



Lake Views



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In The Spotlight

LVT Veterans

There are about 15 million veterans in the United States, according to the Veterans Administration — that's six percent of the population. At LVT, almost 20 percent of our residents are veterans — that's one out of every five.



Angelo DeSantis, for example, is one of four veterans who served during World War II. He was a staff Sergeant in the army, stationed in England, where he was responsible for maintaining radar sites along the English coast. At 101-years-old, Angelo still lives alone.

Another World War II vet, Bill Christensen, was a flight engineer in the Royal Canadian Air Force; Donald McKay was a corporal in the Canadian army; and Richard Brooks served in the Army Air Corps.

Dick Stephenson, a Navy veteran, is one of six residents, who served during the Korean War. He transported troops, as many as 1,500 Marines to their post. At 91-years-old, Dick recently gave up his 50 years of volunteer work for the Coast Guard. He still gives talks on boating safety.



“At my age, my skills aren’t up to what they once were,” said Stephenson. “Sometimes, I get hung up on words during a talk.”



The Vietnam era is where the majority of LVT residents served our Country. Two of them served in the Navy on nuclear submarines.

“While serving on ballistic missile submarines during the 1960s and 1970s, we remained submerged for as long as 75 days without seeing daylight,” said Bryant Giffin, who retired after 21 years on four different submarines. “The guys are on watch for six hour watches, off for 12 hours and back on for another six.”

” When asked how can anyone live on a submarine? David McGrath laughed, “at that age (20-years-old) you didn’t worry about stuff. Besides, they gave you more money but you had to earn it. It was a wonderful career. I thoroughly enjoyed it.”

In 1964, Emily and John Ross met in the Air Force and were married a year later. “Emily grew up in a military family so joining the Air Force was a natural career path. “John served on the aircraft maintenance team and I was sent to computer school,” said Emily. “While John was in Denang, I gave birth to our son. John was wounded and earned a purple heart.”



Not all of our residents were on active duty throughout their military career. Major General Angelo Perciballi served both active duty and spent many years as a reservist in the Air Force. “As reservists we were called to duty frequently. We even flew to South East Asia.” Angelo stresses the importance of reservists in the military.

Up until COVID, LVT had an active Veterans Club. It was through their generous donations and the inspiration of Richard Zinck a retired Master Sergeant in the Air Force, that a Veterans’ Memorial was constructed. The flag hangs at the entrance gate. The paved bricks are bought for \$25 each by a veteran. Each brick is inscribed with the Vet’s name, branch, years of service. Plans are under-way for a recognition program with lunch and guest speaker for veterans only.



Dick Brooks, World War II Veteran with his bomber crew. Dick was first lieutenant and Bombardier Navigator. He served four years in the Army Air Corps.

By Mary Pat, LVT Resident

Portion Impossible

Thanksgiving dinner can leave more than just the turkey stuffed. Indulging in favorite holiday foods just one day isn't so bad if you eat a balanced diet most days of the year. Overeating regularly can stretch your stomach's capacity. Being mindful about the serving sizes you put on your plate is one of the best things you can do for healthy weight management.

This turkey day, select healthy portions of your favorite foods and always fill half your plate with non-starchy vegetables. Before piling on the fixings, reference these healthy portions of traditional holiday foods:

<u>Foods</u>	<u>Serving Size</u>	<u>About the Size of:</u>
Turkey (white meat)	3 ounces	Deck of cards
Gravy	¼ cup	Golf ball
Mashed potatoes	½ cup	Half a tennis ball
Stuffing	½ cup	Ice cream scoop
Cranberry sauce	¼ cup	Golf ball
Pie	⅛ of a 9" pie	Light bulb

RECIPE

Sweet Potato Pancakes

1 sweet potato roasted and cooled

2 large eggs beaten

Dash of cinnamon

Cooking spray

Place roasted and cooled sweet potato in a medium bowl. Remove the peel and mash. Whisk in the eggs and cinnamon. Coat a pan/griddle with cooking spray and heat over medium high heat. Spoon out ¼ cup of batter onto pan and cook 5 to 7 minutes on one side. Flip and cook another 3-5 minutes

Library News

Figurative Language

An idiom is an abstract (figurative) phrase that means something totally different from its literal meaning. Classic American examples are: "When pigs fly" – *Never*, "Piece of cake" – *Easy* or "Raining cats and dogs" – *Pouring rain*. (There are approximately 25,000 idioms in English.)

