



The Official Newsletter

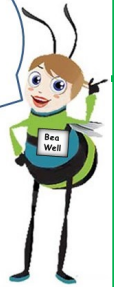
Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 4, Issue 12

December 2017

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For more health tips and useful information



December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p>We love our members! Members choose what they would like to do while at the club. A pleasant place for napping is provided!</p>					
<p>4 9:30 Natural Resources Club –or– <i>Cookie Exchange Week 1:00</i> Glee Club –or– <i>Naughty or Nice Day (Santa’s list Day)</i></p>	<p>5 9:30 On a Mission Club –or– <i>Toys Tuesday 1:00</i> S.O.M.E. Club –or– <i>Auction Day</i></p>	<p>6 9:30 UK Fan Club –or– <i>Winter Wonderland Wednesday 1:00</i> Book Club –or– <i>Tree Poetry Day</i></p>	<p>7 9:30 Art Club –or– <i>Anniversary of Attack on Pearl Harbor Day 1:00</i> Hunting and Fishing Club – or– <i>Storytelling</i></p>	<p>8 9:30 S.O.L.V.E. Club –or– <i>Lost and Found Day 1:00</i> Gardening Club – or– <i>Candy Man Day</i></p>	<p>2/3 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club</p>
<p>11 9:30 Natural Resources Club – <i>Green Monday 1:00</i> Glee Club – <i>International Mountain Day</i></p>	<p>12 9:30 On a Mission Club –or– <i>Hanukkah begins at sundown 1:00</i> S.O.M.E. Club –or– <i>Dozen Day</i></p>	<p>13 9:30 L.O.V.E. Club –or– <i>String Popcorn Day 1:00</i> Book Club – or– <i>Cocoa Day</i></p>	<p>14 9:30 Art Club –or– <i>Gingerbread People Day 1:00</i> Hunting & Fishing Club –or– <i>South Pole Day</i></p>	<p>15 9:30 S.O.L.V.E. Club or –<i>Funny Man Friday 1:00</i> Gardening Club –or– <i>Ugly Sweater Day</i></p>	<p>16/17 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club</p>
<p>18 9:30 Natural Resources Club –or– <i>Believe it or Not Day 1:00</i> Glee Club –or– <i>Baking Cookies Day</i></p>	<p>19 9:30 On a Mission Club –or– <i>Funny Sign Day 1:00</i> S.O.M.E. Club –or– <i>Hard Candy Day</i></p>	<p>20 9:30 UK Fan Club –or– <i>Pinecone Day 1:00</i> Book Club –or– <i>Gift Wrapping Day</i></p>	<p>21 9:30 Art Club –or– <i>First Day of Winter 1:00</i> Hunting and Fishing Club – or– <i>Happy Birthday, Basketball</i></p>	<p>22 9:30 S.O.L.V.E. Club –or– <i>Scents of the Season Day 1:00</i> Gardening Club –or– <i>Forefather’s Day</i></p>	<p>23/24 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club</p>
<p>25 <i>Christmas Day</i></p>	<p>26 9:30 On a Mission Club – <i>Kwanzaa begins 1:00</i> S.O.M.E. Club – <i>Candy Cane Day</i></p>	<p>27 9:30 UK Fan Club –or– <i>Thingamajig Day 1:00</i> Book Club –or– <i>Cut Out a Snowflake Day</i></p>	<p>28 9:30 Art Club –or– <i>Reminisce Day 1:00</i> Hunting & Fishing Club –or– <i>Gum It Day</i></p>	<p>29 9:30 S.O.L.V.E. Club –or– <i>Makeover Day 1:00</i> Gardening Club –or– <i>Pick Up the Pine Needles Day</i></p>	<p>30/31 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club</p>

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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 weekends and holidays by appointment. The type of morning and afternoon Exercise Sessions for the day are written on the white board in the foyer. Spa Treatments are for members only on a first signed up/first served basis from 10:30 to noon and from 2:00 to 3:30.

