



# *Lake Views*

**May 2021, Volume 8, Number 05**



LVT Residents  
*Dave and his  
beautiful baby  
Nashville*



**[www.LakeviewTerrace.com](http://www.LakeviewTerrace.com)**

**The Monthly eMagazine of Lakeview Terrace, Altoona FL.**

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Library News....

## Let's Eat Grandma! or "Commas can save lives!"



Let's put a comma in that sentence. Let's eat, Grandma. Much better, wouldn't you say?

The humble comma is probably the most powerful punctuation mark in the English language. By inserting a pause in a sentence or phrase, misunderstandings can be avoided.

Let's have some fun with commas. You've already seen an example of how a comma can be a lifesaver!

Leaving out commas can actually turn a sentence into a serial killer!

I like cooking dogs and kids. OR I like cooking, dogs, and kids.

I've got time to kill everyone. OR I've got time to kill, everyone.

Commas can keep children safe.

We're going to cut and paste kids. OR We're going to cut and paste, kids.

It's your turn to hide kids. OR It's your turn to hide, kids.

My three favorite things are eating my kids and not using commas. OR My three favorite things are eating, my kids, and not using commas.

Comma placement can clarify details.

Oh boy, puppies! OR Oh, boy puppies!

A relationship can be broken or cemented by a simple comma.

I'm sorry I love you. OR I'm sorry, I love you.

A comma has the ability to make a good panda go bad.

Panda eats shoots and leaves. OR Panda eats, shoots, and leaves.

And lastly, commas can help avoid or improve touchy politically incorrect situations.

A woman without her man is nothing. OR A woman, without her, man is nothing.

Come check out our commas — our books are full of them!



## OPPORTUNITY or SCAM?

Scammers are always on the ready to take advantage. The pandemic has caused lots of uncertainty, financial concerns and vaccination confusion. Here are some tips to help you avoid scams during difficult or ordinary times.

**Hang up on robocalls.** The IRS usually, will not call you. They almost always contact you by US mail. Scammers like to pretend to be the government to get your money or information.



**Watch out for phishing emails and text messages.** Don't click on links or texts you didn't expect.

**Contact trusted sources for information on vaccines.** Check with the local health departments, your health care provider or pharmacist.

**Don't share your personal, financial, or health information with people you don't know.** No one from a legitimate vaccine distribution site will call, text or email you asking for your Social Security Number, credit card, or bank account number to sign you up to get the vaccine.

**Research before you donate to charities.** Never donate in cash, by gift card, or by wiring money.

Scammers are creative and often convincing. Knowing about possible scams is a good first step towards preventing them.

*“Who is going to believe a con artist?  
Everyone, if she is good.” Andy Griffith*

Happening at Lakeview Terrace.....

### Memorial Day at McTureous Memorial Park

We are excited to have the opportunity to join the local community at the annual Memorial Day ceremony at McTureous Memorial Park (directly across from the LVT gates) on SR 19 in Altoona. This ceremony has been hosted for more than 25 years by our local American Legion Austin Giles Post #21. Robert McTureous, Jr. was the only native born Lake County resident to have received the U.S. Military's highest decoration, the Medal of Honor. McTureous, born in Altoona, received the Medal posthumously for his service in the battle of Okinawa in WWII. His home in Altoona serves as a museum and is open biannually during the Memorial and Veterans Day ceremonies. The program features our local Umatilla High School ROTC cadets, guest speakers and the Spring Creek Charter School Chorus.

### Camp Boggy Creek Club

Shown are two Boggy Bears keeping watch over some of the coffee makers donated to the Camp by our Club. Each one has an attachment stating that it was "generously donated by Residents of Lakeview Terrace Retirement Community". It's another example of our LVT Club funds helping the Camp in its mission.



### Wii Bowling

The Lakeview Terrace Wii Bowling League starts back this month. This is a virtual interactive gaming system with your neighbors. This league is a tournament, and goes on until each team plays one another. It is a great way to meet new people, work on balance, brain fitness, and simply have FUN!

