



Aging With Grace®

The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 6, Issue 8

August 2019

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Happy 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! Members choose what they would like to do while at the clubhouse!</p>			<p><u>1 Art Club</u> <u>Girlfriends Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Respect for Parents Day</u> <u>Mind/Body Games</u></p>	<p><u>2 S.O.L.V.E. Club</u> <u>National Coloring Book Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>National Ice Cream</u> <u>Sandwich Day</u> <u>Corn Hole</u></p>	<p>3/4 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card</u> <u>Player's Club</u></p>
<p><u>5 Natural Resources Club</u> <u>National Underwear Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>American Adventures Month</u> <u>Basketball</u></p>	<p><u>6 On a Mission Club</u> <u>National Fresh Breath Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Wiggle Your Toes</u> <u>American Artist's Appreciation Month</u> <u>Kickball</u></p>	<p><u>7 UK Fan Club</u> <u>National Lighthouse Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Particularly Preposterous Packaging Day</u> <u>Balloon</u> <u>Volleyball</u></p>	<p><u>8 Art Club</u> <u>Wear Your Mother's Jewelry Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Sneak Some Zucchini</u> <u>Onto Your Neighbors</u> <u>Porch Night</u> <u>Mind/Body Games</u></p>	<p><u>9 S.O.L.V.E. Club</u> <u>National Book Lovers Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Veep Day</u> <u>Corn Hole</u></p>	<p>10/11 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card</u> <u>Player's Club</u></p>
<p><u>12 Natural Resources Club</u> <u>Middle Child Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Vinyl Record Day</u> <u>Basketball</u></p>	<p><u>13 On a Mission Club</u> <u>International Left Handers Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>American Artist's Appreciation Month</u> <u>Kickball</u></p>	<p><u>14 UK Fan Club</u> <u>National Creamsicle Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Navajo Code Talkers</u> <u>Poet's Day</u> <u>Balloon Volleyball</u></p>	<p><u>15 Art Club</u> <u>National Relaxation Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Check the Chip Day</u> <u>Mind/Body Games</u></p>	<p><u>16 S.O.L.V.E. Club</u> <u>International Wave at Surveillance Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>National Roller Coaster Day</u> <u>Corn Hole</u></p>	<p>17/18 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card</u> <u>Player's Club</u></p>
<p><u>19 Natural Resources Club</u> <u>National Aviation Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>World Photo Day</u> <u>Basketball</u></p>	<p><u>20 On a Mission Club</u> <u>National Radio Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>World Mosquito Day</u> <u>Kickball</u></p>	<p><u>21 UK Fan Club</u> <u>National Senior Citizens Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Poet's Day</u> <u>Balloon Volleyball</u></p>	<p><u>22 Art Club</u> <u>Be An Angel Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>National Eat a Peach Day</u> <u>Mind/Body Games</u></p>	<p><u>23 S.O.L.V.E. Club</u> <u>Boomers Making A Difference Month</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Happiness Happens Month</u> <u>Corn Hole</u></p>	<p>24/25 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card</u> <u>Player's Club</u></p>
<p><u>26 Natural Resources Club</u> <u>International Dog Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>National Toilet Paper Day</u> <u>Basketball</u></p>	<p><u>27 On a Mission Club</u> <u>Read a Romance Month</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>What Will Be Your Legacy Month</u> <u>Kickball</u></p>	<p><u>28 UK Fan Club</u> <u>Race Your Mouse</u> <u>Around the Icons Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Be Kind to Human-kind Week</u> <u>Balloon Volleyball</u></p>	<p><u>29 Art Club</u> <u>According to Hoyle Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>More Herbs Less Salt Day</u> <u>Mind/Body Games</u></p>	<p><u>30 S.O.L.V.E. Club</u> <u>National Back to School Month</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>National Toasted Marshmallow Day</u> <u>Corn Hole</u></p>	<p>31 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card</u> <u>Player's Club</u></p>

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Special points of interest:

- ♦ Free to Public Lunch and Learn August 6: Sepsis & Stroke
- ♦ Call for an appointment to begin member application process: 859 539 2147
- ♦ 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: Come Volunteer!

By Mark Horoszowski, Next Avenue Contributor

(This article previously appeared on MovingWorlds.org.)

The power of volunteering has been documented for the last 2,500+ years, however a slew of recent research is shedding even more light onto its surprising benefits. Science now proves what great leaders and philosophers have known for years:

“One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served.” - Gordon Hinckle

Here are five surprising benefits of volunteering:

1. Volunteering time makes you feel like you have more time. Wharton professor Cassie Mogilner wrote in the Harvard Business Review that her research found those who volunteer their time feel like they have more of it. This is similar to other research showing that people who donate to charity feel wealthier.