Improvement: Dementia and the Holidays: Tips for Caregivers

For some, the holidays are a favorite time of the year. The days are about experiences and people, family traditions, recalling old memories or creating new ones, and tuning into whatever you feel like doing at the moment. For caregivers and people living with dementia-related conditions such as Alzheimer's, however, there will come a time when it's just not feasible or practical to do everything you once did. How do we celebrate special occasions when one of the people involved doesn't remember or even understand what the celebration is about? How do caregivers on the dementia journey with a loved one—not just on the holidays, but all day every day, manage to keep it together?

The holidays can be stressful, so

it's critical to adjust your expectations to avoid caregiver burnout. The following tips may help caregivers weather the holiday season.

- Although it may be challenging, try to maintain a similar routine for your loved one and yourself so that holiday preparations don't become disruptive. Changes to the daily schedule can increase disorientation and anxiety for those with cognitive impairment.
- Trust your instincts. Keeping past traditions alive can help an elder connect to holiday celebrations. However, you recognize more than anyone else how much you and your loved one can handle without feeling overwhelmed.

- Prioritize self-care and don't be afraid to share your wish list. Whether it's having a break to go to a movie, take a walk, or meet a friend for lunch, or having someone cook a meal --having even a short time off can provide a change in perspective and allow you to recharge your batteries.

Be aware that the holidays may evoke memories of better times—not just for your loved one but for you as a caregiver. Talking with a close friend or a counselor often helps one manage the emotions that come with holidays and other special days. You can also find help for caregivers from the Family Caregiver Alliance or other community support organizations.

Bea Well's Buzz on Health: Loneliness Can Kill You

Even absent of its effect on your emotional state and psychological well-being, besides its direct practical impact on your life, loneliness itself appears to have a direct physiological impact on the body. In that sense, we are increasingly beginning to look at it similarly to how doctors now view stress—as something that in and of itself detrimentally impacts the body. There are literally hundreds of ways that this happens, from hardening your arteries to depressing your immune system to corroding your brain.



The Flower of Health

In lonely people who see the world as a threatening place, their immune systems choose to focus on bacteria rather than viral threats. Without the antiviral protection and the body's antibodies produced against various ills, the result means a person has less ability to fight cancers and other illnesses. Those who are socially isolated suffer from higher all-cause mortality, and higher rates of cancer, infection and heart disease.

In addition, loneliness raises levels of the circulating stress hormone cortisol and blood pressure, with one study showing that social isolation can push blood pressure up into the danger zone for heart attacks and strokes. It undermines regulation of the circulatory system so that the heart muscle works harder and the blood vessels are subject to damage by blood flow turbulence.

Don't be lonely. Come to the clubhouse everyday!



