



Lake Views



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Contents



3	Diabetes	6	Sampling Of Lakeview Terrace Activities
4	In The Spotlight at LVT Lakeview Terrace Resident Association	8	Bumpin' Beats Workout
5	Facts About Breast Cancer	9	Healthy Eating
		10	LVT Library



Do You Know October is:
American Pharmacist Month
Breast Cancer Awareness Month
National Diabetes Month



Diabetes

By: Interim HealthCare

Diabetes is a widespread disease that affects people of all ages, races and genders across the U.S. According to the American Diabetes Association, about 25.8 million Americans have diabetes, which makes up 8.3 percent of the country's population.

What is Diabetes?

Diabetes is a chronic disease in which the levels of glucose, or sugar, in the blood are higher than they should be, and there is not enough insulin, a hormone produced by the pancreas, to control it. The disease can be caused by too little insulin, a resistance to insulin or both. There are three major types of diabetes - type 1 can occur at any age, but is most often diagnosed in children, teens or young adults whose bodies make small amounts of insulin or none at all. Type 2 diabetes is the most frequently diagnosed, typically during adulthood. However, it is being increasingly diagnosed in teens and young adults because of high obesity rates. Gestational diabetes refers to the development of high blood sugar in pregnant women who did not previously have the disease. In all cases of diabetes, patients may experience similar symptoms, such as blurry vision, excess thirst, fatigue, frequent urination, hunger and weight loss.

Diabetes Treatment

While there is currently no cure for diabetes, the disease can be effectively managed with medications and a change in diet and exercise. An important part of treatment is maintaining a healthy weight. Although there is no typical or strict "diabetes diet," it is recommended to eat foods that are high in nutrition and low in calories - like fruits, whole grains and vegetables - instead of fatty, sugary foods. Physical activity is also a must to manage weight, lower blood sugar levels and increase the body's sensitivity to insulin. People with diabetes should aim for at least 30 minutes of aerobic activity most days of the week. Medications and monitoring of blood sugar levels will be a part of life for people with diabetes. Depending on the condition, blood sugar should be monitored several times a day or several times a week. In addition, many people need insulin therapy throughout the day or may need to take other oral or injected medications to manage the condition.



In The Spotlight At LVT

Lakeview Terrace Resident Association

The Lakeview Terrace Resident Association has 8 board members including: President, Vice President, At-Large Representative, Treasurer, Secretary and a resident representative for each area of the community. Board Members are voted in and serve a 1-2 year term. While the association board and Lakeview Terrace Management collaborate on many projects, the association functions separately from Lakeview Terrace management.

The association board oversees many projects and committees during the year, but The Lakeview Terrace 50th Anniversary Party has them particularly busy this year! The committee overseeing this particular project is organizing entertainment, T-shirts, food, and seating for this event which the entire community will attend. Another committee worth mentioning is the WearHouse Shoppe committee. The group of volunteers that organizes and runs the WearHouse Shoppe, raises most of the money the association uses to fund other projects during the year, such as the Scholarship Fund, Library Fund and Resident Assistance Fund.

It goes without saying that the Lakeview Terrace Resident Association Board is a very busy group of volunteers. They serve out of love for their community, and fellow resi-



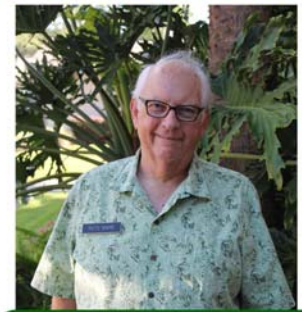
Suga Trawick
President



Mike Farona
Vice President



Leo Blatz
At-Large Rep.



Pete Marr
Treasurer



Sherry Jenkins
Secretary



Ethel Cornell
Garden Homes Rep.













Wanda Langlotz
3 & 5 Story Rep.



Earle Moore
Villas & Tower Rep.

Facts About Breast Cancer

-  There are currently more than 2.8 million breast cancer survivors in the United States.
-  Breast cancer isn't a ladies-only disease. Men can get it too! According to City of Hope, about 1 in 1,000 men are diagnosed annually.
-  Women among the ages of 40 to 70 can reduce the number of deaths due to breast cancers by 30 to 40% with annual mammograms.
-  Conducting a monthly breast exam can be life saving. If you notice a change in breast tissue or lumps, contact a doctor immediately.
-  In 2017, an estimated 252,710 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 63,410 new cases of non-invasive (in situ) breast cancer.
-  The death toll from breast cancer has dropped drastically from 1989, especially with women under the age of 50. BreastCancer.org reports that through the help of "treatment advancements, earlier detection through screening, and increased awareness" the numbers were able to drop.
-  The National Cancer Institute states that a women born today has a 1 in 8 chance of being diagnosed with breast cancer in her lifetime.
-  Finding a lump in your breast can be alarming, but not every bump is cancerous! According to the National Cancer Foundation, about 8 out of 10 lumps are benign. Those lumps can either be cysts, benign tumors, blood clots, scar tissues, or a nodule says Everyday Health.
-  Even though it is thought to occur in your fatty tissue, breast cancer develops in the dense part of your breast. This can make it harder to spot the cancer on a mammogram. If you believe that you have an issue, it is recommended to undergo an ultrasound or a breast MRI.
-  A woman is diagnosed with breast cancer every 29 seconds around the world and every 2 minutes in the United States.