Said Mogilner: “The results show that giving your time to others can make you feel more ‘time affluent’ and less time-constrained than wasting your time, spending it on yourself, or even getting a windfall of free time.”

(MORE: Can We Get Some Volunteers?)

2. Volunteering your skills helps you develop new skills. In my experience, skills-based volunteering is an excellent opportunity to develop talents to help you get ahead in your career. In fact, an article in

Stanford Social Innovation Review called skills-based volunteering overseas “the next executive training ground.”

YOU MAY ALSO LIKE

At MovingWorlds, we’ve found that skills development in technical and leadership-related areas is the primary reason corporations invest in international skills-based volunteering programs.

(MORE: Volunteering Pays for Job Hunters)

3. Volunteering your body helps you have a healthier body. A Corporation for National & Community Service report noted: “Research demonstrates that volunteering leads to better health... those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.”

The fact that volunteering has been proven to make you healthier is reason enough to engage in pro bono activities. For more information on this, read “Can Volunteering Lower Your Risk of Heart Disease?”

4. Volunteering your experience helps build your experience. We consistently see this with highly skilled professionals like investment bankers and business consultants. Also, volunteering in a new industry will give you knowledge to help you switch fields. And if you want to move from the corporate world to the nonprofit sector, volunteering first can help prove your commitment. Beyond our own research, The New York Times, The Wall Street Journal and Next Avenue have published articles about

how volunteering can help you earn your next job.

As the Journal wrote: “According to the survey of 202 human-resource executives, skilled volunteer work — such as helping a nonprofit with its finances — makes job applicants look more appealing to hiring manager.”

Here are some tips to add your volunteering experience to your resumé and LinkedIn profile.

5. Volunteering your love makes you feel more love. Admittedly, love is a hard thing to measure. But when researchers at the London School of Economics examined the relationship between volunteering and measures of happiness, they found the more people volunteered, the happier they were. Volunteering builds empathy, strengthens social bonds and makes you smile — all factors that increase the feeling of love.

How to Find Volunteering Opportunities
So how can you get started volunteering? It’s remarkably easy. Post your intentions on Facebook and/or LinkedIn to get connected to an organization in your network. You can also use LinkedIn’s For Good-

program, Catchafire or VolunteerMatch to find local opportunities and MovingWorlds.org to find international skills-based volunteer projects.

“Service to others is the rent you pay for your room here on earth.” - Muhammad Ali

Bee Well’s Buzz on Health: Sepsis

Sepsis is a life-threatening complication that occurs when chemicals released into the bloodstream to stop an infection cause widespread inflammation.

Symptoms of sepsis include a fever, a fast heart rate, and a fast respiratory rate. Sepsis can progress to severe sepsis, at which point you may have dizziness, confusion, and difficulty breathing. If sepsis is left untreated, the next stage is septic shock.

“Shock is a state where organs don’t receive the appropriate blood flow to function due to severely low blood pres-

sure,” says Kimberly Brown, MD, MPH, an emergency room (ER) doctor at the University of Tennessee Health Science Center in Memphis.

Sepsis can occur after an infection, whether it’s bacterial, viral, or fungal. Common infections that turn into sepsis include urinary tract infections, pneumonia, abdominal infections, and skin infections. Although sepsis can happen to anyone, people with a weakened immune system are more susceptible. This includes people with chronic illnesses, babies, the elderly, and pregnant women.

Treatments for sepsis include medication, intravenous fluids, and sometimes surgery. But even with treatment, complications can occur. These include organ damage, amputation, and post-sepsis symptoms like fatigue and decreased cognitive function.

Knowing how to prevent sepsis can help you avoid these life-changing effects. Because sepsis stems from infection, protecting yourself starts with preventing the spread of infections.

Our Dinner At
Noon comes from
local restaurants!

