



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

The Official Newsletter

# Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 3, Issue 3

March 2016

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information

## March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 10:30 Missions Club -or- <i>Why is March Windy?</i> 2:00 S.O.M.E.Club -or- <i>Decorate March Tree</i>	<b>2</b> 10:30 L.O.V.E. Club or UK Fan Club -or- <i>Monopoly</i> 2:00 Book Club -or- <i>Web MD Quiz: Arthritis</i>	<b>3</b> 10:30 Art Club/ Hunting & Fishing Club -or- <i>Animal Conga Line</i> 2:00 Bridge Club -or- <i>Decorate Cookies for Tea &amp; A Tale Time</i>	<b>4</b> 10:30 S.O.L.V.E. Club -or- <i>St. Paddy's Day Crossword</i> 2:00 Gardening Club -or- <i>Storytelling</i>	<b>5</b> 2:00 Bingo or Card Player's Club -or- <i>Name That Movie Star</i>
<b>7</b> 10:30 Natural Resources Club -or- <i>St. Paddy's Day Bingo</i> 2:00 Glee Club -or- <i>Make Cards for Thomson-Hood</i>	<b>8</b> 10:30 Missions Club -or- <i>History of the Potato &amp; Prints</i> 2:00 S.O.M.E. CLUB -or- <i>Hot Potato Game</i>	<b>9</b> 10:30 L.O.V.E. Club or UK Fan Club -or- <i>Chicago &amp; Weathervane History</i> 2:00 Book Club -or- <i>Weathervane Project</i>	<b>10</b> 10:30 Art Club/ Hunting & Fishing Club -or- <i>Critiquing Art</i> 2:00 Bridge Club -or- <i>Recognize This Bridge?</i>	<b>11</b> 10:30 S.O.L.V.E. Club -or- <i>Make Cards for Veterans</i> 2:00 Gardening Club -or- <i>Guess Who Said This Famous Quote?</i>	<b>12</b> 2:00 Bingo or Card Player's Club -or- <i>Last Days of Winter Dance</i>
<b>14</b> 10:30 Natural Resources Club -or- <i>Play March Trivia Game</i> 2:00 Glee Club -or- <i>Decorate Pots</i>	<b>15</b> 10:30 Missions Club -or- <i>What is Rotary Club</i> 2:00 S.O.M.E. Club -or- <i>Make Cards to Send to Sailors</i>	<b>16</b> 10:30 L.O.V.E. Club or UK Fan Club -or- <i>Riddle Riddle Ree</i> 2:00 Book Club -or- <i>Don't Let It Touch</i>	<b>17</b> 10:30 Art Club or Hunting & Fishing Club -or- <i>Famous Irish People</i> 2:00 Bridge Club -or- <i>Irish Puzzle Project</i>	<b>18</b> 10:30 S.O.L.V.E. Club -or- <i>Deaf History Month</i> 2:00 Gardening Club -or- <i>Life in El Salvador</i>	<b>19</b> 2:00 Bingo or Card Player's Club -or- <i>Vernal Equinox Garden Planning</i>
<b>21</b> 10:30 Natural Resources Club -or- <i>Plant Seeds</i> 2:00 Glee Club -or- <i>Flying Kites</i>	<b>22</b> 10:30 Missions Club -or- <i>How We Can Help Others</i> 2:00 S.O.M.E.Club -or- <i>Celebrating-Women's History Month</i>	<b>23</b> 10:30 LOVE Club or UK Fan Club -or- <i>History of the Community-Bryan Station</i> 2:00 Book Club -or- <i>Meteorology Day &amp; Predicting</i>	<b>24</b> 10:30 Art or Hunting & Fishing Club -or- <i>Remembering Houdini</i> 2:00 Bridge Club -or- <i>Dying Easter Eggs</i>	<b>25</b> 10:30 S.O.L.V.E. Club -or- <i>Understanding Seder</i> 2:00 Gardening Club -or- <i>Spring Garden Party</i>	<b>26</b> 2:00 Bingo or Card Player's Club -or- <i>Robert Frost Birthday Party</i>
<b>28</b> 10:30 Natural Resources Club -or- <i>Fact or Fiction II</i> 2:00 Glee Club -or- <i>Climate Change According to Nat'l Geographic</i>	<b>29</b> 10:30 Missions Club -or- <i>Letters of Encouragement</i> 2:00 S.O.M.E.Club -or- <i>Sing-Along to Patriotic Songs</i>	<b>30</b> 10:30 LOVE Club or UK Fan Club -or- <i>Painting to Classical Music</i> 2:00 Book Club -or- <i>In Like a Lion &amp; Out Like a Lamb?</i>	<b>31</b> 10:30 Art or Hunting & Fishing Club -or- <i>Current Events</i> 2:00 Bridge Club -or- <i>End of Month 'Bea Bucks' Auction</i>		