Every language contains its own idioms. Here is a look at some of our American English idioms paired with their international loose equivalents!

Tell someone off – *Icelandic* – Take someone to the bakery

Bats in the Belfry – *Australian* – A kangaroo loose in the top paddock

Full of oneself – *Dutch* – Have hair on one's teeth

Pull someone's leg – *Spanish* – Grab someone's hair

Wrap it up – *Tagalog* – Baptize it already!

Make a mental note – *Norwegian* – Write something behind one's ear

Happy as a pig in mud – *Polish* – Live like a donut in butter

Stretch the truth – *Chinese* – Draw a snake with feet

It's Greek to me – *Czech* – It's a Spanish village to me

Happy as a clam – *Hindi* – Happy as a dog with two tails

Midlife crisis – *French* – Noonday demon

Born with a silver spoon in one's mouth – *Swedish* – Slide in on a prawn sandwich!

Take the fall – *Portuguese* – Pay the duck

Make a mountain out of a molehill – *German* – Make an elephant out of a fly

Put one's foot in one's mouth – *Finnish* – Let a frog out of one's mouth

Money doesn't grow on trees – *Arabic* – The sky doesn't throw chicks

Pull the wool over one's eyes – *Russian* – Hang spaghetti from one's ears

To rekindle an old flame – *Italian* – Reheat cabbage

The grass is always greener – *Yiddish* – Tasty is the fish from another table

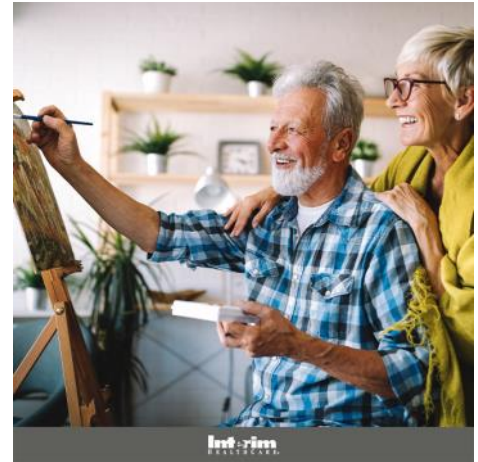
A wolf in sheep's clothing – *Japanese* – To wear a cat on one's head!

Sooooo, enough about "little cows and little calves." (That's *Dutch* for small talk!) Let's call it a day!

By Joanie (LVT Resident)

8 Tips To Improve Your Mental Health

Did you know that one in five adults experience mental illness every year? Did you know that 50% of chronic mental illness begins by age 14? If you experience issues with mental illness, know that you are not alone. The challenges of everyday life are hard enough but can be particularly challenging for caregivers, someone who receives healthcare at home, and even for healthcare workers.



We recognize the role that mental health plays in your overall well-being—and you should, too. Here are eight tips to help you improve your mental health, no matter what role you play every day.

1. Focus on exercise

Exercise is often praised for boosting our physical health, but just 30 minutes of exercise can make a huge difference in your mental health, too. Exercise increases the flow of serotonin in your brain, which is the “feel-good” hormone that helps boost your mood. So when you’re feeling stressed or down, move your body. Exercise can help improve your mood!

2. Keep an eye on your nutrition and water intake

Similar to exercise, your doctor wants you to make sure your diet is healthy for physical benefits. But eating a healthy diet can also help your mental health, as well. Rather than focusing on removing unhealthy foods from your diet, try to add healthy foods to your daily diet. Limit caffeine intake as much as you can, and aim for at least 60-80 ounces of water every day.

3. Get the rest your body needs

If you’re not sleeping well, your brain doesn’t have time to recharge every night. And when your body doesn’t have the quality sleep it needs to recover, this can certainly affect your overall mental health. Take the necessary steps to sleep better every night. These tips apply to everyone, not just seniors.

