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# December

| MONDAY                                                                                                                                               | TUESDAY                                                                                                                                              | WEDNESDAY                                                                                                                                                                        | THURSDAY                                                                                                                                               | FRIDAY                                                                                                                                                           | SATURDAY                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                                                                                      | <b>1</b> 10:30 Mis-<br>sions Club –or-<br><i>These Are a Few<br/>of Our Favorite<br/>Things</i><br>2:00 S.O.M.E.<br>CLUB –or-<br><i>Shop Scentsy</i> | <b>2</b> 10:30 L.O.V.E.<br>Club or UK Fan<br>Club –or- <i>Bring<br/>in Pictures of You<br/>as a Child</i><br>2:00 Book Club<br>–or- <i>Jinny Cornett<br/>&amp; MS Foundation</i> | <b>3</b> 10:30 Art or<br>Hunting & Fish-<br>ing Club –or-<br><i>Matt Smith</i><br>2:00 Bridge<br>Club –or <i>The<br/>Rescue Mission</i>                | <b>4</b> 10:30 SOLVE<br>Club –or- <i>Central Baptist Health<br/>Insurance</i><br>2:00 Gardening<br>Club –or- <i>Safe<br/>Shopping Tips</i>                       | <b>5</b><br>2:00 Card Play-<br>er’s Club –or-<br><i>Snowflake Pro-<br/>ject</i>     |
| <b>7</b> 10:30 Natural<br>Resources Club<br>–or- <i>Bird Feeders</i><br>2:00 Glee Club -<br>or- <i>Jody Greenlee<br/>Children of Ameri-<br/>ca</i>   | <b>8</b> 10:30 Mis-<br>sions Club –or-<br><i>Paper Chains</i><br>2:00 S.O.M.E.<br>CLUB –or-<br><i>Peyton Tierney</i>                                 | <b>9</b> 10:30 L.O.V.E.<br>Club or UK Fan<br>Club –or- <i>Greet-<br/>ing Cards Project</i><br>2:00 Book Club-<br>or- <i>Roy Stivers:<br/>Music Man</i>                           | <b>10</b> 10:30 Art<br>Club/Hunting &<br>Fishing Club –or-<br><i>Arranging<br/>Greenery</i> 2:00<br><i>Bridge Club –or-<br/>Markey Cancer Ctr</i>      | <b>11</b> 10:30<br>SOLVE Club –or-<br>– <i>Candy Puzzle</i><br>2:00 Gardening<br>Club –or- <i>Corn<br/>Hole</i>                                                  | <b>12</b> 2:00<br>Card Player’s<br>Club –or-<br><i>Glass Orna-<br/>ments</i>        |
| <b>14</b> 10:30 Natural<br>Resources Club –<br>or- <i>Holiday De-<br/>stressing</i> 2:00<br>Glee Club –or-<br><i>Gingerbread Cook-<br/>ies</i>       | <b>15</b> 10:30<br>Missions Club<br>–or- <i>Mr. &amp; Mrs.<br/>Claus</i><br>2:00 SOME<br>Club –or- <i>Earth<br/>Angels</i>                           | <b>16</b> 10:30<br>L.O.V.E. Club or<br>UK Fan Club<br>–or- <i>Brain Games</i><br>2:00 Book Club<br>–or- <i>Storytellers</i>                                                      | <b>17</b> 10:30 Art Club<br>or Hunting &<br>Fishing Club–or-<br><i>Puzzle Wreaths</i><br>2:00 Bridge Club<br>–or- <i>Marshmallow<br/>Toss</i>          | <b>18</b> 10:30<br>SOLVE Club<br>–or- <i>This is Me<br/>Collage</i><br>2:00 Gardening<br>Club – <i>Shumbhala<br/>-Meditations</i>                                | <b>19</b> 2:00<br>Card Player’s<br>Club –or- <i>Wii<br/>Bowling</i>                 |
| <b>21</b> 10:30 Natu-<br>ral Resources<br>Club –or- <i>Shar-<br/>ing Memories</i><br><i>Game</i> 2:00 Glee<br>Club –or- <i>Rein-<br/>deer in KY?</i> | <b>22</b> 10:30 Mis-<br>sions Club –or-<br><i>Holiday Bingo</i><br>2:00 S.O.M.E.<br>Club –or- <i>Clay<br/>Play Will Make<br/>Your Day</i>            | <b>23</b> 10:30 LOVE<br>Club or UK Fan<br>Club –or- <i>Making<br/>Peanut Butter<br/>Balls</i><br>2:00 Book Club<br>–or- <i>Balloon toss</i>                                      | <b>24</b> 10:30 Art or<br>Hunting & Fish-<br>ing Club –or-<br><i>Pin the Nose on<br/>Rudolph</i><br>2:00 Bridge<br>Club –or <i>Window<br/>Painting</i> | <b>25</b> 10:30<br>SOLVE Club –or-<br>– <i>Holiday Poems</i><br>2:00 Gardening<br>Club –or- <i>A One<br/>Horse Open Sleigh</i>                                   | <b>26</b><br>2:00<br>Card Player’s<br>Club<br>–or- <i>Dancing to<br/>the Oldies</i> |
| <b>28</b> 10:30 Natural<br>Resources Club -<br>or- <i>Watercolor a<br/>Winter Scene</i> 2:00<br>Glee Club –or-<br><i>How to Make a<br/>Pomander</i>  | <b>29</b> 10:30 Mis-<br>sions Club –or-<br><i>Simon Says</i><br>2:00 SOME<br>Club –or- <i>Ken-<br/>tucky History</i>                                 | <b>30</b> 10:30 LOVE<br>Club or UK Fan<br>Club –or- <i>Name<br/>That Winter Ani-<br/>mal</i><br>2:00 Book Club<br>–or- <i>Marzipan<br/>Snowmen</i>                               | <b>31</b> 10:30 SOLVE<br>Club –or- <i>New<br/>Year’s Resolutions</i><br>2:00 Gardening<br>Club –or- <i>New<br/>Year’s Eve Cele-<br/>bration</i>        | <p><b>We Are A Licensed<br/>Adult Day Health<br/>Care with Nursing<br/>Services</b><br/><b>Our staff is ready to<br/>serve you!</b><br/><b>Come Join Us!</b></p> |                                                                                     |