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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 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—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, 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.*

**Read the Reviews** It's easier than ever to find reviews of products before you buy them and tires are no different. Although it may not be as exciting as reading other reviews, doing a little research on your tire purchase can help you get exactly what you want.

Look for information about how the tire may help fuel economy, how long the tire has lasted for other people, how much road noise it makes, how well it handles, and if there are any known problems or potential recalls.

Subscription services like Consumer Re-

ports will break the tire down into categories such as dry braking, wet braking, hydroplaning, tread life, ride comfort and others [source: Consumer Reports]. Information like this will give you a good perspective on the quality of the tire you're purchasing. Compare several types of tires and find the one that matches your needs as well as your budget.

Not all tires will perform the same way when it comes to hydroplaning, braking, cornering, etc. Reading what others have experienced or what experts say about a specific tire will help you make an informed decision when you purchase your tires. Keep in mind that the most expensive tire may not be the best one available.

If you want better tread wear and don't mind extra road noise then you can narrow down your search. Or if you prefer comfort to longevity you can pick out the right tire for you before you buy them online or at the auto shop. No matter what you choose just be sure to do at least a little research beforehand.

**How to Maintain Your Tires** You've chosen carefully and finally replaced your tires. All done, right? Not so fast. You'll need to maintain your tires properly to ensure that they perform correctly.

Rotating your vehicle's tires is essential to prevent uneven wear. If left unchecked, un-rotated tires will cause increased road

noise, lower fuel economy, and decreased wet-weather traction. Badly neglected tires will also have to be replaced sooner.

It is generally accepted that on front-drive vehicles, where all tires are the same size, you rotate the front tires to the rear in a straight line and cross the back tires to the front. In a rear-drive vehicle, you rotate the backs in a straight line to the front and cross the front tires to the back. On all- or four-wheel-drive vehicles, the rotation pattern most often suggested is a simple "X." The left front and right rear swap places, and the right front and left rear swap places.

Many sports cars and some luxury and sport-utility vehicles have unidirectional tires. Unidirectional tires have tread patterns that are designed to perform in the direction denoted on the tire sidewall only. They should always be rotated front to rear (assuming they are the same size). This ensures that the direction of revolution does not change.

If you are rotating a full-size spare into the mix, it is common practice to put that tire in the right rear. Consumers should consult their owner's manual for the correct tire-rotation procedure for their vehicle.

TO BE CONTINUED

...by [Mark Bilek](#) and [Christopher Neiger](#)  
<http://auto.howstuffworks.com/buying-selling/cg-tire-buying-tips.htm#page=1>

## How is Your Exercise Foundation for Building Health?

Life is a continual balancing act. When we're young, it may seem as though we're able to take on everyday activities with ease. But, as we grow older, our senses and ability to efficiently perform multiple tasks at the same time start to slowly deteriorate. Even the simplest of simultaneous activities, such as walking and talking, can disrupt our balance and put us at risk for a serious fall-related injury.

Each year, a staggering one-third of all people older than age 65 will fall, with many sustaining severe or

even fatal injuries. For this reason, the [Institute for Aging Research's Center for Translational Research in Mobility and Falls](#) is devoted to research aimed at understanding what causes older adults to fall, which will hopefully lead to development of preventive measures. We found a direct correlation between balance and reduction of fall risk in older adults. Here are our findings, along with ways you can apply this knowledge to every day life: **Balance Memory** Mobility, defined as the ability to independently navigate one's envi-

ronment to complete activities of daily living, is both physical and mental. On one hand, it depends upon your muscles and reflexes and their ability to create the movements necessary to help maintain balance. But, it's also dependent on your ability to pay attention to the world around you, your short-term memory of where your legs and feet are located relative to the ground, and your ability to make the correct decision to change your movements when needed—like when the sidewalk becomes snow-covered. (to be continued next month) By Brad Manor PhD



