



The Official Newsletter

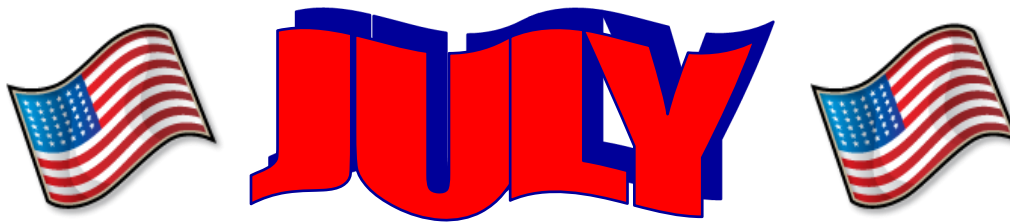
Volume 1, Issue 5

Aging With Grace®

July 2014

If you don't see the registered trademark symbol, it isn't us

Hurray for the Red White and Blue!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
There are AM and PM club meetings, guest speakers/ entertainers, spa treatments	AM Exercise Sessions are aerobic and strength training PM Exercise are for strength	1 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	2 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	3 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	4 Happy Fourth of July!!!	5 Exercise Club meeting Entertainer Spa Treatments
6	7 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	8 Club meeting Guest Speaker Exercises Club Meeting Entertainer	9 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	10 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	11 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	12 Exercise Club meeting Guest Speaker Spa Treatments
13	14 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	15 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	16 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	17 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	18 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	19 Exercise Club meeting Entertainer Spa Treatments
20	21 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	22 Club meeting Guest Speaker Exercise Spa Treatments Entertainer	23 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	24 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	25 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	26 Exercise Club meeting Guest Speaker Spa Treatments
27	28 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	29 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	30 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	31 Club meeting Guest Speaker Exercises Spa Treatments Entertainer		

Inside this issue:

Improvement 2

Our Old Kentucky Home 2

Free Caregiver Kits 2

Menu Calendar 3

Snack Menu 3

Mission Statement and Values 4

Hours of Operation and Fees 4

Special points of interest:

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

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 by DG Gridley

This article is one in a series that compares our bodies to our vehicles because in our culture, to this author, 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 and maximize the benefits of knowledge on both our vehicles and our bodies.

As shared in a previous article, the

2001 Ford Windstar van was inspected prior to purchase by a trusted family friend at a reputable dealership close to The Club. They gave it the seal of approval, and we purchased it last month. Since it is a 2001, it has some cosmetic wear and tear on it, but nothing major. I asked for a referral from our trusted dealership to a good auto body repair person. The recommended auto body repair person came to our house and did an inspection of the vehicle when we were not at home and then texted me when he was finished. I called him and was told it would cost over \$2,500 to have the vehicle restored to like new condition on the outside, and less for less restoration.

My body could use some restoration too. I am getting jowls, and my hair is graying. To get both fixed would cost about \$2,500, I am guessing. My muscles are also atrophying, and my skin looks lumpy on my thighs. I should exercise with weights more than I do, but I have not been willing to invest the time.

The jowls and graying hair are just cosmetic, like the paint job and trim problems on the van. Is it worth the money? I think not at this juncture. Maybe later.

The muscle building is definitely worth the time, however, and I resolve to lift weight twice a week starting this week. Will you join me?

Our Old Kentucky Home's Low Rating

taken from an article by Margarita Cambest

In case you missed it, there was an article in the Herald Leader June 23 about our state's low ranking in the AARP, The Commonwealth Fund, and the SCAN Foundation study of states that offered home and community based services for the frail and disabled elderly who need them. The federal government gives the states an amount of Medicaid money dependent upon the financial needs of their demographics. The federal government wants that money to be spent mostly on home and community based services, be-

For home care costs, the out of pocket costs in Kentucky were 92 percent of median household incomes of people older than 65, which means we are willing to sacrifice our finances to stay in our homes.

cause studies have shown that it costs less to care for people living in the community instead of in institutions, and most people prefer to stay in the community rather than live in nursing homes.

Kentucky has a powerful nursing home advocates lobbying group, however. And so laws in this state have been passed that favor giving nursing homes the privilege of caring for our frail, elderly, and financially needy citizens.

Where would you want to live if you lost the ability and/or the financial means to take care of yourself? Please write to your state representative and let them know how you feel. It will make a difference, I assure you!