4. Find a relaxing activity that fits your lifestyle

If you’re a caregiver, someone with a chronic condition, or a healthcare worker,

you might laugh at this one. It may be hard to think about finding the time to relax! But just like you schedule times to go to the doctor, schedule regular times for healthy activities you enjoy, such as journaling, meditation, gardening, or just taking a walk around the block. Even if you have to block it off on your calendar daily, scheduling “me time” to do something you enjoy is very important for your mental health.

5. Set goals and learn to say no

It can be overwhelming and hard to function when you have an overflowing plate every day. Try to set goals for what you need to get done one day at a time, and focus on what you *have* accomplished rather than what you haven't gotten done. If you feel that you have too much on your plate, learn the art of saying “no.” It can be great for your mental health!

6. Focus on gratitude

Have you ever heard the phrase, “A heart full of gratitude leaves no room for anything else”? When times are tough, it may be hard to find things to be grateful for. But, taking stock of even the most basic things you have to be grateful for, like running water, food to eat, and breath in your lungs, can help boost your mood and give you a better perspective on life.

7. Allow positivity to take over

It can be so easy to allow negative thoughts to take over your mind every day. Simply re-directing your thoughts when you get overwhelmed by the negative can make a huge difference in your mental health. Allow the positive to take over and kick negativity to the curb!

8. Recognize when to ask for help

If these tips don't sound possible to you, or if you've tried them and you're still experiencing issues with mental illness, reach out for help. If you don't know where to start, try asking your primary care provider for help. Or, look for mental health professionals in your area and schedule an appointment with them. Most importantly, if you are experiencing an immediate mental health crisis, reach out to one of the many hotlines that are available 24/7.

Make your mental health a priority just as much as you make your physical health a priority, every day of the year.

LVT Events & Activities



Wednesday, Nov. 2nd at 1:00 PM
Medicare Options w/ Betty Cunningham

Thursday, Nov. 3rd at 10:30 AM
Resident's Academy

Thursday, Nov. 3rd at 4:00 PM
Birthday Bash



Friday, Nov. 4th
Black Bear Scenic Byway Tour

Friday, Nov. 4th at 2:00 PM
Trivia

Saturday, Nov. 5th at 10:00 AM
Fall Wreath Making

Saturday, Nov. 5th
Lake Sumter Performing Arts Series

Monday, Nov. 7th at 11:00 AM
iPhone Class



Monday, Nov. 7th at 1:00 PM
Boggy Bear Stuffing

Tuesday, Nov. 8th ~ 7a - 7p
General Election Voting at LWC

Tuesday, Nov. 8th at 1:30 PM
Residents' Association Meeting

Wednesday, Nov. 9th at 1:00 PM
V.I.P. Meeting

Thursday, Nov. 10th at 9:00 AM
Ladies' Social

Thursday, Nov. 10th at 11:00 AM
"Truth Project" Video Series

Thursday, Nov. 10th at 1:00 PM
Lake County Manatees

Friday, Nov. 11th at 10:00 AM
Card Making w/ Jackie

Friday, Nov. 11th at 11:00 AM
Veterans Luncheon

Friday, Nov. 11th at 2:00 PM
Veterans Day Program

Monday, Nov. 14th at 11:00 AM
Android Class

Tuesday, Nov. 15th
Lunch at Cracker Barrel



Wednesday, Nov. 16th at 11:30 AM
Chicken Liver Club

Thursday, Nov. 17th at 10:30 AM
Resident's Academy

Thursday, Nov. 17th at 3:00 PM
Men's Social

Friday, Nov. 18th
Lunch at Hollerbach Café

Saturday, Nov. 19th at 2:00 PM
Lake Concert Band

Monday, Nov. 21st & Tuesday, Nov. 22nd
LVT Craft Show

Wednesday, Nov. 23rd at 9:00 AM
Turkey Trot

Thursday, Nov. 24th
Happy Thanksgiving



Friday, Nov. 25th at 11:00 AM
"Truth Project" Video Series

Friday, Nov. 25th at 2:00 PM
Trivia

Saturday, Nov. 26th
IceHouse Theater

Monday, Nov. 28th at 11:00 AM
"Fascinating Stories from the National Parks"

Tuesday, Nov. 29th
Shopping at Tanger Outlets

Keep Active (Physical)

Mon, Wed & Fri.