August Dinner Menu

Dinner is from Noon To 1:00



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

	<p>Dinner At Noon is served with milk and water, choice of coffee or hot or cold tea.</p>		<p>1 Fried Chicken Beans & Rice Fruit Corn Bread</p>	<p>2 Country Fried Steak Glazed Carrots Macaroni & Cheese Rolls</p>	<p>3/4 Ham Sandwiches Cole Slaw Popcorn</p>	
	<p>5 Chicken Fingers French Fries Broccoli Mixed Fruit Garlic Toast</p>	<p>6 Kabobs Greek Salad Tropical Fruit Whole Wheat Bread</p>	<p>7 New Orleans Pasta Green Beans Pears</p>	<p>8 Beef Chili House Salad Baked Potato Peaches Crackers</p>	<p>9 Cheese Burgers French Fries Lettuce, Tomato, Onions, Bun</p>	<p>10/11 Roast Beef Sandwiches Potato Salad Pretzels</p>
	<p>12 Steak Baked Potato Garden Salad Fruit Yeast Roll</p>	<p>13 Pizza Tossed Salad Pineapple</p>	<p>14 Grilled Chicken Mashed Potatoes Green Beans Mixed Fruit</p>	<p>15 Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple</p>	<p>16 Loaded Red Beans Tomato & Corn Medley Yellow Rice Fresh Fruit</p>	<p>17/18 Tuna Salad Sandwiches Mandarin Oranges Corn Chips</p>
	<p>19 Slow Roasted Beef House Salad Fruit Whole Wheat Bread</p>	<p>20 Lasagna Tossed Salad Mandarin Oranges Garlic Sticks</p>	<p>21 Roasted Turkey/Gravy/ Mashed Potatoes Dressing Green Beans Fruit Whole Wheat Rolls</p>	<p>22 Salmon Fish House Salad Rice Corn Medley</p>	<p>23 Meatloaf Mashed Potatoes Green Beans Fruit Wheat Buns</p>	<p>24/25 Egg Salad Sandwiches Yogurt Chex Mix</p>
	<p>26 Tacos Rice and beans Fruit</p>	<p>27 Breaded Fish Fillets French Fries Cole Slaw</p>	<p>28 Chicken and Dumplings Tossed Salad Fruit</p>	<p>29 Sub Sandwiches French Fries Tossed Salad Fruit Cups</p>	<p>30 Chinese Stir Fry W/ Shrimp & Veggies Rice Peaches</p>	<p>31 Beef Chili Dog With Cheese Salad Bun</p>

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.	
		<p style="background-color: yellow; padding: 5px;">Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.</p>		<p><i>1</i> Breakfast Burritos</p>	<p><i>2</i> Egg, Sausage & Cheese Biscuit</p>	<p><i>3/4</i> Yogurt Cups</p>
<p><i>5</i> Pancakes Fruit</p>	<p><i>6</i> Blueberry Muffin Fruit</p>	<p><i>7</i> Oatmeal & Add-Ins</p>	<p><i>8</i> Muffin Fruit</p>	<p><i>9</i> Sausage Biscuit</p>	<p><i>10/11</i> Yogurt Cups</p>	
<p><i>12</i> Sausage Biscuit</p>	<p><i>13</i> Bagels</p>	<p><i>14</i> Hash Browns</p>	<p><i>15</i> Fruit Cups</p>	<p><i>16</i> Bananas</p>	<p><i>17/18</i> Yogurt Cups</p>	
<p><i>19</i> Yogurt Cups</p>	<p><i>20</i> Cheese Sticks</p>	<p><i>21</i> Oatmeal</p>	<p><i>22</i> Blueberry Muffin</p>	<p><i>23</i> Fruit Cups</p>	<p><i>24/25</i> Yogurt Cups</p>	
<p><i>26</i> Cinnamon Bun</p>	<p><i>27</i> Bran Muffin</p>	<p><i>28</i> Yogurt Cups</p>	<p><i>29</i> Cinnamon Bun</p>	<p><i>30</i> Bananas</p>	<p><i>31</i> Granola Bars</p>	

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 us all 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.	
<p>All of our Food Fare meets dietary restrictions</p>	Tea & A Tale Time beverages vary from day to day		1 Salad with Boiled Eggs	2 Pretzels and Cheese Dip	3/4 Cheese and Pretzel Packs	
	5 Fruit Cups and Peanut Butter Crackers	6 Individual Cottage Cheese Cups	7 Individual Pimento Cheese Sandwiches	8 Individual Chicken Salad Sandwiches	9 Chex Mix W/ Nuts	10/11 Crackers and Cheese
	12 Yogurt Cups	13 Peanut Butter and Crackers	14 Individual Tuna Salad Sandwiches	15 Egg Rolls	16 Cheese Sticks	17/18 Fruit Mix Cups Peanut Butter Crackers
	19 Cheese, Crackers Applesauce	20 Healthy Chips	21 Individual Egg Salad Sandwich	22 Individual Cottage Cheese Cups	23 Raisin Boxes & Peanut Packs	24/25 Cheese & Crackers
	26 Bananas and PB	27 Fruit Salad	28 Taco Chips and Cheese	29 Cheese & Crackers	30 Yogurt Cups	31 Cheese Popcorn

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?

LOOKING GOOD

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

THE STAGES OF SUCCESS

At age 4 success is...not peeing in your pants.

At age 12 success is...having friends.

At age 16 success is...having a drivers license.

At age 20 success is...having sex.

At age 35 success is...having money.

At age 50 success is...having money.

At age 60 success is...having sex.

At age 70 success is...having a drivers license.

At age 75 success is...having friends.

At age 80 success is...not peeing in your pants

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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



**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**

\$20 per hour

- 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.

* the asterisk denotes special pricing for special services