



# Lake Views



**September 2019, Volume 6, Number 09**



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

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

---



# Contents



- |   |  |    |  |
|---|--|----|--|
| 3 | In The Spotlight<br>Lakeview Terrace<br>Woodcarvers Club | 7  | 5 Ways To Reduce The<br>Risk Of Stroke In Your<br>Loved Ones |
| 5 | Sampling Of LVT<br>Activities & Events                   | 9  | In The News...   |
|   |  | 10 | A Brighter Future  |
|   |  | 11 | Like Us On Facebook  |

---

## Do You Know September is:



Honey Month  
Hispanic Heritage Month  
National Piano Month  
Better Breakfast Month





## In The Spotlight

### Lakeview Terrace Woodcarvers Club

New to Lakeview Terrace is the LVT Woodcarvers Club. It was organically formed through a conversation between residents Ruth Day and Walt Leesch. Walt discovered that Ruth also enjoyed carving, so they joined forces to create a club for novice and skilled members. As Ruth explained, "We decided if we enjoy carving as much as we do, maybe there are others here who also carve or would like to learn to carve."

Fun fact: Whittling is not the same as carving. Carving utilizes several tools and gouges, unlike the single knife approach in whittling.

Ruth began chip carving fourteen years ago while living in Tennessee. She became involved in chip carving through a group of neighbors that met and shared different crafting ideas.

Ruth described the chip carving method as cutting out small pieces of wood to make designs and patterns. Chip carving uses various tools and small sharp knives. Basswood is the wood of choice, as it is a soft wood and easiest to carve.



Chip carving can be done on clocks, napkins holders, tissue box holders, anniversary plates, and crosses--just to name a few. Her carved clock, above, is a gorgeous example!



Ruth is currently carving small crosses for the children at the church she attended in her previous community. The beautiful crosses are very popular, and she continues to share her handcrafted gifts with them.

Ruth provided an example of her carved icicles. One block of wood was carved into the basic shape that will become an icicle. The other icicle is in the process of being carved.



An overall rounding of the shape, sanding, and staining will complete the delicate, geometric piece.

Walt always loved working with wood, such as making model boats. Although he never carved before, his love of woodworking led to his interest in carving. Walt began carving when he lived in a nearby community.

Walt uses the method called carving in the round. This technique encompasses a 3-dimensional approach. While chip carving is one sided, carving in the round encompasses the entire object.

It begins with a block of wood, and by carving on all sides, the piece is created. He used the example of carving wildlife, birds, and fish. Here is a handsome example of Walt's work, showing the process from wood block to finish.



In addition to chip carving and carving in the round, another method many enjoy is relief carving. This is a type of wood carving in which elements are carved into a flat panel of wood. The figures emerge from the deeper negative space that was carved around them.

Recently, resident Jim Williams has joined the LVT Woodcarvers Club and is learning basic carving with good results.

The club can provide beginners' tools for you to try your hand at a new pastime. Whether experienced or a complete novice, the club provides a welcoming environment in which to develop your craft. Walt would like the club to gain enough interest to have an actual instructor sharing techniques, experience, and knowledge.

The Lakeview Terrace Woodcarvers Club meets every Friday at 1:00 in the Community Center's Multi-Purpose Room.

By Heather Presley

# Sampling Of Lakeview Terrace Activities & Events



## ACTIVITIES at LVT

Thursday, September 5th at 10:30 AM  
Residents Academy at LWC

Thursday, September 5th at 1:30 PM  
LVT College Gameday in the Lounge

Friday, September 6th at 5:00 PM  
Birthday Bash in the Bistro

Saturday, September 7th at 10:00 AM  
"Model A" Car Show at Community Bldg.

Tuesday, September 10th at 1:30 PM  
Residents Association Meeting

Thursday, September 12th at 9:00 AM  
Ladies' Social in the Lounge

Wednesday, September 18th at 10:00 AM  
Canine Wellness Clinic in the Lounge

Thursday, September 19th at 10:30 AM  
Residents Academy at LWC

Friday, September 20th at 3:00 PM  
Resident-Led Pool Party at LWC

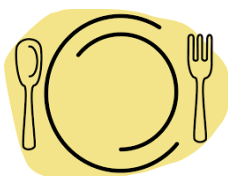
Tuesday, September 24th at 10:00 AM  
Tours by Nona Presentation in the Lounge