December Dinner Menu

Dinner is from Noon To 1:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	<p>All meals are served with 8oz of milk and water, choice of coffee or hot or cold tea.</p> <p>Aging With Grace is part of the KY Dept. of Ed. Child & Adult Care Food Program</p>			<p>1</p> <p>Pepperoni Pizza Tossed Salad Corn and Green Beans Fresh Tangerines</p>	<p>2/3</p> <p>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</p>
<p>4</p> <p>Country Fried Steak Mashed Potato & Gravy Broccoli Mixed Fruit Whole Wheat Bread</p>	<p>5</p> <p>Macaroni & Cheese Baked Sweet Potato House Salad Green Beans Whole Wheat Bread</p>	<p>6</p> <p>Slow Cooked Chicken & Dumplings Broccoli Pears Whole Wheat Bread</p>	<p>7</p> <p>Homemade Black Beans Seasoned Rice House Salad Baked Sweet Potato Whole Wheat Bread</p>	<p>8</p> <p>Liver and Onions Rice Cabbage Applesauce Whole Wheat Bread</p>	<p>9/10</p> <p>Roast Beef Sandwiches Potato Salad Fruit Cup Yogurt</p>
<p>11</p> <p>Chicken Pot Pie House Salad Whole Wheat Bread Fresh Fruit</p>	<p>12</p> <p>Beer Battered Shrimp French Fries Coleslaw Fresh Fruit Whole Wheat Bread</p>	<p>13</p> <p>Chili Dog With Cheese Potato Salad Carrot Sticks Fresh Fruit</p>	<p>14</p> <p>Grilled Salmon Mashed Potatoes Green Beans Texas Toast Sliced Tomatoes</p>	<p>15</p> <p>Meatloaf Mac & Cheese Green Beans Mandarin Orange Whole Wheat Rolls</p>	<p>16/17</p> <p>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels</p>
<p>18</p> <p>Loaded Baked Potato Soup Green Beans Whole Wheat Bread Fresh Fruit</p>	<p>19</p> <p>Scratch Burgers French Fries Baked Beans Whole Wheat Bun Peaches</p>	<p>20</p> <p>BBQ Baby Back Ribs Cole Slaw Baked Beans Whole Wheat Bread Peaches</p>	<p>21</p> <p>Lemon Pepper Fish Broccoli and Cheese Rice Sweet Potato Whole Wheat Bread</p>	<p>22</p> <p>Beef Stew Potato, Onions, Carrots Tossed Salad Sliced Tomatoes Whole Wheat Bread</p>	<p>23/24</p> <p>Reuben Sandwich Tossed Salad w/ dressing Fresh Fruit Mix</p>
<p>25</p> <p>Grilled Tilapia and Shrimp w/ Mango Salsa Salad Rice Broccoli Rolls</p>	<p>26</p> <p>BBQ Chicken Mashed Potatoes Cole Slaw Whole Wheat Bread Applesauce</p>	<p>27</p> <p>Gigi's Baked Spasagna Garden Salad Fresh Fruit Garlic Bread</p>	<p>28</p> <p>Chicken Tenders & Shrimp Broccoli & Cheese Sweet Potato Peaches</p>	<p>29</p> <p>New Orleans Pasta Tossed Salad Sliced Apples Garlic Bread</p>	<p>30/31</p> <p>Egg Salad Sandwiches Yogurt Green Salad w/dressing Chex Mix</p>

Dinner...Did You Know...?

Here at Aging With Grace we know that eating is one of the greatest pleasures of life so we try extra hard to make each meal a pleasant and uplifting experience. For example, we play cheerful dinner music such as the Boston Pops and other instrumentals. Our Dining Director wears a chef's hat and apron for cleanliness and just for fun. Our meals must be served with disposable plates, cups, and utensils, to meet

health department standards, but we try our very best to dress up our tables with chargers and beautiful centerpieces. We use white tablecloths with cloth napkins and napkin rings, too! Our salt and pepper is on the table in individually wrapped packages for sanitation, as are our condiments when served. Our dining director has passed the food handlers test and has a permit to

serve food. Best of all...our food is delicious and nutritious! Please come join us!



We Buy Our Dinners
From Cheddars and
Mimi's Southern
Cooking

November Breakfast Menu

Continental Breakfast 8-9



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

	<p>All meals are served with 8oz of milk and water, choice of coffee or hot or cold tea.</p> <p>Aging With Grace is part of the KY Dept. of Ed. Child & Adult Care Food Program</p>			<p>1 Hash Browns Boiled Eggs</p>	<p>2/3 Cereal Fresh Fruit Mix</p>
<p>4 Pancakes Fresh Fruit</p>	<p>5 Blueberry Muffin Mixed Fruit</p>	<p>6 French Toast Fresh Fruit</p>	<p>7 Whole Wheat English Muffin Fruit</p>	<p>8 Flavored Grits Bananas</p>	<p>9/10 Cereal Fresh Fruit Mix</p>
<p>11 Pancakes Fresh Fruit</p>	<p>12 Whole wheat Bagel Cream Cheese Oranges</p>	<p>13 Hash Browns Eggs</p>	<p>14 Oatmeal Fruit</p>	<p>15 Banana Muffin Boiled Eggs</p>	<p>16/17 Cereal Fresh Fruit Mix</p>
<p>18 Waffles Applesauce</p>	<p>19 Toast Fresh Pineapples</p>	<p>20 Oatmeal Fruit</p>	<p>21 Blueberry Muffin Mixed Fruit</p>	<p>22 Whole Wheat English Muffin Fruit</p>	<p>23/24 Cereal Fresh Fruit Mix</p>
<p>25 Cinnamon Toast Fresh Fruit Mix</p>	<p>26 Flavored Grits Fresh Fruit Mix</p>	<p>27 Boiled Eggs Toast</p>	<p>28 Whole wheat Bagel Cream Cheese Oranges</p>	<p>29 Oatmeal W/ Add Ins</p>	<p>30/31 Cereal Fresh Fruit Mix</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 them to drink enough water.

