



Lake Views



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Do You Know July is:

National Blueberry Month

National Hot Dog Month

National Ice Cream Month



Why it's never too late for preventative heart care

Published: Wednesday, June 15, 2016 by Interim HealthCare

When it comes to preventative care, many seniors are prone to thinking it's too late to take measures to improve their health. But according to new research released by Elsevier Health Sciences, that may not be the case. Doctors found that certain therapies for treating and monitoring some cardiovascular conditions can help prevent heart disease in the elderly.



Better preventative heart care

Cardiovascular disease remains the largest cause of death for the elderly. More than 70 percent of men and women in the U.S. between the ages of 60 and 79 have some form of heart disease, according to the American Heart Association. Higher age groups have even greater occurrences of cardiovascular disease. These conditions greatly increase the chances of stroke or heart attack for the patients.

The Elsevier study, published in the *Canadian Journal of Cardiology*, found that elderly patients can benefit from heart therapies that focus on lowering cholesterol and controlling blood pressure. In clinical trials, the research team determined that preventative measures, even in elderly age groups, could decrease the chances of a cardiovascular event in the future.

The study's authors stated, however, that these therapies will not work in a one-size-fits-all basis. Since seniors are more likely to have a number of health conditions or may be on different medications, the exact preventive measures that are taken need to be tailored to each individual.

Finding the right treatments

Some blood pressure medications may cause adverse reactions when combined with other medicines. In those cases, doctors will need to adjust prescriptions to help find the right balance to treat all of a senior's medical needs without inducing any unnecessary risks.

Other complications will form from differences in patients' lifestyles. Smokers, for example, are at greater risk for heart disease and may have more difficulties finding safe treatments for their conditions.

Diet and exercise are important components of a preventative health plan. For elderly patients or their home care providers, healthy eating is an essential part of reducing the levels of bad cholesterol in the blood. Patients with high cholesterol need to be wary of animal products, like meats and dairy. Whole grains, fruits and vegetables are great heart healthy foods that can improve their conditions.

By working with their doctors and being vigilant about their lifestyles, seniors can add years to their lives and ensure that they are healthy and active enough to enjoy them.

INSPIRE TO MOVE:

Stretching In The Morning Goes A Long Way

We all have our morning routines – a cup of coffee or tea, a warm glass of lemon water or maybe even meditation. However, there is another simple thing we should be doing every morning to kick the day off in a healthy way – **STRETCH!** The benefits of stretching are physical and mental. It will get your blood flowing to your organs and oxygen to your brain.

Pick areas to focus on. The areas of your body that need a muscle “reset” each morning are the neck, upper and lower back, hip flexors and legs.

Be gentle. Be careful not to push your muscles too hard, and always move in a pain-free range.

Use your breath and mind. Breathe deeply and into your lower belly. While stretching, think about positive things. This will work together with stretching to give you a clear and positive mind for the day ahead.

Need some ideas? Stand up straight, clasp hands together and round upper back for an upper back stretch. For a great spinal twist, lie on the ground with arms out at the sides, cross one leg over the other (intending to touch your knee to the ground), while turning your head in the opposite direction. From a standing position, bend down and touch the ground for a hamstring and lower back stretch.

Adding a few stretches to your morning routine can make a huge impact on the rest of your day. Not only will it reset your muscles, it will also calm your mind, wake you up and make you healthier!



Sampling Of Lakeview Terrace Activities

- July 4th **Independence Day Celebration**
- July 5th **Men's Get-Together Guest Speaker: Dalton Yancey**
Shopping Trip
- July 6th **Wednesday at the Movies: The Intern**
Dinner Outing To "JC's Lobster Pot"
- July 7th **Ladies Get-Together Guest Speaker: Dalton Yancey**
- July 8th **Village Sun Newspaper Informational Meeting**
- July 11th **Boggy Creek Camp Club**
- July 12th **Resident's Meeting**
- July 13th **Wii Bowling Begins**
- July 14th **LVT Senior Nature Force**
- July 15th **Lunch Outing To "Angelo's Italian Restaurant"**
- July 16th **Computer Club**
- July 19th **Hearing Aid Clinic**
Lunch Outing To "Quarterdeck", Umatilla
Poetry Group
- July 20th **Construction Update**
- July 23rd **The IceHouse Theater Presents: "Anything Goes"**
- July 25th **Walmart/Target Trip**
- July 27th **Seminole Towne Center, Sanford**
Veteran's Group
- July 28th **Dinner Outing To "Jeremiah's"**



