Lake Views

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Lakeview Terrace
A Not-for-Profit
Life Care Community

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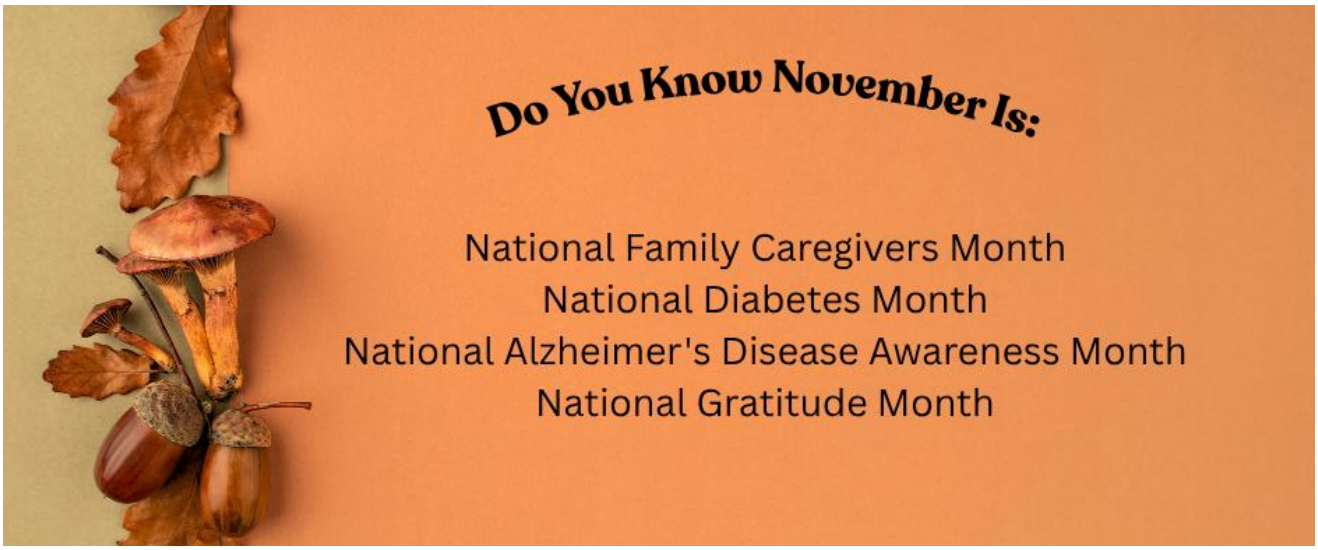


LVT Piecemakers

Opening the door to Joan Maybee's apartment, you immediately hear the soft buzz of sewing machines, see an ironing board covered in fabric, and feel the warm energy of women laughing, snacking, and collaborating on a leaf wreath.

It's the latest project from the LVT Piecemakers, 10 women who love to give back.

They'll sell these decorative wreaths at the annual LVT craft fair. Some can sit as centerpieces with a candle or candy jar in the middle, while others can be hung on a wall, bringing a bit of handmade cheer.

This year, they're also sewing warm wraps for the Health Care Center residents, each with two pockets for tissues or small essentials. Many of them feel chilly, and this simple gift gives warmth in more ways than one.

In addition to providing for LVT residents, the group donates quilts to Camp Boggy Creek in Eustis. Its mission is to let children with serious illnesses and their families experience a free, life-changing camp where safety, respect, love, and joy come together to enrich their physical and behavioral health.

That's not all. Piecemaker's donation efforts extend to the Christian Care Center in Leesburg, which provides residential accommodations as well as psychological, physical, educational, emotional, and spiritual care in a safe, secure, nurturing, Christian environment.

Behind every stitch is a story, like Roseann Spiwak, who has chaired the group for the past four years. "God has been good to us, and this is a way to bring joy through our fabrics."

Regardless of a person's skill level, Roseann accommodates everyone. Marty Lennon, for example, admits she's not a quilter but sees herself as a helper, especially with administrative tasks.

Although Joanie Perciballi, who no longer lives here, has never made a quilt, she and Joi Lauterborn hand-sew the quilt's inside, giving it a finished edge.
Ann Fay's eyesight has declined, and she can no longer see, but "I do what I can. These gals are wonderful. I love the camaraderie."

Cont. LVT Piecemakers

“Roseann said she needs me,” said Nancy Geddes, who can’t hear very well, “but I can sew. The gals make me feel good.”

Vicki Lake, who is on the waiting list, joined the group because she loves giving back. “It’s what quilters do and when you stop learning, life isn't fun anymore."

Judging by the laughter, friendship, and creativity filling Joan's apartment, they're already making something even more valuable than wreaths and quilts. They're making connections, learning something new, and giving back one stitch at a time.

By Mary Pat, LVT Resident

Roseann, Joi, Winnie and Joanie enjoy the friendship and joy of giving back.

The Piecemakers: Winnie, Linda, Lynn, Marty, Fay, Vicki, Roseann, and Nancy.

Hostess Joan sewing a leaf wreath.

