OCTOBER 2024
Aging with Grace Newsletter
ESTABLISHED 2010
VOLUME 11, ISSUE 10

LIVE BETTER, *Longer*

# TABLE OF CONTENTS

01 Message from the Administrator
02 Fountain of Youth Clubhouse Food Menu
03 Fountain of Youth Clubhouse Activities Calendar
04 Employee Recognition
05 Monthly Mental & Physical Health Challenge

## A Message From the Administrator

**The weather is changing and lots of changes are happening at Aging With Grace, too. Please welcome our new Wellness Consultant, Rotasha Jackson RN. Rotasha is going to be in charge of the day to day operations at the Fountain of Youth Clubhouse (what we call our Adult Day Healthcare Center). Another change is our new Electronic Visit Verification App called Therap for our Direct Service Providers who work HCB Waiver participants in their homes. Also we are working on a new and improved website with our Marketing Director, Bret Anderson. Last but not least, we are planning our second annual Fall Craft Fair. Contact me for more information at DG@agingwithgraceinfo.org**

**Don't forget the Walk to end Alzheimer's on Sunday, October 20th at 3:00 at the Altech Arena at the Kentucky Horse Park. Festivities and entertainment begin at 1:00. It is free to attend and everyone is welcome. Hope to see you there!**

Aging With Grace
Your Best Independent Life Club

VOLUME 11, ISSUE 10

OCTOBER 2024

# Breakfast & Lunch Menu

**BREAKFAST**
10 AM

## COME DINE, LAUGH AND SOCIALIZE WITH US AT

# THE FOUNTAIN OF YOUTH CLUB HOUSE

**LUNCH**
1 PM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | **1**<br>Flavored Grits, Fruit<br>City Barbecue<br>Turkey Sandwich, Potato Salad | **2**<br>Oatmeal, Fruit<br>Tazikis<br>Grilled Chicken Salad, Pita Chips | **3**<br>Cereal, Fruit<br>Critchefields<br>Meat Loaf,Mashed Potatoes,Green Beans | **4**<br>Muffin, Fruit<br>Fazolis<br>Pasta Entree, Vegetable, Fruit |
| **7**<br>Flavored Grits, Fruit<br>Critchefields<br>Meat Loaf,Mashed Potatoes,Green Beans | **8**<br>Cereal, Fruit<br>Subway<br>6 Inch sub, Fruit, Chips | **9**<br>Muffin, Fruit<br>Frisch's<br>Chicken Breast Meal, Macaroni & Cheese, Baked Apples | **10**<br>Oatmeal, Fruit<br>Tazikis<br>Grilled Chicken Salad, Pita Chips | **11**<br>Granola Bar, Fruit<br>Moe's Grill<br>Steak, Veggies, Rice Bean Bowl |
| **14**<br>Muffin, Fruit<br>Good Food's Co-Op<br>Entree, Vegetable, Fruit | **15**<br>Oatmeal, Fruit<br>Chic-Fil-A<br>Chicken Nuggets, Mac & Cheese, Fruit | **16**<br>Flavored Grits, Fruit<br>Critchefields<br>Beef Pot Roast, Mashed Potatoes,Green Beans | **17**<br>Granola Bar, Fruit<br>Wong Wong's<br>Chicken Fried Rice, Egg Roll | **18**<br>Cereal, Fruit<br>Wendy's<br>Hamburger, Fries, Fruit |
| **21**<br>Muffin, Fruit<br>Waffle House<br>, Vegetable, Fruit | **22**<br>Flavored Grits, Fruit<br>City Barbecue<br>Turkey Sandwich, Potato Salad | **23**<br>Oatmeal, Fruit<br>Tazikis<br>Grilled Chicken Salad, Pita Chips | **24**<br>Cereal Bar, Fruit<br>Critchefields<br>Meat Loaf,Mashed Potatoes,Green Beans | **25**<br>Muffin, Fruit<br>Fazolis<br>Pasta Entree, Vegetable, Fruit |
| **28**<br>Flavored Grits, Fruit<br>Critchefields<br>Meat Loaf,Mashed Potatoes,Green Beans | **29**<br>Cereal, Fruit<br>Subway<br>6 Inch sub, Fruit, Chips | **30**<br>Muffin, Fruit<br>Frisch's<br>Chicken Breast Meal, Macaroni & Cheese, Baked Apples | **31**<br>Oatmeal, Fruit<br>Tazikis<br>Grilled Chicken Salad, Pita Chips | |

