



**Aging With Grace**  
**Aging In Place**  
 The Health Club For Seniors

The Official Newsletter

# Aging With Grace®

Filed with monthly activities, menus, health tips and information

Volume 3, Issue 7

July 2016

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tips and useful  
information

## July

**Come Join Us  
and Be Loved!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Come Join Us and Be Loved!</b></p>				<p><b>1</b> 10:30 S.O.L.V.E. Club -or- <i>Sea Shells with Mattie</i> 2:00 Gardening Club -or- <i>Decorating the July Tree</i></p>	<p><b>2</b> 2:00 Bingo or Card Player's Club -or- <i>Presidential Trivia Game in honor of President Garfield</i></p>
				<p><b>4</b> <i>Closed</i> <b>HAPPY FOURTH OF JULY!</b></p>	<p><b>5</b> 10:30 Missions Club -or- <i>Tribute to Working Women</i> 2:00 S.O.M.E. CLUB -or- <i>Circus Tricks</i></p>
<p><b>11</b> 10:30 Natural Resources Club -or- <i>Social Wellness Month</i> 2:00 Glee Club -or- <i>Sports Cliches Game</i></p>	<p><b>12</b> 10:30 Missions Club -or- <i>Summer Cruise: China</i> 2:00 S.O.M.E. Club -or- <i>How to Play Chinese Checkers</i></p>	<p><b>13</b> 10:30 L.O.V.E. Club or UK Fan Club -or- <i>Summer Cruise: Mexico</i> 2:00 Book Club -or- <i>Pinatas</i></p>	<p><b>14</b> 10:30 Art Club or Hunting &amp; Fishing Club -or- <i>Summer Cruise: Bahamas</i> 2:00 Bridge Club -or- <i>Cruise Ship Games</i></p>	<p><b>15</b> 10:30 S.O.L.V.E. Club -or- <i>Summer Cruise: France</i> 2:00 Gardening Club -or- <i>Make French Flag Souvenirs</i></p>	<p><b>16</b> 2:00 Bingo or Card Player's Club -or- <i>Family Reunion Month Scrapbooking</i></p>
<p><b>18</b> 10:30 Natural Resources Club -or- <i>Remembering Nelson Mandela</i> 2:00 Glee Club -or- <i>National Blueberries Month</i></p>	<p><b>19</b> 10:30 Missions Club -or- <i>Rosetta Stone Discovery</i> 2:00 S.O.M.E. Club -or- <i>Buck Moon and other Moon Trivia</i></p>	<p><b>20</b> 10:30 LOVE Club or UK Fan Club -or- <i>Corn Hole Game</i> 2:00 Book Club -or- <i>Arthur Murray Dance Party Television Show</i></p>	<p><b>21</b> 10:30 Art or Hunting &amp; Fishing Club -or- <i>Ernest Hemingway Remembered</i> 2:00 Bridge Club -or- <i>Why Nat'l Horseradish Month?</i></p>	<p><b>22</b> 10:30 S.O.L.V.E. Club -or- <i>Name That Outlaw Game</i> 2:00 Gardening Club -or- <i>National Grilling Month</i></p>	<p><b>23</b> 2:00 Bingo or Card Player's Club -or- <i>Gorgeous Grandma Day and National Day of the Cowboy</i></p>
<p><b>25</b> 10:30 Natural Resources Club -or- <i>Summertime Bubbles</i> 2:00 Glee Club -or- <i>National Ice Cream Month Project</i></p>	<p><b>26</b> 10:30 Missions Club -or- <i>New York Becomes 11th State</i> 2:00 S.O.M.E. Club -or- <i>U.S. Postal System Established</i></p>	<p><b>27</b> 10:30 LOVE Club or UK Fan Club -or- <i>Ice Cube Paintings</i> 2:00 Book Club -or- <i>Ice Breaker Games</i></p>	<p><b>28</b> 10:30 Art or Hunting &amp; Fishing Club -or- <i>National Cell Phone Courtesy Month</i> 2:00 Bridge Club -or- <i>Remembering Jaqueline Kennedy</i></p>	<p><b>29</b> 10:30 S.O.L.V.E. Club -or- <i>Prince Charles and Lady Diane Wedding</i> 2:00 Gardening Club -or- <i>NASA Created</i></p>	<p><b>30</b> 2:00 Bingo or Card Player's Club -or- <i>National Cheesecake Day Project</i></p>

### Inside this issue:

- Improvement: Let's Improve Our Feet! 2
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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 4:30 daily or by appointment.
- ◆ Let us hear from you! We want to know what you think!

