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AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>We Are A Licensed Adult Day Health Care with Nursing Services</p> <p>Our staff is trained and ready to serve you!</p> <p>Join us for our Grand Opening Saturday, August 15th</p>					<p>1 2:00 Bingo or Card Player's Club Or Entertainer</p>
<p>3 10:30 Gardening Club Guest Speaker 2:00 Glee Club or Scrabble Entertainer</p>	<p>4 10:30 Missions Club/Entertainer 2:00 SOME CLUB or Dustin C. Beard: Avoiding Legal Pitfalls of Senior Living</p>	<p>5 10:30 LOVE Club or UK Fan Club Guest Speaker 2:00 Book Club Entertainer</p>	<p>6 10:30 Art Club/ Hunting & Fishing Club Guest Speaker 2:00 Bridge Entertainer</p>	<p>7 10:30 SOLVE Club Guest Speaker 2:00 Natural Resources Club Entertainer</p>	<p>8 2:00 Bingo or Card Player's Club Or Entertainer</p>
<p>10 10:30 Gardening Club Guest Speaker 2:00 Glee Club or Scrabble Entertainer</p>	<p>11 10:30 Missions Club Guest Speaker 2:00 SOME Club or Matthew Smith: What is Elder Law?</p>	<p>12 10:30 LOVE Club or UK Fan Club Guest Speaker 2:00 Book Club Entertainer</p>	<p>13 10:30 Art Club or Hunting & Fishing Club/ Entertainer 2:00 Bridge Club or Ramon Careaga Acupuncture Pros</p>	<p>14 10:30 SOLVE Club Guest Speaker 2:00 Natural Resources Club Entertainer</p>	<p>15 2:00 Grand Opening with Entertainment and Refreshments!</p>
<p>17 10:30 Gardening Club Guest Speaker 2:00 Glee Club Or Scabble Entertainer</p>	<p>18 10:30 Missions Club or Guest Speaker 2:00 SOME Club Entertainer</p>	<p>19 10:30 LOVE Club or UK Fan Club or Guest Speaker 2:00 Book Club Entertainer</p>	<p>20 10:30 Art or Hunting & Fishing Club Brain Training+ Hearing Solutions lunch 2:00 Bridge Club Entertainer</p>	<p>21 10:30 SOLVE Club Guest Speaker 2:00 Natural Resources Club Entertainer</p>	<p>22 2:00 Bingo or Card Player's Club Or Entertainer</p>
<p>24 10:30 Gardening Club Guest Speaker 2:00 Glee Club or Scrabble Entertainer 31</p>	<p>25 10:30 Missions Club Guest Speaker 2:00 SOME Club Entertainer</p>	<p>26 10:30 LOVE Club or UK Fan Club Guest Speaker 2:00 Book Club Entertainer</p>	<p>27 10:30 Art Club or Hunting & Fishing Club Guest Speaker 2:00 Bridge Club Entertainer</p>	<p>28 10:30 SOLVE Club Guest Speaker 2:00 Natural Resources Club Entertainer</p>	<p>29 2:00 Bingo or Card Player's Club Or Entertainer</p>

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Special points of interest:

- ◆ Now accepting membership applications!
- ◆ Call for an appointment to begin member application process: 859 539 2147
- ◆ Tours given at 3:30 daily.
- ◆ Let us hear from you! We want to know what you think!

Improvement— Tires, like feet, are what you depend on to get you around safely

This article is one in a series that compares our bodies to our vehicles because in our culture, to this car and body owner, some 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 about both our vehicles and our bodies.

....Cont. from last month..Another option is the discount tire retailer. These wholesale tire distributors sell tires at extreme discounts. In addition to low prices, they are often just a phone call or a mouse click away. However, when consumers purchase tires from the discount retailer, the tires are shipped to the consumer's door. It is up to the consumer to find a local shop to balance and mount the tires. (In some cases, these tire retailers will offer discount mounting and installation at a local tire store.) For some people

who want exclusive or hard-to-find tires, this is the only option.

If you purchase your tires online, you'll need to do a little extra research to find out how much it'll cost to have them put on your vehicle. A local shop will charge you to mount and balance the tires, as well as any other additional fees, such as disposing the old tires. Call around to several shops to get their full price for putting on your new tires.

According to Bill VandeWater of Bridgestone Firestone North American Tire, a tire dealer should ask a customer shopping for tires the following questions:

What did you like about your OE tires?
What didn't you like?
What are you looking for from a tire?
What is important to you?
How are you going to use the vehicle?

Based on this information, the dealer can then recommend a tire from his "tire wall" that will meet the needs of the consumer.

Regardless of where you get new [tires](#), there are a few things you should keep in mind:

- Know the size and type of tire recommended by your owner's manual.
- Determine your needs and priorities. What type of driving you will be doing? Do you prefer a soft ride, a firm ride, or a mix of the two?
- Make sure you purchase a tire that is capable of supporting the load your vehicle might demand. Don't buy a passenger-car tire if you need a light-truck tire.
- Don't buy more tire than you need. Consumers often overestimate their tire needs. In most cases, a quality all-season tire will suffice where a touring tire might be suggested.

look or improve handling.....TO BE CONTINUED.....by [Mark Bilek](#) and [Christopher Neiger](#)

<http://auto.howstuffworks.com/buying-selling/cg-tire-buying-tips.htm#page=1>

How is Your Nutrition Foundation for Building Health?

