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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!

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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.
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. Aged human bodies and aged automobiles need special care if they want to be around long enough to become "classics". Here are a few tips on how to keep your human body performing well for a long and active life.

—DG Gridley

Staying physically active is especially important as we age. Beginning around age 50, we lose 1 percent of our muscle mass each year. Over time, this can negatively affect quality of life and our ability to maintain functional independence.

Exercise is the best medicine to protect our quality of life and independence as we age.

Physical activity benefits literally every organ in the body, from our muscles to our brains, promoting not only physical health but also mental and cognitive well being. Physical activity can also help to prevent and alleviate or manage chronic illnesses such as diabetes.

Here are some reminders for staying physically active throughout our older years:

- It's never to late to start. You can benefit from physical activity and exercise even if you've never been an athlete or don't start exercising until a relatively old age. Start with whatever activity level fits your ability and lifestyle.

- Keep up your strength with resistance or weight training. Free weights, resistance bands and body weight exercises like squats and push-ups help maintain muscle mass and strength to prevent frailty.

About 150 minutes of activity is recommended each week. That's five times a week for 30 minutes. But some studies show that short bouts of intense exercise are also beneficial. If you don't have 30 minutes, take the stairs quickly or walk as fast as you can for 10 minutes. Any and all movement is good!

- Make it social. Find a walking buddy or try an exercise class. Not only is there more fun and accountability with an exercise companion, studies suggest that positive social interactions are just as important to our health as physical activity.

- Make it part of your routine. You're more likely to exercise regularly if it's part of your daily schedule and fits in with the rest of your life. Remember that your body changes with age. Your body likely won't respond to exercise the way that it did at age 25, and you may not respond to exercise just like your gym buddy does. This physical variability increases as we age, so keep your expectations in line with your own abilities.

Researchers at the University of Kentucky are currently studying why some older adults respond better to exercise than others.

If you are over 65 and interested in learning about participating in this research, please submit your information at the following link and a member of the research team will contact you in January 2015: http://bit.ly/13JxcBK

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.

The particular blue wavelength of light emitted from screens -- whether it’s from the TV, a tablet or even a smartphone -- tricks our internal clocks into thinking it’s time to be awake and alert, says Rosen. "If one’s bed partner is on their iPhone and the other person is not asleep, it will absolutely interfere."

"Agreeing that the bed and the bedroom is for sleeping and sex only is a good motto," she says. "When it's bedtime, it's bedtime," not Netflix or Instagram time. (Sarah Klein)

Security systems, and other devices in the bedroom may have lights that stay on all night. Taping or draping to block the light is a good idea (My husband has an electric toothbrush that flashes a green light while it is charging so I have to make sure the bathroom door is closed before going to sleep).

But what about the noises that some of these conveniences produce? Those are sleep busters too, of course. Even a slight beep alerting you of a text message is enough to break into the REM pattern of sleep that is so important for good health.

If you use your cell phone as an alarm to wake you up in the morning, turning it off at night is still a good idea. It should come on automatically at the set alarm time. At least my Blackberry does. Consult a professional, if necessary. Your spouse will thank you!

(DG Gridley)
This is an example of what our January Menu might be after our Grand Opening

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>All meals are served with water, 1/2 pint of 1% milk and a choice of coffee or tea</td>
<td>1 Closed for New Year’s Day</td>
<td>2 Beef Stew</td>
<td>3 Chicken Salad Sandwiches</td>
<td>4 Roast Beef Sandwiches</td>
<td>5 Pork Ribblet w/ BBQ sauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Black-eyed Peas</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Seasoned Collard Greens</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Whole Wheat Rolls</td>
</tr>
<tr>
<td>6 Beef Teriyaki</td>
<td>7 Chicken Breast Fillet</td>
<td>8 Roast Pork w/ Gravy</td>
<td>9 Baked Chicken</td>
<td>10 Roast Beef Sandwiches</td>
<td>11 Beef Stew</td>
</tr>
<tr>
<td>Broccoli Cuts</td>
<td>Marsala Sauce</td>
<td>Whole Wheat Bread</td>
<td>Chantilly Potatoes w/ Gravy</td>
<td>Watermelon</td>
<td>Tossed Salad</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>Brussels Sprouts</td>
<td>Spiced Sweet Potato</td>
<td>Capri Blend Vegetables</td>
<td>Mandarin Orange Salad</td>
<td>Pears and Cottage Cheese</td>
</tr>
<tr>
<td>Mixed Fruit</td>
<td>Mixed Vegetables</td>
<td>Whole Wheat Bread</td>
<td>Whole Wheat Bread</td>
<td>Pretzels</td>
<td>Whole Grain Chips</td>
</tr>
<tr>
<td>Graham Cracker</td>
<td>Whole Wheat Bread</td>
<td></td>
<td></td>
<td></td>
<td>Yogurt</td>
</tr>
<tr>
<td>12 Peach Orange BBQ</td>
<td>13 Chicken Salad Applesauce</td>
<td>14 BBQ Shredded Pork</td>
<td>15 Chicken Pomodore</td>
<td>16 Hamburger</td>
<td>17 Tuna Salad Sandwiches</td>
</tr>
<tr>
<td>Chicken</td>
<td>Green Pea Salad</td>
<td>Whole Wheat Bun</td>
<td>Green Peas and Onions</td>
<td>Lettuce and Tomato</td>
<td>Mandarin Orange Salad Salad</td>
</tr>
<tr>
<td>Sour Cream and Chive Potato</td>
<td>Whole Wheat Bread</td>
<td>Ranch Beans</td>
<td>Cauliflower and Carrots</td>
<td>Baked Beans</td>
<td>Pretzels</td>
</tr>
<tr>
<td>Steamed Spinach</td>
<td></td>
<td>Cole Slaw</td>
<td>Whole Wheat Bread</td>
<td>Graham Crackers and Peaches</td>
<td></td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td></td>
<td>Watermelon</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26 Country Meatballs</td>
<td>27 Chicken Parmesan</td>
<td>28 Chili with Vegetables</td>
<td>29 Macaroni and Cheese</td>
<td>30 Baked Salmon</td>
<td>31 Baked Chicken</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Sour Cream and Chive Potatoes</td>
<td>Brown Rice</td>
<td>with Ham</td>
<td>Baked Potatoes</td>
<td>Potato Casserole</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Italian Blend Vegetables</td>
<td>Whole Wheat Bread</td>
<td>Steved Tomatoes</td>
<td>w/ butter / sour cream</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td>Graham Crackers</td>
<td>Tossed Salad</td>
<td>Broccoli Cuts</td>
<td>Lima beans</td>
<td>Whole wheat rolls</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Whole Wheat Bread</td>
<td>Fresh Fruit</td>
<td></td>
</tr>
</tbody>
</table>

**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? Thinking that the presidential candidate needed to show a more human side of himself, his committee advised him to visit an old age home. Walking into the room of an old man, with the cameras whirring, the nominee was surprised when the old man offered him some peanuts from a bowl on the table. “Thank you”, said the nominee after being offered more for the 3rd time, “why don’t you have some yourself?” “Oh, I can't eat it” said the old man, “I don't have any teeth.” “So why do you have them?” asked the confused nominee. “Oh, I like the chocolate around it” was the glib reply.

On Mondays we have trail mix and seasonal fruit.

Tuesdays we have chips or crackers and dips.

Wednesdays we have cookies and yogurt.

Thursdays we have some sort of egg roll or wrap.

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

Come join us!
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 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.