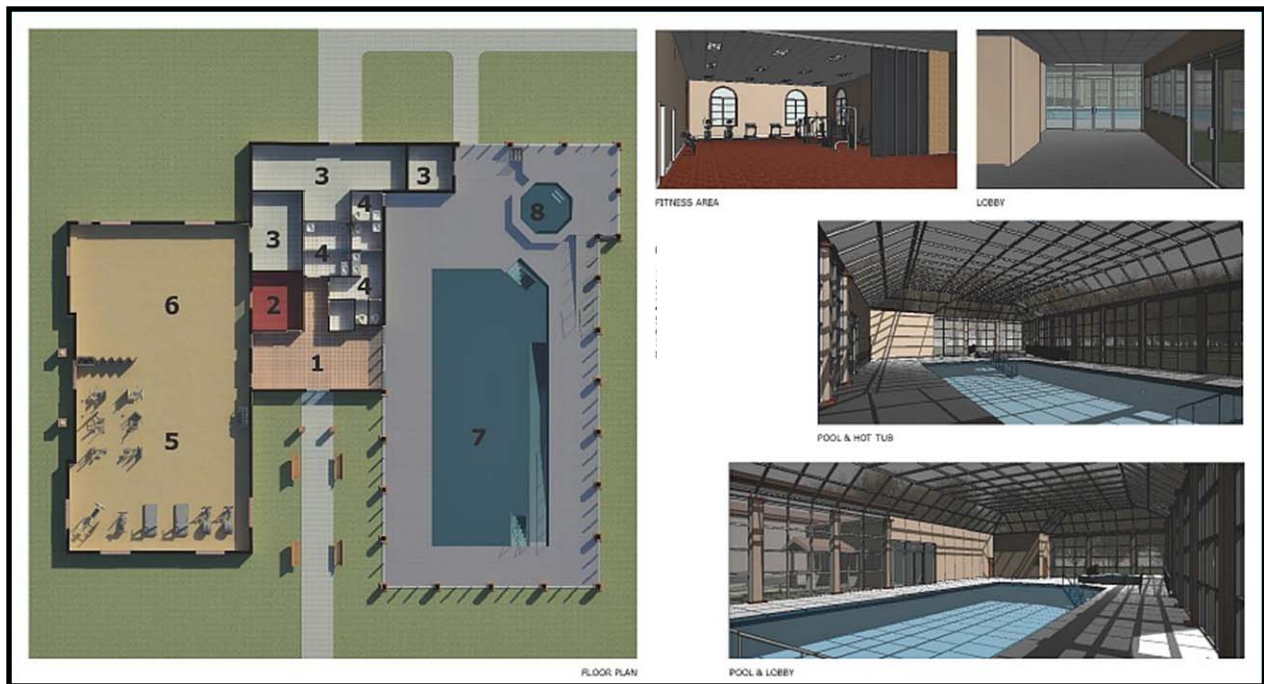
New Development/Renovation Report

Lakeview Terrace will begin new property improvements in 2016. To begin with, a new Wellness Center & Swimming Pool will be constructed. This will include a screened and heated swimming pool, and a large exercise room with modern exercise equipment. Construction will start in the 1st Quarter of 2016 as soon as final permitting is obtained. It should take about 7 months to complete.

A new Rehab Center will also begin in the 1st Quarter. Lakeview Terrace Skilled Nursing holds the Governor's Gold Seal award for 2015 & 2016. How great it will be to have a brand new building with state-of-the-art design, etc, along with our award winning program. Constant improvement for our residents happiness, health and comfort is our aim at Lakeview Terrace.

Next in the plan is a conversion of our dining service to total table service for all meals. Also, a new dining venue, the Bistro, will be built. The Bistro will seat about 45 and will offer soups, salads and sandwiches.

What a great way to start off 2016!



1. Lobby 2. Office 3. Storage 4. Restroom 5. Fitness Equip. Area
6. Group Fit Studio 7. Pool 8. Hot Tub

Fitness trackers may improve senior health monitoring

Published: Friday, January 22, 2016 by Interim HealthCare

Wearable technology like smart watches and fitness trackers are becoming increasingly common devices to help people stay motivated towards their health goals. Mobile trackers can remind people when they have been sedentary too long, monitor heart rates and record sleep quality.

