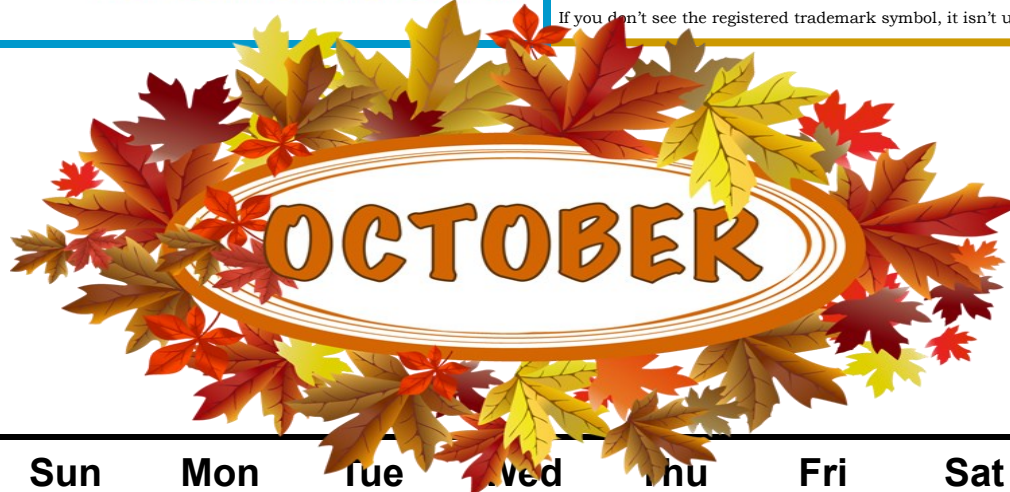




# Aging With Grace®

October 2014

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



## Inside this issue:

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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 open yet, but applying early guarantees your place
- ◆ Let us hear from you! We want to know what you think!

| Sun  | Mon  | Tue  | Wed  | Thu  | Fri  | Sat  |
|--|--|--|--|--|--|--|
| There are AM and PM club meetings, guest speakers/entertainers, spa treatments ..... | AM Exercise Sessions are aerobic and strength training PM Exercises are for strength     |  | <b>1</b><br>Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer  | <b>2</b><br>Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer  | <b>3</b><br>Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer  | <b>4</b><br>Exercise<br>Club meeting<br>Entertainer<br>Spa Treatments    |
| <b>5</b>   | <b>6</b> Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer     | <b>7</b> Club meeting<br>Guest Speaker<br>Exercises<br>Club Meeting<br>Entertainer       | <b>8</b> Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer     | <b>9</b> Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer     | <b>10</b> Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer    | <b>11</b><br>Exercise<br>Club meeting<br>Guest Speaker<br>Spa Treatments |
| <b>12</b>  | <b>13</b> Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer    | <b>14</b> Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer    | <b>15</b> Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer    | <b>16</b> Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer    | <b>17</b> Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer    | <b>18</b><br>Exercise<br>Club meeting<br>Entertainer<br>Spa Treatments   |
| <b>19</b>  | <b>20</b><br>Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer | <b>21</b><br>Club meeting<br>Guest Speaker<br>Exercise<br>Spa Treatments<br>Entertainer  | <b>22</b><br>Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer | <b>23</b><br>Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer | <b>24</b> Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer    | <b>25</b><br>Exercise<br>Club meeting<br>Guest Speaker<br>Spa Treatments |
| <b>26</b>  | <b>27</b><br>Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer | <b>28</b><br>Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer | <b>29</b><br>Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer | <b>30</b><br>Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer | <b>31</b><br>Club meeting<br>Guest Speaker<br>Exercises<br>Spa Treatments<br>Entertainer |  |

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

—from the United States Centers for Disease Control

According to the *Dietary Guidelines for Americans 2010*, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If "healthy eating" makes you think about the foods you **can't** have, try refocusing on all the new foods you **can** eat—

**Fresh fruits** — don't think just apples or bananas. All fresh fruits are great choices. Be sure to try some "exotic" fruits, too. How about a mango? Or a juicy pineapple or kiwi fruit! When your favorite fresh fruits aren't in season, try a frozen, canned, or dried variety of a fresh fruit you enjoy. One caution about canned fruits is that they may con-

tain added sugars or syrups. Be sure and choose canned varieties of fruit packed in water or in their own juice.

