



The Official Newsletter

Aging With Grace®

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Volume 2, Issue 4

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Special points of interest:

- Now accepting membership applications.
- Call for an appointment to begin member application process: 859 539 2147
- We are not yet open, but applying early guarantees your membership.
- Let us hear from you! We want to know what you think!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
The Club is not yet open- Calendar is an example of club schedule after grand opening.		1 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	2 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	3 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	4 <i>Exercise</i> <i>Club meeting</i> <i>Entertainer</i>
6 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	7 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	8 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	9 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	10 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	11 <i>Exercise</i> <i>Club meeting</i> <i>Entertainer</i>
13 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	14 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	15 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	16 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	17 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	18 <i>Exercise</i> <i>Club meeting</i> <i>Entertainer</i> <i>Spa Time</i>
20 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	21 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	22 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	23 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	24 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	25 <i>Exercise</i> <i>Club meeting</i> <i>Entertainer</i> <i>Spa Time</i>
27 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	28 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	29 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	30 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>		

The names of the morning and afternoon Club Meetings and Guest Speakers and/or Entertainers for the day are written on the white board in the foyer. The type of morning and afternoon Exercise Sessions are written there too. The list of Spa Treatments available are posted outside the spa room.

Improvement — Part 1 of a Two Part Series Comparing Our Feet to Tires on a Car

This article is one in a series that compares our bodies to our vehicles because in our culture, to this car and body owner, people seem to spend more time and energy on their vehicles than they do on their health. Both require care and maintenance to perform well. Both require the intervention of a professional that has been trained to troubleshoot a problem with the vehicle or our body. Both require us to trust the professional because there is a knowledge discrepancy, which involves risk.

Our goal is to minimize the risk by maximizing the benefits of knowledge on both our vehicles and our bodies.

—(DG Gridley)

Last month we introduced Part I of a two part series about how a change in your feet—whether on the skin, nails, or even how they feel—can be the first sign of a potentially serious problem that, if caught early, could save your life. Part II issues are not so serious.

Part II

6. Bunions

What it might mean: Inherited faulty foot structure
If you thought your bunions were

caused exclusively by a closet full of gorgeous (yet restrictive and often painful) shoes, you can stop blaming the boutique. Bunions are actually a sign of a flawed foot structure that's often inherited and merely aggravated by inappropriate shoes. "The first foot bone drives toward the middle of the body, and you see the bump," explains Dr. McAloon. It can be painful and unsightly, but the only way to really correct it is with surgery.

7. Heel pain

What it might mean: Plantar fasciitis
You can't mistake it—that sharp pain in the bottom of the heel when you get out of bed or stand up from a chair. It's a strain of the ligament that supports your arch. And whether you did it by wearing too-tight shoes, walking in flip-flops, or wearing worn-out workout sneakers, the longer you let it go, the longer it takes to heal. Your podiatrist will probably tell you to ease up on your workout at first, rethink your footwear, and adopt a good stretching routine.

8. Flaky, itchy, or peeling skin

What it might mean: Fungal infec-

tion

Even if you're never donned an athletic jersey in your life, you could still be walking around with athlete's foot—the euphemistic term for a fungal infection. The most common cause of itchiness and peeling, it can be treated by applying anti-fungal cream and keeping your feet as cool and dry as possible during the day. If you're fungus-free, you might be dealing with eczema or psoriasis—both to be determined by your podiatrist through a skin sample.

9. Yellow toenails

What it might mean: Fungus or pedicure overload
Seeing yellow when you look down? Don't freak out—especially if you've been wearing nail polish for months on end without a break. "Yellowness can also happen naturally with age," says Dr. McAloon. If it's accompanied by brittleness or flaking, it's most likely you have a fungal infection like athlete's foot.

Taken from a TIME magazine article written by Nina Elias which originally appeared on Prevention.com

How is Your Sleep Foundation for Building Health?

Couples who don't get enough sleep are more likely to fight -- but what if the *reason* you can't catch enough Zz's is because of your "better" half's habits? We will be sharing over the next few months the most common complaints, and how to solve the problems for good.

She's A Night Owl (Or An Early Bird) And You're Not

Again, reserving the bedroom for sleep and sex only is your

best bet. Early birds should turn the alarm off ASAP and leave the bedroom to get ready for their days, says Rosen, leaving a slumbering bed partner's dark and quiet sleep environment intact. Alternately, night owls shouldn't expect to do other activities in the bedroom late at night after a bed partner has hit the hay. Setting those bed and wake times can help you both understand that **staggered schedules don't reflect a lack of intimacy**, Phil-

lip Gehrman, Ph.D., CBSM, clinical director of the Behavioral Sleep Medicine Program at the University of Pennsylvania, previously told HuffPost Healthy Living.

Taken From:
http://www.huffingtonpost.com/2014/09/23/sharing-a-bed-sleep-problems_n_5830292.html

Editors Note: The bottom line here is, if you love your spouse, you will be considerate of their need for sleep on their terms.



