



Lake Views



October 2016, Volume 3, Number 10



**The Monthly eMagazine of
Lakeview Terrace, Altoona Fl.
www.LakeviewTerrace.com**

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Do You Know October is:

Breast Cancer Awareness Month

Computer Learning Month

National Diabetes Month

Cookie Month



Can doctors "switch on" a gene to prevent Alzheimer's disease?

Published: by Interim HealthCare

Alzheimer's disease, a cognitive condition that leads to memory loss, confusion and impaired language and motor skills, is a growing threat for America's seniors. Most likely to impact the elderly, the number of cases has been climbing drastically. What makes this disease especially troubling is that an exact cause has yet to be identified, which has greatly hindered scientists' ability to find a cure.



A growing cache of research is leading doctors down the right path for treating and preventing the disease. Now, researchers with the MRC Clinical Sciences Centre believe they may have found the key to switching on a gene that could help prevent this debilitating condition.

The role of neuroglobin in reducing Alzheimer's risks

In 2010, medical teams identified the brain protein neuroglobin as an element that could protect the brain against Alzheimer's, according to the University of California Davis Biomedical Engineering department. This component is able to defend brain cells from various stressors, including the amyloid plaques that are found in Alzheimer's patients. The cause of these plaques is still generally unknown, but scientists have linked this sticky protein to cases of dementia - it builds up on the memory and language centers of the brain, choking them of oxygen and reducing their ability to process information.

When brain cells could produce neuroglobin as a reaction to damage or stress, it helped stop them from shutting down. This was a valuable first step in understanding more about how the brain works to safeguard itself, but until recently, there

wasn't as much known about how to create or produce the neuroglobin in cases where it wasn't forming on its own.

Switching on neuroglobin

Research has shown that brain cells will release defensive neuroglobin in the early stages of Alzheimer's, but that as the disease progresses the supply of the valuable protein wanes. The MRC Clinical Sciences Centre study team may have found a gene that can be "switched on" in the brain to stimulate production of this protein.

While it's still too early to know for sure if this gene therapy will be enough to prevent the development of Alzheimer's disease, it's one more key for unlocking the complexities of the human brain and the way different conditions respond to it.

More research into this process could lead to more thorough treatments of not only dementia, but other neurological conditions like strokes as well.



Switching on the neuroglobin gene could protect the brain from Alzheimer's.

Sampling Of Lakeview Terrace Activities

- Oct. 3rd Boggy Creek Bear Stuffing
Garden Home Meeting
- Oct. 4th Men’s Social Guest Speaker: Alfred Ford
Food As Medicine: Nutrition for Chronic Illness
Seminar, Leesburg
- Oct. 5th Wednesdays at the Movies “The Hundred Foot
Journey”
Dinner Outing to “Blackwater Inn”
- Oct. 6th Women’s Social Guest Speaker: Alfred Ford
LVT Resident Academy
- Oct. 8th October Mountain Washtub Band at LVT
- Oct. 10th Hiking Group - Sabal Bluff Preserve
- Oct. 11th Poetry Group
- Oct. 12th Lunch Outing to “Ruby Tuesday”
- Oct. 13th Dementia Caregivers guest speaker Cheryl Fletcher
Oktober Fest at LVT
- Oct. 14th Outing to the Morse Museum of America Art and Lunch at Panera
Bread
- Oct. 15th Computer Club
- Oct. 18th Dinner Outing to “Cracker Barrel”
- Oct. 19th Construction Update
- Oct. 20th** LVT Resident Academy
Breast Cancer Awareness Walk
- Oct. 22nd Jimmy Dorsey Orchestra LSSC
- Oct. 24th Hiking Group - River Park/P.E.A.R. Park
- Oct. 25th Betty Cunningham “Elders Insurance”
- Oct. 26th Veterans Club Meeting at Gator Grill
- Oct. 27th Bingo Fun
- Oct. 28th Lunch Outing to “Umatilla Inn”
Movie: Somewhere In Time
- Oct. 30th Murder Mystery Show
- Oct. 31st** **Halloween**





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



October is Computer Learning Month

Lakeview Terrace has a "Computer Club" that meets the 3rd Saturday of every month at 10:15 am. The next meeting is schedule for October 15th. The club is design to help residents enhance their technical knowledge and to share ideas with one another.

