



The Official Newsletter

Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 4, Issue 4

April 2017

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April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
3 9:30 Natural Resources Club -or- Find a Rainbow Day 1:00 Glee Club -or- Tweed Day (it's not what you think)	4 9:30 On a Mission Club -or- Laugh at Work Week (April 1-7) 1:00 S.O.M.E. CLUB -or- Straw Hat Month	5 9:30 L.O.V.E. Club or -or- National Deep Dish Pizza Day 1:00 Book Club -or- Read a Road Map Day	6 9:30 Art Club -or- Drowsy Driver Awareness Day 1:00 Hunting and Fishing Club -or- Distracted Driving Awareness Month	7 9:30 S.O.L.V.E. Club -or- No Housework Day 1:00 Gardening Club -or- World Health Day	8/9 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
10 9:30 Natural Resources Club -or- National Siblings Day 1:00 Glee Club -or- Jazz Appreciation Month	11 9:30 On a Mission Club -or- National Library Week (April 9-15) 1:00 S.O.M.E. CLUB -or- Nat'l Card and Letter Writing Month	12 9:30 UK Fan Club -or- Walk on Your Wild Side Day 1:00 Book Club -or- National D.E.A.R. Day	13 9:30 Art Club -or- National Humor Month 1:00 Hunting and Fishing Club -or- National Scrabble Day	14 9:30 S.O.L.V.E. Club -or- International Moment of Laughter Day 1:00 Gardening Club -or- Pan American Day	15/16 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
17 9:30 Natural Resources Club -or- Ellis Island Family History Day 1:00 Glee Club -or- International Haiku Poetry Day	18 9:30 On a Mission Club -or- National Wear Your Pajamas to Work Day 1:00 S.O.M.E. Club -or- National Stress Awareness Day	19 9:30 L.O.V.E. Club -or- National Garlic Day 1:00 Book Club -or- National Hanging Out Day	20 9:30 Art Club -or- National High Five Day 1:00 Hunting & Fishing Club -or- National Look Alike Day	21 9:30 S.O.L.V.E. Club -or- National Karaoke Week (April 16-22) 1:00 Gardening Club -or- National Lawn Care Month	22/23 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
24 9:30 Natural Resources Club -or- Mother, Father Deaf Day 1:00 Glee Club -or- National Occupational Therapy Month	25 9:30 On a Mission Club -or- National Telephone Day 1:00 S.O.M.E. Club -or- World Penguin Day	26 9:30 UK Fan Club -or- National Help a Horse Day 1:00 Book Club -or- Richter Scale Day	27 9:30 Art Club -or- Nat'l Little Pampered Dog Day 1:00 Hunting & Fishing Club -or- Prevention of Animal Cruelty Month	28 9:30 S.O.L.V.E. Club -or- National Arbor Day 1:00 Gardening Club -or- Worldwide Bereaved Spouses Awareness Month	29/30 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
31 9:30 Natural Resources Club -or- World Habitat Awareness Month 1:00 Glee Club -or- National Honesty Day	<h2 style="color: yellow;">We love our members!</h2> <h2 style="color: yellow;">Come Join Us and Be Loved!</h2>				

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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!

Improvement— The finish on a vehicle, like skin, is what protects what lies beneath

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.

Continued from last month's article taken from Best-Auto-Detailing-Tips.com..... Q.- HOW DO YOU TAKE CARE OF CLEAR COAT?

Wash car regularly; every 1-4 weeks. Dirt and sun are the most harmful things as a general rule; you have less control over sun exposure, but much more control over how long you allow dirt to remain on your car. (washing is also a visual thing so if you are particular how your car looks, then washing more frequently will become important)
Use detailing clay regularly to re-

move pollutants that will attach and embed into the clear coat. (Since air quality is different and unique to any given area, this may be as little as once a year or as often as once a month.)
Use car wax or a paint sealant for protection and visual enhancement regularly. (many factors will ultimately determine durability and longevity of any given car wax or sealant. As a rule, car waxes and car sealants will only last around 2-3 months depending product, weather conditions, condition of paint, etc.)