Please Come Join Us!

We Buy Our Dinners
From Cheddars and
Other Local
Restaurants

December Tea & A Tale Time Menu

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



YUM

Mon

Tue

Wed

Thu

Fri

Sat./Sun.

	All meals are served with 8oz of milk and water, choice of coffee or hot or cold tea. Aging With Grace is part of the KY Dept. of Ed. Child & Adult Care Food Program			<i>1</i> Cheese Blocks and Apple Wedges	<i>2/3</i> Soft Pretzels and Cheese Dip
<i>4</i> Fresh Fruit & Cheese	<i>5</i> Cottage Cheese and Fruit	<i>6</i> Pimento Cheese Sandwiches	<i>7</i> Chicken Salad Sandwich	<i>8</i> Mozzarella Balls Basil Leaves Grape Tomatoes	<i>9/10</i> Fresh Fruit Mix Crackers
<i>11</i> Cheese & Crackers Fruit	<i>12</i> Peanut Butter and Crackers Apple Slices	<i>13</i> Chicken Salad Sandwich	<i>14</i> Cottage Cheese, Pineapple	<i>15</i> Fresh Pineapple Orange Wedges	<i>16/17</i> Fresh Fruit Mix Crackers
<i>18</i> Cheese Crackers Applesauce	<i>19</i> Fresh Veggies and Ranch Dip	<i>20</i> Egg Salad Sandwich	<i>21</i> Cottage Cheese Peaches	<i>22</i> Dried Figs Dried Apricots Pita Bread with Cream Cheese	<i>23/24</i> Cheese & Crackers
<i>25</i> Fresh Fruit & Cheese	<i>26</i> Ham & Cheese Crackers	<i>27</i> Tuna Salad Sand- wich	<i>28</i> Cheese Spread Whole Wheat Crackers	<i>29</i> Olives and Cheese and Crackers	<i>30/31</i> Boiled Eggs 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 jokes and funny stories. Have you heard these?

Tongue twisters:

Santa's sleigh slides on slick snow.

Tiny Timmy trims the tall tree with tinsel.

Bobby brings bright bells.

SNOWBALL

~ Shel Silverstein

I made myself a snowball,
as perfect as could be,
I thought I'd keep it as a pet,
and let it sleep with me.

I made it some pajamas
and a pillow for its head,
then last night it ran away,
but first—it wet the bed!



Aging With Grace®

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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 Help At Home Ser-
vices. 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 par-
ticipants regardless of age, color, creed, disability, ethnicity, gender, mar-
ital 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 be-
cause 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: Aging With Grace acknowledges that everyone re-
quires unmerited favor at some time in our lives, and there-
fore we will bestow grace to all. We will treat others as we
would like to be treated.

Days and Hours of Operation, Fees



**WE ARE OPEN:
Monday through
Friday
7:30am to 6:00pm**

**Weekends and
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 parking lot can be
cleared of snow and ice
for safety's sake—please
check local TV stations
WKYT and WLEX for de-
layed openings under
BUSINESSES).

Hourly Fees: \$14

**(includes everything but
personal supplies)
Full Time Members have
a discounted rate of
\$73 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.*