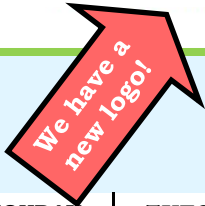


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JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>Our doors are open (while we wait for our medical inspection), so please visit anytime!</p>		<p>1 10:30 LOVE Club or UK Fan Club <i>Guest Speaker</i> 2:00 Book Club <i>Entertainer</i></p>	<p>2 10:30 Art Club/ Hunting & Fishing Club <i>Guest Speaker</i> 2:00 Bridge <i>Entertainer</i></p>	<p>3 10:30 SOLVE Club <i>Guest Speaker</i> 2:00 Natural Resources Club <i>Entertainer</i></p>	<p>4 2:00 Scrabble Club OR <i>Entertainer</i></p>		
		<p>6 10:30 Gardening Club <i>Guest Speaker</i> 2:00 Glee Club <i>Entertainer</i></p>	<p>7 10:30 Missions Club <i>Peyton Tierney</i> "Financial Literacy" 2:00 SOME Club <i>Entertainer</i></p>	<p>8 10:30 LOVE Club or UK Fan Club <i>Guest Speaker</i> 2:00 Book Club <i>Entertainer</i></p>	<p>9 10:30 Art Club/Hunting & Fishing Club <i>Guest Speaker</i> 2:00 Bridge <i>Entertainer</i></p>	<p>10 10:30 SOLVE Club <i>Guest Speaker</i> 2:00 Natural Resources Club <i>Entertainer</i></p>	<p>11 2:00 Scrabble Club Or <i>Entertainer</i></p>
		<p>13 10:30 Gardening Club <i>Guest Speaker</i> 2:00 Glee Club <i>Entertainer</i></p>	<p>14 10:30 Missions Club <i>Guest Speaker</i> 2:00 SOME Club <i>Entertainer</i></p>	<p>15 10:30 LOVE Club or UK Fan Club <i>Guest Speaker</i> 2:00 Book Club <i>Entertainer</i></p>	<p>16 10:30 Art Club or Hunting & Fishing Club 2:00 Sarah Brown from Sanders Brown "Healthy Brain"</p>	<p>17 10:30 SOLVE Club <i>Guest Speaker</i> 2:00 Natural Resources Club <i>Entertainer</i></p>	<p>18 2:00 Scrabble Club or <i>Entertainer</i></p>
		<p>20 10:30 Gardening Club <i>Guest Speaker</i> 2:00 Glee Club <i>Entertainer</i></p>	<p>21 10:30 Missions Club or <i>Guest Speaker</i> 2:00 SOME Club <i>Entertainer</i></p>	<p>22 10:30 LOVE Club or UK Fan Club or <i>Guest Speaker</i> 2:00 Book Club <i>Entertainer</i></p>	<p>23 10:30 Art Club or Hunting & Fishing Club <i>Guest Speaker</i> 2:00 Bridge Club <i>Entertainer</i></p>	<p>24 10:30 SOLVE Club <i>Guest Speaker</i> 2:00 Natural Resources Club <i>Entertainer</i></p>	<p>25 2:00 Scrabble Club or <i>Entertainer</i></p>
		<p>27 10:30 Gardening Club <i>Guest Speaker</i> 2:00 Glee Club or <i>Entertainer</i></p>	<p>28 10:30 Missions Club <i>Guest Speaker</i> 2:00 SOME Club <i>Entertainer</i></p>	<p>29 10:30 LOVE Club or UK Fan Club <i>Guest Speaker</i> 2:00 Book Club <i>Entertainer</i></p>	<p>30 10:30 Art Club or Hunting & Fishing Club <i>Guest Speaker</i> 2:00 Bridge Club <i>Entertainer</i></p>	<p>31 10:30 SOLVE Club <i>Guest Speaker</i> 2:00 Natural Resources Club <i>Entertainer</i></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
- We are waiting to be inspected for licensing, but applying early guarantees your membership.
- 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, 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.

—(DG Gridley)

.....Continued from last month.....

Another important factor in choosing a replacement tire is the load rating. The load capacity number on the tire-size code indicates the load-carrying capacity of that single tire. When selecting replacement tires, consumers have to be careful not to select a tire with a lower load-carrying capacity.

Regardless of a tire's speed rating,

load-carrying ability, size and construction, traction are the keys to safety. A common mistake is to select a tire without considering its ability to hold the road. Savvy consumers will balance a tire's traction in dry conditions, in wet conditions and in the snow. If you desire a high-performance tire but live in northern climates, consider a "winter" tire for driving in the snowy season. If you live where the weather is warm all year, a touring tire may suit your needs just fine.

Most consumers will make the mistake of waiting until spring to get new tires. As a tire wears out, dry traction generally increases and wet and snow traction decrease. So the best time to buy new tires is not in the spring, but in the fall.

Passenger-car and light-truck tires are very different. Pickup and SUV owners will generally select passenger-car tires because they are less costly and offer a smoother ride. However, if a vehicle will consistently be loaded with cargo or will be asked to pull a heavy trailer, then perhaps the higher load-carrying capacity of a light-truck tire would be the better

choice.

When it comes time to get a set of new tires, drivers have a lot of options. Traditionally, the most expensive option is to return to the dealership. Dealers will replace worn tires with original-equipment tires. This option can cost twice as much as going to the local shop down the street.

That local shop, be it a national chain or mom-and-pop establishment, is probably the best place for the average consumer to shop for new tires. Prices can be reasonable and the service manager will help consumers select the correct tire for their vehicle. However, consumers should always shop around for the best prices. Tire and installation prices vary widely from store to store.