DARREN'S PROFESSIONAL TIPS:
Like I have said many places of this website, you could get bogged down very quick with the many opinions being circulated around the Internet, car clubs, car forums, or most anywhere in life. I am of the opinion that we are now in an era of information overload. The bigger problem is the amount of unreliable information any of us are required to sift through in order to come to an informed conclusion.

Car clear coat is simply one of innumerable topics of cosmetic car care that is filled with hype, ambiguous terminology, or contradicting terminology that confuses and often does more harm than good. So with that

said, use the checklist below to keep yourself from getting overwhelmed to the point of inaction:

Virtually every car has clear coat; you would have a hard time finding one that doesn't.

Clear coat has the same basic requirements of traditional car paint: washing, waxing, polishing occasionally, use of the clay bar (detailing clay). Don't get hung up on discussions about soft or hard car clear coats. This will not matter to 98% of you looking to perform basic car paint requirement.

The clay bar is safe for clear coats; remember virtually all cars have clear coats.

Don't get hung up on people telling you that the clay bar can be used too often and/or will damage your clear coat; just not true.

After claying, remember to choose a quality car wax or car sealant to create a protective layer and for visual enhancement of the car clear coat.

Next month: Our Eyes Are the Lamps of Our Bodies As Our Headlights Are the Lamps of Our Car—Eye Health/Keeping Your Headlights Working Well

Kyra's Korner by Kyra Adams, LPN, Aging With Grace's Club Planner

Many symptoms of thyroid imbalance are vague and most doctors spend only a few minutes talking with patients to sort out the cause of their complaint.

Most conventional doctors use only one or two tests (TSH and T4) to screen for problems. They are not checking FT3, RT3 or thyroid antibodies.

Most conventional doctors use the 'normal' lab reference range as their guide only. Rather than listening to their patients' symptoms, they use 'optimal' lab values and temperature as their guide.

10 signs of an under-active thyroid:

1. Fatigue after sleeping 8 to 10 hours a night or needing to take a nap daily.
2. Weight gain or the inability to lose weight.
3. Mood issues such as mood swings, anxiety or depression.
4. Hormone imbalances such as PMS, irregular periods, infertility and low sex drive.
5. Muscle pain, joint pain, carpal tunnel syndrome, or tendonitis.

6. Cold hands and feet, feeling cold when others are not, or having a body temperature consistently below 98.5.

7. Dry or cracking skin, brittle nails and excessive hair loss.

8. Constipation.

9. Mind issues such as brain fog, poor concentration or poor memory.

10. Neck swelling, snoring or hoarse voice.

Do not ignore these symptoms!



