



Aging With Grace®

The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 5, Issue 8

August 2018

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AUGUST

Calendar of Clubhouse Group Activities from 9:30am to 12pm and 1pm to 3:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p>We love our members!</p> <p>Members choose what they would like to do while at the clubhouse! We have a pleasant place for naps</p>					
<p>6 Natural Resources Club Nat'l Fresh Breath Day Improve Energy Glee Club Wiggle Your Toes Day Basketball</p>	<p>7 On a Mission Club Nat'l Night Out Improve Strength S.O.M.E. Club Nat'l Lighthouse Day Kickball</p>	<p>8 UK Fan Club National Dollar Day Improve Mobility Book Club Wear Your Mother's Jewelry Day Balloon Volleyball</p>	<p>9 Art Club Nat'l Rice Pudding Day Improve Strength Sportsman's Club Int'l Day of World's Indigenous People Mind/Body Games</p>	<p>10 S.O.L.V.E. Club Nat'l Lazy Day Improve Balance Gardening Club National S'Mores Day Corn Hole</p>	<p>4/5 OPEN BY APPOINTMENT Bingo or Card Player's Club</p>
<p>13 Natural Resources Club Int'l Left Handers Day Improve Energy Glee Club Elvis Week Basketball</p>	<p>14 On a Mission Club Nat'l Creamsicle Day Improve Strength S.O.M.E. Club Navajo Code Talkers Day Kickball</p>	<p>15 UK Fan Club Nat'l Check the Chip Day Improve Mobility Book Club National Relaxation Day Balloon Volleyball</p>	<p>16 Art Club Int'l Wave at Surveillance Day Improve Strength Sportsman's Club National Rollercoaster Day Mind/Body Games</p>	<p>17 S.O.L.V.E. Club Nat'l Thrift Shop Day Improve Balance Gardening Club Happiness Happens Month Corn Hole</p>	<p>18/19 OPEN BY APPOINTMENT Bingo or Card Player's Club</p>
<p>20 Natural Resources Club National Radio Day Improve Energy Glee Club World Mosquito Day Basketball</p>	<p>21 On a Mission Club National Senior Citizens Day Improve Strength S.O.M.E. Club Int'l Self Care Day Kickball</p>	<p>22 UK Fan Club Be An Angel Day Improve Mobility Book Club Nat'l Eat A Peach Day Balloon Volleyball</p>	<p>23 Art Club Nat'l Sponge Cake Day Improve Strength Sportsman's Club What Will Be Your Legacy Month Mind/Body Games</p>	<p>24 S.O.L.V.E. Club Kiss & Make Up Day Improve Balance Gardening Club National Banana Split Day Corn Hole</p>	<p>25/26 OPEN BY APPOINTMENT Bingo or Card Player's Club</p>
<p>27 Natural Resources Club Be Kind to Human-kind Week Improve Energy Glee Club Nat'l Pots De Crème Day Basketball</p>	<p>28 On a Mission Club Read A Romance Month Improve Strength S.O.M.E. Club Am. Adventures Month Kickball</p>	<p>29 UK Fan Club Int'l Day Against Nuclear Tests Improve Mobility Book Club More Herbs, Less Salt Day Balloon Volleyball</p>	<p>30 Art Club Nat'l Toasted Marshmallows Day Improve Strength Sportsman's Club American Artist Appreciation Month Mind/Body Games</p>	<p>31 S.O.L.V.E. Club Boomers Making a Difference Month II Improve Balance Gardening Club National Trail Mix Day Corn Hole</p>	

Inside this issue:

- Improvement: 2
- Our Precious UK PT Volunteers
- Bee Well's Buzz on Health: Carbonated Soft Drinks 2
- Dinner at Noon Calendar Menu 3
- Breakfast Menu 4
- Tea and a Tale Time Menu 5
- Mission Statement and Values 6
- Hours of Operation and Fees 6

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!

WE ARE OPEN DAILY 8:00AM TO 4:30PM AND OTHER HOURS AND TIMES, INCLUDING HOLIDAYS, BY APPOINTMENT. BREAKFAST IS 8-9, DINNER 12-1, TEA & A TALE TIME 3:30-4:30. SPA TREATMENTS AND CHECKPOINTS ARE FOR MEMBERS ONLY ON A FIRST SIGNED UP/FIRST SERVED BASIS FROM 9-10:30 AND FROM 1-2:30

Improvement: Meet Our Precious Volunteers, UK PT Students



Thanks to ANNE HARRISON, PT, PHD, we have physical therapy students who come to Aging With Grace each summer for five weeks. What follows is a little about Dr. Harrison and the program at UK:

Research / Scholarship

Aging, balance, and postural stability
Interdisciplinary aspects of functional health in older adults
Frailty prevention
Educational strategies and outcomes in geriatrics
Multimedia adjuncts in teaching

Educational Focus

Doctor of Physical Therapy
Functional Anatomy
Pathomechanics
Gerontology

Special Elective: Clinical Rotation: Orofacial Pain Clinic
Research: Analysis and Outcomes
Transitional Doctor of Physical Therapy
Evidence Based Practice
Rehabilitation Sciences PhD Program
Invited lectures on Motor Control and Aging
Doctoral Student Mentorship
Graduate Center for Gerontology
Invited lectures: Biology of Aging
Doctoral Student Mentorship
College of Dentistry
Invited Lectures: Management of Orofacial Pain

Mentorship

PhD committees in the Rehabilitation Sciences PhD program and the Graduate Center for Gerontology PhD program
Research project advisor for graduate PT students

Clinical Work

Extensive clinical experience in outpatient orthopedics
Currently works on an interdisciplinary team managing patients with orofacial pain at the University of Kentucky College of Dentistry.

Education/Past Experience

BS in Psychology: Centre College of Kentucky
MS in Physical Therapy: University of Indianapolis

olis
PhD in Gerontology: UK Graduate Center in Gerontology

The College of Health Sciences offers two degree tracks for students in the field of Physical Therapy:

The Doctor of Physical Therapy (DPT) is a post-baccalaureate degree conferred upon successful completion of a doctoral level professional (entry-level) or post-professional education program. The specific nomenclature "DPT" is not a substitute or alternative for the physical therapist clinical designator "PT." The entry-level professional degree offered at the University of Kentucky is the DPT.

Rehabilitation Sciences PhD Program
The Rehabilitation Sciences PhD Program is designed to produce academic leaders in rehabilitation sciences for the physical therapy profession, along with three others. Graduates of the program will be prepared to conduct rehabilitation related research, teach in higher education, direct discipline-specific educational programs, work in the rehabilitation services field, and collaborate with other professions on various issues related to rehabilitation.

Bee Well's Buzz on Health: Carbonated Soft Drinks/Sodas

So What Are The Risks and How Much Soda Is Too Much? Let's Take A Look:

1. Soda can cause a decline in kidney function.

In an 11-year-long Harvard Medical School study, including 3,318 women, researchers found that diet cola is linked with a two-fold increased risk for kidney decline.

2. Soda increases diabetes risk.

High levels of sugar in soda places a lot of stress on your pancreas, potentially leaving it unable to keep up with the body's need for insulin. Drinking one or two sugary drinks per day increases your risk for type 2 diabetes by 25%.

3. Soda cans are lined with BPA.

Soda cans are coated with the endocrine disruptor bisphenol A (BPA), which has been linked to everything from heart disease to obesity to reproductive problems.

4. Soda dehydrates you.

Caffeine is a diuretic. Diuretics promote the production of urine, causing you to urinate more frequently. When the

body's cells are dehydrated they have difficulty absorbing nutrients, and it also makes it more difficult for the body to eliminate waste.

5. Caramel coloring in soda is linked to cancer.

The artificial brown coloring in colas is a chemical process, it is not made from caramelized sugar. It is made by reacting sugars with ammonia and sulfites under high pressure and temperatures.

These chemical reactions result in the formation of 2-methylimidazole (2-MI) and 4-methylimidazole (4-MI), which in government-conducted studies caused lung, liver, or thyroid cancer or leukemia in laboratory mice and rats.

6. Caramel coloring in soda is linked to vascular issues.

Dr. Nehal N. Mehta, director of Inflammatory Risk Cardiology at the University of Pennsylvania states that there is a link between vascular problems and caramel-containing products.

7. Soda is high in calories.

A 20-ounce bottle of Coca-Cola contains 17 teaspoons of sugar and 240 calories ...

empty calories devoid of any nutritional value.

It would take the average adult over one hour of walking to burn off- the 240 calories in a 20-ounce soda.

8. Soda increases obesity risk in children.

Each additional soda or other sugary drink consumed per day increases the likelihood of a child becoming obese by about 60%. Sugary drinks are connected to other health problems for children as well.

9. Soda increases heart disease in men.

Each soda consumed per day increases the risk of heart disease by 20% in men.

10. Acid in soda wears away dental enamel.

Lab testing on soda acidity shows that the amount of acid in soda is enough to wear away dental enamel. pH levels in soda can be as low as 2.5, as a frame of reference battery acid has a pH of 1, water has a pH of 7.0.

