



The Official Newsletter

Volume 1, Issue 6

Aging With Grace®

August 2014

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



Inside this issue:

Improvement 2

ForeTalk: For The Whole Family 2

Menu Calendar 3

Snack Menu 3

Mission Statement and Values 4

Hours of Operation and Fees 4

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 Exercise are for strength				1 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	2 Exercise Club meeting Entertainer Spa Treatments
3	4 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	5 Club meeting Guest Speaker Exercises Club Meeting Entertainer	6 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	7 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	8 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	9 Exercise Club meeting Guest Speaker Spa Treatments
10	11 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	12 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	13 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	14 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	15 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	16 Exercise Club meeting Entertainer Spa Treatments
17	18 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	19 Club meeting Guest Speaker Exercise Spa Treatments Entertainer	20 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	21 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	22 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	23 Exercise Club meeting Guest Speaker Spa Treatments
24 31	25 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	26 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	27 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	28 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	29	30

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

taken from an Article by Matthew Wright

This article is one in a series that compares our bodies to our vehicles because in our culture, to this author, 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 and maximize the benefits of knowledge on both our vehicles and our bodies.

Before you take your car to the neighborhood Quik-Lube you should know what to expect. There are oil change ripoffs out there you need to know about. There are also a lot of unnecessary upsells that can be thrown at you during what you thought would be a basic oil change. If you want to save money and avoid being ripped off at the lube spot, knowledge is power.

Basic vs. Signature Service

Not so long ago, oil change centers offered various levels of service. Some still do, but most have dropped their less expensive "basic

oil change" and only offer some sort of signature service that includes a lot of other stuff. This is a shame because the extra \$10 or so is a throwaway for most people. But like they say in New Jersey, it is what it is. If your oil change location *does* offer the basic, I recommend going that route.

The Oil Switcheroo: Your car may take a standard grade oil, but many cars and trucks these days call for an upgraded oil such as full synthetic. Higher mileage vehicles might benefit from special high mileage oil blends. These will cost you a little extra, but there's nothing you can do about that. Unfortunately, oil change centers have been caught using basic grade oil even when customers have paid for the good stuff. Ask to watch them add the oil and check for yourself that it is either being pumped from the right tank or being poured from the right bottle. Shops on the up and up won't mind at all.

No Oil Filter: The most often perpetrated oil change crime is in the filter -- it doesn't get replaced. An oil change is only half done if you don't replace the filter. Here's a trick: Take a Sharpie and put a small "X" or other mark on your oil filter before you bring it in for an oil change. When they're done, if you can still see your little "X" you know they didn't give you a new filter.

The Extras

Most oil changes these days come

with a list of additional services that are included in the price. These include things like topping off your windshield washer fluid and vacuuming your carpet. Be sure you know that they performed all of these services. You're paying for them! I never knew Jiffy Lube includes exterior window washing with oil changes, and they haven't done it to anybody I've talked to.

Upsells

It's impossible to get an oil change without being hit with the sales pitch for added services. These aren't ripoff attempts, they are technically offering real services that will benefit your engine. The problem is your car or truck may not *need* these services. Always check your owner's manual to see if there are any major services your vehicle is due for. If they tell you that you need a transmission service, but you know it's not time, you'll know to turn it down.

Being prepared for your oil change will guarantee you won't be taken advantage of at the shop. Of course you could avoid the whole thing by [doing your own oil change!](#)

Oil is to vehicles what water is to our bodies. Be sure to keep your body's "oil" changed (drink plenty of water) and research the quality!

Foretalk: A Special Event for the Family

Sunday, August 17 2014 at 5:30 pm in the Worship Center at Immanuel Baptist Church

The 7 Critical Conversations for Living in the Season of Now

Taking Care of Tomorrow Today with guest speaker Stan Craig—pastor, financial professional, author, speaker, and the executive

director of ForeTalk Foundation. ForeTalk is conversation about an expected event. There is one event everyone on the planet has in common. But Stan Craig's ForeTalk is not about dying. It's about living with peace and confidence in a future you have anticipated, planned for, and discussed. It is about being a good steward of all God has given you. Combining

biblical wisdom and contemporary insight, ForeTalk is a how-to guide, complete with check lists and follow ups for you to record your own thoughts and ideas for your future. Share these with your family and the professionals you choose for guidance. This is an important event that both parents and their children need to hear. Please make every effort to attend!