Wednesday, September 25th at 5:00 PM  
Chef's Dinner in the Bistro



## Breakfast & Lunch Outings

Friday, September 6th at 11:00 AM  
Pisces Rising, Mount Dora



## ACTIVITIES at LVT cont.

Thursday, September 26th at 10:00 AM  
Fun Bingo in the Lounge

Thursday, September 26th at 1:30 PM  
Piano Recital with Mike Farona

Thursday, September 26th at 3:00 PM  
Men's Social in the Lounge

Friday, September 27th at 11:00 AM

Travel Club in the Lounge

Saturday, September 28th at 8:00 AM  
LVT Golf Skins Tournament

## Outings

ALL DAY TRIP

Saturday, September 14th at 8:30 AM  
All American Space Museum with Lunch at Dixie  
Crossroads in Titusville

Saturday, September 21st at 1:00 PM  
IceHouse Theatre "Suite Surrender" Season Ticket  
Holders

Sunday, September 29th at 2:00 PM  
Kingdom of the Son Concert in Ocala

**Save the Date : Friday, October 4th at 8:30 AM**  
**Cancer Walk for ALL Cancers**

## Dinner Outings



Tuesday, September 10th at 4:00 PM  
Whale's Tale, Mount Dora

Tuesday, September 24th at 4:00 PM  
P.F. Chang's, Winter Park Village



## WEEKLY ENTERTAINMENT/ACTIVITIES



Bridge		12:30 PM	Lounge	Monday
Mahjongg		12:30 PM	Lounge	Monday
Bingo		6:00 PM	Lounge	Monday
Bridge		6:00 PM	Lounge	Tuesday, Thursday
Boggy Bear Workshops		1:00 PM	Multi-Purpose Rm.	Tuesday
Glee Club		3:00 PM	Lounge	Tuesday
Bible Study		9:45 AM	Multi-Purpose Rm.	Wednesday
Poker, Cribbage		6:00 PM	Lounge	Wednesday
Mahjongg, Samba		6:00 PM	Lounge	Wednesday
Horse Racing		6:00 PM	Lounge	Friday
Pennies From Heaven		6:00 PM	Lounge	Thursday, Saturday
Euchre		6:00 PM	Multi Purpose Rm.	Thursday
Golf		8:30 & 10:30 AM	9 Hole Course	Saturday

## MONTHLY ENTERTAINMENT/ACTIVITIES

Men's & Ladies' Social	9:00 AM	Lounge		First Tuesday & Thursday
Boggy Creek Stuffing	12:30 PM	Lounge		First Monday
Movie		1:00 PM	Living Well Center	First and Third Wednesday
Poetry Group	1:30 PM	Conference Room		Third Tuesday
Nature Club	1:15 PM	Multi-Purpose Room		First Thursday
Dementia Caregivers	1:30 PM	Health Care Center		Second Thursday
Bereavement Group	10:00 AM	Conference Room		Third Monday
Novel Club	10:00 AM	Bistro		Fourth Monday
Veterans Group	2:00 PM	Lounge		Fourth Wednesday
Neuropathy Support	10:00 AM	Multi-Purpose Room		First Saturday

## WEEKLY SHOPPING

Every Monday 9:00 am & 1:00 pm	Four Corners in Eustis
First Tuesday 12:30 pm	Rolling Acres Plaza in The Villages
Third Wednesday 9:00 am & 1:00 pm	Walmart/Target in Mt. Dora
Fourth Wednesday 9:30 am	Mall at Millennia in Orlando
Every Thursday 9:00 am	Umatilla
First Thursday 1:00 pm	Eustis Square
Second Thursday 1:00 pm	Village Marketplace in Tavares
Third Thursday 1:00 pm	Tri-Cities Plaza/Hobby Lobby
Fourth Thursday 1:00 pm	Shop Eustis Village



## 5 Ways to Reduce the Risk of Stroke in Your Senior Loved Ones

The statistics surrounding strokes are alarming. Every 4 minutes, someone dies of a stroke, for a total of 140,000 Americans each year (that's 1 in 20 deaths). Stroke is a leading cause of serious long-term disability, and reduces mobility in more than half of stroke survivors age 65 and over.



With seniors age 65+ accounting for two-thirds of all strokes in the U.S., prevention is critical to keep your loved one healthy.

While strokes are increasingly common, they are also highly preventable. Follow these five (5) tips to reduce your senior loved one's risk of stroke:

### 1. Stay on top of prescribed medications.

High blood pressure, diabetes, and other health ailments can all increase your loved one's risk of stroke. It's extremely important to be sure Mom or Dad is taking all medications as prescribed by the doctor.

If you believe Mom or Dad may be having difficulty staying on top of medications, a voice-activated assistant may be able to help you deliver medication reminders. Professional home care services can also ensure your senior loved ones are correctly taking all their medications.

### 2. Provide the right foods.

A heart healthy diet can go a long way toward preventing stroke (as well as many other conditions). Whole grains, dark green leafy vegetables like kale, spinach, arugula and more, and avoiding fried and fatty foods can all protect our hearts.

