



Lake Views



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In The Spotlight

What's for Dinner

In spite of food prices soaring to 40-year highs, Executive Chef Alfred Ford plans and prepares nutritious, well-balanced meals for 525 Lakeview Terrace residents every day of the year. A typical lunch/dinner menu includes a soup-of-the day; choice of chicken, pork, fish; pasta or potatoes; fresh salads; dessert of the day; an assortment of sugar free desserts; soft ice cream; and rolls or corn bread. If residents want a sandwich and fries or onions rings, they are also available daily.

While consumers lament the cost of chicken (up 11.9 percent) and pork (up 13.3 percent), residents have culinary choices. How many times have you resounded the mantra — ‘What’s for dinner? What do you feel like? I don’t know. I don’t feel like cooking.’



Fortunately, at LVT this responsibility belongs in the kitchen, where Chef Alfred and his team of 15 assistants plan complete menus for each month of the year. Residents enjoy perusing what they may like to eat that day and can glance at daily choices in advance.

“I get them (the staff) involved. They play a part in it (meals and more). It helps them do a better job,” said Chef Alfred. “It’s a team effort.”

The food is ordered by the cooks and Chef while Director of Food and Beverage Mark Litzau oversees it. No one can complain about the variety of entrees and soups freshly made and served daily.

Chef Alfred has been at LVT for over 30 years (with a brief hiatus over the years). He knows what residents want to eat and listens to advice from the Food Committee.

His passion is preparing specialty dinners, which include an appetizer, special salad, a filet or beef Wellington, with some crab legs. Yum. He and his team, for example, prepared an exquisite menu similar to this for the Volunteer Appreciation Dinner.

Chef Alfred is retiring and he plans to travel with his wife to England to visit family and friends. He also has the option to work part-time at LVT. This may give him an opportunity to help host special events. He has three daughters; three who live in the area.

The Chef is a tough act to follow. But LVT recently hired Angel Rivera, Jr. to take the helm. At 43-years-old, he is the father of five and lives in Leesburg. Before coming to LVT, he was Chef at Village on the Greens in Longwood (an upscale retirement community) for 21 years. Between cooking and family, he spends a lot of time with his kids and works on his classic cars.

Chef Angel's forte is presentation of the meal. He likes to add a sprig of some herb and fruit or flower to the plate. It makes the dish more appetizing and adds to the ambiance of a lovely sit down dinner in the Dining Room.

With his Culinary Team, Chef Angel plans to delight residents with a dining experience they can relish — It won't just taste delicious, it will look appetizing, too.

“Right now, the majority of people prefer the buffet line, but we're slowly integrating full service dining for dinner,” said Chef Angel. The residents will now have a choice. Dim lighting, candles and tablecloths with beautifully plated food or cafeteria style.

Renovations and a new kitchen are in the works at the Community Center. It will give residents even more dining options. In the meantime, residents are welcome to order a plated entree every day of the week.



**Executive Chef
Alfred Ford**

By Mary Pat, LVT Resident

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

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 $\frac{1}{2}$ 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.

2 acorn squash
1 medium sweet/yellow
onion diced
 $\frac{1}{2}$ cup grated apple
2 tbs. canola or olive oil
2 cloves of minced garlic
1 $\frac{1}{2}$ cups cooked
brown rice or quinoa
 $\frac{2}{3}$ cup cranberries
 $\frac{1}{2}$ cup walnut pieces
1 roasted sweet potato,
chopped
1 tsp. dried sage
2 tbs. chopped fresh parsley

Library News...

EEEEEEEEEEEEEEEEEEEEEEEE

“E” is the most commonly used vowel in our alphabet. (I just used it five – oops, six times!)

Deliberately constrained writing that avoids using any letter(s) or number(s) is called a *lipogram*. Can you imagine writing without using any “e”s? Famous phrases would have to be rewritten to create a lipogram without “e”s. “A thing of beauty is a joy forever” by John Keats might be rewritten to read “A charming thing is a joy always!”