.....to be continued.....buying tires online....

by [Mark Bilek](#) and [Christopher Neiger](#)

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

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.

He's An Animal (Literally)

Yes, Fido can be a comforting snuggle buddy, but every time a pet moves or makes noise your sleep is probably interrupt-

ed. In fact, about 30 percent of pet owners who say they share a bed with their furry friends report waking up at least once a night, [according to 2014 research](#). "If you're not able to get ... healthy sleep, then whoever else is in the bed with you -- your pets, your babies -- who is able to adjust their habits needs to adjust them," says Rosen, "and everybody else needs to be removed from the

bed."

Pets in bed also bring with them any dust, pollen or dander they've collected throughout their daytime adventures, exposing you to [possible allergic reactions overnight](#). Time to get Fido his own bed!

By Sarah Klein

Taken From:

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



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



Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Baked Chicken</i> <i>Potato Casserole</i> <i>Green Beans</i> <i>Whole wheat rolls</i> <i>Berry Fruit Salad</i>	2 <i>Rotisserie Chicken</i> <i>Mashed Potatoes and gravy</i> <i>Seasoned Kale Greens</i> <i>Mandarin Orange Salad</i>	3 <i>Beef Bourguignon with noodles</i> <i>Spring salad</i> <i>Glazed carrots</i> <i>Garlic toast</i>	4 <i>Chicken Salad Sandwiches</i> <i>Mixed fruit</i> <i>Whole Grain Chips</i> <i>Cottage Cheese</i>
6 <i>Pork Ribblett w/ BBQ sauce</i> <i>Black-eyed Peas</i> <i>Seasoned Collard Greens</i> <i>Whole Wheat Rolls</i>	7 <i>Chicken Breast Fillet</i> <i>Marsala Sauce</i> <i>Brussels Sprouts</i> <i>Mixed Vegetables</i> <i>Whole Wheat Bread</i>	8 <i>Spaghetti w/Meat Sauce</i> <i>Green Peas and Onions</i> <i>Spiced Apple Slices</i> <i>Garlic Bread</i>	9 <i>Roast Pork w/Gravy</i> <i>Whole Kernel Corn</i> <i>Whipped Sweet Potatoes</i> <i>Whole Wheat Bread</i>	10 <i>Baked Chicken</i> <i>Chantilly Potatoes w/ Gravy</i> <i>Capri Blend Vegetables</i> <i>Whole Wheat Bread</i>	11 <i>Roast Beef Sandwiches</i> <i>Watermelon</i> <i>Potato Chips</i> <i>Yogurt</i>
13 <i>Beef Teriyaki</i> <i>Broccoli Cuts</i> <i>Brown Rice</i> <i>Mixed Fruit</i> <i>Graham Cracker</i>	14 <i>Chicken Salad</i> <i>Applesauce</i> <i>Green Pea Salad</i> <i>Whole Wheat Bread</i>	15 <i>BBQ Shredded Pork</i> <i>Whole Wheat Bun</i> <i>Ranch Beans</i> <i>Cole Slaw</i> <i>Watermelon</i>	16 <i>Chicken Pomodore</i> <i>Green Peas and Onions</i> <i>Cauliflower and Carrots</i> <i>Whole Wheat Bread</i>	17 <i>Hamburger</i> <i>Lettuce and Tomato</i> <i>Baked Beans</i> <i>Graham Crackers and Peaches</i>	18 <i>Tuna Salad Sandwiches</i> <i>Mandarin Orange Salad</i> <i>Pretzels</i>
20 <i>Peach Orange BBQ Chicken</i> <i>Sour Cream and Chive Potato</i> <i>Steamed Spinach</i>	21 <i>Chili with Vegetables</i> <i>Brown Rice</i> <i>Whole Wheat Bread</i> <i>Tossed Salad</i>	22 <i>Chicken Parmesan</i> <i>Sour Cream and Chive Potatoes</i> <i>Italian Blend Vegetables</i> <i>Graham Crackers</i>	23 <i>Sliced Roasted Turkey In Gravy</i> <i>Sweet Potato Casserole</i> <i>Broccoli Cuts</i> <i>Whole Wheat Rolls</i>	24 <i>Meat Loaf</i> <i>Corn Casserole</i> <i>Mashed Potatos and gravy</i> <i>Mixed Greens Salad</i>	25 <i>Egg Salad Sandwiches</i> <i>Potato Chips</i> <i>Broccoli Salad</i> <i>Peaches</i>
27 <i>Lasagna</i> <i>Green Beans w/ slivered toasted almonds</i> <i>Garlic Bread</i> <i>Cabbage salad</i>	28 <i>Mac and Cheese with Ham</i> <i>Casserole</i> <i>Broccoli Salad</i> <i>Jello and Fruit</i>	29 <i>Beef Stew</i> <i>Tossed Salad</i> <i>Pears and Cottage Cheese</i> <i>Whole Wheat Bread</i>	30 <i>Salmon</i> <i>Baked Potatoes w/ butter /sour cream</i> <i>Lima beans</i> <i>Fresh Fruit</i>	31 <i>Oven Fried Chicken</i> <i>Stuffing</i> <i>Corn and green beans</i> <i>Berry Salad</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?

Grandma's Visit

"Oh, I sure am glad to see you," the little boy said to his grandmother (on his mother's side). "Now Daddy will do the trick he's been promising us."

The grandmother was curious. "What trick is that?" she asked.

"He told Mommy that he'd climb the

walls if you came to visit," answered the boy.

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!

Aging With Grace®

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AgingWithGraceInfo.org

We're On the
Web
[www.agingwith
graceinfo.org](http://www.agingwith
graceinfo.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 here these hours but are waiting for an inspection to offer all our services)

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.