April Menu

M-F 12:00 Dinner at Noon

Sat./Sun. 2:00 A Meal and a Movie



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
3 <i>Chili Dogs With Cheese Potato Salad Fresh Strawberries Whole Wheat Buns</i>	4 <i>Rotisserie Chicken Baked Beans Broccoli Pears Whole Wheat Bread</i>	5 <i>Deep Dish Pizza Spinach Salad Creamed Corn Fresh Fruit</i>	6 <i>Country Fried Steak Baked Potatoes Macaroni & Cheese Broccoli Whole Wheat Bread</i>	7 <i>Fettuccini Alfredo Tossed Salad w/dressing Garlic Bread Fruit and Jello</i>	8/9 <i>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</i>
10 <i>Turkey Breast Slices Stuffing Cranberry Sauce Mashed Potatoes/Gravy Green Beans Rolls</i>	11 <i>Beef Pot Pie Mixed Vegetables & Potatoes Applesauce Whole Wheat Bread</i>	12 <i>Spaghetti & Meatballs Garden Salad/Ranch Dressing Savory Peas Garlic Bread</i>	13 <i>Battered Fish Broccoli and Cheese Rice Pears Whole Wheat Bread</i>	14 <i>Pork Boneless BBQ Ribs Crispy Potato Wedges Corn niblets Whole Wheat Bread Cole Slaw</i>	15/16 <i>Roast Beef Sandwiches Waldorf Salad Potato Chips Fruit Yogurt</i>
17 <i>Fettuccini With Chicken and Broccoli Carrot Salad Garlic Bread</i>	18 <i>Meat Loaf Mashed Potatoes & Gravy Corn Nuggets Fresh Fruit</i>	19 <i>Cheddar and Ham Potato Bake Green Beans Fried Apples Whole Wheat Bread</i>	20 <i>Vermont White Cheddar Macaroni & Cheese Peas Fruit Cocktail Whole Wheat Bread</i>	21 <i>Sweet and Sour Chicken Broccoli and Carrots White Rice Mandarin Oranges Egg Rolls</i>	22/23 <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels Fresh Fruit & Dip</i>
24 <i>Chicken and Shrimp Linguine Zucchini, and Broccoli Whole Wheat Bread Carrot Salad</i>	25 <i>Three Cheese Tortellini in Marinara Sauce Tossed Salad Whole Wheat Bread Peaches</i>	26 <i>Pork Chops Mashed Potatoes & Gravy Fried Apples Salad & Dressing</i>	27 <i>Herb Roasted Chicken Mashed Potatoes Corn Green Beans Whole wheat bread</i>	28 <i>Slow Roasted Beef Mashed Potatoes and Gravy Green Beans Peaches</i>	29/30 <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
31 <i>Chicken Pot Pie Mixed Vegetables Fruit Salad Whole Wheat Bread</i>		<p>All meals are served with 8oz of milk and water, choice of coffee or hot or cold tea.</p> <p>Aging With Grace is part of the KY Dept. of Ed. Child & Adult Care Food Program</p>			

TEA & A TALE TIME 3:30 to 4:30

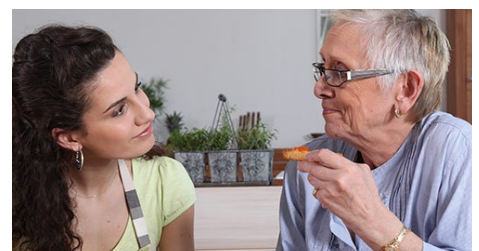
Each day our afternoon tea is a time of refreshment and re-energizing with a snack and a beverage. We also cheer ourselves up with jokes and funny stories. Have you heard these?

- * I'm great at multi-tasking: I can waste time, be unproductive, and procrastinate all at once.
- * If you can smile when things go wrong, you have someone in mind to blame.
- * Take my advice-- I'm not using it.
- * He who laughs last thinks slowest.
- * Is it wrong that only one company makes the game Monopoly?

- * I was going to wear my camouflage shirt today, but I couldn't find it.
- * If at first you don't succeed, sky-diving is not for you.
- * Sometimes I wake up grumpy; other times I let him sleep.
- * If tomatoes are technically a fruit, is ketchup a smoothie?
- * Ever stop to think... and forget to start again?

On Mondays we have a variety of seasonal fruit and cheeses. Tuesdays we have crackers and

spreads. Wednesdays we have cookies and yogurt. Thursdays we have different kinds of hors d'oeuvres. 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.agingwith
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

**A new way for seniors to make the most of
life by aging gracefully in a 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 and Sundays are
by appointment.**

**We are closed on New Year's
Day, The Fourth of July,
and Christmas 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 local TV stations
WKYT and WLEX for de-
layed openings under
BUSINESSES).

**We believe in
commitment and
dependability and
know you do too!**

**Hourly Fees: \$10
(includes food and
activity supplies)**

**Full Time Members have
a discounted rate of
\$70 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.

- * I was going to wear my camouflage shirt today, but I couldn't find it.
- * If at first you don't succeed, skydiving is not for you.
- * Sometimes I wake up grumpy; other times I let him sleep.
- * If tomatoes are technically a fruit, is ketchup a smoothie?
- * Ever stop to think... and forget to start again?