# March 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>Chinese shrimp stir-fry White rice Broccoli Crab Rangoon Fortune cookies</i>	<b>2</b> <i>Swiss Style Beef Pattie Mashed Potatoes Squash w/Tomatoes Whole Wheat Bread Pears</i>	<b>3</b> <i>Roast Chicken Stuffing and Gravy Green Beans Yeast Rolls Mandarin Oranges</i>	<b>4</b> <i>Sloppy Joe Pinto Beans Chuckwagon Corn Hamburger Bun Strawberry Gelatin</i>	<b>5</b> <i>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</i>
<b>7</b> <i>Turkey Sausage Onions &amp; Peppers Green Peas O'Brien Potatoes Hot Dog Bun Pears</i>	<b>8</b> <i>Hamburger American Cheese Lettuce/Tomato/Onion Baked Beans Peach Cobbler</i>	<b>9</b> <i>Slow Roasted Pork Golden Brown Home Fries Lightly Steamed Broccoli Rolls Spiced Applesauce</i>	<b>10</b> <i>Chicken Breast Mushroom Gravy Scalloped Potatoes Italian Blend Vegetables Whole Wheat Bread Fresh Orange</i>	<b>11</b> <i>Rainbow Trout Tri Color Bean Salad Brown Rice Whole Wheat Bread Pineapple Tidbits</i>	<b>12</b> <i>Roast Beef Sandwiches Waldorf Salad Potato Chips Fruit Yogurt</i>
<b>14</b> <i>Sliced Ham w/peach ginger sauce White Beans Seasoned Collard Greens Cornbread</i>	<b>15</b> <i>Spaghetti Marinara Garden Salad/ranch dressing Savory Peas Garlic Bread</i>	<b>16</b> <i>BBQ Chicken Salad, with ranch dressing Farmhouse Fries Glazed Carrots Rolls</i>	<b>17</b> <i>Country Fried Steak Green Garden Salad Baked Potatoes Corn niblets Pumpkin Bread</i>	<b>18</b> <i>Turkey Breast Slices Stuffing Cranberry Salad Mashed Potatoes/Gravy Green Beans Rolls</i>	<b>19</b> <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels Fresh Fruit &amp; Dip</i>
<b>21</b> <i>Slow Roasted Pot Roast Mashed Potatoes/Gravy Baby Glazed Carrots Wheat Roll Peaches</i>	<b>22</b> <i>Cranberry Pecan Chicken Salad w/sweet Italian dressing Macaroni and Cheese Banana Nut Bread</i>	<b>23</b> <i>Veggie Pizza Garden Salad/ranch dressing Corn Niblets Garlic Bread</i>	<b>24</b> <i>Broccoli and Cheddar Soup Baked Potato Garden Salad Whole Wheat Rolls Bananas</i>	<b>25</b> <i>Chicken &amp; Dumplings Green Beans Biscuit Fresh Fruit</i>	<b>26</b> <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
<b>28</b> <i>Grilled Chicken Breast w/ BBQ sauce Home Fries Wheat Rolls Green Beans Carrot/raisin salad</i>	<b>29</b> <i>Fish and Chips Hush Puppies Cole Slaw Cottage Cheese Pears</i>	<b>30</b> <i>Meat Loaf Mashed Potatoes &amp; Gravy Broccoli Casserole Fresh Fruit</i>	<b>31</b> <i>Pork BBQ Ribs Macaroni and Cheese Sauteed Cabbage Wheat Rolls Fruit Cocktail</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? A friend was in front of me coming out of church one day, and the preacher was standing at the door as he always is to shake hands. He grabbed my friend by the hand and pulled him aside. The Pastor said to him, "You need to join the Army of the Lord!" My

friend replied, "I'm already in the Army of the Lord, Pastor." Pastor questioned, "How come I don't see you except at Christmas and Easter?" He whispered back, "I'm in the secret service."

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®**

2100 Liberty Road  
Lexington, KY  
40509

859 539 2147  
administrator@  
AgingWithGraceInfo.org

**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**

**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 individ-  
ual 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 un-  
merited 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 lo-  
cal TV stations WKYT  
and WLEX for delayed  
openings and closings  
under BUSINESSES).

**We believe in  
commitment  
and dependabil-  
ity and know**

**Hourly Fees: \$13 (paid at  
the end of the month)**

**Full Time Members have  
a discounted rate of  
\$65 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.