



The Official Newsletter

Aging With Grace®

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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 not yet open, but applying early guarantees your membership.
- Let us hear from you! We want to know what you think!

The Club is not yet open- Calendar is an example of club schedule after grand opening.					
				1 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	2 <i>Exercise</i> <i>Club meeting</i> <i>Entertainer</i> <i>Spa Time</i>
4 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	5 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	6 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	7 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	8 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	9 <i>Exercise</i> <i>Club meeting</i> <i>Entertainer</i> <i>Spa Time</i>
11 <i>Club meetings</i> <i>Guest Speakers</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainers</i>	12 <i>Club meetings</i> <i>Guest Speakers</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainers</i>	13 <i>Club meetings</i> <i>Guest Speakers</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainers</i>	14 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	15 <i>Club meeting</i> <i>Guest Speaker</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainer</i>	16 <i>Exercise</i> <i>Club meeting</i> <i>Entertainer</i> <i>Spa Time</i>
18 <i>Club meetings</i> <i>Guest Speakers</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainers</i>	19 <i>Club meetings</i> <i>Guest Speakers</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainers</i>	20 <i>Club meetings</i> <i>Guest Speakers</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainers</i>	21 <i>Club meetings</i> <i>Guest Speakers</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainers</i>	22 <i>Club meetings</i> <i>Guest Speakers</i> <i>Exercises</i> <i>Spa Treatments</i> <i>Entertainers</i>	23 <i>Exercise</i> <i>Club meeting</i> <i>Entertainer</i> <i>Spa Time</i>
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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 — Part 2 of a Two Part Series Comparing Our Feet to Tires on a Car

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)



Cutaway of a Bridgestone Potenza. Here you can see the main components: the

inner liner, the fabric and steel belts, the bead, the tread, and the sidewall. Courtesy of [Bridgestone Firestone](#)

[Tires](#) have been a vehicle's most important safety feature for more than 100 years. After all, they are a vehicle's only contact with the road. Even the brawniest [engine](#), strongest [brakes](#), and most advanced anti-skid system are at the mercy of the tire's grip on the road. Every move a driver makes with the [steering wheel](#), brake or gas pedal is transmitted to the road through the four notepad-sized contact patches of the tires.

So, if a consumer has tires that are worn, under-inflated, or not suited to the environment, they put themselves, their vehicle, and others at risk. But most drivers don't know enough about tires to make an educated purchase. For some, the choice comes down to price and availability. Others buy tires based on appearance or reputation.

We've compiled a list of 12 areas you should consider when purchasing new tires. If you're looking to save money, get the best fuel economy, make an informed decision, or buy the best quality tire then this article is for you. This list will cover the basic information you should understand to select the right tires for your vehicle and give you an understanding of how tires function. Simply put, a [tire](#) is a flexible container

of compressed air. This air container support the vehicle's load; propels a vehicle forward, backward and side-to-side; stops the vehicle; and cushions the load from road imperfections. Today's tires have between 19 and 25 different components. Tires are built from the inside out rather than the outside in. The heart of every tire is an inner liner. Its job is to give the tire shape and hold in air. Fabric belts are wrapped around the inner liner. The bead is fastened to the bottom of the fabric belts and holds the tire to the wheel.

On top of the fabric belts are [steel](#) belts. These belts have two jobs: They give the tire stability and make the tread pattern as flat as possible. (A flatter tread means more contact with the road.) The tire tread is on top of the belts. There are different tread patterns for different types of tires. The sidewall on the side of the tire gives it stiffness and ride characteristics. A taller, softer sidewall will absorb more bumps, while a shorter, stiffer sidewall will provide better cornering ability and sharper steering response...*to be continued next month.*