To Be Continued Next Month... <https://foodrevolution.org/blog/food-and-health/soda-health-risks/>



August Dinner Menu

Dinner is from Noon To 1:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
Dinner At Noon is served with 8oz of milk and water, choice of coffee or hot or cold tea.		1 <i>BBQ Chicken Sweet Potatoes Green Beans Whole Wheat Roll</i>	2 <i>Beef Stir-Fry with Noodles Egg Roll Mandarin Oranges</i>	3 <i>Southern Fried Fish Cole Slaw French Fries Corn Bread</i>	4/5 <i>Ham Sandwiches Cole Slaw Fresh Fruit Mix</i>
6 <i>Baby Back Ribs Baked Potato Broccoli Mixed Fruit Garlic Toast</i>	7 <i>Stuffed Peppers Corn Medley Tropical Fruit Whole Wheat Bread</i>	8 <i>Chicken Alfredo Pasta Fettucine Green Beans Pears Whole Wheat Bread</i>	9 <i>Beef Chili House Salad Baked Potato Peaches Whole Wheat Bread</i>	10 <i>Cheese Burgers Oven Roasted Wedges Lettuce, Tomato, Onions, Pickle Spears Enriched Bun</i>	11/12 <i>Roast Beef Sandwiches Potato Salad Fruit Cup</i>
13 <i>Steak Baked Potato Garden Salad Melons Yeast Roll</i>	14 <i>Pizza Tossed Salad Fresh Pineapple</i>	15 <i>Roasted Chicken Honey Roasted Carrots Mixed Fruit Rice Pilaf</i>	16 <i>Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple Enriched Pasta</i>	17 <i>Loaded Red Beans Tomato & Corn Medley Yellow Rice Fresh Fruit</i>	18/19 <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing</i>
20 <i>Beef Stew House Salad Fruit Whole Wheat Bread</i>	21 <i>Lasagna Tossed Salad Mandarin Oranges Garlic Roll</i>	22 <i>Roasted Turkey/Gravy/ Mashed Potatoes Dressing Green Beans Cranberry Sauce Whole Wheat Rolls</i>	23 <i>Salmon Fish House Salad Grapes Sweet Potatoes</i>	24 <i>Meatloaf Mashed Potatoes Green Beans Fruit Whole Wheat Buns</i>	25/26 <i>Egg Salad Sandwiches Yogurt Green Salad w/dressing Chex Mix</i>
27 <i>Pork Chops Mixed Vegetables Applesauce Corn Muffins</i>	28 <i>Sub Sandwiches French Fries Apple Salad</i>	29 <i>Pulled Pork Seasoned Potato-Wedges Peaches Enriched Buns</i>	30 <i>Beef Chili Dog With Cheese Carrot Sticks Fresh Fruit Enriched Bun</i>	31 <i>Fried Chicken Macaroni Salad Corn on Cob Fresh Fruit Whole Wheat Bread</i>	

Dinner....Did You Know...?

In addition to our regular Dinner at Noon routine, we have a new routine that begins at noon. Instead of just playing pretty music and displaying beautiful scenery on our big screen television, we are pretending to travel to different parts of the world as we dine. It all started when one of our members requested a video tour of Paris, her favorite city, while we were eating. From there we traveled to

Barcelona, Rome, Venice, Tokyo, and many other destinations...one place each day. We are also learning words in a new language as we 'travel'.

Dr. Schraberg gave a lecture recently and mentioned how research has shown that traveling and learning a new language is a good way to deter or delay dementia by challenging the brain in so many ways.

Come join us as a member or volunteer and help your brain!





August Breakfast Menu

Continental Breakfast 8-9



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.		1 <i>Sausage Patty Toast</i>	2 <i>Cold Cereal Fruit</i>	3 <i>Hash Browns Boiled Egg</i>	4/5 <i>Cereal Fresh Fruit Mix</i>
6 <i>Pancakes Fresh Fruit</i>	7 <i>Blueberry Muffin Mixed Fruit</i>	8 <i>French Toast Fresh Fruit</i>	9 <i>Whole Wheat English Muffin Fruit</i>	10 <i>Flavored Grits Sausage Patty</i>	11/12 <i>Cereal Fresh Fruit Mix</i>
13 <i>Boiled Egg Toast</i>	14 <i>Whole wheat Bagel Cream Cheese Oranges</i>	15 <i>Hash Browns Boiled Egg</i>	16 <i>Oatmeal Fruit</i>	17 <i>Banana Muffin Boiled Egg</i>	18/19 <i>Cereal Fresh Fruit Mix</i>
20 <i>Waffles Banana</i>	21 <i>Toast Fresh Pineapples</i>	22 <i>Oatmeal Fruit</i>	23 <i>Blueberry Muffin Mixed Fruit</i>	24 <i>Whole Wheat English Muffin Fruit</i>	25/26 <i>Cereal Fresh Fruit Mix</i>
27 <i>Cinnamon Toast Fresh Fruit Mix</i>	28 <i>Bran Muffin Boiled Egg</i>	29 <i>Cereal Fresh Fruit Mix</i>	30 <i>Flavored Grits Banana</i>	31 <i>Whole wheat Bagel Cream Cheese Oranges</i>	