Total Body Exercise w/ Fall Prevention 9:00 AM

Tuesday

QiGong Walking 8:00 AM
Aqua Class 9:00 AM
Chair Yoga 10:00 AM

Thursday

Aqua Class 9:00 AM
Chair Yoga 10:00 AM

Saturday

Aqua Class 9:30 AM
Tai Chi 10:30 AM

Keep Playing (Games)

Monday

Golf 8:30 AM
Bridge 12:30 PM
Mahjongg 1:00 PM
Scrabble 2:00 PM
Cribbage 3:00 PM
Bingo 6:00 PM



Tuesday

Mahjong 1:00 PM
Bridge 5:30 PM

Wednesday

Golf 8:00 AM
Cornhole 1:30 PM
Poker 5:30 PM
Mahjongg 5:00 PM

Thursday

Bridge 12:30 PM
Straight Dominoes 2:00 PM
Pennies From Heaven 5:30 PM
Euchure 5:30 PM

Friday

Mahjongg 1:00 PM
Dominoes 2:30 PM
Pennies from Heaven 5:30 PM
Horse Racing 6:00 PM

Saturday

Golf 8:00 AM
Pennies From Heaven 1:00 PM
Dubs Cards 1:00 PM

Sunday

Pennies from Heaven 1:30 PM

Keep Exploring (Clubs/ Groups)

2nd Monday

Happy Bookers 10:00 AM
Radio Club 2:00 PM
Choo Choo Club 3:00 PM

4th Monday

Novel Bunch Book Club 10:00 AM
Radio Club 2:00 PM

Tuesdays

Boggy Bear Workshop 1:00 PM
Men's Glee Club 3:00 PM

2nd & 4th Tuesdays

Quilting Group 10:00 AM

Wednesdays

Ballroom Dancing 3:00 PM
1st & 3rd Wednesdays
Golden Girls 11:00 AM

3rd Tuesday

Poetry Group 3:00 PM

3rd Wednesdays

Chicken Liver Club 11:30 AM

4th Wednesday

Veterans Group 2:00 PM

2nd Thursday

Outdoor Club 2:00 PM

2nd Thursday Bi-Monthly

Chicken Liver Club 11:00 AM

Fridays

Wood Carving 1:00 PM (MPR)

1st & 3rd Fridays

Creative Writing Group 12:00 N
Radio Club 3:00 PM

4th Friday

Travel Club 10:00 AM

2nd & 4th Saturdays

Line Dancing 2:00 PM

Keep Being (Support)

3rd Wednesday

Dementia Support Group
Third Wednesday 11:00 AM

2nd Wednesday

Jan, March, May, Sept, Nov
V.I.P. (Visually Impaired People) 1:00 PM

Keep Going (Shopping)

Every Monday

Publix, Eustis 9:00 AM
Winn-Dixie, Eustis 1:00 PM

Every Thursday 9:00 AM

Umatilla - Save A Lot, Dollar General

2nd Thursday 1:00 PM

Village Marketplace (Tavares)
Joann's Fabric, Dollar General
Winn-Dixie,

3rd Thursday 1:00 PM

Tri-Cities Plaza (Mt. Dora)
Hobby Lobby, TJ Maxx, Ross,
Dollar Tree

4th Thursday 1:00 PM

Shop Eustis Village
Beall's, Publix, Cato, Hallmark Store

3rd Wednesday 1:00 PM

Walmart/Target/Aldi

Last Tuesday 9:30 AM

Mall Shopping w/ Lunch

Keep Seeking (Spiritual)

Sundays

Chapel Service 8:55 AM
Vespers 4:00 PM (HCC Sunporch)

Wednesdays

Bible Study 9:45 AM (MPR)

Fridays

Men's Bible Study 10:00 AM

2nd & 4th Friday

Communion 1:30 PM (HCC)

3rd Friday

Mass & Confession 2:00 PM

3rd Thursday

Presbyterian Service 2:00 PM

Happening at Lakeview...