## Food To OVERCOME ANXIETY

Chronic anxiety can leave one feeling trapped under its heavy weight. There are helpful techniques and practices such as deep breathing, grounding techniques, journaling and therapy to help beat anxiety. In addition there is also science showing that a change in nutrition can be a supplemental aid to recovery for people dealing with depression and anxiety. The connection between food and mental health is not entirely understood, but a few things that are known include:

Vitamins help the body boost serotonin, a mood regulating chemical that is essential to happiness.

- Niacin rich foods along with other B vitamins found in dairy foods, eggs, fish, legumes, lean meats and fortified nuts and grains are sources of serotonin making niacin.
- Vitamin B-6 increases serotonin levels and sources are seafood, such as tuna and salmon as well as poultry, chickpeas, liver, bananas, squash, rice, nuts, watermelon and fortified grains.
- Folic acid, also called folate or vitamin B-9 helps the body manufacture serotonin. Leafy green vegetables, wheat germ, beans, salmon, orange juice and avocado are best food sources.
- Vitamin D can help boost serotonin. Dairy foods, and mushrooms are good food sources and sun exposure also raises vitamin D levels

Too much sugar, even though lots of people turn to sugary sweets when anxious, can:

- Negatively affect your mood and are related to higher feelings of anxiety.
- Weaken ability to deal with stress by suppressing the area in the brain that controls stress response.
- Trigger imbalances in brain chemicals that lead to depression.

Simply seeing oneself as worthy of self-care and taking steps to better nutrition can be a start to raising spirits.

**“Life is ten percent what you experience and ninety percent how you respond to it.” - Dorothy M Neddermyer**

# Bacon-Balsamic Brussels Sprouts

- 4 slices thick-cut bacon, diced
- 2 tbsp. balsamic vinegar
- 2 lbs. brussels sprouts, ends trimmed, halved through the stem
- 2 tsp. extra-virgin olive oil
- 1/4 tsp. kosher salt
- 1/8 tsp ground black pepper

Preheat oven to 450°F. Spread the bacon in a large, ovenproof skillet or 9x13 inch baking dish. Roast 5 minutes. Stir bacon, and then add sprouts, olive oil, salt and pepper (without stirring, so bacon stays on the bottom at first). Roast 45 minutes, stirring every 15 minutes or until bacon is crisp and sprouts are tender and browned in spots. Add vinegar, stir to combine and roast another 2-3 minutes.





## LVT Events & Activities

Saturday, May 1st at 6:00 PM  
Derby Party in the Lounge

Sunday, May 2nd at 9:00 AM  
FIRST Church Service in the Clubhouse

Tuesday, May 3rd at 9:30 AM  
Shopping at Clermont Landing

Tuesday, May 4th at 1:30 PM  
Firestick Training in the Lounge

Wednesday, May 5th  
Cinco De Mayo

Wednesday, May 5th at 10:30 AM  
Best Brain Class at the LWC

Wednesday, May 5th at 1:00 PM  
VIP Meeting in the Lounge

Thursday, May 6th at 10:30 AM  
Resident's Academy at the Clubhouse

Thursday, May 6th at 5:00 PM  
Birthday Bash in the Bistro

Friday, May 7th  
Wii Bowling begins at LWC

Friday, May 7th at 11:00 AM  
Lunch at Yalaha Bakery

Saturday, May 8th at 9:00 AM  
Day Trip to Silver Springs, Ocala

Saturday, May 8th at 1:00 PM  
Movie at LWC

Sunday, May 9th  
Happy Mother's Day

Tuesday, May 11th at 1:30 PM  
Resident's Association Meeting

Tuesday, May 11th at 4:00 PM  
Dinner at Texas Roadhouse in Lady Lake

Wednesday, May 12th  
Massage Day

Wednesday, May 12th at 4:00 PM  
Wine Down Wednesday

Thursday, May 13th at 9:00 AM  
Ladies' Social in the Lounge

Friday, May 14th at 10:00 AM  
Card Making w/ Jackie in the Lounge

Friday, May 14th at 1:30 PM  
Brain Aerobics Trivia In the Lounge

Saturday, May 15th at 9:00 AM  
Armed Forces Day Flag Raising  
at the Community Building