Why do we crave unhealthy food?

As explained in the recent New York Times Magazine piece, "The Extraordinary Science of Addictive Junk Food," there's no denying that junk food cravings are powerful, physiological reactions—and, apparently, carefully and strategically developed by food manufacturers. Many of our favorite supermarket snacks are made with the “perfect” amounts of added sugar,

salt, fat, and other chemicals designed to make us want more. But you can steer clear of processed food by eating as many healthy, whole foods as possible, and the less junk food you eat, the less you want. Try the following tips and see if they work for you.

1. Practice the five-ingredient rule.

If there are more than five ingredients on a food label—a red flag for food processing—don't buy it. (Or if you do, consider it a treat instead of an everyday purchase). This is an easy way to avoid impulse buys like flavor-blasted chips or pre-made cookies when food shopping.....TO BE CONT...Read

more: <http://www.rd.com/slideshows/8-ways-to-train-your-brain-to-hate-junk-food/#slideshow=slide2>



AUGUST DINNER AT NOON MENU



Mon	Tue	Wed	Thu	Fri	Sat
<p><i>All meals are served with water, 1/2 pint of 1% milk and a choice of coffee or tea</i></p>					<p>1 Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels Fresh Fruit & Dip</p>
<p>3 Turkey Sausage Onions & Peppers Green Peas O'Brien Potatoes Hot Dog Bun Pears</p>	<p>4 Hamburger American Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Peach Cobbler</p>	<p>5 Sliced Ham w/peach ginger sauce White Beans Seasoned Collard Greens Cornbread Tropical Mixed Fruit</p>	<p>6 Chicken Breast Mushroom Gravy Scalloped Potatoes Italian Blend Vegetables Whole Wheat Bread Fresh Orange</p>	<p>7 Chicken Salad Tossed Salad Tri Color Bean Salad Whole Wheat Bread Pineapple Tidbits Ranch Dressing</p>	<p>8 Roast Beef Sandwiches Watermelon Potato Chips Fruit Yogurt</p>
<p>10 Pork Ribblet BBQ Sauce Baked Beans Broccoli/Cauliflower Hamburger Bun Spiced Applesauce</p>	<p>11 Spaghetti w/ Meatsauce Carrots Corn O'Brien Texas Toast Fresh Fruit</p>	<p>12 Chicken Breast, Rotisserie Style Parsley Potatoes Mixed Vegetables Whole Wheat Bread Cardinal Citrus Mold</p>	<p>13 Teriyaki Meatballs Green Garden Salad Oriental Vegetables Oriental Rice Wheat Bread Gingerbread Cake</p>	<p>14 BBQ Chicken Thighs Seasoned Black Eyed Peas Cole Slaw Whole Wheat Roll Apple Cobbler</p>	<p>15 Turkey Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</p>
<p>17 Roast Pork w/Gravy Green Peas Sour Cream & Chive Potatoes Whole Wheat Roll Peaches</p>	<p>18 Turkey Salad Cole Slaw Raspberry Swirl Puddin Whole Wheat Bread Banana</p>	<p>19 Hamburger Lettuce/Tomato/Onion Baked Beans Carrots Hamburger Bun Fresh Fruit</p>	<p>20 Chicken Thigh w/au jus sauce Broccoli/Cauliflower Seasoned Black Eyed Peas Whole Wheat Rolls Apple Crunch Bar</p>	<p>21 Meat Loaf w/Brown Gravy Green Beans Mashed Potatoes Whole Wheat Bread Tropical Mixed Fruit</p>	<p>22 Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</p>
<p>24 Chicken Fettucine Normandy Veggies Steamed Spinach WW Bread Mandarin Oranges</p>	<p>25 Seafood Salad Carrot Raisin Salad Black Eyed Pea Salad Whole Wheat Crackers Applesauce</p>	<p>26 Chicken Pot Pie Harvard Beets Broccoli Cuts Biscuit Brownie</p>	<p>27 Sloppy Joe Pinto Beans Chuckwagon Corn Hamburger Bun Strawberry Gelatin</p>	<p>28 Swiss Style Beef Pattie Mashed Potatoes Squash w/Tomatoes Whole Wheat Bread Pears</p>	<p>29 Ham Sandwiches Potato Salad Sliced Tomatoes Apple Betty</p>
<p>31 Beef Stew Harvard Beets Green Beans WW Bread Mandarin Oranges</p>					

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 these retirement jokes?

My parents didn't want to move to Florida, but they turned sixty and that's the law.
- Jerry Seinfeld

When some people retire, it's going to be mighty hard to be able to tell the difference.
- Virginia Graham

Retirement is like a long vacation in Las

Vegas. The goal is to enjoy it to the fullest, but not so fully that you run out of money.
- Jonathan Clements

For far too many people, retirement may be described as living in the past lane.
- Mardy Grothe

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).

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**The Best Choice for
Living a Long and
Happy Life!**



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



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

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 dependability 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.