



Aging With Grace®

The Official Clubhouse Newsletter

Filled with monthly activities, menus, health tips and information

Volume 6, Issue 12
December 2019

Like us on Facebook
Follow us on Twitter
For more health tips and useful information



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><u>2</u> Natural Resources Club Cider Monday Improve Energy Glee Club Cyber Monday Basketball</p>	<p><u>3</u> On a Mission Club Giving Tuesday Improve Strength S.O.M.E. Club International Day of Persons with Disabilities Kickball</p>	<p><u>4</u> UK Fan Club National Cookie Day Improve Mobility Book Club National Wildlife Conservation Day Balloon Volleyball</p>	<p><u>5</u> Art Club Bathtub Party Day Improve Strength Sportsman's Club World Soil Day Mind/Body Games</p>	<p><u>6</u> S.O.L.V.E. Club National Miners Day Improve Balance Gardening Club National Gaspacho Day Corn Hole</p>	<p>7/8 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card Player's Club</u></p>	
<p><u>9</u> Natural Resources Club National Llama Day Improve Energy Glee Club International Day of Commemoration Basketball</p>	<p><u>10</u> On a Mission Club Human Rights Day Improve Strength S.O.M.E. Club Nobel Prize Awards Ceremonies Kickball</p>	<p><u>11</u> UK Fan Club International Mountain Day Improve Mobility Book Club Kaleidoscope Day Balloon Volleyball</p>	<p><u>12</u> Art Club Gingerbread House Day Improve Strength Sportsman's Club National Wildlife Conservation Day Mind/Body Games</p>	<p><u>13</u> S.O.L.V.E. Club National Cocoa Day Improve Balance Gardening Club National String Popcorn Day Corn Hole</p>	<p>14/15 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card Player's Club</u></p>	
<p><u>16</u> Natural Resources Club Chocolate Covered Anything Day Improve Energy Glee Club Barbie and Barney Backlash Day Basketball</p>	<p><u>17</u> On a Mission Club Nat'l Maple Syrup Day Improve Strength S.O.M.E. Club Wright Brothers Day Kickball</p>	<p><u>18</u> UK Fan Club International Migrants Day Improve Mobility Book Club Spiritual Literacy Month Balloon Volleyball</p>	<p><u>19</u> Art Club National Hard Candy Day Improve Strength Sportsman's Club National Impaired Driving Prevention Month Mind/Body Games</p>	<p><u>20</u> S.O.L.V.E. Club National Sangria Day Improve Balance Gardening Club Underdog Day Corn Hole</p>	<p>21/22 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card Player's Club</u></p>	
<p><u>23</u> Natural Resources Club National Pfeffernusse Day Improve Energy Glee Club National Tie Month Basketball</p>	<p><u>24</u> On a Mission Club National Egg Nog Day Improve Strength S.O.M.E. Club Safe Toys and Gifts Month Kickball</p>	<p>25 Closed</p>	<p><u>26</u> Art Club National Thank You Note Day Improve Strength Sportsman's Club National Whiner's Day Mind/Body Games</p>	<p><u>27</u> S.O.L.V.E. Club Nat'l Fruit Cake Day Improve Balance Gardening Club National Write a Business Plan Month Corn Hole</p>	<p>28/29 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card Player's Club</u></p>	
<p><u>30</u> Natural Resources Club Nat'l Baking Soda Day Improve Energy Glee Club World Wide Food Service Safety Month Basketball</p>	<p><u>31</u> On a Mission Club Make Up Your Mind Day Improve Strength S.O.M.E. Club New Year's Day Kickball</p>	<p>We love our members! Members choose what they would like to do while at the clubhouse! We have a quiet and private place for napping</p>				

Inside this issue:

- Improvement: 2
- Come volunteer!
- Bee Well's Buzz on Health: Posture II 2
- Dinner at Noon Calendar Menu Calendar 3
- Breakfast Menu 4
- Tea and a Tale Time Menu 5
- Mission Statement and Values 6
- Hours of Operation and Fees 6

Special points of interest:

- ◆ Now accepting membership applications!
- ◆ Call for an appointment to begin member application process: 859 539 2147
- ◆ Tours given by appointment.
- ◆ Let us hear from you! We want to know what you think!