Coming Up
Hawaiian Day Luau Party
August 11th @ 1 pm





Each Monday:

- 9:00 A.M. Total Body Exercise Class
- 9:00 A.M. Shopping Trip to Eustis
- 12:30 P.M. Bridge
- 1:00 P.M. Shopping Trip to Eustis
- 6:00 P.M. Bingo

Each Tuesday:

- 9:00 A.M. Shuffleboard
- 9:00 A.M. Aquatics Class
- 10:00–3:00 P.M. United Southern Bank
- 1:30 P.M. Water Walking
- 6:00 P.M. Duplicate Bridge

Each Wednesday:

- 8:00 A.M. Yoga/Tai Chi in the Lounge
- 9:00 A.M. Total Body Exercise Class
- 9:45 A.M. Bible Study
- 6:00 P.M. Mahjongg and Poker

Each Thursday:

- 9:00 A.M. Shopping Trip to Umatilla
- 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. Total Body Exercise Class
- 9:30 A.M. Fall Prevention Class
- 10:00–3:00 P.M. United Southern Bank
- 6:00 P.M. Game Night & 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
- 6:00 P.M. Pennies From Heaven Card Game

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FROM THE LIBRARY



Added to our large print/non-fiction shelves this month is "The Gene - An Intimate History" by Siddhartha Mukherjee. It is currently on the New York Times best seller list. The author won a Pulitzer Prize for his earlier book "The Emperor of All Maladies." The book "tells the story of one of the most important conceptual breakthroughs of modern times--the quest to understand human heredity and its influence on our lives, personalities, fates, and choices."

Residents have donated a series by Karen Kelly called the "Annie Attic Mysteries"--30 books (in regular print) - Annie Dawson and members of the Hook and Needle Club of Stony Point, Maine, track down mysteries connected with the contents found in the attic of Annie's ancestral home, Grey Gables. "There will be danger, adventures, and heartwarming discoveries in the secrets Annie unearths--not just about her own family, but about citizens of this charming seacoast town in Maine." The books will be numbered on the spine, in order of publication, so you can read them in sequence, if you wish.

We've also received donations of numerous Clancy adventures (in regular print) as well as "Eat Fat, Get Thin" by Mark Hyman, who has been on TV recently to talk about diets.

Betty, Co-Manager

"The more you **read**
the more **things** you know.
The more that you **learn**
the more **places** you'll go."
-Dr. Seuss

In The Spotlight At LVT

Hazen & Susan Keyser

Hazen and Susan moved to Lakeview Terrace in July of 2014 after 20 years living in Spruce Creek South.

After a busy 50 years of commercial photography in several northern states, Haz developed a reputation for his teaching, product and portrait photography. He gave seminars to the studio photographers and Sue taught the amateurs how to handle their new and old cameras.

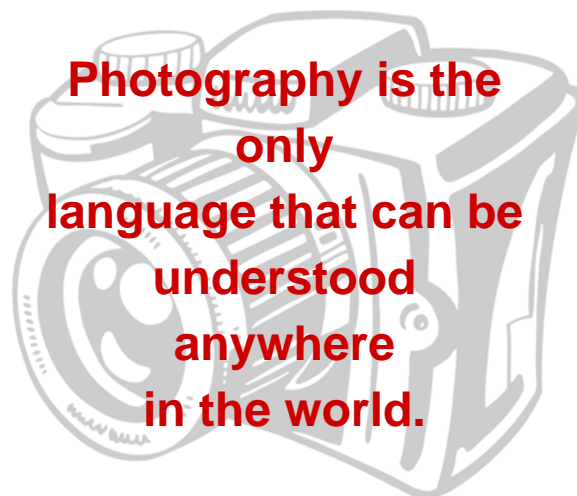
Having spent about 20 years in Toledo, Ohio - his many commercial pictures decorated walls of large companies. Every weekend both Haz and Sue recorded the Toledoans and at work and play (freelance photo) which were pictures used in two published coffee table books - one on the history of the largest companies and one on the lives of many Toledoans.