Tuesday, May 18th at 1:30 PM  
Firestick Training in the Lounge

Wednesday, May 19th  
Massage Day in Hotel Room #1

Wednesday, May 19th at 10:30 AM  
Best Brain Class at LWC

Thursday, May 20th at 10:30 AM  
Resident's Academy at the Clubhouse

Friday, May 21st at 10:00 AM  
Lunch in Downtown DeLand

Saturday, May 22nd at 1:00 PM  
Movie at LWC

Tuesday, May 25 at 9:00 AM  
Wii Breakfast at the Clubhouse

Tuesday, May 25th at 4:00 PM  
Dinner at Blackwater Inn in Astor

Thursday, May 27th at 10:00 AM  
Fun Bingo in the Lounge

Thursday, May 27th at 3:00 PM  
Men's Social in the Lounge

Friday, May 28th at 1:30 PM  
Piano Recital in the Clubhouse

Saturday, May 29th at 1:30 PM  
IceHouse Theater in Mt. Dora

Monday, May 31st at 10:00 AM  
Memorial Day Program at McTureous Park,  
Altoona

***You Are Not Alone, If You Are  
Home at Lakeview Terrace!***



## 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	Friday



## 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



## LVT Residents' Academy

<u>Date</u>	<u>Subject</u>	<u>Instructor</u>
May 6th	Another Great Adventure	Richard Kuhnen
May 20th	Ship Building in N.C. 1688-1918	Richard Stephenson

## In The Spotlight

### BEHIND the SCENES at LVT

**This month, we shine the Spotlight on Liz Dewild, our Home Health Administrator and one of our Community Nurses at Lakeview Terrace Retirement Community.**

As part of our Health Care team, Liz plays a vital role in supporting, enhancing, and nourishing the lives of our residents.

Born and raised in California, she moved to Pennsylvania at the age of 18 to be closer to family.

Liz discussed her work history prior to joining us at Lakeview Terrace.

“I even worked at Disney as a Facilities Supports Craftsman (Maintenance) at Coronado Springs for approximately two years.”

At the age of 21, she enlisted into the Air Force. “I did not want to be stuck in an office job; I wanted to see what was out in the world. I was assigned a medical position. It felt right, so I thought I would follow through with that.”

Liz served in the Air Force as a Med-Tech from 1990-1994. She was stationed at Wright Patterson Air Force Base in Dayton, Ohio. Upon discharge, she relocated to Lake County, Florida, and has been here since.

She enthusiastically continued, “I have been in the medical field for a long time, but started my nursing career 15 years ago. I worked in the Home Health industry; with most of my career as a nurse and one year at a Skilled Nursing Facility.

“I had an opportunity to come back to Home Health five years ago, which was a great decision. Life at Lakeview Terrace Retirement Community is a true blessing and a decision I have never regretted!”

Liz shared that the most rewarding aspect of her role as a Home Health Nurse is “to treat people at home, which is what most of us want”.

“I believe in aging in place, and if we can make changes for residents and establish the care they need at home; it’s what we aim for. The challenging part of my job is probably the paperwork. I am sure that’s what most nurses would say.”





Liz infuses our community with her genuine, positive attitude. “I try not to let anything get to me at work. I believe that every day is a blessing and that we should take advantage of the day.

“Sure, we all get overwhelmed at times, but I have a great team that I work with. The clinical team is great and we all support each other.”

Outside of our campus, Liz loves spending time with family and friends. At the top of her list is visiting Disney World with her grandchildren. “Family dinnertime, pool time after work, and gardening on the weekends are great ways to unwind.

Pictured left, Community Nurses Liz Dewild

and Deb Contreras arrive at a resident’s home for a wellness check.

“My biggest hobby would have to be getting out with the camper and disengaging from reality. I love to hang out outside people watching, eating, and talking. I also take the kayak with me and enjoy adventuring out in the lakes, rivers, and springs. I love to go fishing, and if not catching fish maybe catching some zzzz’s.”

Cruising the eastern Caribbean is a favorite pastime. My favorite cruise destination would have to be the ABC islands (Aruba, Bonaire, and Curacao).