**ALL MEALS ARE SERVED WITH 8OZ OF WATER, YOUR CHOICE OF MILK, HOT OR COLD TEA AND COFFEE!**

VOLUME 11, ISSUE 10

# OCTOBER 2024 Activities Calendar

## CLUB HOUSE HOURS

Monday - Friday | 10am - 4pm
$73/day or $16/hour

COME DINE, LAUGH AND SOCIALIZE WITH US AT

# THE FOUNTAIN OF YOUTH CLUB HOUSE

## EXTREME WEATHER

Please check local TV for delayed openings under BUSINESSES.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| | **1**<br>Natural Resource Club<br>Improve Strength<br>Book Club<br>Cards | **2**<br>On a Mission Club<br>Improve Mobility<br>Craft Club<br>Balloon Volleyball | **3**<br>Art Club<br>Improve Strength<br>Gardening Club<br>Mind/Body Games | **4**<br>Self Love Club<br>Improve Balance<br>Game Club<br>Corn Hole | **5** | **6** |
| **7** | **8**<br>Natural Resource Club<br>Improve Strength<br>Book Club<br>Cards | **9**<br>On a Mission Club<br>Improve Mobility<br>Craft Club<br>Balloon Volleyball | **10**<br>Art Club<br>Improve Strength<br>Gardening Club<br>Mind/Body Games | **11**<br>Self Love Club<br>Improve Balance<br>Game Club<br>Corn Hole | **12** | **13** |
| **14**<br>Travel Club<br>Improve Energy<br>Health Club<br>Basketball | **15**<br>Natural Resource Club<br>Improve Strength<br>Book Club<br>Cards | **16**<br>On a Mission Club<br>Improve Mobility<br>Craft Club<br>Balloon Volleyball | **17**<br>Art Club<br>Improve Strength<br>Gardening Club<br>Mind/Body Games | **18**<br>Self Love Club<br>Improve Balance<br>Game Club<br>Corn Hole | **19** | **20** |
| **21**<br>Travel Club<br>Improve Energy<br>Health Club<br>Basketball | **22**<br>Natural Resource Club<br>Improve Strength<br>Book Club<br>Cards | **23**<br>On a Mission Club<br>Improve Mobility<br>Craft Club<br>Balloon Volleyball | **24**<br>Art Club<br>Improve Strength<br>Gardening Club<br>Mind/Body Games | **25**<br>Self Love Club<br>Improve Balance<br>Game Club<br>Corn Hole | **26** | **27** |
| **28**<br>Travel Club<br>Improve Energy<br>Health Club<br>Basketball | **29**<br>Natural Resource Club<br>Improve Strength<br>Book Club<br>Cards | **30**<br>On a Mission Club<br>Improve Mobility<br>Craft Club<br>Balloon Volleyball | **31**<br>Art Club<br>Improve Strength<br>Gardening Club<br>Mind/Body Games | | | |

## WEEKENDS BY APPOINTMENT ONLY

Now open on evenings and weekends for event rental!

Call now to reserve your date!

VOLUME 11, ISSUE 10

# Employee Recognition

OCTOBER 2024

## Our Core Values:

**C**ontinuous Improvement

**A**ppreciation & Gratitude

**R**eciprocity & Respect

**E**xceptional Integrity

## OUTSTANDING EMPLOYEES

WHO HAVE TRULY EMBODIED OUR CORE VALUES THIS MONTH

Penny Ware
Oleksandra Vaschuk
Wendy Spires
Melissa Chasteen
Martha McCann
Norkeysha Lewis
Allanda Stevens
Colby Floyd
LeighAnn Cromer
Joquetta Parrish
Racheal Couch
Maria Garcia
Annika Blethen
Josh Wise
Stella Harris
Zach Knauss
Linda Roerts
Terricka Jackmon
Chyanne Lopez
Brittany Reidenbaugh
Hannah Wilburn
Renesul Robinson
Ayries Manuel
Melissa Price
Srephanie Gonzalez
Amy Erb
Avery Bast
kathy fair
latasha posey
Linda roberts
Terricka Jackmon
Chyanne Lopez
Miranda Feeback
Devante Frazier
Ashley Warren
Devante Frazier
Latosha Posey
Anaisy Delgado

## Our Mission:

To Improve your Health and Quality of Life!

## Congratulations!

TO THE WINNERS OF THIS MONTH'S CARE REWARD!

### Melissa Chasteen

1. What's your favorite food/meal? Veggie soup
2. What do you like to do in your free time? Spend time with my grandbabies
3. If you could go anywhere, where would you go for vacation? Jesus's tomb
4. Share a fun fact, something most people wouldn't know about you. 'm a open book really.
5. How long have you been working for Aging with Grace? about 14 months
6. What you like best about your job? Making my client laugh or smile.

### Latosha Posey

1. What's your favorite food/meal? chicken and dumplings
2. What do you like to do in your free time? In my free time I love going to church and spending time with my family at the lake.
3. If you could go anywhere, where would you go for vacation? Definitely Ireland
4. Share a fun fact, something most people wouldn't know about you. I'm a youth pastor
5. How long have you been working for Aging with Grace? I have been with Aging with Grace a year in December
6. What you like best about your job? What I love most about my job, definitely the people and the connections we make with them.

VOLUME 11, ISSUE 10

OCTOBER 2024

# Alzheimer's Awareness

**779** PARTICIPANTS

**194** TEAMS

53% ACHIEVED

**$159,949** RAISED

**$300,000** OUR GOAL

## Team page of Aging With Grace--Your Best Independent Life 50+

DONATE TO THE TEAM

JOIN OUR TEAM

Support our team for the Alzheimer's Association Walk to End Alzheimer's®, the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

## Event Details

**Location:**
Kentucky Horse Park (Alltech Arena)
4089 Iron Works Pkwy
Lexington, KY 40511

**Time:**
Event Opens at 1:30 PM - Ceremony at 2:30 PM - Walk at 3:00 PM

**Contact:**
Jessica Munoz
708.220.4248
jmunoz@alz.org

# Aging With Grace

Your Best Independent Life Club

## CONTACT US

**859-539-2147**

## VISIT US

**The Fountain of Youth Clubhouse**

743 B Allendale Dr, Lexington, KY 40503

www.agingwithgraceinfo.org

**SCHEDULE YOUR TOUR TODAY!**