Fresh vegetables — try something new. You may find that you love grilled vegetables or steamed vegetables with an herb you haven't tried like rosemary. You can sauté (panfry) vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish — just microwave and serve. When trying canned vegetables, look for vegetables without added salt, butter, or cream sauces. Commit to going to the produce department and trying a new vegetable each week.

Calcium-rich foods — you may automatically think of a glass of low-fat or fat-free milk when someone says "eat more dairy products." But what about low-fat and fat-free yogurts without added sugars? These come in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth.

A new twist on an old favorite — if your favorite recipe calls for frying fish or breaded chicken, try healthier variations using baking or grilling. Maybe even try a recipe that uses dry beans in place of higher-fat meats. Ask around or search the internet and magazines for recipes

with fewer calories — you might be surprised to find you have a new favorite dish!

## Do I have to give up my favorite comfort food?

No! Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while, and balancing them out with healthier foods and more physical activity.

Some general tips for comfort foods:

- Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month. You'll be cutting your calories because you're not having the food as often.
- Eat smaller amounts. If your favorite higher-calorie food is a chocolate bar, have a smaller size or only half a bar.

Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. For example, if your macaroni and cheese recipe uses whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, light cream cheese, fresh spinach and tomatoes. Just remember to not increase your portion size.

## Meet Bea Well, The Grace Place Mascot, by DG Gridley



I'd like to introduce Bea Well, who is going to help us get the message out about taking care of our health. Each week she will be "buzzing" on Facebook and Twitter about some health tip. Last week she was reminding people to drink enough fluids even though we may not be as thirsty because the weather is cooler now. This week she is "buzzing" about eating at least five servings of fruits and vegetables per day. Next week she will be asking

people to get their hearing tested even if they do not think they have experienced any hearing loss. Do you know hearing loss contributes to cognitive decline? Johns Hopkins recently released the results of a study that showed that for some yet unknown reason, those who could not hear well were more likely to develop dementia. I think it is because our brains need all the stimulation we can get to keep those neurons juicy and firing!



