



The Official Newsletter

# Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 3, Issue 12

December 2016

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For more health  
tips and useful  
information

## December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Come Join Us And Be Loved!</b>			<b>1</b> 9:30 Art Club or Hunting & Fishing Club-or- <i>National Eat a Red Apple Day</i> 1:00 Bridge Club - or- <i>Day With(out) Art Day</i>	<b>2</b> 9:30 S.O.L.V.E. Club or - <i>National Salespersons Day</i> 1:00 Gardening Club - or- <i>Special Education Day</i>	<b>3</b> 2:00 Bingo or Card Player's Club -or- <i>International Persons With Disabilities Day</i>
<b>5</b> 9:30 Natural Resources Club -or- <i>National Bathtub Party Day</i> 1:00 Glee Club -or- <i>World Soil Day</i>	<b>6</b> 9:30 Missions Club -or- <i>National Gazpacho Day</i> 1:00 S.O.M.E. Club -or- <i>National Miners Day</i>	<b>7</b> 9:30 UK Fan Club -or- <i>Nat'l Cotton Candy Day</i> 1:00 Book Club - or- <i>Pearl Harbor Day</i>	<b>8</b> 9:30 Art Club -or- <i>National Brownie Day</i> 1:00 Bridge Club - or- <i>Hunting &amp; Fishing Discussion</i>	<b>9</b> 9:30 S.O.L.V.E. Club or - <i>National Pastry Day</i> 1:00 Gardening Club -or- <i>Official Lost and Found Day</i>	<b>10</b> 2:00 Bingo or Card Player's Club -or- <i>Gingerbread Decorating Day</i>
<b>12</b> 9:30 Natural Resources Club -or- <i>National Poinsettia Day</i> 1:00 Glee Club -or- <i>Gingerbread House Day</i>	<b>13</b> 9:30 Missions Club -or- <i>Violin</i> 1:00 S.O.M.E. Club -or- <i>Name That Christmas Song Game</i>	<b>14</b> 9:30 UK Fan Club -or- <i>Monkey Day</i> 1:00 Book Club - or- <i>Your Favorite Christmas Memory</i>	<b>15</b> 9:30 Art Club or Hunting & Fishing Club -or- <i>National Cupcake Day</i> 1:00 Bridge Club -or- <i>Cat Herders Day</i> <i>Bill of Rights Day</i>	<b>16</b> 9:30 S.O.L.V.E. Club or - <i>Underdog Day</i> 1:00 Gardening Club -or- <i>Making Cards for Veterans</i>	<b>17</b> 2:00 Bingo or Card Player's Club -or- <i>National Maple Syrup Day</i>
<b>19</b> 9:30 Natural Resources Club -or- <i>Make Candy Activity</i> 1:00 Glee Club -or- - <i>National Hard Candy Day</i>	<b>20</b> 9:30 Missions Club -or- <i>Last Day of Autumn</i> 1:00 S.O.M.E. Club -or- <i>International Human Solidarity Day</i>	<b>21</b> 9:30 LOVE Club or UK Fan Club -or- <i>Celebrate Short Fiction Day</i> 1:00 Book Club -or- <i>Forefather's Day</i>	<b>22</b> 9:30 Art Club or Hunting & Fishing Club -or- <i>National Date Nut Bread Day</i> 1:00 Bridge Club - or- <i>History of the Christmas Tree</i>	<b>23</b> 9:30 S.O.L.V.E. Club -or- <i>National Pfeffernüsse Day</i> 1:00 Gardening Club -or- <i>Holiday Flower Arrangement</i>	<b>24</b> 2:00 Bingo or Card Player's Club -or- <i>National Egg Nog Day</i>
<b>26</b> 9:30 Natural Resources Club -or- <i>National Candy Cane Day</i> 1:00 Glee Club -or- - <i>National Thank You Note Day</i>	<b>27</b> 9:30 Missions Club -or- <i>National Fruitcake Day</i> 1:00 S.O.M.E. Club -or- <i>Forward Thinking</i>	<b>28</b> 9:30 LOVE Club or UK Fan Club -or- <i>National Chocolate Candy Day</i> 1:00 Book Club - or- <i>New Year's Eve Planning</i>	<b>29</b> 9:30 Art Club or Hunting & Fishing Club -or- <i>Tick Tock Day</i> 1:00 Bridge Club - or- <i>World Philosophy Day</i>	<b>30</b> 9:30 S.O.L.V.E. Club or - <i>National Bacon Day</i> 1:00 Gardening Club -or- <i>No Interruptions Day</i>	<b>31</b> 2:00 Bingo or Card Player's Club -or- <i>Make Up Your Mind Day</i>

### Inside this issue:

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### 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 7:30am to 6:00pm and on Sat. from noon to six. The locations 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. Spa Treatments are available from 9:00 to 10:30 and from 1:00 to 2:30.

