



Aging With Grace®

The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 5, Issue 12
December 2018

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Happy December!

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!</p> <p>Members choose what they would like to do while at the clubhouse!</p>					<p>1/2 <u>OPEN BY APPOINTMENT</u></p> <p><u>Bingo or Card Player's Club</u></p>
<p>3 <u>Natural Resources Club</u> <u>International Day Of Persons With Disabilities</u> <u>Improve Energy</u> <u>Glee Club</u> <u>National Peppermint Latte Day</u> <u>Basketball</u></p>	<p>4 <u>On a Mission Club</u> <u>National Cookie Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>National Dice Day</u> <u>Kickball</u></p>	<p>5 <u>UK Fan Club</u> <u>Bathtub Party Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>World Soil Day</u> <u>Balloon Volleyball</u></p>	<p>6 <u>Art Club</u> <u>National Gazpacho Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>National Miners Day</u> <u>Mind/Body Games</u></p>	<p>7 <u>S.O.L.V.E. Club</u> <u>National Cotton Candy Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>International Civil Aviation Day</u> <u>Corn Hole</u></p>	<p>8/9 <u>OPEN BY APPOINTMENT</u></p> <p><u>Bingo or Card Player's Club</u></p>
<p>10 <u>Natural Resources Club</u> <u>Bingo's Birthday Month</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Safe Toys and Gifts Month</u> <u>Basketball</u></p>	<p>11 <u>On a Mission Club</u> <u>International Mountain Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Nat'l Impaired Driving Awareness Month</u> <u>Kickball</u></p>	<p>12 <u>UK Fan Club</u> <u>Gingerbread House Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Poinsettia Day</u> <u>Balloon Volleyball</u></p>	<p>13 <u>Art Club</u> <u>National Cocoa Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>National Popcorn Stringing Day</u> <u>Mind/Body Games</u></p>	<p>14 <u>S.O.L.V.E. Club</u> <u>National Biscuits and Gravy Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>National Fast Foods Day</u> <u>Corn Hole</u></p>	<p>15/16 <u>OPEN BY APPOINTMENT</u></p> <p><u>Bingo or Card Player's Club</u></p>
<p>17 <u>Natural Resources Club</u> <u>National Maple Syrup Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Wright Brothers Day</u> <u>Basketball</u></p>	<p>18 <u>On a Mission Club</u> <u>International Migrants Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>World Food Service Awareness Day</u> <u>Kickball</u></p>	<p>19 <u>UK Fan Club</u> <u>National Hard Candy Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>National Tie Month</u> <u>Balloon Volleyball</u></p>	<p>20 <u>Art Club</u> <u>Spiritual Literacy Month</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>National Sangria Day</u> <u>Mind/Body Games</u></p>	<p>21 <u>S.O.L.V.E. Club</u> <u>Crossword Puzzle Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Humburg Day</u> <u>Corn Hole</u></p>	<p>22/23 <u>OPEN BY APPOINTMENT</u></p> <p><u>Bingo or Card Player's Club</u></p>
<p>24 <u>Natural Resources Club</u> <u>National Eggnog Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Christmas Eve</u> <u>Basketball</u></p>	<p>25 <u>On a Mission Club</u> <u>National Pumpkin Pie Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Safe Toys & Gifts Month</u> <u>Kickball</u></p>	<p>26 <u>UK Fan Club</u> <u>National Thank You Note Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>National Whiner's Day</u> <u>Balloon Volleyball</u></p>	<p>27 <u>Art Club</u> <u>National Fruitcake Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>National Write a Business Plan Month</u> <u>Mind/Body Games</u></p>	<p>28 <u>S.O.L.V.E. Club</u> <u>National Chocolate Candy Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Pledge of Allegiance Day</u> <u>Corn Hole</u></p>	<p>29/30 <u>OPEN BY APPOINTMENT</u></p> <p><u>Bingo or Card Player's Club</u></p>
<p>31 <u>Natural Resources Club</u> <u>National Champagne Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Make Up Your Mind Day</u></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 8:00AM TO 5:00PM 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: Carbonated Soft Drinks / Sodas

Cont. from last month.....