Our Proposed Lunch Menu for August



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>This menu is an example, but not the actual menu of a typical month of lunches</i></p>				<p>1 Chicken Parmesan Sour cream and chives Potatoes Italian blend vegetables Whole wheat roll Graham crackers</p>	<p>2 Chicken Salad Sandwiches Mixed fruit Whole Grain Chips Cottage Cheese</p>
<p>3</p>	<p>4 Pork Riblett w/ BBQ sauce Black-eyed Peas Seasoned Collard Greens Whole Wheat Rolls</p>	<p>5 Chicken Breast Fillet Marsala Sauce Brussels Sprouts Mixed Vegetables Whole Wheat Bread</p>	<p>6 Spaghetti w/Meat Sauce Green Peas and Onions Spiced Apple Slices Garlic Bread</p>	<p>7 Roast Pork w/Gravy Whole Kernel Corn Whipped Sweet Potatoes Whole Wheat Bread</p>	<p>8 Baked Chicken Chantilly Potatoes w/ Gravy Capri Blend Vegetables Whole Wheat Bread</p>	<p>9 Roast Beef Sandwiches Watermelon Potato Chips Yogurt</p>
<p>10</p>	<p>11 Beef Teriyaki Broccoli Cuts Brown Rice Mixed Fruit Graham Cracker</p>	<p>12 Chicken Salad Applesauce Green Pea Salad Whole Wheat Bread</p>	<p>13 BBQ Shredded Pork Whole Wheat Bun Ranch Beans Cole Slaw Watermelon</p>	<p>14 Chicken Pomodore Green Peas and Onions Cauliflower and Carrots Whole Wheat Bread</p>	<p>15 Hamburger Lettuce and Tomato Baked Beans Graham Crackers and Peaches</p>	<p>16 Tuna Salad Sandwiches Mandarin Orange Salad Pretzels</p>
<p>17</p>	<p>18 Peach Orange BBQ Chicken Sour Cream and Chive Potato Steamed Spinach Whole Wheat Bread</p>	<p>19 Sliced Ham and Cheese Applesauce Kidney Bean Salad Whole Wheat Bread</p>	<p>20 Sliced Roasted Turkey In Gravy Sweet Potato Casserole Broccoli Cuts Whole Wheat Rolls</p>	<p>21 Salisbury Steak Seasoned Green Beans Red Bliss Potatoes Whole Wheat Bread</p>	<p>22 Smothered Chicken Herbed Potatoes Normandy Blend Vegetables Whole Wheat Rolls</p>	<p>23 Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</p>
<p>24</p>	<p>25 Country Meatballs Mashed Potatoes Green Beans Whole Wheat Bread</p>	<p>26 Chicken Parmesan with Ham Sour Cream and Chive Potatoes Italian Blend Vegetables Graham Crackers</p>	<p>27 Macaroni and Cheese with Ham Stewed Tomatoes Broccoli Cuts Whole Wheat Bread</p>	<p>28 Beef Stew with Vegetables Brown Rice Whole Wheat Bread Tossed Salad</p>	<p>29 Chili Hot Dog Ranch Beans Chuckwagon Corn Whole Grain Bun Jello Salad</p>	<p>30 Pizza Tossed Salad Fruit Salad</p>
<p>31</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?

One day, while strolling down the boardwalk, John bumped into an old friend of his, Rob, from high school. "You look great John, how do you stay looking so young? Why you must be 60 already but you don't look a day over 40!" Rob exclaimed. "I feel like I'm 40 too!" replied John. "That's incredible" exclaimed Rob, "Does it run in the family? How old was your dad when he

passed?" "Did I say he was dead?" asked John. "He's 81 and is more active then ever. He just joined the neighborhood basketball team!" responded John. "Whoa! Well how old was your Grandfather when he died?" "Did I say he died?" asked John. Rob was amazed. "He just had his 105th birthday and plays golf and goes swimming each day! He's actually getting married this week!" "Getting married?!" Rob asked. If he's 105, why on earth does he want to get married?! John looked at Rob and replied, "Did I say he wanted to?"

On Mondays we have trail mix and season-

al fruit.

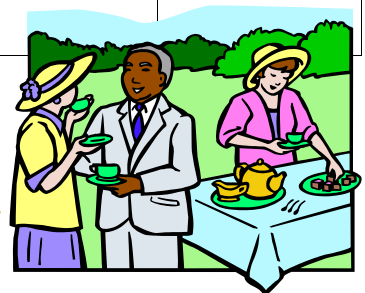
Tuesdays we have chips and dips.

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®

110 Ferndale Pass
Lexington, KY

40511

859 539 2147
administrator@
Agingwithgraceinfo.org

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



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 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.