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**"Welcome to the Weight Loss Forum.
To lose one pound, double-click
your mouse six million times."**



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**"We couldn't afford faster computers,
so we just made them *sound* faster."**

In The Spotlight At LVT

Ben Trawick and Suga Zimmerman

A Senior Love Story

Its never too late for love, as Ben Trawick and Suga Zimmerman have experienced. Suga, a long time resident of Lakeview Terrace, has been one of our more active, outgoing and involved residents. As spotlighted in the February issue of the LVT online magazine, Suga has led a full and extraordinary life as a mother of 12 children and grandmother to “scoodles” of grandchildren.



Suga has had a number of interesting occupations; one of them as an Arthur Murray dance instructor. She enjoys painting and dancing, has a special love for sailing and is an active member of our community.

Ben, a fairly new resident to Lakeview Terrace, can be described as a very intelligent, kind and gentle soul of a man. Although Ben is soft spoken, he loves to give Suga a run for her money. Ben has also lived a very full life that parallels that of Suga’s life. Ben is a successful business man having worked the majority of his life as a design, plumbing and mechanical contractor, father of six children, grandfather to 12 grandchildren, has an affinity for sail boats and is learning the love of dancing.



Ben and Suga both attended the “LVT Volunteer Banquet” where they were introduced and became instant friends. As the two of them learned more about each other and their similarities, it was hard to deny their connection. Both had been widowed, and never imagined that true love would find them again, but it has. The two are ecstatic and their joy is contagious. Best Wishes Ben & Suga!

FALL PRODUCE– What's In Season

Warm summers merge into fall and large crops of fruits and vegetables are ready for eating, cooking and maybe even canning. The autumn harvest brings a variety of healthful, delicious produce from sweet potatoes to pumpkins and grapes to apples. Look for the fall fruits and vegetables at farmers markets, the produce department and roadside stands. Buy locally to get the freshest, healthiest, most nutritious produce and usually the best value. Keep in mind that some fall fruits, for instance apples, cranberries, cabbage and cauliflower, have vitamins and antioxidants that slow aging and may help fight cancer.



Vegetables. Squash, sweet potatoes, mushrooms, eggplant, cauliflower, tomatoes, cabbage, kale, beets, lettuce and more.

Fruits. Cranberries, pears, apples, grapes, figs- something for everyone.

Pumpkins. This member of the squash family is identified as a fruit by some and a vegetable by others. But who cares - it tastes great! Pumpkins are used in a multitude of dishes- pies, pancakes, cookies, cheesecake, muffins, soups and many more. Fruit or veggie, enjoy it.

It's the time of the year when we love to get back into the kitchen after a hot summer and cook something soothing. Fall produce are delicious roasted, in soups and stews or shredded for big slaws.



Stuffed Acorn Squash

2 acorn squash

1 medium sweet/yellow onion diced

½ cup grated apple

2 tbs canola or olive oil

2 cloves of minced garlic

1 1/2 cups cooked brown rice or quinoa

2/3 cup cranberries

½ cup walnut pieces

1 roasted sweet potato, chopped

1 tsp dried sage

2 tbs chopped fresh parsley

Preheat oven to 375 F. Cut acorn squash in half and scoop out seeds. Arrange squash cut-side down in a large roasting pan and fill with ½ inch of water. Bake for 15-20 minutes. Remove squash and any remaining liquid and replace squash cut side up. In a small pan sauté onion and garlic in oil over medium heat until softened. Place in a large bowl and add rice, cranberries, apple, sweet potato, walnuts, parsley and sage. Add filling to each squash cavity and cover with foil. Bake another 25-30 minutes. Remove foil for last 5 minutes.





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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