



# Lake Views



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**Do You Know January is:**  
**Hot Tea Month**  
**National Oatmeal Month**  
**National Soup Month**



# Boost brain power in just 10 minutes

Published: by Interim HealthCare in Alzheimer's

While it is widely believed physical activity can improve brain health and decrease risk of cognitive disease, researchers continue to examine what forms of exercise are most beneficial. Researchers at Western University in London, Canada recently conducted a study that found a short burst of exercise leads to immediate cognitive improvement.



While previous studies have shown the benefits of exercise on brain health, many of them suggest committing to a long-term workout regime. A recent study published in the *Journal of Alzheimer's Disease* discovered moderate-intensity physical activity is safe and beneficial, but this new research suggests even just 10 minutes of aerobic activity has positive effects on the brain.

## Quick brain power boost

The researchers grouped the participants by two different activities. One group sat and read a magazine for 10 minutes, while the other group exercised on a stationary bicycle. Before and after the experiment, researchers used eye-tracking equipment to analyze each participant's reactions to a cognitive-demanding task. It targeted areas of the brain that focus on decision-making and inhibition.

The results showed immediate improvement in response time for those who had exercised. In some cases, participants experienced up to a 14 percent gain in cognitive performance. The researchers concluded that even a short duration of cycling or walking briskly can improve brain health, which in turn prevents the cognitive decline that can lead to Alzheimer's disease or dementia. According to one of the researchers, Matthew Heath, Kinesiology professor and graduate program supervisor: "Our study shows the brain's networks like it. They perform better."

## Maintaining brain health

The results are especially significant for those whose physical health prevents them from committing to an intense, long-term workout routine. Just 10 minutes

of physical activity could help those in early stages of dementia, even if they are less mobile than other patients.

Many sources support the benefits of exercise to engage the brain. A brain health campaign managed by the National Institute on Aging recommended getting the heart pumping for at least 30 minutes a day, whether it's from briskly walking or playing with the grandkids. According to Harvard Medical School, getting physical exercise creates new nerve cells and increases the connections between brain cells for healthier aging.

In addition to breaking a sweat, the Alzheimer's Association recommended other ways to reduce risk of cognitive decline, including reading, maintaining heart health, following a balanced diet, getting regular sleep and staying socially engaged. Researchers will continue to study these methods to determine more specific prevention methods, like this recent development in beneficial exercise routines.



A 10-minute exercise can immediately boost cognitive health.

# In The Spotlight At LVT "2017"



Lakeview Terrace

## National Wear Red Day 2017



## Most Important Meal

Mornings can be rough, but don't rush out the door without making time for breakfast. There may be no meal as important and beneficial as breakfast. There is an old adage that says, "Eat breakfast like a king and dinner like a pauper."

### EATING A HEALTHY BREAKFAST COULD RESULT IN:

better blood sugar control throughout the day.

curb hunger and regulate appetite.

prevent overeating.

Just eating more of your daily calories in the morning, isn't enough for health benefits, as the quality of the foods eaten matter. Choose to start the day with a "high-energy breakfast" including nourishing foods such as fresh fruit, lean proteins like eggs, whole-grain toast or cereal.

## Breakfast Burrito

- 1 Whole-wheat tortilla
- 2 Eggs (scrambled)
- ¼ Cup low-fat shredded cheese
- ½ Cup black beans

Scramble eggs in a hot pan and move to a plate. In the same pan add tortilla until heated through. Spoon cooked eggs evenly down center of the tortilla. Top with black beans and cheese. Fold in opposite sides of tortilla and roll-up burrito-style. Serve immediately and enjoy!



Visit <http://ow.ly/HZH930gfple> to read the article Most Important Meal? Heart Risks Linked to Skipping Breakfast