In 1939, Ernest Vincent Wright self-published a 50,000 word book written using no “e”s. . It was titled *Gadsby* and took five and a half months to write. It is the gold standard for lipograms. Of the 500 most commonly used words in English, only 250 were available for use by Wright and almost every pronoun and past tense word contains an “e”! (The book is not perfect – it does contain three “the”s and one word - “officers.”) Wright said he didn’t write the book to attain literary merit, but rather, just to prove that he could do it. True . In fact, it flows awkwardly, conversation falters and seems stilted, and as one reviewer says, “It seems like Wright swallowed a dictionary.” Wright says himself in the introduction “An occasional ‘rough spot’ in composition is found.”

Gadsby is set in 1906 in a declining, stagnating town called Branton Hills. The plot is simple –John Gadsby rallies a group of young people to transform and rejuvenate the town into a bustling, thriving city which he then heads as mayor. Not exciting reading, but that was not the goal.

My son stumbled on *Gadsby* and lipography when he saw a video online. Matt Colbo, a young comedian speaks without using the letter “e” for over three minutes! If you get a chance to watch his video, <https://theawesomer.com/speaking-without-the-letter-e/674479/>. He is a genius, will amaze you!

I have purchased a copy of *Gadsby* and it will be in the library for you to examine. It is a prime example of a literary book written with a non-literary objective and purpose.

Let’s see if I can close this article without “e”s. *Now you know about writing without a particular symbol and how a man did not fail to finish a book totaling 50,000 words without using E!*

Whew! Awkward and time-consuming. Try it!

By Joanie (LVT Resident)

Lifestyle, not age, may be key to dementia risk

Individuals with no dementia risk factors, such as smoking, diabetes or hearing loss, have similar brain health as people who are 10 to 20 years younger than they are, according to a Baycrest study. The study found that a single dementia risk factor could reduce cognition by the equivalent of up to three years of aging.

"Our results suggest lifestyle factors may be more important than age in determining someone's level of cognitive functioning. This is great news, since there's a lot you can do to modify these factors, such as managing diabetes, addressing hearing loss, and getting the support you need to quit smoking," said lead author Dr. Annalise LaPlume.

The study is among the first to look at lifestyle risk factors for dementia across the entire lifespan.

The study included data from more than 22,000 people ages 18 to 89 who completed Baycrest's Cogniciti Brain Health Assessment. Participants took the test in their own homes by going to the Cogniciti website. The test takes around 20 minutes to complete and consists of a background questionnaire and four cognitive tasks.

The researchers looked at participants' performance on memory and attention tests, and how performance was impacted by eight modifiable risk factors for dementia: low education (less than a high school diploma), hearing loss, traumatic brain injury, alcohol or substance abuse, hypertension, smoking (currently or in the past four years), diabetes and depression.

Each factor led to a decrease in cognitive performance by as much as three years of aging, with each additional factor contributing the same amount of decline. For example, having three risk factors could lead to a decrease in cognitive performance equivalent to as much as nine years of aging. The effects of the risk factors increased with age, as did the number of risk factors people had.

"All in all, our research shows that you have the power to decrease your risk of cognitive decline and dementia," Dr. LaPlume said. "Start addressing any risk factors you have now, whether you're 18 or 90, and you'll support your brain health to help yourself age fearlessly."

SOURCES: Baycrest Centre for Geriatric Care (July 13, 2022); LaPlume AA, et al. The adverse effect of modifiable dementia risk factors on cognition amplifies across the adult lifespan. *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring*, 2022; 14 (1) DOI: 10.1002/dad2.12337

KEYWORDS: Brain health, Dementia, Lifestyle

LVT Events & Activities



Thursday, September 1st at 10:30 AM
Resident's Academy: "Fungi"

Thursday, September 1st at 5:00 PM
Birthday Bash in the Auditorium

Friday, September 2nd
WearHouse Grand Opening

Friday, September 2nd at 2:00 PM
Trivia in the Bar

Saturday, September 3rd at 10:00 AM
Movie: Top Gun Maverick 2
in the Auditorium

Monday, September 5th at 1:00 PM
Boggy Stuffing in the Auditorium

Tuesday, September 6th at 10:00 AM
Scarecrow Session in the Auditorium

Tuesday, September 6th
Leaving LVT at 4:00 PM
Dinner at Texas Roadhouse Grille
in The Villages

