



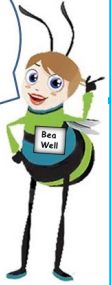
The Official Newsletter

Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 4, Issue 8

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AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p><i>Activities are at 9:30 and 1:00</i> <i>Exercise sessions are at 10:30 and 2:00</i> <i>Food is served 8-9, 12-1, 3:30-4:30</i></p>	<p>1 9:30 On a Mission Club – or– <i>Girlfriend Day</i> 1:00 S.O.M.E. Club –or– <i>Happy Birthday</i> <i>“Chopsticks”</i></p>	<p>2 9:30 L.O.V.E. Club –or– <i>First Census Day</i> 1:00 Book Club –or– <i>Ice Cream Sandwich Day</i></p>	<p>3 9:30 Art Club - or– <i>Wear Your Birthstone Day</i> 1:00 Hunting & Fishing Club–or– <i>Watermelon Day</i></p>	<p>4 9:30 S.O.L.V.E. Club or – <i>Chicago’s Birthday</i> 1:00 Gardening Club –or– <i>Seeing Double Day</i></p>	<p>5/6 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club</p>
<p>7 9:30 Natural Resources Club –or– <i>Bargain Hunting Week begins</i> 1:00 Glee Club –or– <i>Kitchen Crafts Day</i></p>	<p>8 9:30 On a Mission Club – or– <i>Happiness Day</i> 1:00 S.O.M.E. Club –or– <i>We’re Having a Ball Day</i></p>	<p>9 9:30 UK Fan Club –or– <i>Vacation Memories Day</i> 1:00 Book Club-or- <i>Book Lovers Day</i></p>	<p>10 9:30 Art Club-or-<i>World Lion Day</i> 1:00 Hunting and Fishing Club– or- <i>S’mores Day</i></p>	<p>11 9:30 S.O.L.V.E. Club – or–<i>Elvis Week Begins</i> 1:00 Gardening Club –or– <i>Spa Day</i></p>	<p>12/13 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club</p>
<p>14 9:30 Natural Resources Club – <i>Melon Monday</i> 1:00 Glee Club – <i>Paint a Picture in the Park Day</i></p>	<p>15 9:30 On a Mission Club –or–<i>National Relaxation Day</i> 1:00 S.O.M.E. Club –or– <i>Wizard of Oz Day</i></p>	<p>16 9:30 L.O.V.E. Club –or– <i>Work of Art Wednesday</i> 1:00 Book Club – or–<i>Sports Illustrated Day</i></p>	<p>17 9:30 Art Club -or- <i>Baby Boomers Recognition Day</i> 1:00 Hunting & Fishing Club –or– <i>Davy Crockett Day</i></p>	<p>18 9:30 S.O.L.V.E. Club or –<i>Men’s Grooming Day</i> 1:00 Gardening Club –or–<i>Fiery Foods Day</i></p>	<p>19/20 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club</p>
<p>21 9:30 Natural Resources Club –or– <i>Umi no Hi</i> 1:00 Glee Club –or– <i>Water Gardening Month</i></p>	<p>22 9:30 On a Mission Club –or– <i>Sunglasses Month</i> 1:00 S.O.M.E. Club –or– <i>Sunflower Day</i></p>	<p>23 9:30 UK Fan Club –or– <i>Puttering Around Day</i> 1:00 Book Club –or–<i>Singing in the Rain Day</i></p>	<p>24 9:30 Art Club-or– <i>Weather Quotation Day</i> 1:00 Hunting & Fishing Club-or–<i>Peach Pie Day</i></p>	<p>25 9:30 S.O.L.V.E. Club-or–<i>A Gem of a Day</i> 1:00 Gardening Club-or- <i>Detective Day</i></p>	<p>26/27 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club</p>
<p>28 9:30 Natural Resources Club –or–<i>Ringer Day</i> 1:00 Glee Club –or– <i>Masterpiece Monday</i></p>	<p>29 9:30 On a Mission Club –or– <i>A Hallmark Day</i> 1:00 S.O.M.E. Club –or– <i>Lemon Juice Day</i></p>	<p>30 9:30 UK Fan Club—<i>Trail Mix Day</i> 1:00 Book Club –or– <i>What Will Be Your Legacy Day</i></p>	<p>31 9:30 Art Club-or– <i>Read a Romance Day</i> 1:00 Hunting & Fishing Club-or– <i>American Adventure Day</i></p>	<p>This is your club and members choose what they would like to do while at the club. A pleasant place for napping is provided!</p>	

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Special points of interest:

- ◆ *Now accepting New Member 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!*

WE ARE OPEN DAILY 7:30am to 6:00pm and weekends and holidays by appointment. The type of morning and afternoon Exercise Sessions for the day are written on the white board in the foyer. Spa Treatments are for members only on a first signed up/first served basis from 10:30 to noon and from 2:00 to 3:30.