## Sampling Of Lakeview Terrace Activities

- |          |   |   |
|----------|---|---|
| Jan 2nd  | Men's Social - Stephanie Klunn  |   |
| Jan 3rd  | Movie "Mr. Blandings Builds His Dream House"  |    |
| Jan 4th  | Ladies Social - Stephanie Klunn<br>LVT Resident Academy                               |   |
| Jan 5th  | Lunch at Bob Evans  |   |
| Jan 6th  | "Paul DeRitter Trio" at the Leesburg Library  |   |
| Jan 7th  | "The Kramers" at the First United Methodist Church                                    |   |
| Jan 8th  | Hiking Group - Lake Eaton Sinkhole<br>Train Club Meeting<br>Boggy Creek Bear Stuffing |     |
| Jan 9th  | Residents Meeting<br>Dinner at PF Chang's   |   |
| Jan 10th | Free Amplified Phone Event  |   |
| Jan 11th | LVT Senior Nature Event "The Dirt Beneath our Feet for Plantings"                     |   |
| Jan 15th | Leu Gardens & Lunch at First Watch  |   |
| Jan 16th | Hearing Clinic<br>Poetry Group  |    |
| Jan 17th | Movie "Life of Pi"  |   |
| Jan 18th | LVT Resident Academy<br>Knee Replacement "Fact or Fiction" Seminar                    |   |
| Jan 19th | Lunch at Eaton's Beach  |   |
| Jan 20th | "Redneck Tenors" at the Lake Sumter State College                                     |   |
| Jan 21st | "Artistocat" Ballroom Dancers   |  |
| Jan 22nd | Book Club: State of Wonder by Ann Patchett  |   |
| Jan 23rd | Dinner at Hurricane Dockside Grill  |   |
| Jan 24th | Discovering the North-West Passage by Glen "Marty" Stein                              |   |
| Jan 25th | Chris & Gillian Bolus "Songs-R-Us"  |   |
| Jan 27th | The Fox on the Fairway at the IceHouse Theatre  |  |
| Jan 29th | Florida Driver's License Clinic<br>Taste of North Lake County                         |   |
| Jan 31st | Veterans' Group Meeting   |   |

## Weekly Entertainment



Bridge	12:30pm	Living Well Center	Monday
Mahjonn	1:00pm	Living Well Center	Monday
Bingo	6:15pm	Living Well Center	Monday
Bridge	6:15pm	Living Well Center	Tuesday, Thursday
Bible Study	9:45am	Multi-Purpose Rm	Wednesday
Poker, Cribbage	6:15pm	Living Well Center	Wednesday
Mahjonn, Samba	6:15pm	Living Well Center	Wednesday
Dominos	6:15pm	Living Well Center	Friday
Horse Racing	6:15pm	Living Well Center	Friday
Pennies From Heaven	6:15pm	Living Well Center	Thursday, Saturday



## Monthly Entertainment / Activities

Men's Social	9:00am	Lounge	First Tuesday
Movie	1:00pm	Living Well Center	First & Third Wednesday
Ladies' Social	9:00am	Lounge	First Thursday
Senior Nature Force	9:45am	Multi-Purpose Rm	Second Thursday
Computer Club	10:15am	Multi-Purpose Rm	Third Saturday
Meal System Update	10:00am	Lounge	Every Wednesday
Veterans Group	2:00pm	Lounge	Fourth Wednesday
BINGO Fun	9:45am	Living Well Center	Fourth Thursday
Karaoke	1:30pm	Lounge	Last Tuesday
Poetry Group	1:30pm	Conf. Rm	Third Tuesday



## Pain by Cliche

Went to the hospital needing help  
For a situation that made me yelp  
With the kind of pain that hurts a lot  
And doesn't improve no matter what

Heard:

No pain no gain  
It will get better in time  
It has to hurt before it gets better  
Think positively

It's God's will  
God doesn't give you more than you can handle  
It's just terrible luck  
Pray for your pain will go away

This yellow pill is certain to help  
This red pill will work for you  
Of course, it's the white one  
This pill has worked well for everyone else

You are so tough you can handle the pain  
You do everything so healthy, that will help  
Just exercise the pain away  
Fight the pain, you can beat it

Stay calm, stop screaming, the pain will go away  
Just breathe thru it  
The pain is just in your mind  
Take yourself to a peaceful place

This kind of pain is less than so many others  
It could be a whole lot worse  
It needs to get worse before it gets better  
Pain is a good sign, your body is healing

There were many more  
In fact, advice galore  
Nothing seemed to help  
So, I continued to yelp

It finally, went away  
Were it went, can't say  
But I had survived  
And had finally lived

**Bernie G.**

## *Happy New Year!*

It's hard to believe it is 2018 and harder to believe Lakeview Terrace has been in existence for 50 years! In 1967 Lakeview Terrace broke ground and has been growing ever since. The community started with 4 buildings to accommodate a small population of residents. Now, 50 years later, there are over 350 residents living at Lakeview Terrace! A lot of changes have taken place over 50 years, with the newest additions being the Villa and Tower Homes in 2014, the Wellness & Aquatics Center and the Bistro Café in 2017, and our new Rehab/Skilled Nursing Center, opening soon. Some things have changed, and some things haven't – Lakeview Terrace is still unmatched in location, services, 5 star rated Healthcare, and its warm, inviting atmosphere.





## 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](http://www.LakeviewTerrace.com)

Contact us at [lifecareinfo@LakeviewTerrace.com](mailto:lifecareinfo@LakeviewTerrace.com)

Lic # 88029