Roseann and Nancy ironing the pieces.

November

HIGHLIGHTS

Thursday, Nov. 5th at 10:00
RESIDENT'S ACADEMY
"Communication"
w/ Jim Staggers

Thursday, Nov. 5th at 4:00
NOVEMBER BIRTHDAY BASH

Wednesday, Nov. 11th at 11:30
VETERANS LUNCHEON

Thursday, Nov. 12th at 3:00
LADIES' SOCIAL
Nurse's Honor
Guard Presentation

Thursday, Nov. 19th at 3:00
MEN'S SOCIAL
"Artificial Intelligence" w/ Tony
Crawford

LVT Craft Fair

Thursday, Nov. 19th and Friday, Nov. 20th
in the Community Building from 9:00 AM until 5:00 PM.

Good News in Science: Dogs and Cats May Help Keep Our Brains Healthy

For generations, pets have been treasured companions, offering comfort, friendship, and unconditional love. Now, research suggests that dogs and cats may provide another important benefit: helping support brain health as we age.

Several studies have found a connection between pet ownership and better cognitive function in older adults. Researchers have observed that people who own dogs or cats tend to experience slower cognitive decline than those without pets. Some studies even suggest that pet ownership may help preserve important brain functions such as memory, attention, and verbal skills.

Why might dogs and cats have such a positive impact? Experts believe these pets provide a unique combination of mental, physical, and social stimulation. Caring for a pet requires routine, responsibility, and engagement. Dog owners often benefit from regular walks and increased social interaction, while both dog and cat owners enjoy companionship that can help reduce stress and feelings of loneliness. Together, these factors may contribute to healthier brain function and overall well-being.

The benefits are especially important for older adults. Pet companionship can encourage daily activity, provide emotional support, and create opportunities for meaningful interaction. This may help explain why animal-assisted programs are becoming increasingly popular in senior living communities, hospitals, and healthcare settings. Beyond bringing smiles and comfort, visits from therapy animals may also support cognitive wellness.

For older adults considering pet ownership, it's important to choose a companion that fits their lifestyle. When selecting a dog, factors such as size, energy level, grooming needs, mobility requirements, and overall care costs should be considered. Older or lower-energy dogs are often a good choice for seniors seeking companionship without the demands of a high-energy puppy.

Cats can also make wonderful companions and are often easier to care for than dogs. They generally require less daily maintenance, adapt well to smaller living spaces, and provide affection and companionship while allowing for a more independent lifestyle. As with dogs, choosing a cat whose temperament matches your personality and lifestyle is key.

While pet ownership is a significant responsibility, the rewards can be meaningful. Beyond companionship and joy, growing evidence suggests that sharing life with a dog

Cont. Good News in Science: Dogs and Cats May Help Keep Our Brains Healthy

or cat may help keep our minds active and engaged as we age. For many older adults, a furry friend may be one of the best investments they can make in their health, happiness, and quality of life.

Adapted from an article by the Society of Certified Senior Advisors (CSA) and supplemented with findings published in Scientific Reports and other cited research sources.

Pet-Friendly Living at Lakeview Terrace

At Lakeview Terrace, we know that pets are family. That's why we're proud to be a pet-friendly community where residents can enjoy the companionship, comfort, and joy that furry friends bring every day. Whether it's a leisurely walk through our beautiful campus, relaxing together at home, or making new friends along the way, pets help make life even more fulfilling. Here, both residents and their four-legged companions are welcomed with open arms.

Rita and Cosmo

Active Aging Week at LVT

Active aging isn't about counting years. It's about filling them with movement, friendship, new discoveries, and a little laughter along the way. At LVT, every day offers another opportunity to try something new, connect with neighbors, and make the most of the life we're living.

LVT offers a wealth of activities for residents, from strength training and yoga to water aerobics, creative crafts, and a wide range of games. But it's more than just keeping busy. It's about trying something new, meeting new friends, and laughing together in ways that keep both body and spirit agile.

Recently, Resident Life Coordinator Susan Martin curated a lineup of events for Active Aging Week. Because aging isn't just a number—it's an opportunity to celebrate life with energy, enthusiasm, and joy! Here are some highlights of the week.

A Golden Glow to Start the Day

Each morning, residents gathered at the Vitality Elixir Bar for an exhilarating drink. The Golden Glow, for example, was a concoction of bright citrus infusion featuring pineapple, orange, ginger, and turmeric. The refreshing drink encouraged hydration while offering a flavorful, uplifting start to the day.

It was one of the highlights Susan scheduled for the week, giving residents another delicious reason to celebrate their well-being.

Getting to Know Your Body

Residents discovered they could become stronger and learn more about their bodies with a biometric screening machine at the Wellness Center. The InBody test provides a valuable baseline for understanding body composition and tracking changes over time.

Hopeful News About Alzheimer's

Peter R. Mount, PhD, Professor, University of Southern Florida, Bellini Campus, shared some surprising, hopeful news about Alzheimer's disease, including everything from the potential of a simple blood test to the unexpected role of lithium. These developments could lead to earlier diagnosis and, ultimately, better treatment for this age-related, memory-robbing condition.