Haz earned his Master of Photography degree from PPA (Professional Photographers of America) and later was presented with his life Masters.

Sue graduated from RIT (Rochester Institute of Technology) retouching portraits and restoring old picture with photo retouching, changing colors, transferring images and portrait bags and wrinkles. The digital age is here and photo retouching is an amazing skill.

They love their skills and made it their hobby while raising three daughters.

“We love it at LVT and plan to take many pictures.”



By: Bruno Barbey

WHO WAS BOUDICA?

Boudica (also written as Boadicea) was a Celtic queen who led a revolt against Roman rule in ancient Britain in A.D. 60 or 61. As all of the existing information about her comes from Roman scholars, particularly Tacitus and Cassius Dio, little is known about her early life; it's believed she was born into an elite family in Camulodunum



(now Colchester) around A.D. 30. At the age of 18, Boudica married Prasutagas, king of the Iceni tribe of modern-day East Anglia. When the Romans conquered southern England in A.D. 43, most Celtic tribes were forced to submit, but the Romans let Prasutagas continue in power as a forced ally of the Empire. When he died without a male heir in A.D. 60, the Romans annexed his kingdom and confiscated his family's land and property. As a further humiliation, they publicly flogged Boudica and raped her two daughters. Tacitus recorded Boudica's promise of vengeance after this last violation: "Nothing is safe from Roman pride and arrogance. They will deface the sacred and will deflower our virgins. Win the battle or perish, that is what I, a woman, will do."

Like other ancient Celtic women, Boudica had trained as a warrior, including fighting techniques and the use of weapons. With the Roman provincial governor Gaius Suetonius Paulinus leading a military campaign in Wales, Boudica led a rebellion of the Iceni and members of other tribes resentful of Roman rule. After defeating the Roman Ninth Legion, the queen's forces destroyed Camulodunum, then the captain of Roman Britain, and massacred its inhabitants. They went on to give similar treatment to London and Verulamium (modern St. Albans). By that time, Suetonius had returned from Wales and marshaled his army to confront the rebels. In the clash that followed—the exact battle site is unknown, but possibilities range from London to Northamptonshire—the Romans managed to defeat the Britons despite inferior numbers, and Boudica and her daughters apparently killed themselves by taking poison in order to avoid capture. In all, Tacitus claimed, Boudica's forces had massacred some 70,000 Romans and pro-Roman Britons. Though her rebellion failed, and the Romans would continue to control Britain until A.D. 410, Boudica is celebrated today as a national heroine and an embodiment of the struggle for justice and independence.

[http://www.history.com/news/ask-history/who-was-boudica?
cmpid=Social_FBPAGE_HISTORY_20160620_496798663&linkId=25668095](http://www.history.com/news/ask-history/who-was-boudica?cmpid=Social_FBPAGE_HISTORY_20160620_496798663&linkId=25668095)

Blueberry Blast Smoothie

Total Time

5 min

Prep:

5 min

Yield: 1 serving, about 2 cups

Level: Easy



Ingredients

1/2 cup nonfat or 1 percent low fat milk

1/2 cup non fat plain yogurt

1 cup frozen blueberries (unsweetened)

1 teaspoon honey

Directions

Put all ingredients into a blender and blend until smooth.

Nutritional Analysis

Per Serving

Calories	194
Total Fat	1 g
Saturated Fat	0 g
Protein	10 g
Total Carbohydrate	40 g
Fiber	4 g
Cholesterol	5 mg
Sodium	133 mg

<http://www.foodnetwork.com/recipes/ellie-krieger/blueberry-blast-smoothie-recipe.html>

Read more at: <http://www.foodnetwork.com/recipes/ellie-krieger/blueberry-blast-smoothie-recipe.html?oc=linkback>



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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