While these are all handy features for any person, for the elderly this technology can provide an important level of monitoring and care to improve their overall health.



Boosting activity with fitness trackers

LiveScience reported on a study in which 50 women aged in their 50s and 60s were monitored for several weeks, with half the group wearing a FitBit fitness tracker and the other half wearing a basic pedometer. The FitBit is worn on the wrist and tracks the number of steps a person takes, alerts the person when it's time to move again, records sleep and in some models will measure heart rates. The pedometer, on the other hand, only tracks the number of steps taken.

The participants were overweight women who said that they did not exercise often. During the course of the study they were asked to achieve 150 minutes a week of vigorous physical activity. By the end of four months, the women using the FitBit were logging 62 more minutes of activity than those who had the standard pedometers.

The study was led by Lisa Cadmus-Bertram, an assistant professor of kinesiology at the University of Wisconsin-Madison. She told LiveScience that behavior changes can be easier to form when there is a tracking or feedback system in place. With both of these devices, she said, the participants received a level of tracking and feedback, but those who got more detailed reports on their activity with the fitness trackers were getting superior feedback that kept them motivated. These kind of devices work to make the wearer more accountable for their goals than a standard step counter would.

"It's about taking it to the next level of providing appropriate, responsive support and leveraging the technology to try to create effective interventions that are cheap enough to be used on a broad scale," she said.

Cadmus-Bertram's group plans to do more studies in the future on a wide range of participants to see just how much a fitness tracker can improve the activity of people at varying ages.

Health monitoring for seniors

There are many brands of fitness trackers on the market that offer varying levels of monitoring. Some, like the CarePredict, are made especially with senior's unique health and comfort concerns in mind. These senior-focused trackers can also report back to care providers to alert them of a sudden or alarming change in activity, which can help improve the level of home care seniors can have.

A study by the American Association of Retired Persons found that 67 percent of participants aged 50 and older found fitness trackers beneficial. They did see areas where the technology could be expanded, however, like by including additional health features such as monitoring blood sugar levels for those with diabetes.

Researches with the University of the New Mexico University College of Engineering are trying to develop a more senior-focused wearable that would help with fall prevention. The motion sensors that help monitor steps taken would also be used to alert a person if their movements are putting him at risk of falling. Using information like the user's age, weight and walking speed, the device could determine if a person's gate is too wide or steps are too quick, which could impact stability.

Overall, fitness trackers could really help seniors stay active and help monitor their heart rates to alert them if there are any worrisome changes. As these products continue to evolve, they could become essential pieces of equipment for maintaining elderly health.

For ideas on how to increase your fitness activity,
contact Leslee - Wellness & Fitness Coordinator,