### Inside this issue:

|                                |   |
|--------------------------------|---|
| Improvement                    | 2 |
| Foundation for Building Health | 2 |
| Dinner at Noon Calendar Menu   | 3 |
| Tea and a Tale Time 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
- ◆ Tours given at 4:30 daily or by appointment.
- ◆ Let us hear from you! We want to know what you think!

# Improvement— Tires, like feet, are what you depend on to get you around safely

*This article is one in a series that compares our bodies to our vehicles because in our culture, to this car and body owner, some 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 by maximizing the benefits of knowledge about both our vehicles and our bodies.*

The flip side is purchasing an old or worn out tire that isn't safe. Used tires may have defects, punctures or tread-wear you may or may not be able to see. When considering purchasing a used tire you can test the depth of the tread by using a penny. Simply flip the penny upside down and place it inside each of the tire's tread grooves. If the top of Lincoln's head can be seen from any of the grooves then the tread is too low [source: [Consumer Reports](#)].

If the tread is still good, you still need to inspect the tire for any defects. This may be difficult and some problems

may not be noticeable until the tire is on the vehicle. Purchasing a used tire that has already been plugged or patched may save money, but is not a good idea. Worn tires will not stop as fast and will be more likely to skid on wet surfaces [source: [Consumer Reports](#)].

New tires will come with some type of guarantee or warranty that a used tire will not have. If you want a little piece of mind that your tires are in the best condition possible, buy new ones.

[Tire longevity](#) is dependent on several factors, which include your driving habits, the elevation of where you live, climate, road conditions and the manufacturer's tire longevity estimate. The harder the road conditions, the faster your [tire](#) will wear down.