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 (or She) Can't Sleep

If something's got your bed partner tossing and turning, chances are you soon will be, too. As

much as you'd love to help, this one's on him (or her). "If you're in bed for 15 or 20 minutes and not [sleeping or having sex], you should get out of bed and even leave the bedroom," says Rosen. It may sound counterintuitive, but it's actually a mainstay of insomnia treatment, she says -- and it benefits you both. "It will help the person having insomnia to not be frustrated and allow for the bed partner who may already be sleeping to con-

tinue sleeping." The bed partner who *can't* sleep should spend some time meditating, listening to soothing music, reading something not all that exciting or doing another calm activity without much bright light until they feel tired enough to try turning in again. 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 May Menu might be after our Grand Opening



Mon	Tue	Wed	Thu	Fri	Sat
<p><i>All meals are served with water, 1/2 pint of 1% milk and a choice of coffee or tea</i></p>				<p>1 <i>Beef Bourguignon with noodles Spring salad Glazed carrots Garlic toast</i></p>	<p>2 <i>Chicken Salad Sandwiches Mixed fruit Whole Grain Chips Cottage Cheese</i></p>
<p>4 <i>Pork Ribblett w/ BBQ sauce Black-eyed Peas Seasoned Collard Greens Whole Wheat Rolls</i></p>	<p>5 <i>Chicken Breast Fillet Marsala Sauce Brussels Sprouts Mixed Vegetables Whole Wheat Bread</i></p>	<p>6 <i>Spaghetti w/Meat Sauce Green Peas and Onions Spiced Apple Slices Garlic Bread</i></p>	<p>7 <i>Roast Pork w/Gravy Whole Kernel Corn Whipped Sweet Potatoes Whole Wheat Bread</i></p>	<p>8 <i>Baked Chicken Chantilly Potatoes w/ Gravy Capri Blend Vegetables Whole Wheat Bread</i></p>	<p>9 <i>Roast Beef Sandwiches Watermelon Potato Chips Yogurt</i></p>
<p>11 <i>Beef Teriyaki Broccoli Cuts Brown Rice Mixed Fruit Graham Cracker</i></p>	<p>12 <i>Chicken Salad Applesauce Green Pea Salad Whole Wheat Bread</i></p>	<p>13 <i>BBQ Shredded Pork Whole Wheat Bun Ranch Beans Cole Slaw Watermelon</i></p>	<p>14 <i>Chicken Pomodore Green Peas and Onions Cauliflower and Carrots Whole Wheat Bread</i></p>	<p>15 <i>Hamburger Lettuce and Tomato Baked Beans Graham Crackers and Peaches</i></p>	<p>16 <i>Tuna Salad Sandwiches Mandarin Orange Salad Pretzels</i></p>
<p>18 <i>Peach Orange BBQ Chicken Sour Cream and Chive Potato Steamed Spinach</i></p>	<p>19 <i>Chili with Vegetables Brown Rice Whole Wheat Bread Tossed Salad</i></p>	<p>20 <i>Chicken Parmesan Sour Cream and Chive Potatoes Italian Blend Vegetables Graham Crackers</i></p>	<p>21 <i>Sliced Roasted Turkey In Gravy Sweet Potato Casserole Broccoli Cuts Whole Wheat Rolls</i></p>	<p>22 <i>Meat Loaf Corn Casserole Mashed Potatos and gravy Mixed Greens Salad</i></p>	<p>23 <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i></p>
<p>25 <i>Lasagna Green Beans w/ slivered toasted almonds Garlic Bread Cabbage salad</i></p>	<p>26 <i>Rotisserie Chicken Mashed Potatoes and gravy Seasoned Kale Greens Mandarin Orange Salad</i></p>	<p>27 <i>Baked Chicken Potato Casserole Green Beans Whole wheat rolls Berry Fruit Salad</i></p>	<p>28 <i>Beef Stew Tossed Salad Pears and Cottage Cheese Whole Wheat Bread</i></p>	<p>29 <i>Baked Salmon Baked Potatoes w/ butter /sour cream Lima beans Fresh Fruit</i></p>	<p>30 <i>Cheese with Ham Sandwiches Broccoli Salad Jello and Fruit</i></p>

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?

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman--already dressed and sitting on the bed with a suitcase at his feet--who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way

down I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

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!

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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 (after Grand Opening)



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 holi-
days of

New Year's Day,
The Fourth of
July, and Christ-
mas 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.