# Improvement— Skin, like the finish on a vehicle, is what protects what lies beneath

*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.*

Q.- HOW CAN I TELL IF MY CAR HAS CLEAR COAT?

A.- Every car has clear coat; at least virtually every car made since the 80's. I realize I just said the 80's which leaves a very big window of 30 years, but the fact is that clear coat was introduced little by little based on the car manufacturer. First metallic paint jobs were cleared first, then solid colors. Some solid color paints were still left un-cleared into the 90's and beyond. Today it would be hard

to find a car that doesn't have a clear coat as part of the factory paint job. As a car owner you most likely have heard the term clear coat when talking about car paint, but may be uncertain as to what it is or why you should even concern yourself with it. The fact is that most people understand what it is at a very basic definition, but due to product labeling and bad information repeated by good intentioned people, much confusion and misinformation continues to circulate. Follow along as we dissect this critical part of the car ownership process and what proper care really requires when it comes to auto clear coats.

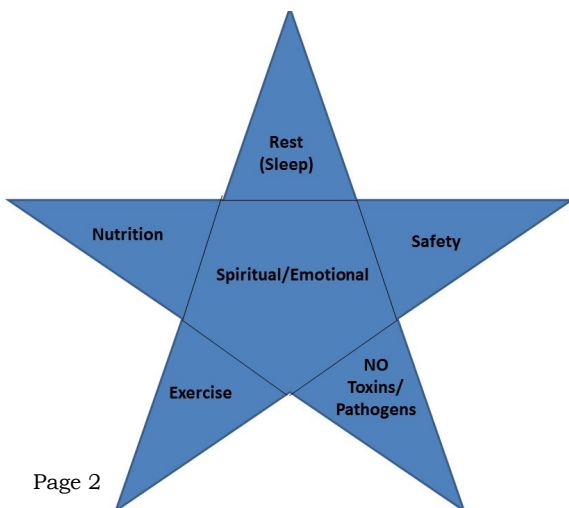
**WHAT IS CAR CLEAR COAT**  
Since clear coat on your car paint is just that, clear, I cannot show you an actual picture of just exactly what clear coat is. The picture here does show you something called clear coat failure. Before we get ahead of ourselves, we need to start at the beginning and lay the foundation as to what clear coat is and why you need to understand its role in the car ownership process.

CAR CLEAR COAT QUESTIONS

AND ANSWERS

Darren's Note: This discussion is not meant to be an exhaustive dissertation regarding car clear coat. The fact is that within every industry, advances are constantly being made. When it comes to automotive paints, and clear-coats in particular, this is also true, so what technical information is true today may become obsolete tomorrow. Visit any of the car or detail forums and you will get bogged down very quick. These forums are filled with chatter of contradicting opinions from the many so called experts that seem to have more time than sense. So instead of regurgitating useless technical data regarding molecular make-up of modern clear coats, I have chosen to present the topic in a way that clarifies many of the myths, while teaching you the information that is both relevant and important when it comes to understanding car clear coat. It also happens to be more than enough information you need regarding clear-coats for 95% of you out there....**TO BE CONTINUED NEXT MONTH...**taken from <http://www.best-auto-detailing-tips.com/car-clear-coat.html>

## Points From the Health Star—No Toxins or Pathogens



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MRSA is methicillin-resistant Staphylococcus aureus, a type of staph bacteria that is resistant to several antibiotics. In the general community, MRSA most often causes skin infections. In some cases, it causes pneumonia (lung infection) and other issues. If left untreated, MRSA infections can become severe and cause sepsis - a life-threatening reaction to severe infection in the body.