Cont. Active Aging Week at LVT

Bingo With a Twist!

Bingo is a favorite activity at LVT, but during Active Aging Week, residents played the game with a twist. Instead of simply matching numbers, bingo cards offered opportunities to discover more about the neighbors sitting around the table.

Questions included: *Are you left-handed? Are you a member of a book club? Have you made a new friend here?*

It was a fun way to spark conversations, discover shared interests, and perhaps make a new connection.

Fashion Never Gets Old!

One of the week's favorite highlights was the Wearhouse fashion show, where resident volunteers took to the runway, modeling fall fashions with confidence and flair.

It was proof that style and fun don't age out. They get better with time!

By Mary Pat, LVT Resident

Total Body Elixir "Golden Glow" features a bright and refreshing blend of pineapple, orange, ginger, and turmeric infused in cold water. This sunshine-inspired beverage encourages hydration while delivering a naturally refreshing citrus flavor.

Grandma Hobbies Are Gen Z Chic

In an effort to unplug from constant screen time, many members of Gen Z are embracing what social media has dubbed "grannycore" or "grandma hobbies." Activities once associated with previous generations, such as knitting, quilting, baking, gardening, sewing, embroidery, candle-making, and canning, are enjoying renewed popularity among younger adults.

One reason for the trend is simple: people are looking for meaningful ways to relax that don't involve a screen. Hands-on activities provide a welcome break from digital overload while encouraging creativity, focus, and mindfulness. Many hobbyists say crafting helps reduce stress, quiet mental clutter, and create a sense of accomplishment that is often missing in today's fast-paced world.

These traditional hobbies also offer something increasingly rare: patience and delayed gratification. Whether knitting a scarf, sewing a jacket, or completing a quilt, the process takes time and attention. The reward comes not from an instant click or swipe, but from creating something tangible with your own hands.

Another appeal is affordability. Compared to many forms of entertainment, hobbies such as crocheting, quilting, card-making, and gardening can be relatively inexpensive to start. They also provide opportunities for self-expression and practical skills that can be enjoyed for years.

Popular "grandma hobbies" include:

- **Quilting:** A creative way to preserve memories by turning favorite fabrics or old T-shirts into keepsakes.
- **Crocheting:** An easy-to-learn fiber craft requiring only yarn and a crochet hook.
- **Candle-Making:** A fun hobby that allows crafters to create customized candles while repurposing containers.
- **Card-Making:** Combining paper, stamps, ribbons, and creativity to make personalized greetings.
- **Flower Pressing:** Preserving flowers to use in artwork, journals, and handmade cards.

Cont. Grandma Hobbies Are Gen Z Chic

Perhaps most importantly, these hobbies bring people together. Craft groups, sewing classes, and knitting circles create opportunities for social connection and intergenerational friendships. Younger participants often enjoy learning skills from older adults while sharing stories, experiences, and a sense of community.

As trends come and go, the growing interest in traditional crafts proves that some hobbies never go out of style. Whether you're 25 or 85, there's something rewarding about slowing down, creating with your hands, and connecting with others along the way.

Adapted from an article by the Society of Certified Senior Advisors (CSA) and supplemented with information from The New York Times, NPR, CBS News, and other cited sources.

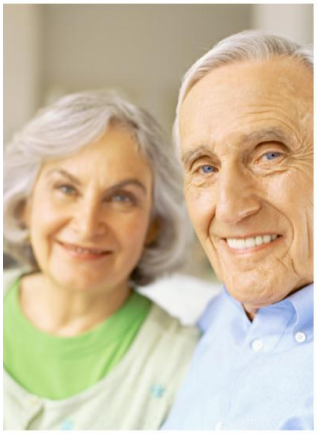
Our vibrant community offers a wide variety of clubs, classes, and activities designed to help residents stay engaged, creative, and connected. From quilting, sewing, and card-making to gardening, book clubs, fitness classes, woodworking, and special interest groups, there's something for every passion and skill level. Whether you're exploring a lifelong hobby or discovering a new one, Lakeview Terrace makes it easy to learn, create, and build meaningful friendships along the way.

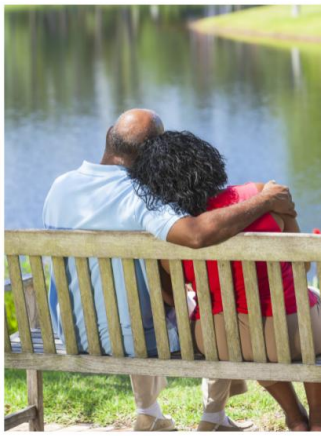
At Lakeview Terrace, an active lifestyle isn't just encouraged, it's part of everyday life.

One of eight baby quilts for
Christian Care Center in Leesburg.

Your Next Chapter Starts at Lakeview Terrace

We'd love to personally show you what makes our community so special.





From beautiful residences and engaging activities to maintenance-free living and peace of mind, this is retirement living designed around you.

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