WE ARE OPEN DAILY 7:30am to 6:00pm and on Sat. from noon to six. The locations 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— Feet, like tires, 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.*

*Continued from last month's article taken from MedicineNet.com....*

**Ingrown toenails** occur when a piece of the nail breaks the skin - which can happen if you don't cut your nails properly. **Ingrown toenails** are very common in the large toes. A doctor can remove the part of the nail that is cutting into the skin. This allows the area to heal. Ingrown toenails can often be avoided by cutting the toenail straight across and level with the top of the toe.

**Hammertoe** is caused by a shortening of the tendons that control toe movements. The toe knuckle is usually enlarged, drawing the toe back. Over time, the joint enlarges and stiffens as it rubs against shoes. Your balance may be affected. Wearing shoes and stockings with plenty of toe room is a treatment for hammertoe. In very serious cases, surgery may be needed.

**Spurs** are calcium growths that develop on bones of your feet. They are caused by muscle strain in the feet. Standing for long periods of time, wearing badly fitting shoes, or being overweight can make spurs worse. Sometimes spurs are completely painless - at other times they can be very painful. Treatments for spurs include using foot supports, heel pads, and heel cups. Sometimes surgery is needed.

What follows are additional foot problems related to aging, taken from an article in Prevention Magazine: They've carried you everywhere from your first day of school through this morning's walk or run. Pretty much everything else about your body has changed in that time, so it's little wonder that your **feet** also undergo some alterations, both subtle and not-so-much, as you age. Fortunately, taking

a few moments to tend to your sole health can minimize age-related issues. "**Foot pain** and discomfort aren't a natural part of growing older or something to just put up with," says **Emanuel Haber, DPM**, of the Foot & Ankle Centre of New Jersey. "Much can be done to relieve pain, improve comfort, and prevent small foot problems from becoming major down the road." Here are seven common foot complaints that often arise with age—and how to give them the boot.

## 1. **Fat vanishes.**

Mother nature provides humans with built-in **insoles**—**collagen and elastin** cushions, stuffed with adipose tissue, on the bottoms of your feet. But in a cruel twist on the middle-age spread, collagen production decreases through the years, thinning these fat pads. Without this cushioning, "your feet feel fine in the morning, but toward the end of the day you have a lot of pain because you're essentially **walking on bones**," says **Pedro Cosculluela, MD**, a foot and ankle specialist at Houston Methodist. Though some clinics tout injections or fat transplants, there's no proof they work, he notes. The only surefire solution is to wear cushioned, comfortable shoes, reinforced with insoles or gel pads, if needed.

## How is Your Exercise Foundation for Building Health?

**....continued from last month...**This (aerobic) conditioning has the added benefit of reducing fatigue, so you have more stamina throughout the day. Aerobic exercise also helps control your weight by increasing the amount of calories your body uses. Furthermore, this type of exercise can help you sleep better and improve your mood.

How much should you exercise? Current recommendations for

150 minutes of moderate-intensity aerobic exercise per week (broken into four daily segments)

**OR** 75 minutes of vigorous-intensity aerobic exercise per week

**OR** an equivalent combina-

tion of moderate and vigorous exercise

**Strengthening:** Strengthening exercises help maintain and improve your muscle strength. Strong muscles can support and protect joints that are affected by arthritis. **To be continued next month...**

Taken from: [www.arthritis.org](http://www.arthritis.org)