In a healthcare setting, such as a hospital or nursing home, MRSA can cause severe problems such as bloodstream infections, pneumonia and surgical

site infections. For more information visit <http://www.cdc.gov/mrsa/healthcare/index.html>

### Who Is At Risk, and How Is MRSA Spread In The Community?

Anyone can get MRSA on their body from contact with an infected wound or by sharing personal items, such as towels or razors, that have touched infected skin. Next month: HOW TO PREVENT INFECTION

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# December Menu

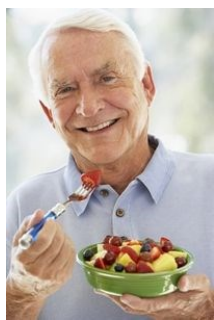
## M-F 12:00 Dinner at Noon

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



Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Salisbury Steak Roasted Potatoes Cauliflower in Cheese Whole Wheat Bread Peaches	<b>2</b> Beef and Broccoli Black Beans Rice Whole Wheat Bread Pineapple	<b>3</b> Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix
<b>5</b> Turkey Breast Slices Stuffing Cranberry Sauce Mashed Potatoes/Gravy Green Beans Rolls	<b>6</b> Beef Pot Roast Mixed Vegetables & Potatoes Applesauce Whole Wheat Bread	<b>7</b> Spaghetti & Meatballs Garden Salad/ranch dressing Savory Peas Garlic Bread	<b>8</b> Battered Fish Broccoli and Cheese Rice Cottage Cheese Pears Whole Wheat Bread	<b>9</b> Pork Boneless BBQ Ribs Crispy Potato Wedges Corn niblets Whole Wheat Bread Cole Slaw	<b>10</b> Roast Beef Sandwiches Waldorf Salad Potato Chips Fruit Yogurt
<b>12</b> Fettuccini With Chicken and Broccoli Carrot Salad Garlic Bread	<b>13</b> Meat Loaf Mashed Potatoes & Gravy Corn Nuggets Fresh Fruit	<b>14</b> Cheddar and Ham Potato Bake Green Beans Fried Apples Whole Wheat Bread	<b>15</b> Country Fried Steak Baked Potatoes Macaroni & Cheese Broccoli Whole Wheat Bread	<b>16</b> Sweet and Sour Chicken Broccoli and Carrots White Rice Mandarin Oranges Egg Rolls	<b>17</b> Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels Fresh Fruit & Dip
<b>19</b> Chicken and Shrimp Linguine Zucchini, and Broccoli Whole Wheat Bread Carrot Salad	<b>20</b> Three Cheese Tortellini in Marinara Sauce Tossed Salad Whole Wheat Bread Peaches	<b>21</b> Pork Chops Mashed Potatoes & Gravy Fried Apples Salad & Dressing	<b>22</b> Herb Roasted Chicken Mashed Potatoes Corn Green Beans Whole wheat bread	<b>23</b> Slow Roasted Beef Mashed Potatoes and Gravy Green Beans Peaches	<b>24</b> Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches
<b>26</b> Chicken & Dumplings Mixed Vegetables Fruit Salad Whole Wheat Bread	<b>27</b> Three Meat and Four Cheese Lasagna Tossed Salad Garlic Bread Watermelon	<b>28</b> Swedish Meat Balls Noodles Mixed Vegetables Fresh Fruit Whole Wheat Bread	<b>29</b> Beef and Broccoli Black Beans Rice Whole Wheat Bread Pineapple	<b>30</b> Fettuccini Alfredo Tossed Salad w/dressing Garlic Bread Fruit and Jello	<b>31</b> Turkey Sandwiches Green Bean Salad Chex Mix Fresh Fruit

## 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?

A senior citizen said to his eighty year old buddy:  
 'So I hear you're getting married?'  
 'Yep!'  
 'Do I know her?'  
 'Nope!'  
 'This woman, is she good looking?'  
 'Not really.'  
 'Is she a good cook?'  
 'Naw, she can't cook too well.'  
 'Does she have lots of money?'

'Nope! Poor as a church mouse.'  
 'Well, then, is she good in bed?'  
 'I don't know.'  
 'Why in the world do you want to marry her then?'  
 'Because she can still drive!'  
 On Mondays we have a variety of seasonal fruit and cheeses.  
 Tuesdays we have crackers and dips. 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)

**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 spending their day time hours aging  
gracefully in a club-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,  
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 (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 and closings under BUSINESSES).

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



**Hourly Fees: \$14 (paid at  
the end of the month)**

**Full Time Members have  
a discounted rate of  
\$73 per day (paid at the  
beginning of the month)**

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

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