Sampling Of Lakeview Terrace Activities

- Oct. 2nd Boggy Creek Bear Stuffing
- Oct. 3rd Men's Social - Candice Huber, BSN, MPH "The Mind-Body Connection"
- Oct. 4th Movie "Queen of Katwe" 
- Oct. 5th Ladies' Social - Candice Huber, BSN, MPH "The Mind-Body Connection"
LVT Resident Academy "Alaskan Gold Rush"
- Oct. 6th Lunch at Bonefish Grill
- Oct. 7th Gators vs LSU Football Game/Pizza Party
- Oct. 9th Florida's Driver's License Clinic
- Oct. 10th Brevard Zoo & Zip Line
- Oct. 11th Prime Outlet Mall Shopping & Lunch Trip
- Oct. 13rd Lunch at Pizzamore
- Oct. 17th Poetry Group
Dinner at Longhorn Steakhouse
- Oct. 18th Movie "Still Mine" 
- Oct. 19th LVT Resident Academy
- Oct. 21st Dinner at Firehouse Subs followed by Lorri Gill & The Notebenders
Concert at the Tropic Theater in Leesburg
- Oct. 24th Dinner at Pasta Faire
- Oct. 25th Veterans Group Meeting
- Oct. 26th Ambassador Meeting
Bingo Fun
- Oct. 27th Library Volunteer Meeting
- Oct. 28th Sleuths Mystery Dinner Show

Oct. 31st Halloween Party 

Weekly Entertainment



Bridge	12:30pm	Living Well Center	Monday
Mahjongg	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
Mahjongg, 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

Bumpin' Beats Workout

Who said you can't "rock your way to wellness"? Music is a great motivator to get up and move. Human beings are innately musical, your heart beats to its own rhythm, so it makes sense that the right song can get your adrenaline pumping.

Music does more than get your feet moving, the right melody can also:

- Distract from fatigue to help you go the extra mile.
- Energize and motivate a trip to the gym.
- Increase endurance by making the exercise experience more pleasurable.

Music can soothe the soul, arouse passion, motivate and inspire. Whether you like Rock, Jazz, Pop, Blue Grass, Classical or Country, plug into this powerful force and move to the beat. Transform exercise into enjoyment as you improve your health and your mood.

"MUSIC is an outburst of the SOUL." Frederick Delius

Monday

9:00am - 9:30am

Total Body

1:00pm - 1:30pm

Aqua Arthritis

Tuesday

7:30am - 8:45am

Small Group training

9:00am - 9:30am

Aqua Total Body

9:45am - 10:25am

Yoga

Wednesday

9:00am - 9:30am

Total Body

9:30am - 9:45am

Fall Prevention

Thursday

7:30am - 8:45am

Small Group training

9:00am - 9:30am

Aqua Total Body

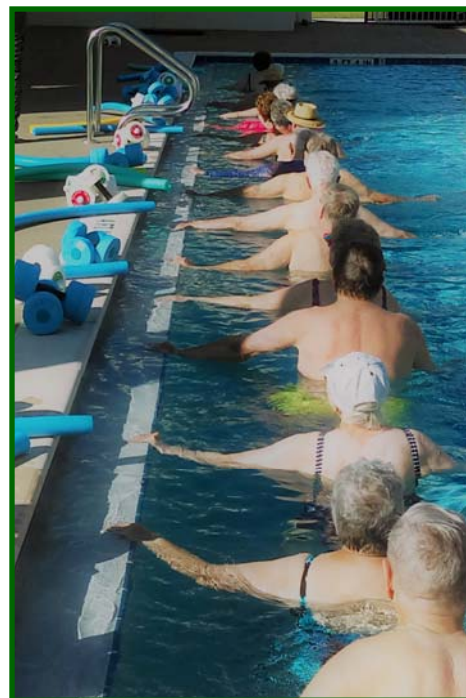
Friday

9:00am - 9:30am

Total Body

11:00am - 11:30am

Aqua WAVE



LVT Residents



Green Pea Falafel

1½ cup peas

¼ cup flour

⅛ teaspoon salt

Cayenne pepper to taste

¼ teaspoon ground cumin seeds

⅛ cup feta cheese

2 scallions, thinly sliced

10 sprigs of flat parsley, roughly chopped

2 cloves minced garlic

3 tablespoons Olive Oil



Place the peas in a bowl and mash with a fork into a chunky puree. Add feta cheese, sliced scallions, minced garlic, flour, cumin, salt, pepper, and one table-spoon of the olive oil. Mix with hands thoroughly. Wet hands with water and form falafel mixture into 6 patties. Heat 2 tablespoons of oil in a pan over medium heat. Add the patties to the hot pan and cook 2-3 minutes on each side until brown.



LVT LIBRARY

We hit the jackpot this month! Lots of your requests have been answered! Our new books are the best! We have: *Charlatans* by Robin Cook, *The Romanov Ransom* by Clive Cussler, *Y is for Yesterday* by Sue Grafton, *The Hangman's Sonnet* by Robert B. Parker/Reed Farrell Coleman, *Secrets in Death* by J. D. Robb and *Exposed* by Lisa Scottoline. If you are interested in any of them, don't forget to put your name on the Reserve Signup Sheets on the sign out table. We'll call you when it's your turn. We must ask that you take only one at a time so others get a chance, too.

We now have "Desk Hours" for people at the desk to help you. Fred Neilson is there from 9 a.m. to 10 a.m. and Wanda Langlotz will be available Tuesday through Friday from 12:30 p.m. until 2:30.p.m., stop in and let them know you appreciate them.

New books are now in the bookshelf in the same place the New Book cart used to be. Now when you are called to pick up Lake County Library System or Reserve books, you will easily find your books on a shelf. Your name will be in large letters on a really bright-colored label. Now all book returns will be placed on the cart by the door – even 7-day and Reserve books.

Joanie - Library Coordinator



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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