**American
Heart
Association.**
Learn and Live

February Heart Health Month

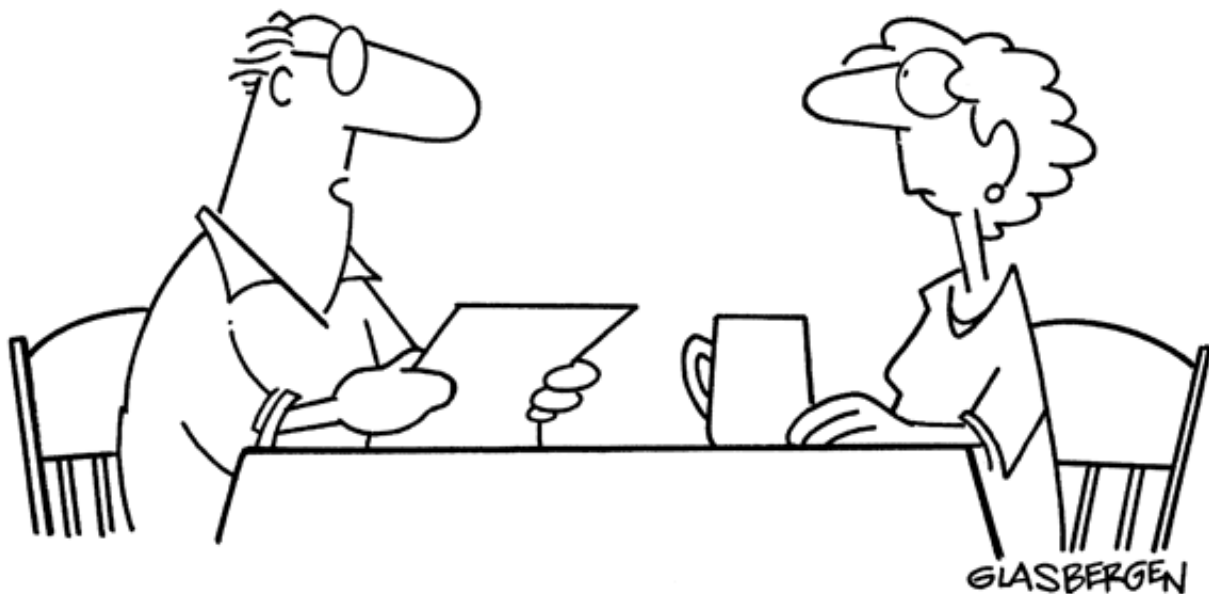
National Wear Red day is

Friday, February 5th 2016

I want to encourage everyone to wear RED to show their support against Heart Disease. Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, Lakeview Terrace is proudly participating in American Heart Month. Join the hiking group this month for a hike or try walking around the lake during the day to stay heart healthy.

Show your support for the fight against heart disease by **WEARING RED**

Leslee, Wellness & Fitness



**“My blood pressure is 180/90 which mathematically
is equal to 2/1 which doesn’t seem so high!”**

In The Spotlight At Lakeview Terrace

Lynne “Suga” Zimmerman



Before moving into Lakeview Terrace, Suga was a snowbird during the winter and stayed at Umatilla's Old Mill Stream Resort, just four miles down Route 19. Summertime found her living on her husband's 15-year-old farm in Blue Earth, MN.

A variety of occupations and interests led Suga into work as an artist of murals, an entertainer (the "Good Fairy"), a scuba diver trainer, and last but not least, MOTHER! She

says she usually held at least two jobs, including performing on state and TV, as well as, teaching dancing for Arthur Murray.

Her family is probably as colorful and interesting as Suga is. They include 6 children of her own, 6 stepchildren, 22 grand-children and "Scoodles of great-grand children being born constantly."

Hobbies and special interests for Suga include art, sewing and design, dancing, scuba and reading compulsively on her Kindle. She is currently writing her own book and has illustrated several family reunion books.

"Being from New Orleans, my life has been varied and colorful. My children are very close, and when my best friend died, I took over her six and married her husband. We were ALL on the stage in dinner theatres and commercials; some of the children still are." Suga was the Queen of Hearts one year at Mardi Gras. She loves Mardi Gras and New Orleans.

Suga is the current Vice President of the Resident Association at Lakeview Terrace. She is also currently on the zoning commission for the City Counsel of Umatilla. She still actively sews, loves dancing and loves being involved at Lakeview Terrace.

Sampling Of Lakeview Terrace Activities

- Feb. 1st Boggy Creek Camp Club Get-Together
- Feb. 2nd Men's Get-Together
Via Port Mall, Leesburg
- Feb. 3rd Wednesday at the Movies: The Little Boy
Dinner Outing to Long Horn Steakhouse, Leesburg
- Feb. 4th Ladies' Get-Together
- Feb. 5th Like Breaking Barriers?
Horse Racing "A Laugh A Minute" at Lakeview Terrace
- Feb. 7th Super Bowl Party
- Feb. 8th Hiking to Sunny Hill Restoration Area
- Feb. 9th Fat Tuesday—Mardi Gras Party
- Feb. 10th Lunch Outing to Olive Garden, Leesburg
- Feb. 11th LVT Ecology Presents: Avian Ecology, Part 2
The UHS Key Club & Umatilla Kiwanis Club
- Feb. 12th Friday at the Movies: San Andreas
- Feb. 13th Victory Casino Cruise
- Feb. 17th Wal-Mart/Target, Leesburg
- Feb. 19th Lunch Outing to Hardwood Smokehouse, Ocala
- Feb. 20th Computer Club Get-Together
- Feb. 23rd Dinner Outing to St. John's River Steak & Seafood, Downtown Sanford
- Feb. 24th Shopping trip to Altamonte Springs
- Feb. 25th Hiking to Ravine Gardens
Talent Show "Lakeview Terrace Has Talent"
- Feb. 26th AARP Free Tax Aide
- Feb. 27th LSSC: Presents: Duquesne University Tamburitzans



