



Aging With Grace®

June 2014

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

WE ARE ENROLLING MEMBERS!

The Club is not yet open for business, but you may apply for membership so that when we do open, you will be assured of your place.

To become a member of The Health Club for Seniors, one must fill out papers of course, and make an appointment with our Wellness Consultant to determine if we can help you. Our goal is to prevent our members from ever having to go to a nursing home, so we will focus on prevention. We exist to improve your health and quality of life.

We will design a unique Wellness Map with you. The Wellness Map will contain your personal information such as your medical history, your medical providers, your



dental and vision history and providers, and any other health services you may use or need.

The Wellness Map will also have recommendations based on your current health, to improve your health. The categories of nutrition, exer-

cise, and sleep will be analyzed to determine if you need help in those areas.

Recommended tests and screenings for blood pressure, weight, cholesterol, and blood sugar will also be scheduled in your Wellness Map. Other tests may be recommended by your physician and some can be done at The Club as well.

We will have hearing, vision, and dental screenings too but it is up to you to participate. Everything is voluntary. I like the old adage, "You can lead a horse to water but you can't make him drink", because it applies so often to our health habits. However, at The Club, friends and fun make good health habits easier!

Tea & A Tale Time

Remember Doris Day and Rock Hudson singing "Tea for Two"? Each day at The Club we will drink something during our afternoon break, but not necessarily tea, and we will eat something too, while watching or listening to a humorous

tale of some kind. We may even have a live comedy act occasionally. Members are invited and they may in turn invite a friend to join them during the entertainment if they have never been to The Club before, free of charge. Guests are asked

to check in and wear a guest badge so we can get to know them and in case of an emergency. Of course, if you are not in the mood for tea and a tale, there are many cozy nooks for you to inhabit for whatever is your fancy!

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Special points of interest:

- Now accepting membership applications.
- Connecting face to face will make you healthier.
- Sign up for a free conference to learn how to help our friends
- The National Institute on Aging has a website to help you exercise and good news

Improvement: Musings About Used Bodies And Used Cars

My body could use improvement.
What about yours?

My car could use improvement.
What about yours?

Bodies and cars must be maintained and serviced to perform; to do what we need them to do to accomplish our goals.

The used 2001 mini-van we just purchased looks so much better than our old 2000 van, even though it is only a year newer. Of course it has a third of the mileage on it, but I have to believe that is due to daily driving habits and care, too. I heard on a car talk radio show once that gentle driving habits do more to

preserve a car and prevent service issues than any other single factor. My husband is not a gentle driver. In fact, he has a reputation for being a very aggressive and jerky driver. He is not known for taking care of his car, but he is known for taking care of his body.

My husband Lawrence is very disciplined about exercising his body, and daily exercise has been found to be the leading factor in preventing illness and leading to a long and active life. He arises at 5:20 am each weekday morning, even in below zero and snowy weather to jog on the trail behind our house. He also lifts weights five days a week; a different muscle group each day.

I am not as disciplined, but do walk at least four days a week. I will start lifting weights again soon. Lifting weights makes our bones stronger, aids our immune system, leads to improved balance, and fewer joint problems. Anyone who is new to lifting weights should get their doctor's approval and seek the help of a professional trainer who is experienced with older folks before undertaking a weight lifting regimen.

As for our new used mini-van...we had it inspected before we purchased it and it checked out a-okay except the intake manifold/valve cover gaskets are seeping and will need replaced eventually for \$720.

ROTARY

Rotary clubs vary from club group to group, but all clubs have the "Four Way Test", that is recited at each weekly meeting.

One of the world's most widely printed and quoted statements of business ethics is The Four-Way Test, which was created in 1932 by Rotarian Herbert J. Taylor (who later served as RI president) when he was asked to take charge of a company that was facing bankruptcy. This 24-word test for employees

follow in their business and professional lives became the guide for sales, production, advertising, and all relations with dealers and customers, and the survival of the company is credited to this simple philosophy.

Adopted by Rotary in 1943, The Four-Way Test has been translated into more than a hundred languages and published in thousands of ways. It asks the following four questions:

Of the things we think, say or do:

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

We would all do well to live by this "test", don't you agree?

Connect and Commit!

Club meetings are a great way to improve your mental acuity while having fun! Face to face interaction has been shown to prevent mental decline in studies done with the elderly.

But even the young are affected by a lack of social interaction. An article in Forbes Magazine, by Susan Tardano tells of how a young college age daughter texted her mother that all was well and later that evening attempted suicide.

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She had been living an isolated life. As human beings, our only real method of connection is through authentic communication. Studies show that only 7% of communication is based on the written or verbal word. A whopping 93% is based on nonverbal body language. Indeed, it's only when we can hear a tone of voice or look into someone's eyes that we're able to know when "I'm fine"



doesn't mean they're fine at all. Come to The Club and let's interact face to face! We are now forming club meetings based on your interests.

Aging With Grace

1st Annual Conference

Working Together for the Common Good



Bluegrass EAPC

LOOKING OUT REACHING OUT

Learning What to Notice & Knowing How to Respond
A Conference on Elder Abuse, Neglect & Exploitation
With presentations from regionally respected authorities

**No Charge
to Attend!**

**Door Prizes
and Give-
Aways!**



**Lunch-
Provided!**

Thursday June 26, 2014 9am-3pm
Registration Required
Tates Creek Christian Church
3150 Tates Creek Road

www.bluegrassEAPC.com, email bluegrassEAPC@gmail.com or call 859-317-9361.
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Hosted by the Bluegrass Elder Abuse Prevention Committee
A working group of the non-profit Bluegrass Aging Consortium

Aging With Grace®

110 Ferndale Pass
Lexington, KY

40511

859 539 2147
administrator@
Agingwithgraceinfo.org

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.

Go4Life from the National Institute on Aging



LIFE Study Results: You are never too old to exercise!

An National Institute of Health-supported study has demonstrated that exercise can prevent disability, even in frail older adults. [The LIFE \(Lifestyle Interventions and Independence for Elders\) trial](#) showed

that a carefully structured, moderate-intensity physical activity program can reduce risk of losing the ability to walk without assistance, perhaps the single most important factor in whether vulnerable older people can maintain their independence.

“We are gratified by these findings,” said Richard J. Hodes, M.D., director of the NIA, which was the primary sponsor of the trial. “They show that participating in a specific, balanced exercise program can have substantial positive benefits for

reducing risk of mobility disability. These are actionable results that can be applied today to make a difference for many frail older people and their families.”

The LIFE trial exercise program combined endurance, strength, balance, and flexibility exercises with the end goal of 150 minutes of weekly activity.

Visit www.Go4Life.org for [sample exercises](#) in these categories, or come to The Health Club for Seniors!