In keeping with her upbeat attitude, some of her favorite sayings are “Moving Forward” and “Today is a good day for a good day”.

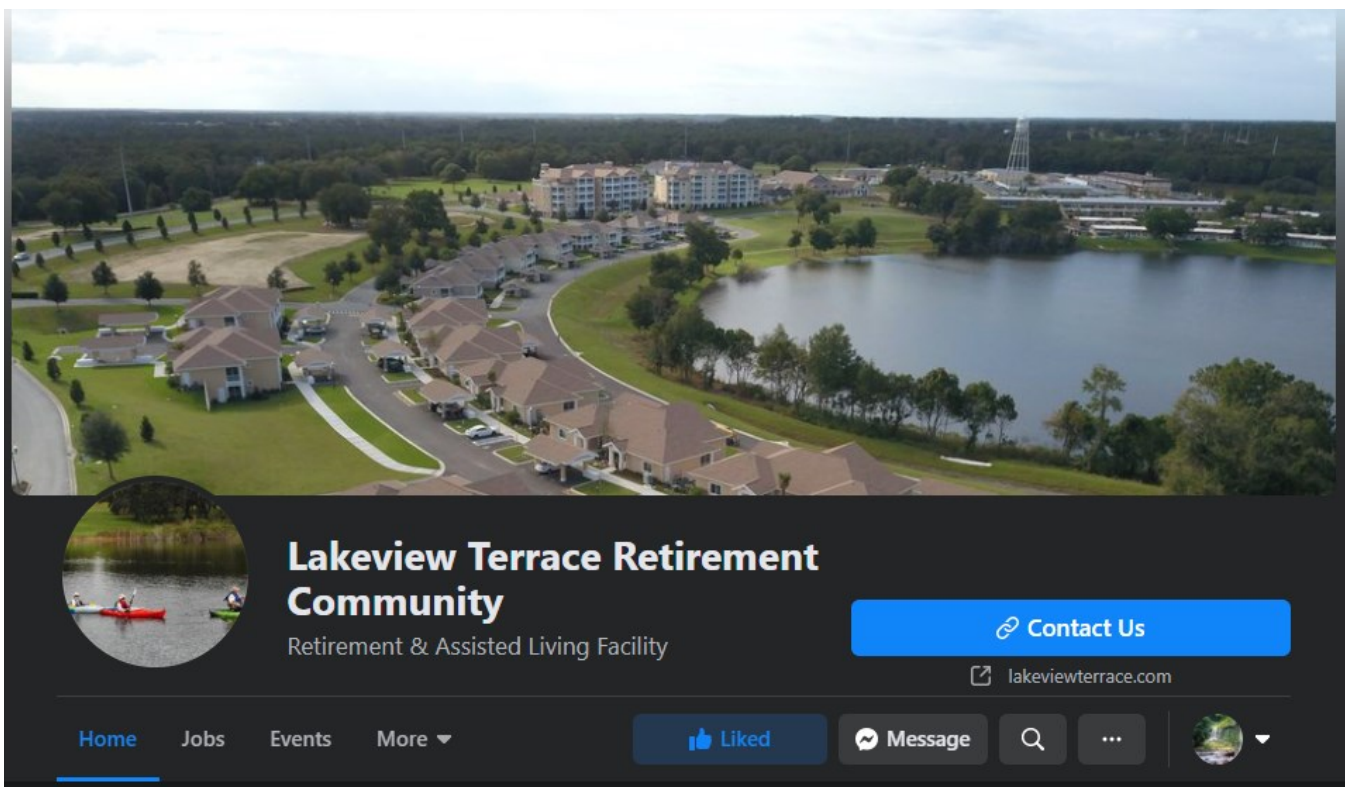
Liz is a fan of various music genres, from ABBA, Michael Jackson, Country, 80’s, and Christian. She especially enjoys softball. Liz favors college sports and stands by Penn State and FSU.

Thank you, Liz, for all the care, kindness, and support you bring to our community. Lakeview Terrace appreciates the compassion and care you provide to our residents. We are grateful for your continued dedication.



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.**



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