# July Menu

## M-F 12:00 Dinner at Noon

### Sat. 3:30 A Meal and a Movie



Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <i>Sweet and Sour Chicken Broccoli and Carrots White Rice Mandarin Oranges Egg Rolls</i>	<b>2</b> <i>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</i>
<b>4</b> <i>Turkey Breast Slices Stuffing Cranberry Sauce Mashed Potatoes/Gravy Green Beans Rolls</i>	<b>5</b> <i>Beef Pot Roast Mixed Vegetables &amp; Potatoes Applesauce Whole Wheat Bread</i>	<b>6</b> <i>Spaghetti &amp; Meatballs Garden Salad/ranch dressing Savory Peas Garlic Bread</i>	<b>7</b> <i>Battered Fish Broccoli and Cheese Rice Cottage Cheese Pears Whole Wheat Bread</i>	<b>8</b> <i>Pork Boneless BBQ Ribs Crispy Potato Wedges Corn niblets Whole Wheat Bread Cole Slaw</i>	<b>9</b> <i>Roast Beef Sandwiches Waldorf Salad Potato Chips Fruit Yogurt</i>
<b>11</b> <i>Fettuccini With Chicken and Broccoli Carrot Salad Garlic Bread</i>	<b>12</b> <i>Meat Loaf Mashed Potatoes &amp; Gravy Corn Nuggets Fresh Fruit</i>	<b>13</b> <i>Cheddar and Ham Potato Bake Green Beans Fried Apples Whole Wheat Bread</i>	<b>14</b> <i>Country Fried Steak Baked Potatoes Macaroni &amp; Cheese Broccoli Whole Wheat Bread</i>	<b>15</b> <i>Fettuccini Alfredo Tossed Salad w/dressing Garlic Bread Strawberry shortcake</i>	<b>16</b> <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels Fresh Fruit &amp; Dip</i>
<b>18</b> <i>Chicken and Shrimp Linguine Zucchini, and Broccoli Whole Wheat Bread Carrot Salad</i>	<b>19</b> <i>Three Cheese Tortellini in Marinara Sauce Tossed Salad Whole Wheat Bread Peaches</i>	<b>20</b> <i>Pork Chops Mashed Potatoes &amp; Gravy Fried Apples Salad &amp; Dressing</i>	<b>21</b> <i>Herb Roasted Chicken Mashed Potatoes Corn Green Beans Whole wheat bread</i>	<b>22</b> <i>Slow Roasted Beef Mashed Potatoes and Gravy Green Beans Peaches</i>	<b>23</b> <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
<b>25</b> <i>Chicken &amp; Dumplings Mixed Vegetables Fruit Salad Whole Wheat Bread</i>	<b>26</b> <i>Three Meat and Four Cheese Lasagna Tossed Salad Garlic Bread Watermelon</i>	<b>27</b> <i>Swedish Meat Balls Noodles Mixed Vegetables Fresh Fruit Whole Wheat Bread</i>	<b>28</b> <i>Chicken Parmigiana Pasta Broccoli and Carrots Fresh Fruit Whole Wheat Bread</i>	<b>29</b> <i>Orange Chicken Edamame, red peppers, green onions Rice Whole Wheat Bread</i>	<b>30</b> <i>Cheesy Chicken and Rice Broccoli Whole Wheat Bread Mandarin Oranges</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? On Grandparents Day at the elementary school, Bill visited his great grandson Tommy. He walked into the 4th grade class, where the children were studying the states, and asked them how many states they could name. They

came up with about 40 names. Grandpa Bill jokingly told them that in his day students knew the names of all the states. Tommy raised his hand and said, Yessir, but in those days there were only 13 states!

On Mondays we have a variety of seasonal fruit and cheeses. Tuesdays we have chips or crackers and dips. 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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**We're On the  
Web**  
[www.agingwith  
graceinfo.org](http://www.agingwith<br/>graceinfo.org)

**Make happy memories  
and feel better!**



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

**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 Sundays, 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 (as long as our parking lot can be cleared of snow and ice for safety's sake—please check local TV stations WKYT and WLEX for delayed openings and closings under BUSINESSES).

**We believe in  
commitment  
and dependability  
and know  
you do too!**

**Hourly Fees: \$14 (paid at  
the end of the month)**

**Full Time Members have  
a discounted rate of  
\$73 per day (paid at the  
beginning of the month)**

**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.