Curvy roads, pot holes and other road conditions will cause the tread to wear down faster. If you're the type to make long burn-outs on the road, we probably don't have to tell you that your tires won't last as long as they're supposed to either.

The average mileage length for all-season tires is about 40,000 to 100,000 miles (64,374 to 160,934 kilometers) [source: [ConsumerSearch](#)]. Other types of tires typically won't last as long. High-performance all-season

tires will have a longevity of 40,000 to 70,000 miles (64,374 to 112,654 kilometers) and top-performance tires don't even have a guaranteed tread life and usually don't last more than 25,000 miles (40,234 kilometers) [source: [Motor Trend](#)].

A manufacturer's estimate on how long a tire should last is based on their testing and not always on real-world conditions [source: [Cook](#)]. To determine how the tires you're purchasing will wear, look for the tire's Uniform Tire Quality Grading, or UTQG. The UTQG is the U.S. Department of Transportation's labeling system for the tread wear, temperature resistance and traction of each type of tire [source: [Cook](#)]. A tire with a UTQG tread wear of 300 is predicted to last three times longer than a tire with a UTQG of 100. A scale of A to C is used for temperature ratings, and a scale of AA to C is used for traction ratings.

Although the UTQG can help you compare tire longevity within a single brand, the grading system can be interpreted in different ways between different brands. So using the UTQG between two different brands may not be beneficial [source: [Tire Rack](#)].

....TO BE CONTINUED

...by [Mark Bilek](#) and [Christopher Neiger](#)  
<http://auto.howstuffworks.com/buying-selling/cg-tire-buying-tips.htm#page=1>

## How is Your Nutrition Foundation for Building Health?

Why do we crave unhealthy food?

As explained in the recent New York Times Magazine piece, "The Extraordinary Science of Addictive Junk Food," there's no denying that junk food cravings are powerful, physiological reactions—and, apparently, carefully and strategically developed by food manufacturers. Many of our favorite supermarket snacks are made with the “perfect” amounts of added sugar,

salt, fat, and other chemicals designed to make us want more. But you can steer clear of processed food by eating as many healthy, whole foods as possible, and the less junk food you eat, the less you want. Try the following tips and see if they work for you. Here is tip #6 in a series of 8 tips.

Know your trigger foods:

Whether you've got a sweet tooth for chocolate and red velvet anything or love salty treats like pretzels, know the foods that send you down the spiral of junk food binging. You've already accomplished half of the battle by identifying them. Keep them out of the house. ....<http://www.rd.com/slideshows/8-ways-to-train-your-brain-to-hate-junk-food/#slideshow>