Wednesday, September 7th at 1:00 PM
"Discover Wild Florida" Black Bear Scenic
Byway DVD in the Auditorium

Thursday, September 8th at 9:00 AM
Ladies Social in the Clubhouse

Thursday, September 8th at 11:00 AM
Truth Project Series in the Auditorium

Thursday, September 8th
Leaving LVT at 6:00 PM
Beacon College Salon Series in Leesburg

Friday, September 9th 8:00 AM - 5:00 PM
ONSPOT Dermatology Bus at Clubhouse

Friday, September 9th at 10:00 AM
Card Making w/ Jackie Walker
in the Auditorium

Friday, September 9th at 2:00 PM
Trivia in the Bar

Saturday, September 10th at 10:00 AM
Fall Crafting in the Auditorium

Monday, September 12th at 11:00 AM
iPhone Class in the Auditorium

Tuesday, September 13th at 1:30 PM
Residents Assoc. Meeting in the Auditorium

Wednesday, September 14th at 1:00 PM
VIP Meeting in the Auditorium

Thursday, September 15th at 10:30 AM
Resident's Academy: "Planets" in the Auditorium

Friday, September 16th ~ Leaving LVT at 11:00 AM
Lunch at Golden Corral (Eustis)

Friday, August 16th at 2:00 PM
DyAnne Awe Spectacular in the Auditorium

Saturday, September 17th at 10:00 AM
Movie: The Notebook in the Auditorium

Saturday, September 17th
Leaving LVT at 1:30 PM
Group A ~ IceHouse Theater in Mount Dora

Tuesday, September 20th at 2:00 PM
Clark Clinic Presentation in the Auditorium

Wednesday, September 21st at 11:30 AM
Chicken Liver Club

Wednesday, September 21st at 3:00 PM
"Swing into Fall" with LaCroixs in the Auditorium

Thursday, September 22nd at 11:00 AM
Truth Project Series in the Auditorium

Thursday, September 22nd at 3:00 PM
Men's Social in the Bar

Friday, September 23rd at 2:00 PM
Trivia in the Bar

Saturday, September 24th at 10:00 AM
Bingo Fun in the Auditorium

Saturday, September 24th
Leaving LVT at 1:30 PM
Group B ~ IceHouse Theater in Mount Dora

Monday, September 26th at 11:00 AM
Android Class in the Auditorium

Tuesday, September 27th
Leaving LVT at 9:30 AM Florida Mall in Orlando

Wednesday, September 28th at 2:00 PM
"Lake County Manatees" in the Auditorium



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

MATURING Well

September is healthy aging month, designed to focus positive attention on the aspects of growing older. Healthy aging promotes taking personal responsibility for one's health whether it be physically, socially, mentally or financially.

PHYSICAL

Set up and go to annual physicals and other health screenings.

Have fun and stay active.

Make smart food choices.

SOCIAL

Think positive in a realistic way by staying optimistic and recognizing that things do not always go according to plan.

Be sincere, honest and your genuine self.

FINANCIAL

Practice financial self-control to prevent irresponsible spending.

Make saving for retirement, having an emergency fund and making good financial choices part of your mindset.

MENTAL

Bravely work through problems by logically seeking solutions.

Cultivate gratitude for good things in life, whether big or small.

Hold yourself accountable when making mistakes and be eager to continue learning new things.

MATURITY INCLUDES:

Knowing myself.

Asking for help when I need it and acting on my own when I don't.

Recognizing that I always have choices.



Happening at Lakeview...

LVT Residents' Academy

Wow- New school year! We start with Peggy Wolfson teaching us all about Fungi (Mushrooms and such for the uninitiated). This is how the Fall semester now looks, so be ready to get even smarter!

We are excited to be back in session.

DATE	SUBJECT	INSTRUCTOR
Sept. 1st	Kingdom of Fungi	Peggy Wolfson
Sept. 15th	The Planets	Mike Farona
Oct. 6th	Living on a Sailboat	Ruth Day
Oct. 20th	Early 20 th Century Lake County	Dale Smith
Nov. 3rd	Birds of LVT	Walt Leesch
Nov. 17th	Prosthetics	Jim Blakely
Dec. 1st	Ice Age	Bob Bradshaw
Dec. 15th	Travel with a Twist	Joan Krick

"Swing into Fall" with the LaCroixs Wednesday, September 21st at 3:00 PM

Gary and Janet LaCroix have been performing together for more than 40 years and continue to use their talents and abilities to reach all generations with the gift of music.