Lakeview Terrace Shopping & Social Activities

Each Sunday:

- 8:55 A.M. Sunday Chapel Service in the Lounge
- 4:00 P.M. Vesper Service on the 2nd Floor Porch of the H.C.C.

Each Monday:

- 8:00/9:00 Strong & Steady Exercise Class in the Lounge
- 9:00 A.M. Shopping Trip to Eustis
- 12:30 P.M. Bridge in the Lounge
- 1:00 P.M. Shopping Trip to Eustis
- 6:00 P.M. Bingo in the Lounge

Each Tuesday:

- 9:00 A.M. Shuffleboard
- 10:00–3:00 P.M. United Southern Bank
- 1:00 P.M. Fall Prevention Class in the Lounge
- 1:30 P.M. Water Walking
- 6:00 P.M. Duplicate Bridge in the Lounge

Each Wednesday:

- 8:00 A.M. Yoga/Tai Chi in the Lounge
- 9:00 A.M. Strong & Steady Exercise Class in the Lounge
- 9:45 A.M. Bible Study in the Multi purpose Room
- 6:00 P.M. Mahjongg and Poker in the Lounge

Each Thursday:

- 9:00 A.M. Shopping Trip to Umatilla
- 9:00 A.M. Aquatics Class
- 1:00 P.M. Shopping Trip to Eustis
- 6:00 P.M. Card Night in the Lounge

Each Friday:

- 9:00 A.M. Women's Golf – Lakeview Terrace Golf Course
- 9:00 A.M. Strong & Steady Exercise Class in the Lounge
- 9:30 A.M. Fall Prevention Class in the Lounge
- 10:00–3:00 P.M. United Southern Bank
- 6:00 P.M. Game Night in the Lounge (including "An Evening at the Horse Races")

Each Saturday:

- 8:30 A.M. Men's Scramble – Lakeview Terrace Golf Course
- 9:30 A.M. Wii Tennis in the Lounge
- 11:00 – 1:00 P.M. Country Store
- 1:15 P.M. Yoga/Tai Chi - Lounge
- 6:00 P.M. Pennies From Heaven Card Game in the Lounge

Country Store Open

Monday— Friday

10:00 am—2:30 pm

“RIGHT PLANT” “RIGHT PLACE” FOR PLANTS

When deciding on placing a plant into your landscape, there are a few things to consider other than “I like this plant, and I think it would look good here.” This could be detrimental to your beautiful plant.

That is where the right plant the “Right Place” guidelines could be used. Many factors can attribute to why a plant will not thrive in a certain location. Some things to consider; soil requirements, sunlight vs shade, water demands, temperature, and growth rates of the plant for its location, as overcrowding can occur. If these considerations are not thought out with the plant in mind, this could make an ongoing battle for upkeep of your plants, with fungus, poor blooming, and even natural self-thinning in an overcrowded area. Next time you think you have a perfect spot for your beautiful plant, consider if it is the “right place” for the “right plant.”

***FUN FACT*:**

Trees can help you find your way if you get lost. Moss will primarily grow more on the northern side of a tree trunk where there is more shade.

Brian—Director of Utilities, Grounds, & Landscaping at LVT

Lakeview Terrace residents have gardening plots were they can grow veggies, fruits and even gorgeous flowers to admire.





TOP HEALTH BENEFITS OF DARK CHOCOLATES !!

1. Prevent heart disease
2. Stabilize blood sugar
3. Lowers Blood Pressure
4. Reduces cholesterol
5. Improves mood
6. Protect your skin
7. Prevent stroke
8. Cure anemia
9. Improves eyesight
10. Improves cognitive function

Lakeview Terrace Residents enjoying shopping at the Russell Stover Factory Outlet





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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