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.”

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.

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 managers.”

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

Please come volunteer at the clubhouse! We are a non-profit! Call Lesa to get started: (859)553-6667 or call DG (859)539-2147

Bee Well’s Buzz on Health: Posture II

The best way to improve your posture is to focus on exercises that strengthen your core -- the abdominal and low back muscles that connect to your spine and pelvis.

Your Workout Plan: 6 Exercises—This is the 3rd Exercise

Make these posture-boosting exercises a regular part of your routine. Remember to exhale strongly and pull in your core muscles as you work -- a key principle in both Pilates and yoga together to stabilize your pelvis.

3. Pilates Roll-Up / Yoga Sit-Up

Why It’s Good for You: This move works the rectus abdominis, obliques, and transverse abdominis (the deepest core muscles that wrap around your waist like a corset and pull your abdomen inward and upward toward your spine.)

Starting Position: Lie on your back with your legs straight, your feet flexed, and your arms reaching overhead on the floor. Press your low back into the floor.

The Move: Exhale strongly and pull your navel in and up toward your spine. Roll up in slow motion, reaching your arms off the floor, then your shoulders and head, rolling up one vertebra at a time until you’re sitting up with your abdominals still pulled in. Slowly roll back down. Repeat three to five times, adding more as your core gets stronger.

Increase the Intensity: Cross your arms over your chest as you roll up

<https://www.webmd.com/fitness-exercise/guide/better-posture-exercises#1>

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.
2 <i>Beef Chili Dog With Cheese Salad Bun</i>	3 <i>Chinese Stir Fry W/ Shrimp & Veggies Rice Peaches</i>	4 <i>Barbeque Sandwich Cole Slaw Baked Beans</i>	5 <i>Fried Fish Potato Salad Lima Beans Applesauce</i>	6 <i>Meatloaf Glazed Carrots Macaroni & Cheese Rolls</i>	7/8 <i>Ham Sandwiches Cole Slaw Popcorn</i>
9 <i>Chicken Fingers French Fries Broccoli Mixed Fruit Garlic Toast</i>	10 <i>Kabobs Greek Salad Tropical Fruit Whole Wheat Bread</i>	11 <i>New Orleans Pasta Green Beans Pears</i>	12 <i>Beef Chili House Salad Baked Potato Peaches Crackers</i>	13 <i>Cheese Burgers French Fries Lettuce, Tomato, Onions, Bun</i>	14/15 <i>Roast Beef Sandwiches Potato Salad Pretzels</i>
16 <i>Steak Baked Potato Garden Salad Fruit Yeast Roll</i>	17 <i>Pizza Tossed Salad Pineapple</i>	18 <i>Grilled Chicken Mashed Potatoes Green Beans Mixed Fruit</i>	19 <i>Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple</i>	20 <i>Loaded Red Beans Tomato & Corn Medley Yellow Rice Fresh Fruit</i>	21/22 <i>Tuna Salad Sandwiches Mandarin Oranges Corn Chips</i>
23 <i>Slow Roasted Beef House Salad Fruit Whole Wheat Bread</i>	24 <i>Roasted Turkey/Gravy/ Mashed Potatoes Dressing Green Beans Fruit Whole Wheat Rolls</i>	25 Closed	26 <i>Lasagna Tossed Salad Mandarin Oranges Garlic Sticks</i>	27 <i>Fried Chicken Mashed Potatoes Green Beans Fruit Wheat Buns</i>	28/29 <i>Egg Salad Sandwiches Yogurt Chex Mix</i>
30 <i>Tacos Rice and beans Fruit</i>	31 <i>Sub Sandwiches French Fries Tossed Salad Fruit Cups</i>				



Dinner At Noon is served with milk and water, choice of coffee or hot or cold tea.