# December Menu

## M-F 12:00 Dinner at Noon

### Sat. 3:30 A Meal and a Movie



| Mon                                                                                                                   | Tue                                                                                                                  | Wed                                                                                                                     | Thu                                                                                                                                  | Fri                                                                                                                            | Sat                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|                                                                                                                       | <b>1</b> Beef Stew<br>Harvard Beets<br>Green Beans<br>Oranges<br>WW Bread                                            | <b>2</b> Swiss Style Beef Pattie<br>Mashed Potatoes<br>Squash w/Tomatoes<br>Whole Wheat Bread<br>Pears                  | <b>3</b> Roast Chicken<br>Stuffing and Gravy<br>Green Beans<br>Yeast Rolls<br>Mandarin Oranges                                       | <b>4</b><br>Sloppy Joe<br>Pinto Beans<br>Chuckwagon Corn<br>Hamburger Bun<br>Strawberry Gelatin                                | <b>5</b><br>Tuna Salad Sandwiches<br>Mandarin Orange<br>Green Salad w/dressing<br>Pretzels<br>Fresh Fruit & Dip |
| <b>7</b><br>Turkey Sausage<br>Onions & Peppers<br>Green Peas<br>O'Brien Potatoes<br>Hot Dog Bun<br>Pears              | <b>8</b><br>Hamburger<br>American Cheese<br>Lettuce/Tomato/Onion<br>Baked Beans<br>Hamburger<br>Peach Cobbler        | <b>9</b> Slow Roasted Pork<br>Golden Brown Home<br>Fries<br>Lightly Steamed<br>Broccoli<br>Rolls<br>Spiced Applesauce   | <b>10</b><br>Chicken Breast<br>Mushroom Gravy<br>Scalloped Potatoes<br>Italian Blend Vegetables<br>Whole Wheat Bread<br>Fresh Orange | <b>11</b><br>Rainbow Trout<br>Tossed Salad<br>Tri Color Bean Salad<br>Whole Wheat Bread<br>Pineapple Tidbits<br>Ranch Dressing | <b>12</b><br>Roast Beef Sandwiches<br>Waldorf Salad<br>Potato Chips<br>Fruit Yogurt                             |
| <b>14</b> Sliced Ham w/peach<br>ginger sauce<br>White Beans<br>Seasoned Collard<br>Greens<br>Cornbread                | <b>15</b><br>Spaghetti Marinara<br>Garden Salad/ranch<br>dressing<br>Savory Peas<br>Garlic Bread                     | <b>16</b> BBQ Chicken Salad,<br>with ranch dressing<br>Farmhouse Fries<br>Glazed Carrots<br>Rolls                       | <b>17</b> Country Fried Steak<br>Green Garden Salad<br>Baked Potatoes<br>Corn niblets<br>Pumpkin Bread                               | <b>18</b> Turkey Breast Slices<br>Stuffing<br>Cranberry Salad<br>Mashed Potatoes/Gravy<br>Green Beans<br>Rolls                 | <b>19</b><br>Ham Sandwiches<br>Cottage Cheese<br>Garden Tomatoes<br>Fresh Fruit Mix                             |
| <b>21</b><br>Slow Roasted Pot Roast<br>Mashed Potatoes/Gravy<br>Baby Glazed Carrots<br>Wheat Roll<br>Peaches          | <b>22</b><br>Cranberry Pecan<br>Chicken Salad w/sweet<br>Italian dressing<br>Macaroni and Cheese<br>Banana Nut Bread | <b>23</b> Chicken &<br>Dumplings<br>Green Beans<br>Biscuit<br>Fresh Fruit                                               | <b>24</b><br>Broccoli and Cheddar<br>Soup<br>Baked Potato<br>Garden Salad<br>Whole Wheat Rolls<br>Bananas                            | <b>25</b><br>Broiled Salmon<br>Corn on Cob<br>Fried Okra<br>Breadstick<br>Applesauce                                           | <b>26</b><br>Egg Salad Sandwiches<br>Potato Chips<br>Broccoli Salad<br>Peaches                                  |
| <b>28</b> Grilled Chicken<br>Breast w/ BBQ sauce<br>Home Fries<br>Wheat Rolls<br>Green Beans<br>Pears /Cottage Cheese | <b>29</b> Fish and baked<br>potatos<br>Cole Slaw<br>Okra<br>Hush puppies                                             | <b>30</b> Chicken Strips/with<br>choice of dips<br>French Fries<br>Broccoli<br>Biscuit & Strawberry-<br>Topping w/cream | <b>31</b> Chinese shrimp<br>stir-fry<br>White rice<br>Broccoli<br>Crab Rangoon<br>Fortune cookies                                    |                                                                                                                                |                                                                                                                 |

## 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?

“My memory is gone Mildred, so I changed my password to “Incorrect.” That way when I log in with the wrong password, the computer will tell me... “Your

password is incorrect.” On Mondays we have a variety of seasonal fruit and nuts.

Tuesdays we have chips and dips or crackers and cheeses.

Wednesdays we have cookies and yogurt.

Thursdays we have different kinds of egg rolls or wraps.



Fridays we have a kind of kabob (lots of yummy treats can be skewered).

Come join us!

## Aging With Grace®

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We're On the  
Web  
[www.agingwith  
graceinfo.org](http://www.agingwith<br/>graceinfo.org)

**The Best Choice for  
Living a Long and  
Happy Life!**



**Aging With Grace® is the newsletter of Aging With Grace, Aging In Place—The Health Club for Seniors—**

**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 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 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.