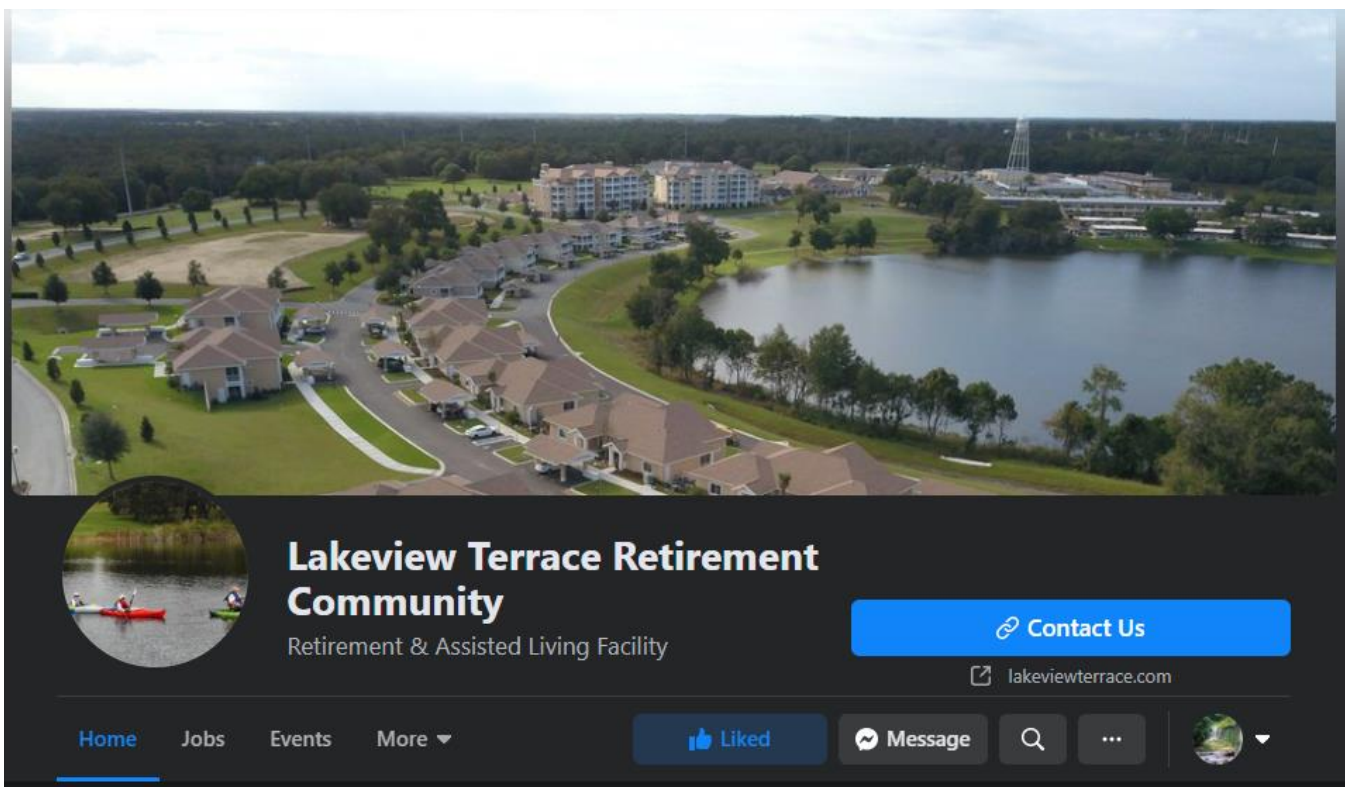
Gary is a multi talented experienced musician and singer using his keyboard styles to deliver a unique presentation of original performances and arrangements. Janet uses her accomplished, melodic vocals and song writing abilities and gifts that are evident in her inspirational performances.

Together Gary and Janet are accomplished in a wide range of musical styles and are best known for their Swing Big Band Rhythm and Blues.



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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