### 3. Keep Mom or Dad active.

Exercise is a critical component of stroke prevention, and a healthy lifestyle. From taking walks to stretching at home, there are activities accessible to nearly every senior to help boost heart function and protect against stroke. Be sure

to first talk to your loved one's doctor to determine which exercises are safe for Mom or Dad.

#### 4. Quit smoking.

This one shouldn't come as a surprise, but if Mom or Dad is a smoker, it's past time to kick the habit! Smoking accelerates clot formation by thickening your blood and increasing plaque in your arteries. This is a recipe for disaster (among the many other health problems linked to smoking), so the time is now to kick cigarettes to the curb!

#### 5. Avoid excessive alcohol.

In the past, doctors believed that one drink per day would not increase the risk of stroke; however, recent findings suggest that any amount of alcohol could raise the risk of stroke for you or a loved one. In the study, researchers found that one to two drinks a day increased stroke risk by 10% to 15% and that four drinks a day increased the risk of having a stroke by 35%. Their definition of a "drink" included a small glass of wine, a bottle of beer or a single measure of spirits.

Time is critical if you suspect a stroke.

To be fully armed to protect your senior loved one from a stroke, be on the lookout for these most common symptoms:

- \* Drooping on one side of the face
- \* When lifting both arms, one arm falls back down
- \* Slurred speech, or speech that sounds odd
- \* Numbness in the face
- \* A sudden, severe headache
- \* Vision loss
- \* Numbness and/or tingling
- \* Difficulty walking or unsteadiness



## **In The News..**

### **RA Scholarship Committee**

The Scholarship Committee has just completed their activities for another year with the funding of fourteen scholarship and general financial assistance applications from both LVT employees and employee family members who are furthering their education. The Lakeview Terrace Residents' Association provided a total of \$10,000 to qualifying applicants who have paid for tuition, books and/or supplies and have maintained an acceptable Grade Point Average for course work already completed.

Please congratulate the following for this achievement: Wendy Alarcon, Anne Bonnie, Jennifer Broxton, Hunter Clark, Cybrina Haynes, Mary Allyson Herman, Michael Herman, Selina Hicky, Marlee Nickerson, Crystal Reeder, Veronica Reyes, Morgan Seely, Leslee Stephens, and Tiffany Yocum. We thank those residents who generously gave donations throughout the year to aid the Scholarship Fund.

By Tom Prickett

### **LVT Golf Course**

We now have TWO artificial Greens installed and playable! The "Golf Construction Committee", beat the heat and rain storms and were able to get the second green down the last week in July. By Saturday, August 3, the landscaping around the green was complete and we were able to hold the Frisbee Scramble! A special "THANK YOU!" goes out to the team that was so helpful in the process: Bob Bradshaw, Jim Williams, Walt & Cheryl Leesch, Bernie Hendricks, Ralph Whitney and of course, Jean and Gibby Gibson all contributed helping hands and "grunt" to seam the turf and then drag it over on the green. A VERY special thank you to Todd Harris, and his Grounds crew, for helping transport the sand needed to fill in the turf and for some extra, over and above effort, to enlarge the #1 green to a slightly bigger footprint. If we had to hand shovel what Todd moved with the tractor, we would still be there! So, if you haven't seen the new greens, or if you have resisted playing on the "sand greens", you definitely need to get out there and chip a few up on the new surface and then try to putt. You will be amazed at how "real" the new greens are.

By Alan Lane

# A Brighter Future

Get on the path to a brighter future. Colorful fruits and veggies combine great taste and nutrition. Aim to eat 5 servings a day of nature's perfect convenience food. A few tips to vary your veggies and add more to your day include:

- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy vegetables that are easy to prepare. Pre-washed bags of salad greens, baby carrots, grape tomatoes or celery sticks make quick snacks.
- Cut up peppers, or broccoli to add to stir fries, casseroles or as a snack.
- Make your own soups with a low-sodium broth and your favorite vegetables.

Use the chart below to see what counts as a serving.

## VEGETABLE

## SERVING SIZE

Bell Pepper	1 cup chopped or 1 large pepper
Green Beans	1 cup or approx. 20 beans
Leaf Lettuce	2 cups
Sweet Potato	1 cup mashed or 1 large
Cucumber	1 cup sliced or ½ a medium
Asparagus	4 spears



## FRUIT

## SERVING SIZE

Apple	1 small (about 2" in diameter)
Banana	1 large (8" - 9" long)
Dried Fruit	½ cup
Strawberries	8 large berries
Pineapple	1 cup chopped
Grapes	32 average grapes





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.**



331 Raintree Drive, Altoona, Florida 32702-9609

352-669-3148 • 800-343-1588

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

Contact us at [lifecareinfo@LakeviewTerrace.com](mailto:lifecareinfo@LakeviewTerrace.com)

Lic # 88029