# Our Proposed Lunch Menu for October



| Sun  | 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><i>We are not yet open. This menu is an example of a typical month of lunches, but not the actual menu</i></p>       |   | <p><b>1</b><br/>Chili Hot Dog<br/>Ranch Beans<br/>Chuckwagon Corn<br/>Whole Grain Bun<br/>Jello Salad</p>              | <p><b>2</b><br/>Pizza<br/>Corn casserole<br/>Tossed Salad<br/>Fruit Salad</p>                                     | <p><b>3</b><br/>Chicken Parmesan<br/>Sour cream and chives<br/>Potatoes<br/>Italian blend vegetables<br/>Whole wheat roll<br/>Graham crackers</p> | <p><b>4</b><br/>Chicken Salad Sandwiches<br/>Mixed fruit<br/>Whole Grain Chips<br/>Cottage Cheese</p> |
|  | <p><b>6</b><br/>Pork Riblett w/ BBQ sauce<br/>Black-eyed Peas<br/>Seasoned Collard Greens<br/>Whole Wheat Rolls</p>     | <p><b>7</b><br/>Chicken Breast Fillet<br/>Marsala Sauce<br/>Brussels Sprouts<br/>Mixed Vegetables<br/>Whole Wheat Bread</p> | <p><b>8</b><br/>Spaghetti w/Meat Sauce<br/>Green Peas and Onions<br/>Spiced Apple Slices<br/>Garlic Bread</p>          | <p><b>9</b><br/>Roast Pork w/Gravy<br/>Whole Kernel Corn<br/>Whipped Sweet Potatoes<br/>Whole Wheat Bread</p>     | <p><b>10</b><br/>Baked Chicken<br/>Chantilly Potatoes w/ Gravy<br/>Capri Blend Vegetables<br/>Whole Wheat Bread</p>                               | <p><b>11</b><br/>Roast Beef Sandwiches<br/>Watermelon<br/>Potato Chips<br/>Yogurt</p>                 |
| <p><b>12</b></p>   | <p><b>13</b><br/>Beef Teriyaki<br/>Broccoli Cuts<br/>Brown Rice<br/>Mixed Fruit<br/>Graham Cracker</p>                  | <p><b>14</b><br/>Chicken Salad<br/>Applesauce<br/>Green Pea Salad<br/>Whole Wheat Bread</p>                                 | <p><b>15</b><br/>BBQ Shredded Pork<br/>Whole Wheat Bun<br/>Ranch Beans<br/>Cole Slaw<br/>Watermelon</p>                | <p><b>16</b><br/>Chicken Pomodore<br/>Green Peas and Onions<br/>Cauliflower and Carrots<br/>Whole Wheat Bread</p> | <p><b>17</b><br/>Hamburger<br/>Lettuce and Tomato<br/>Baked Beans<br/>Graham Crackers and Peaches</p>   | <p><b>18</b><br/>Tuna Salad Sandwiches<br/>Mandarin Orange<br/>Salad<br/>Pretzels</p>                 |
| <p><b>19</b></p>   | <p><b>20</b><br/>Peach Orange BBQ Chicken<br/>Sour Cream and Chive Potato<br/>Steamed Spinach<br/>Whole Wheat Bread</p> | <p><b>21</b><br/>Sliced Ham and Cheese Applesauce<br/>Kidney Bean Salad<br/>Whole Wheat Bread</p>                           | <p><b>22</b><br/>Sliced Roasted Turkey In Gravy<br/>Sweet Potato Casserole<br/>Broccoli Cuts<br/>Whole Wheat Rolls</p> | <p><b>23</b><br/>Salisbury Steak<br/>Seasoned Green Beans<br/>Red Bliss Potatoes<br/>Whole Wheat Bread</p>        | <p><b>24</b><br/>Smothered Chicken<br/>Herbed Potatoes<br/>Normandy Blend Vegetables<br/>Whole Wheat Rolls</p>                                    | <p><b>25</b><br/>Egg Salad Sandwiches<br/>Potato Chips<br/>Broccoli Salad<br/>Peaches</p>             |
| <p><b>26</b></p>   | <p><b>27</b><br/>Country Meatballs<br/>Mashed Potatoes<br/>Green Beans<br/>Whole Wheat Bread</p>                        | <p><b>28</b><br/>Chicken Parmesan<br/>Sour Cream and Chive Potatoes<br/>Italian Blend Vegetables<br/>Graham Crackers</p>    | <p><b>29</b><br/>Beef Stew with Vegetables<br/>Brown Rice<br/>Whole Wheat Bread<br/>Tossed Salad</p>                   | <p><b>30</b><br/>Macaroni and Cheese with Ham<br/>Stewed Tomatoes<br/>Broccoli Cuts<br/>Whole Wheat Bread</p>     | <p><b>31</b><br/>Baked Salmon<br/>Baked Potatoes w/ butter /sour cream<br/>Lima beans<br/>Fresh Fruit</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?

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength. After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

**On Mondays we have trail mix and seasonal fruit.**

**Tuesdays we have chips and dips.**

**Wednesdays we have cookies and yogurt.**



**Thursdays we have some sort of egg roll or wrap.**

**Fridays we have a kind of kabob (anything yummy can be skewered).**

**Come join us!**

## Aging With Grace®

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We're On the  
Web  
[www.agingwithgraceinfo.org](http://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



We are open  
Monday through  
Friday from 7:30 until  
6:00  
Saturdays from 12:00  
to 6:00

We are closed on Sundays.

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 dependability 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.