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!



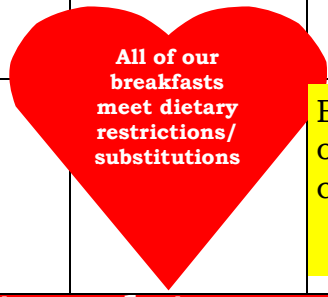


December Breakfast Menu

Continental Breakfast 8-9



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 <i>Yogurt Cups</i>	3 <i>Breakfast Burritos</i>	4 <i>Hash Browns</i>	5 <i>Bananas</i>	6 <i>Egg, Sausage & Cheese Biscuit</i>	7/8 <i>Yogurt Cups</i>
9 <i>Pancakes</i>	10 <i>Blueberry Muffin</i>	11 <i>Oatmeal & Add-Ins</i>	12 <i>Bran Muffin</i>	13 <i>Sausage Biscuit</i>	14/15 <i>Yogurt Cups</i>
16 <i>Sausage Biscuit</i>	17 <i>Bagels</i>	18 <i>Hash Browns</i>	19 <i>Fruit Cups</i>	20 <i>Bananas</i>	21/22 <i>Yogurt Cups</i>
23 <i>Yogurt Cups</i>	24 <i>Cereal</i>	25 <i>Closed</i>	26 <i>Blueberry Muffin</i>	27 <i>Fruit Cups</i>	28/29 <i>Yogurt Cups</i>
30 <i>Sticky Bun</i>	31 <i>Bran Muffin</i>				



Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.

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.
2 <i>Salad with Boiled Eggs</i>	3 <i>Cheese Popcorn</i>	4 <i>Party Treats</i>	5 <i>Pudding Cups</i>	6 <i>Pretzels and Cheese Dip</i>	7/8 <i>Cheese and Pretzel Packs</i>
9 <i>Fruit Cups and Peanut Butter Crackers</i>	10 <i>Individual Cottage Cheese Cups</i>	11 <i>Individual Pimento Cheese Sandwiches</i>	12 <i>Individual Chicken Salad Sandwiches</i>	13 <i>Chex Mix W/ Nuts</i>	14/15 <i>Crackers and Cheese</i>
16 <i>Jello Cups</i>	17 <i>Peanut Butter and Crackers</i>	18 <i>Individual Tuna Salad Sandwiches</i>	19 <i>Egg Rolls</i>	20 <i>Cheese Sticks</i>	21/22 <i>Fruit Mix Cups Peanut Butter Crackers</i>
23 <i>Cheese, Crackers Applesauce</i>	24 <i>Healthy Chips</i>	25 <i>Individual Egg Salad Sandwich</i>	26 <i>Individual Cottage Cheese Cups</i>	27 <i>Raisin Boxes & Peanut Packs</i>	28/29 <i>Cheese & Crackers</i>
30 <i>Bananas and PB</i>	31 <i>Cheese & Crackers</i>	Tea & A Tale Time Fare is Served With Water			

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?

LOOKING GOOD

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

THE STAGES OF SUCCESS

At age 4 success is...not peeing in your pants.

At age 12 success is...having friends.

At age 16 success is...having a drivers license.

At age 20 success is...having sex.

At age 35 success is...having money.

At age 50 success is...having money.

At age 60 success is...having sex.

At age 70 success is...having a drivers license.

At age 75 success is...having friends.

At age 80 success is...not peeing in your pants

Aging With Grace®

743 Allendale Road, Suite B
Lexington, KY 40503

859 539 2147
administrator@
AgingWithGraceInfo.org

We're On the
Web
www.AgingWithGraceInfo.org

**The Club for Your
Best Life 50+!**



**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 at our clubhouse and/or at
your house with Aging With Grace's At Home
Health Help & Services. We are Kentucky State
Licensed as an Adult Day Health Care Center
with Nursing Services.**

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
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 4:30pm**

**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**

\$24 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*

*special pricing for special services

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

*the asterisk denotes special pricing for special services