Improvement: Well-being - Promoting Optimal Health

Sneaky B12 Deficiencies.



Lack of vitamin B12 among the elderly has been linked with serious health conditions, and researchers in Canada found that vitamin B12 is prevalent in long-term care facilities.

B12 is particularly important for seniors, because as we age, our bodies become less efficient at absorbing it from foods we eat, often leading to deficiency. According to the U.S. Centers for Disease Control and Prevention, unpublished data from the National Health and Nutrition Examination Survey suggest that one out

of every 31 adults 51 years of age or older in the United States will have a low serum vitamin B12 level.

Symptoms of B12 deficiency include numbness or tingling in the hands, legs, or feet; difficulty walking (staggering, balance problems); anemia; a swollen, inflamed tongue, yellowed skin (jaundice), difficulty thinking and reasoning (cognitive difficulties) or memory loss; paranoia or hallucinations; weakness; fatigue. Symptoms can come on gradually and may not be noticed until they become more intense; they may also appear suddenly.

At present, there is no recommendation for mass screening for vitamin B12 in the elderly. Nevertheless, the higher prevalence with age, increasing risk of vitamin B12 deficiency in the elderly, symptoms being difficult to recognize, and availability of safe treatment options make screening a favorable option.

Older adults may benefit from a daily supplement to prevent deficiency. Vitamin B12 is not toxic so there are no concerns about an overdose. It is also recommended that older adults eat meat or cereals that are fortified with vitamin B12.

B12 DEFICIENCY SYMPTOMS

B12 deficiency could potentially be a dangerous health condition which can not only raise your risk of cancer, but can lead to neurological damage, anemia, heart conditions, and other complications.

- "BRAIN FOG", MEMORY ISSUES, LACK OF MOTIVATION OR PROLONGED FEELINGS OF APATHY
- MOOD SWINGS AND GROUCHINESS
- FATIGUE/ LOW ENERGY
- TINGLING IN THE EXTREMITIES
- MUSCLE WEAKNESS
- DEPRESSION, DEMENTIA, BLINDNESS OR BRAIN DAMAGE (IN THE CASES OF EXTREME DEPLETION)

* The best thing to do if you have any of the symptoms above is to simply begin B12 supplementation and see if your symptoms improve.

Foods containing B12



READ ON: www.TheTruthAboutCancer.com/vitamin-B12-deficiency

Bea Well's Buzz on Health

An Intergenerational Approach to Dementia

It can be a joy to interact with young children, whether they're family members like grandchildren or nieces and nephews or they're your friends' children. Little ones can be a source for giving and receiving unconditional love, providing entertainment, and sharing delightful conversations. An added benefit, according to several research studies, is that spending time with youngsters may delay the onset of dementia and related diseases such as Alzheimer's; it may also slow the progression of symptoms for individuals who have already been diagnosed.

We know that there is a strong correlation between social interaction and health and well-being among older adults. The National Institute on Aging, for example, notes that watching grandchildren helps seniors be more healthy and active.

For individuals with Alzheimer's, a chance to interact with a child can give them a sense of purpose; feeling useful to a child can also be a boost to a senior who feels depressed, lonely, or bored. **Further, studies show that regular socialization stabilizes cognitive decline and improves mood in folks with dementia.**

Here are some easy activities to try with young children:

*Jigsaw puzzles with large pieces and floor puzzles that can be done on a card table.

*Age-appropriate board games, such as Candy Land and Chutes and Ladders; card games, such as "Go Fish", or "Old Maid"; and old favorites like dominoes or tic-tac-toe.

*Reading books to each other from time-honored authors, such as Dr. Seuss, Eric Carle, Beatrix Potter, Maurice Sendak, Margaret Wise Brown, and Robert McCloskey.

*Collecting colorful leaves, stones, flowers and other treasures during a

Nature walk or taking a trip to a local zoo or farmer's market.

*Household chores, such as folding towels; cutting coupons; or organizing buttons, coins, stamps or non-hazardous nails, screws, and other hardware by size, shape, or color.

*Sorting recipes and finding pictures to illustrate them, then making a "grocery list" of needed items.

