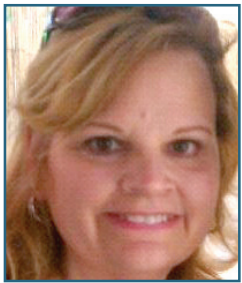




LETTER FROM THE ADMINISTRATOR



Hello
Everyone:
I hope
everyone
has had a
great start
to their New
Year. Things

are exciting and busy here at Lakeview Terrace. We are looking forward to having an eventful month. The 2nd month of the year brings us George Washington's Birthday, Valentine's Day, and the shortest month of the year. Did you know that February frequently occurs in lists of the most commonly misspelt words in the English language? The birth flower is the violet or Iris. The birthstone for February is amethyst. The ancient Greeks believed that amethyst protected the wearer from drunkenness. Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd

that winter would last for another six weeks. If there was no shadow, spring would come early. February 1865 is the only month in recorded history not to have a full moon.

Here it is February and I am definitely thankful that we can look out to our sheep in the park across the street, see the green grass and the view of the lake, instead of looking out at feet of snow like our friends on the East coast.

Looking forward to working with St. Jude's Children's Ranch up the street. We will be asking for anyone that would like to volunteer to take trips to the Ranch and help sort the many cards they receive for their many programs for the kids. I think this is a great opportunity for Lakeview Terrace to enrich the lives of children and our senior community.

Warmest Regards,

Mary Rush
ADMINISTRATOR

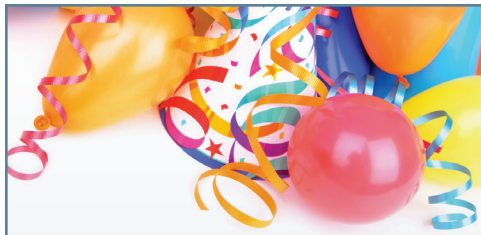
Employee of the Month

EMILY C.



Emily has
been with
us for
almost three
years now;
she is such

a hard worker always running around and has such a golden heart when it comes to our residents. She always makes sure they have what the need and are well taken care of and goes above and beyond for them. **Thank you Emily for all you do! Keep up the great work.**



Happy Birthday

RESIDENT BIRTHDAYS

James G	2/4
Alick M	2/7
Dena S	2/7
John S	2/14
Ann V	2/22
Pauline B	2/24

STAFF BIRTHDAYS

Sherry H	2/14
Ron S	2/16
Brandon Q	2/25
Keyonna T	2/28

Activity Photo Highlights



MARKETING CORNER

Please keep an eye out for our new upcoming events like senior 101 classes about learning the differences between independent, assisted, and memory care. We also are starting to partner with St Jude's ranch for children to raise awareness for them with our spaghetti dinner coming up towards the end of March. We are excited to be reaching more into our community. Stay Tuned for more upcoming events!



A Note from Health Services

Everyone is doing a great job keeping healthy this season. Please remember to continue with your hand washing and to use the hand sanitizer that we have provided throughout the community. Please be advised if Janet Wheble PA is your in house physician be advised she is going to discontinue her visits here at Lakeview. We will continue to have the other two groups that you may be able to sign up with, depending on your insurance. If you need assistance with switching over please feel free to talk to Toya in health services. Stay Well!

Valentine's Day Ball

Get ready to put on your dancing shoes as we have our Valentine's Day ball! February 14th we will have music provided by the amazing Mark Mancuso, let's get dressed up and have a ball! Also keep an eye out for our super bowl party February 4th. Don't be left out of any exciting events we are hosting, pay attention to the updated daily events in the elevator and during the daily announcements.

Spotlight Resident



Our resident of the month is James G. James is one of our awesome memory care residents.

He has been such a huge help in activities and is the life of the party when we have entertainment. Just ask James to sing you a song and he happily will! Thank you James!

More Photo Highlights



Food Services

Hello everyone, my name is Danielle and I will be joining you all as the new Director of dining service! I've lived in Boulder with my two teenagers for the past six years and we moved from buffalo, New York. I love spending my time gardening and reading, and I'm a crazy cat lady! I can't wait to meet you all and share with you my passion for a great dining service.

Note from Maintenance

Is your toilet harder to flush than usual? Well that might mean your seal is going bad, if you feel like that's the case please come let me know and I will take a look and fix it for you. There is a maintenance book at the concierge desk and you could ask the Receptionist to add your concern to my book.



180 Ville Drive
Boulder City, NV 89005
Office: 702-293-0181
www.LVTerrace.com

Your Team

ADMINISTRATOR
Mary Rush

LPN RESIDENT CARE
COORDINATOR
Toya Henry

BUSINESS
OFFICE MANAGER
Rodina Savet

SALES AND MARKETING
DIRECTOR
Sherry Hoffeld

FOOD SERVICES
DIRECTOR
Jean Bickford

MAINTENANCE
DIRECTOR
Shawn Turner

ACTIVITIES DIRECTOR
Lyndzie Myers

ADMINISTRATIVE
ASSISTANT
Vanessa Bahe

CONCIERGE
Carolyn Collier

DRIVER
Mark Miller



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Tips for Better Heart Health

Along with Valentine's Day, we celebrate American Heart Month during February. How can you help your heart stay healthier longer?

Fill up on fiber. Not only does fiber help lower levels of LDL ("bad") cholesterol, it can aid weight management.

Go bananas. Too much sodium and too little potassium is a recipe for high blood pressure. Strike a healthier balance by cutting back on salt and increasing potassium intake with bananas, potatoes, broccoli and kiwi.

Say "no" to that extra cup of caffeinated joe. Four or more cups of daily coffee could elevate blood levels of homocysteine, an amino acid associated with increased risk of cardiovascular disease.

"Beet" heart disease. Beets contain the antioxidant betanin, which can help keep LDL cholesterol from

clogging your arteries. Beets, spinach, broccoli, and papaya are also good source of folic acid, which helps to break down that heart-hurting homocysteine.

Choose healthy fats.

Monounsaturated fats (think olive oil, avocado, nuts), when used in place of saturated fats (think butter, bacon, beef), help lower cholesterol. Another healthy fat – omega-3 – helps reduce inflammation. Omega-3 sources include wild salmon, walnuts and flaxseed.

Go for a raise in HDL cholesterol.

Higher levels of "good" cholesterol can be almost as important as low levels of LDL cholesterol to keep cardiovascular disease at bay. In addition to exercise, quitting smoking and limiting trans fats, studies have shown drinking cranberry juice could help boost HDL levels.