19. Daily sodas and other sugar sweetened drinks are linked to Non-Alcoholic Fatty Liver Disease (NAFLD).

The 2,634 individuals in the study completed a CT scan to measure the amount of fat in the liver. They saw a higher prevalence of NAFLD among people who reported drinking more than one sugar-sweetened drink per day compared to people who said they drank no sugar-sweetened beverages.

20. Some sodas contain flame retardant.

Brominated vegetable oil (BVO) is added to many citrus based sodas and sports drinks to prevent the drinks from separating.

What’s the concern? BVO is patented by chemical companies as a flame retardant. It is also banned in over 100 countries, but it is still used in the U.S. Learn more here.

21. Soda is linked to asthma.

A study done in South Australis of 16,907 participants aged 16 years and older, showed high levels of soda consumption were positively associated with asthma and COPD.

What Is Soda?

Soda typically contains carbonated water, a sweetener, and a natural or artificial flavoring. Most sodas also contain caffeine, colorings, preservatives, and/or other additives.

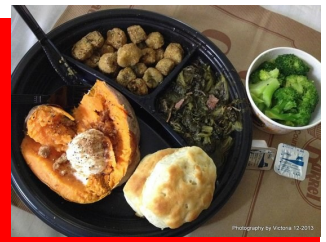
Other names for soda include soda pop, pop, or soft drinks.

Try to choose healthier choices like sparkling water. Sparkling water, or seltzer water, is water infused with carbon dioxide under pressure; it’s also known as carbonated water. Sodium and other minerals are often added, too.

Our Dinner At
Noon comes from
local restaurants!

December Dinner Menu

Dinner is from Noon To 1:00



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

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!





December Breakfast Menu

Continental Breakfast 8-9



Mon	Tue	Wed	Thu	Fri	Sat./Sun.	
Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.		<p style="text-align: center;">All of our breakfasts meet dietary restrictions/ substitutions</p>				1/2 Yogurt Cups
3 <i>Pancakes Fruit</i>	4 <i>Blueberry Muffin Fruit</i>	5 <i>Oatmeal & Add-Ins</i>	6 <i>Muffin Fruit</i>	7 <i>Sausage Biscuit</i>	8/9 <i>Yogurt Cups</i>	
10 <i>Breakfast Burritos</i>	11 <i>Bagels</i>	12 <i>Hash Browns</i>	13 <i>Fruit Cups</i>	14 <i>Bananas</i>	15/16 <i>Yogurt Cups</i>	
17 <i>Yogurt Cups</i>	18 <i>Cheese Sticks</i>	19 <i>Oatmeal</i>	20 <i>Blueberry Muffin</i>	21 <i>Fruit Cups</i>	22/23 <i>Yogurt Cups</i>	
24 <i>Cinnamon Bun</i>	25 <i>Bran Muffin</i>	26 <i>Yogurt Cups</i>	27 <i>Bananas</i>	28 <i>Egg, Sausage & Cheese Biscuit</i>	29/30 <i>Yogurt Cups</i>	
25 <i>Bananas</i>						

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!



December Tea & A Tale Time Menu

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



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

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?

Will: Where do snowmen keep their money?

Bill: Beats me.

Will: In a snow bank.

Chris: What do snowmen like to do on the weekend?

Chrissy: What?

Chris: Chill out.

Josh: What does Jack Frost like best about school?

John: What?

Josh: Snow and tell.

When asked about his job, Frosty always replies, "There's no business like snow business."

Trey: What do you get when you cross a snowman and a dog?

Brandon: I give up.

Trey: Frostbite.



Aging With Grace®

3100 Old Todds Road, Suite 170
Lexington, KY
40509

859 539 2147
administrator@
AgingWithGraceInfo.org

We're On the
Web
www.AgingWithGraceInfo.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 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 5:00pm**

**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