November 11th at 2:00pm

Veterans Day Program - In the Auditorium

Our program will feature the Ladies' Chorus and Men's Glee Club with guest speaker, Kristi Hilton, a 21 year Army Veteran serving from 1986-2007 who will speak about "Modern Day Combat".

Thank you to all of our Veterans at Lakeview Terrace.

ANNUAL LVT CRAFT SHOW

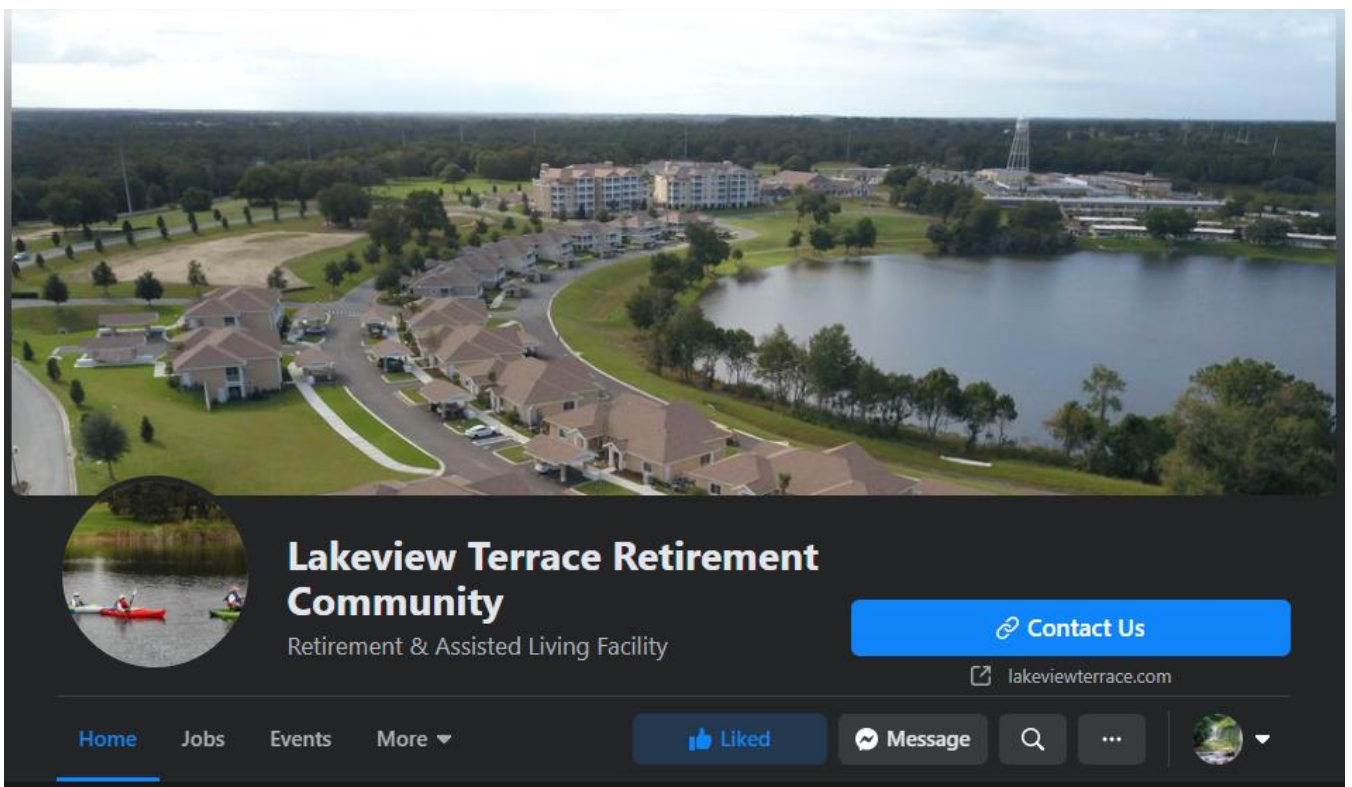
Monday, November 21st & Tuesday, November 22nd
in the Auditorium ~ 9:00 AM - 4:00 PM

Each year, the residents at Lakeview Terrace host a Craft Show to exhibit their talent and passion. Some exhibits are hosted by LVT Clubs and some are residents with a passion for art or craft.



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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