



The Official Newsletter

Volume 1, Issue 10

Aging With Grace®

December 2014

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



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Special points of interest:

- ◆ Now accepting membership applications.
- ◆ Call for an appointment to begin member application process: 859 539 2147
- ◆ We are not yet open, but applying early guarantees your membership
- ◆ Let us hear from you! We want to know what you think!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>There are AM and PM club meetings, guest speakers/entertainers, spa treatments</i>	1 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	2 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	3 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	4 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	5 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	6 Exercise Club meeting Entertainer Spa Treatments
<i>AM Exercise Sessions are aerobic and strength training PM Exercises are for strength</i>	8 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	9 Club meeting Guest Speaker Exercises Club Meeting Entertainer	9 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	10 Club meeting Guest Speaker Exercises Spa Treatments	11 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	12 Exercise Club meeting Guest Speaker Spa Treatments
13	14 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	15 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	16 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	17 Club meeting Guest Speaker Exercises Spa Treatments	18 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	19 Exercise Club meeting Entertainer Spa Treatments
20	21 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	22 Club meeting Guest Speaker Exercise Spa Treatments Entertainer	23 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	24 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	25 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	26 Exercise Club meeting Guest Speaker Spa Treatments
27	28 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	29 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	30 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	31 Club meeting Guest Speaker Exercises Spa Treatments Entertainer		

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 — from [Younger Next Year](#) by Chris Crowley & Henry S. Lodge, M.D.

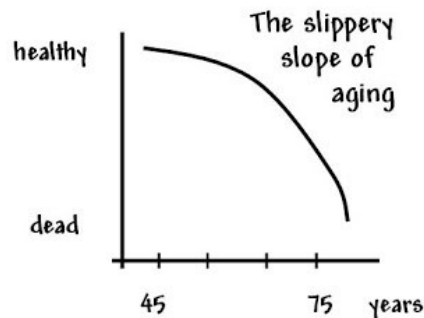
This article is one in a series that compares our bodies to our vehicles because in our culture, to this car and body owner, people seem to spend more time and energy on their vehicles than they do on their health. Both require care and maintenance to perform well. Both require the intervention of a 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.

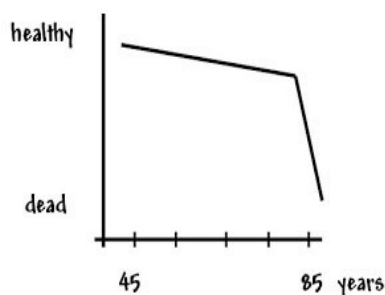
Aged human bodies and aged automobiles need special care if they want to be around long enough to become "classics". Here are a few tips on how to keep your human body performing well for a long and active life.

—DG Gridley

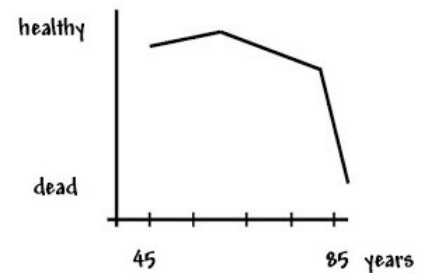
With lifestyles common in the United States, around age 55, the majority of people start down the slippery slope toward old age. Every year we become a little fatter, slower weaker, and apathetic, with more pain and less mentally sharpness until after an injury or illness, we end up in a nursing home. The graph looks like this with your well being on the vertical axis, and your age on the horizontal.



This type of aging happens often, but it doesn't have to. The majority of people are able through lifestyle choices to coast along on a gentle plateau, into their late eighties. The difference in your quality of life between the slippery slope and the gentle plateau is extraordinary. Which curve will you choose?



If you are not in good physical shape now, by changing your lifestyle, it's possible to become radically better, over several years, before leveling off at a higher level



of well being as shown below.

How is it done? Start with Harry's seven rules :

Harry's Rules

1. Exercise six days a week for the rest of your life.
2. Do serious aerobic exercise four days a week for the rest of your life
3. Do serious strength training, with weights, two days a week for the rest of your life.
4. Spend less than you make.
5. Quit eating crap.
6. Care.
7. Connect and commit.

How is Your Sleep Foundation for Building Health?

Couples who don't get enough sleep are more likely to fight -- but what if the reason you can't catch enough Zz's is because of your "better" half's habits?

As if there weren't already enough sneaky sleep saboteurs -- **steak dinner**, we're looking at you -- the simple act of sharing a bed might be doing a number on your sleep.

Here is one of nine we will be sharing over the next few months of the most common complaints, and how to solve the problem for good.

He's Hooked On The Snooze Button

Your bed partner is likely hitting the snooze button because he's sleep deprived,

says **Ilene Rosen, M.D.**, program director for the University of Pennsylvania Sleep Fellowship, who serves on the board of directors for the American Academy of Sleep Medicine. He likely imagines five more minutes -- and then just five more -- will make a big difference before getting out of bed.

However, he'd probably feel a whole lot better if he slept straight through to the end of those 10 or 20 (or 30) extra minutes, rather than snoozing in fragmented starts and stops. That's at least partly because we're in our lengthier rapid eye movement (REM) stages of

sleep in the morning; being woken by the alarm again and again during this phase can leave us feeling groggier than if we'd been woken in a different stage of sleep.

When you're snoozing in a shared bed, however, the effect is two-fold, since now the bed partner who doesn't like to snooze is disrupted, too, says Rosen. "The best thing bed partners can do for each other is agree on a set bedtime and a set wake-up time for each of them," she says. "Even if it's at staggered times ... disruptions are minimized."

By Sarah Klein



Our Proposed Lunch Menu for December



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

The neighbors thought it was odd, but 93 year old Morton was dating again. One Monday morning Morton woke up with a funny feeling that something important happened last night. It was during breakfast, that Morton finally remembered what it was. He had proposed to his date Greta. But what she answered he just couldn't seem to remember. Morton picked up the

phone and dialed. "Hi Greta", said Morton, "I have a funny question for you, do you remember last night when I proposed?" "Oh my gosh" gushed Greta, "I'm so glad you called, I knew I said yes to somebody but I just couldn't recall who it was!"

On Mondays we have trail mix and seasonal 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®

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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 Sun-
days.

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 for 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 de-

pendability 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.