Breakfast...A Time to Contemplate

Breakfast at Aging With Grace is a quiet time...a time to prepare for the day. We love the smell of hot coffee brewing as we make preparations for the activity that follows breakfast. We have a local morning paper available for members to look over at their leisure. Other members prefer to work a crossword or a word search. Still others like reading a morning scripture or devotional. And some just look at the pretty pictures on the big

screen television that is hooked up to the internet as they drink their beverage. We love to find a beautiful video to watch and good music (usually oldies but goodies) to listen to as we slowly wake up each morning. Not every member who comes in the morning eats with us, but we always encourage the consumption of liquids and make sure each member has bottled water in front of them as soon as they



come in and throughout the day. We love our members and know that it is good for them to drink enough water.

Please Come Join Us!

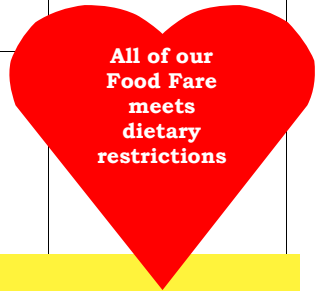


August Tea & A Tale Time Menu

Tea & A Tale Time 3:30 To 4:30



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
Tea & A Tale Time beverages vary from day to day		1 Tuna Salad Sandwiches	2 Cottage Cheese, Garden Tomatoes	3 Fresh Pineapple And Ham Kabobs	4/5 Soft Pretzels and Cheese Dip
6 Fresh Fruit & Cheese	7 Cottage Cheese and Fruit	8 Pimento Cheese Sandwiches	9 Chicken Salad Sandwich	10 Mozzarella Balls Basil Leaves Grape Tomatoes	11/12 Deviled Eggs Crackers
13 Cheese & Crackers Fruit	14 Peanut Butter and Crackers Apple Slices	15 Chicken Salad Sandwich	16 Egg Rolls Fruit Cups	17 Cheese Blocks and Apple Wedges	18/19 Fresh Fruit Mix Peanut Butter Crackers
20 Cheese, Crackers Applesauce	21 Fresh Veggies and Ranch Dip and nuts	22 Egg Salad Sandwich	23 Cottage Cheese Pineapple	24 Dried Figs Dried Apricots Pita Bread with Cream Cheese	25/26 Cheese & Crackers
27 Fresh Fruit & Cheese	28 Salad with Boiled Eggs	29 Deviled Eggs Crackers	30 Olives and Cheese and Crackers	31 Cottage Cheese, Tomatoes	



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 jokes and funny stories. Have you heard these?

1. What did the Buddhist ask the hot dog vendor?

“Make me one with everything.”

2. What is red and smells like blue paint?
Red paint.

3. Why aren't koalas actual bears?

The don't meet the koalafications.

4. I saw a wino eating grapes.

I told him, you gotta wait.

5. What's brown and sticky?

A stick.

6.. I have an EpiPen.

My friend gave it to me when he

was dying, it seemed very important to him that I have it.

7. What's the difference between an oral thermometer and a rectal thermometer?

The taste.



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**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 here at our clubhouse and/or at your house with Aging With Grace's At Home Health Help & Services. We are Kentucky State Licensed.

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: We will treat others as we would like to be treated.

Days and Hours of Operation, Fees



Come
Join Us!

**The Clubhouse is OPEN:
Monday through Friday
8:00am to 4:30pm**

**All other clubhouse hours and days
(including 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 park-

ing lot can be cleared of snow and ice for safety's sake— please check local TV station WKYT for delayed openings under BUSINESSES.

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

Clubhouse Hourly Rate: \$14

**Clubhouse Daily Rate
\$73 per day
(Includes everything but personal supplies)**

**All potential members pay
\$100 for a Wellness
Consultation which includes
a Wellness Map**

At Home Health Help & Services

Available 24/7,

365 days of the year

\$18 per hour (*special pricing services)

- **Nursing*, Personal care...help with bathing, dressing, toileting, hair, nails, teeth, medication, etc.**
- **Transportation and advocacy during appointments**
- **Housekeeping, meal preparation, laundry**
- **Home (+auto, pets, plants, landscaping) maintenance**
- **Money management, bill paying, shopping**
- **Life alert system and video surveillance***
- **Safety home modifications***

After becoming a member,
there is a yearly
\$100 membership fee.