Free Family Caregiver Kits Should be in Every Home

Dear Abby's article for June 18 told all of us about booklets offered free of charge including the "Managing Someone Else's Money" series of publications and a pamphlet on using medications wisely. Did you know that 125,000 people die each year because they didn't take their medications correctly? And many more get sick because they didn't

properly follow the directions on the label? Another publication shares information on how to recognize and avoid health scams. Health scams are not the only scams to avoid, of course. Did you know that it is illegal to enter a foreign lottery? Much of the money lost to the elderly leaves the country under the guise of entering a foreign lottery.

You will receive a copy of the 2014 Consumer Action Handbook, which contains information you need to make the best decisions about what you buy and the service providers you use, and also a sample complaint letter to help you get results. To order this free kit, call 1-888-878-3256, or write: Family Caregivers Kit, Pueblo, CO 81009

Our Proposed Lunch Menu for July



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>All meals are served with water, 1/2 pint of 1% milk and a choice of coffee or tea</i>	<i>This menu is an example, but not the actual menu of a typical month of lunches</i>	1 <i>Chicken Parmesan Sour cream and chives Potatoes Italian blend vegetables Whole wheat roll Graham crackers</i>	2 <i>Chili Hot Dog Ranch Beans Chuckwagon Corn Whole Grain Bun Jello Salad</i>	3 <i>Beef Patty Pepper and Onion Gravy Carrots Red Bliss Potatoes Whole Wheat Bread</i>	4 <i>Happy Fourth of July!!!</i>	5 <i>Chicken Salad Sandwiches Mixed fruit Whole Grain Chips Cottage Cheese</i>
6	7 <i>Pork Riblett w/ BBQ sauce Black-eyed Peas Seasoned Collard Greens Whole Wheat Rolls</i>	8 <i>Chicken Breast Fillet Marsala Sauce Brussels Sprouts Mixed Vegetables Whole Wheat Bread</i>	9 <i>Spaghetti w/Meat Sauce Green Peas and Onions Spiced Apple Slices Garlic Bread</i>	10 <i>Roast Pork w/Gravy Whole Kernel Corn Whipped Sweet Potatoes Whole Wheat Bread</i>	11 <i>Baked Chicken Chantilly Potatoes w/ Gravy Capri Blend Vegetables Whole Wheat Bread</i>	12 <i>Roast Beef Sandwiches Watermelon Potato Chips Yogurt</i>
13	14 <i>Beef Teriyaki Broccoli Cuts Brown Rice Mixed Fruit Graham Cracker</i>	15 <i>Chicken Salad Applesauce Green Pea Salad Whole Wheat Bread</i>	16 <i>BBQ Shredded Pork Whole Wheat Bun Ranch Beans Cole Slaw Watermelon</i>	17 <i>Chicken Pomodore Green Peas and Onions Cauliflower and Carrots Whole Wheat Bread</i>	18 <i>Hamburger Lettuce and Tomato Baked Beans Graham Crackers and Peaches</i>	19 <i>Tuna Salad Sandwiches Mandarin Orange Salad Pretzels</i>
20	21 <i>Peach Orange BBQ Chicken Sour Cream and Chive Potato Steamed Spinach Whole Wheat Bread</i>	22 <i>Sliced Ham and Cheese Applesauce Kidney Bean Salad Whole Wheat Bread</i>	23 <i>Sliced Roasted Turkey In Gravy Sweet Potato Casserole Broccoli Cuts Whole Wheat Rolls</i>	24 <i>Salisbury Steak Seasoned Green Beans Red Bliss Potatoes Whole Wheat Bread</i>	25 <i>Smothered Chicken Herbed Potatoes Normandy Blend Vegetables Whole Wheat Rolls</i>	26 <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
27	28 <i>Country Meatballs Mashed Potatoes Green Beans Whole Wheat Bread</i>	29 <i>Chicken Parmesan Sour Cream and Chive Potatoes Italian Blend Vegetables Graham Crackers</i>	30 <i>Macaroni and Cheese with Ham Stewed Tomatoes Broccoli Cuts Whole Wheat Bread</i>	31 <i>Beef Stew with Vegetables Brown Rice Whole Wheat Bread Tossed Salad</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 the one about Mrs. Green who lived in a two story, two family house together with an elderly widow? After not hearing from her for a few days, she got a bit nervous. “John”, she called to

her son “do me a favor and go find out how old Mrs. Robinson is.” So six year old John went down the stairs and knocked on Mrs. Robinson’s door. “So how is she?” asked Mrs. Green when John came back up. “How is she?” repeated John “I’ve never seen her so mad in my life, she said it’s none of your business how old she is.”

On Mondays we have trail mix and seasonal fruit.

Tuesdays we have chips 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®

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We're On the
Web
www.agingwithgraceinfo.org

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



We are open
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 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.