Regardless of the activity, making genuine connections with the people around them is critical to our loved ones' physical and psychological health. Giving and receiving emotional support and care may help seniors maintain their independence and adjust to their changing needs.





August Menu

M-F 12:00 Dinner at Noon

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



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	1 <i>Baked Fish Macaroni & Cheese Cole Slaw Watermelon Whole Wheat Bread</i>	2 <i>Chili Dogs With Cheese Potato Salad Fresh Strawberries Whole Wheat Buns</i>	3 <i>Country Fried Steak Mashed Potatoes & Gravy Broccoli Whole Wheat Bread</i>	4 <i>Carry out Pizza Tossed Salad w/dressing Fruit and Jello</i>	5/6 <i>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</i>
7 <i>Turkey Breast Slices Stuffing Cranberry Sauce Mashed Potatoes/Gravy Green Beans Rolls</i>	8 <i>Beef Pot Pie Mixed Vegetables & Potatoes Applesauce Whole Wheat Bread</i>	9 <i>Spaghetti & Meatsauce Garden Salad with To- matoes Savory Peas Garlic Bread</i>	10 <i>Battered Fish Broccoli and Cheese Rice Pears Whole Wheat Bread</i>	11 <i>Pork Boneless BBQ Ribs Crispy Potato Wedges Corn niblets Whole Wheat Bread Cole Slaw</i>	12/13 <i>Roast Beef Sandwiches Waldorf Salad Potato Chips Fruit Yogurt</i>
14 <i>Fettuccini With Chicken and Broccoli Carrot Salad Garlic Bread</i>	15 <i>Meat Loaf Mashed Potatoes & Gravy Corn Nuggets Fresh Fruit</i>	16 <i>Cheddar and Ham Potato Bake Green Beans Applesauce Whole Wheat Bread</i>	17 <i>Vermont White Cheddar Macaroni & Cheese Peas Fruit Cocktail Whole Wheat Bread</i>	18 <i>Fish Sticks Macaroni Salad Glazed carrots Applesauce Whole Wheat Bread</i>	19/20 <i>Tuna Salad Sandwiches Mandarin Oranges Green Salad w/dressing Pretzels Fresh Fruit & Dip</i>
21 <i>Chicken and Shrimp Linguine Zucchini, and Broccoli Whole Wheat Bread Carrot Salad</i>	22 <i>Three Cheese Tortellini in Marinara Sauce Tossed Salad Whole Wheat Bread Peaches</i>	23 <i>Pork Chops Mashed Potatoes & Gravy Fried Apples Salad & Dressing</i>	24 <i>Herb Roasted Chicken Mashed Potatoes Corn Green Beans Whole wheat bread</i>	25 <i>Smothered Beef Mashed Potatoes and Gravy Green Beans Peaches</i>	26/27 <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
28 <i>Chicken Pot Pie Mixed Vegetables Fruit Salad Whole Wheat Bread</i>	29 <i>Lasagna Tossed Salad Fresh Strawberries Garlic Bread</i>	30 <i>Rotisserie Chicken Baked Beans Potato Salad Peaches Whole Wheat Bread</i>	31 <i>Salisbury Steak Roasted Potatoes Cheesy Broccoli & Cauliflower Fresh Fruit 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 this one?

A reporter was interviewing a 103 year-old great grandma: "And what do you think is the best thing about 103?" the reporter asked.

She simply replied, "No peer pressure."

On Mondays we have a variety of seasonal fruit and cheeses. Tuesdays we have sandwiches. Wednesdays we have fruit and cottage cheese. 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!



Aging With Grace®

3100 Old Todds Road, Suite 170
Lexington, KY
40509

859 539 2147
administrator@
AgingWithGraceInfo.org

**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, even with health challenges. We are Kentucky State Licensed as an Adult Day With Nursing Services (Medical Model)

Our Mission:

AGING WITH GRACE EXISTS TO IMPROVE YOUR HEALTH AND QUALITY OF LIFE. Aging With Grace 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: Aging With Grace respects you. You are a unique individual with dignity and value.

Appreciation: Aging With Grace knows we are employed because you are here. We are thankful for your patronage.

Sacrifice and Service: Aging With Grace wants to serve you. We will put your needs above our own.

Grace: Aging With Grace 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, Fees



**WE ARE OPEN:
Monday through
Friday**

7:30am to 6:00pm

**Weekends and
holidays are by
appointment.**

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 delayed openings under BUSINESSES).

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

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personal supplies)**

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