This is an example of what our April Menu might be after our Grand Opening



Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Baked Salmon Baked Potatoes w/ butter /sour cream Lima beans Fresh Fruit</i>	2 <i>Macaroni and Cheese with Ham Stewed Tomatoes Broccoli Cuts Whole Wheat Bread</i>	3 <i>Beef bourguignon with noodles Spring salad Glazed carrots Garlic toast</i>	4 <i>Chicken Salad Sand- wiches Mixed fruit Whole Grain Chips Cottage Cheese</i>
6 <i>Pork Ribblett w/ BBQ sauce Black-eyed Peas Seasoned Collard Greens Whole Wheat Rolls</i>	7 <i>Chicken Breast Fillet Marsala Sauce Brussels Sprouts Mixed Vegetables Whole Wheat Bread</i>	8 <i>Spaghetti w/Meat Sauce Green Peas and Onions Spiced Apple Slices Garlic Bread</i>	9 <i>Roast Pork w/Gravy Whole Kernel Corn Whipped Sweet Potatoes Whole Wheat Bread</i>	10 <i>Baked Chicken Chantilly Potatoes w/ Gravy Capri Blend Vegetables Whole Wheat Bread</i>	11 <i>Roast Beef Sandwiches Watermelon Potato Chips Yogurt</i>
13 <i>Beef Teriyaki Broccoli Cuts Brown Rice Mixed Fruit Graham Cracker</i>	14 <i>Chicken Salad Applesauce Green Pea Salad Whole Wheat Bread</i>	15 <i>BBQ Shredded Pork Whole Wheat Bun Ranch Beans Cole Slaw Watermelon</i>	16 <i>Chicken Pomodore Green Peas and Onions Cauliflower and Carrots Whole Wheat Bread</i>	17 <i>Hamburger Lettuce and Tomato Baked Beans Graham Crackers and Peaches</i>	18 <i>Tuna Salad Sandwiches Mandarin Orange Salad Pretzels</i>
20 <i>Peach Orange BBQ Chicken Sour Cream and Chive Potato Steamed Spinach Whole Wheat Bread</i>	21 <i>Chili with Vegetables Brown Rice Whole Wheat Bread Tossed Salad</i>	22 <i>Chicken Parmesan Sour Cream and Chive Potatoes Italian Blend Vegetables Graham Crackers</i>	23 <i>Sliced Roasted Turkey In Gravy Sweet Potato Casserole Broccoli Cuts Whole Wheat Rolls</i>	24 <i>Meat Loaf Corn Casserole Mashed Potatos and gravy Mixed Greens Salad</i>	25 <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
27 <i>Lasagna Green Beans w/ slivered toasted almonds Garlic Bread Cabbage salad</i>	28 <i>Rotisserie Chicken Mashed Potatoes and gravy Seasoned Kale Greens Mandarin Orange Salad</i>	29 <i>Baked Chicken Potato Casserole Green Beans Whole wheat rolls Berry Fruit Salad</i>	30 <i>Beef Stew Tossed Salad Pears and Cottage Cheese Whole Wheat Bread</i>	<i>All meals are served with water, 1/2 pint of 1% milk and a choice of coffee or tea</i>	

TEA & A TALE TIME

Each day our afternoon tea is a time of refreshment and re-energizing with a snack and a beverage. We also cheer ourselves up with a tall tale or two! Have you heard this one?

A guy is reading his paper when his wife walks up behind him and smacks him on the back of the head with a frying pan. He asks, "What was that for?" She says, "I found a piece of paper in your pocket with 'Betty Sue' written on it." He says, "Jeez, honey, remember last week when I went to the track? 'Betty Sue' was the name of the horse I went there to bet on." She shrugs

and walks away. Three days later he's reading his paper when she walks up behind him and smacks him on the back of the head again with the frying pan. He asks, "What was that for?" She answers, "Your horse called."

On Mondays we have a variety of trail mixes and seasonal fruit.

Tuesdays we have chips and dips or crackers and cheeses.

Wednesdays we have cookies and yogurt.

Thursdays we have different kinds of egg



rolls or wraps.

Fridays we have a kind of kabob (lots of yummy treats can be skewered).

Come join us!

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We're On the
Web
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**Our Goal is to keep
our members out of
nursing homes**



Aging With Grace® is the newsletter of Aging With Grace, Aging In Place—The Health Club for Seniors—

called Grace Place. It is a new way for seniors to make the most of life by aging gracefully in a country club and spa like atmosphere.

Our Mission:

Grace Place exists to IMPROVE your health and quality of life. Grace Place will provide services, in compliance with federal and state statutes, to all eligible participants regardless of age, color, creed, disability, ethnicity, gender, marital status, national origin, race, religion, or sexual orientation.

Our Values:

Respect: Grace Place respects you. You are a unique individual with dignity and a valuable history.

Appreciation: Grace Place knows we are employed because you are here. We are thankful for your patronage.

Sacrifice and Service: Grace Place wants to serve you. We will put your needs above our own.

Grace: Grace Place acknowledges that everyone requires unmerited favor at some time in our lives, and therefore we will bestow grace to all. We will treat others as we would like to be treated.

Days and Hours of Operation (after Grand Opening)



Monday through
Friday from 7:30 until
6:00
Saturdays from 12:00
to 6:00
We are closed on Sun-
days.

We will only close
on the holidays of
New Year's Day, The
Fourth of July, and
Christmas Day.

If those holidays fall
on a Sunday, we
will not be closed
for a 'make-up' day.

You can count on us to
be here, rain or shine,
or even in snow, sleet,
hail and ice storms.

We believe in
commitment and de-

pendability and know
you do too!

Hourly Fees: \$13
Full Time Members have
a discounted rate of
\$65 per day
All potential members
pay \$100 for a Wellness
Consultation which
includes a Wellness Map

After becoming a member,
there is a yearly
\$100 membership fee.