



The Official Newsletter

Aging With Grace®

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Volume 2, Issue 2

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Inside this issue:

Improvement 2

Foundation for Building Health 2

Lunch Menu Calendar 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
- We are not yet open, but applying early guarantees your membership.
- Let us hear from you! We want to know what you think!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
2 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	3 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	4 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	5 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	6 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	7 <i>Exercise Club meeting Entertainer</i>
9 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	10 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	11 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	12 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	13 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	14 <i>Exercise Club meeting Entertainer</i>
16 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	17 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	18 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	19 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	20 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	21 <i>Exercise Club meeting Entertainer Spa Time</i>
23 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	24 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	25 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	26 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	27 <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i>	28 <i>Exercise Club meeting Entertainer Spa Time</i>

This calendar is an example of some of the daily offerings at The Club after our Grand Opening

The names 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. The list of Spa Treatments available are posted outside the spa room.

Improvement— by DG Gridley

This article is one in a series that compares our bodies to our vehicles because in our culture, to this car and body owner, 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 on both our vehicles and our bodies.

In this article we are going to discuss an automobile's firing on all cylinders as compared to our brain's firing between the brain cells in the synapse— (DG Gridley)

The cylinders of an automobile are where the power to move a gasoline vehicle originates. Inside the cylinder the spark plugs ignite the gasoline, which cause an explosion that pushes a piston, that turns the crankshaft, which eventually turns the wheels. ([www.christiancarguy.com/is premium worth it?](http://www.christiancarguy.com/is-premium-worth-it/)) Many problems can occur in this cycle in a gasoline engine causing a loss of power and efficiency for the vehicle. To diagnose the problem most cars would have to be connected to a diagnostic scanner by a professional mechanic. For more information and tips go to : (<http://www.aa1car.com/library/misfire.htm>)

Our brains have electrical signals similar to the spark plugs that make everything else in our bodies work, similar to the car's engine. Of course, our bodies are much more complicated than a car's engine, and designed by a Creator rather than a mechanical engineer. We are still trying to figure out the marvelous mysteries of our human 'engines'.

The real work of your brain goes on in individual cells. An adult brain contains about 100 billion nerve cells, or neurons, with branches that connect at more than 100 trillion points. Scientists call this dense, branching network a "neuron forest."

Signals traveling through the neuron forest form the basis of memories, thoughts, and feelings.

Neurons are the chief type of cell destroyed by Alzheimer's disease. Signals that form memories and thoughts move through an individual nerve cell as a tiny electrical charge.

Nerve cells connect to one another at synapses. When a charge reaches a synapse, it may trigger release of tiny bursts of chemicals called neurotransmitters. The neurotransmitters travel across the synapse, carrying signals to other cells. Scientists have identified dozens of neurotransmitters.

Alzheimer's disease disrupts both

the way electrical charges travel within cells and the activity of neurotransmitters.

(http://www.alz.org/braintour/signals_activity.asp)

So how can we prevent the loss of these neurons?

EXERCISE: What is good for your heart is also good for your head. At least 30 minutes a day, six days a week is recommended. A combination of aerobics (4 days) and strength training (2 days) is best. Sitting is not good for your brain. Get up every 20 minutes and move around.

INTERACT: Face to face interaction is best. Communicate with people every day, and listen to try to understand them and then reply in a relevant way. A job or volunteering where you work with people toward a common goal is a good thing.

LEARN: Become a lifelong learner. Keep an open mind and put yourself in unfamiliar settings where you will be forced to learn.

EAT WELL: Make sure you are getting all the nutrients your brain needs. This includes hydration.

GET SCREENED: Many medical conditions can cause dementia and can be cured. Ask your doctor what tests and screenings he recommends. Of course, if you are a member of The Club, tests and screenings are part of your Wellness Map. —DG

How is Your Sleep Foundation for Building Health?

Couples who don't get enough sleep are more likely to fight -- but what if the *reason* you can't catch enough Zz's is because of your "better" half's habits?

We will be sharing over the next few months the most common complaints, and how to solve the problems for good.

It's a classic conundrum, and one that likely fuels many a move to separate bedrooms -- even among otherwise happy bed partners.

While lifestyle changes like **losing**

weight, skipping alcohol before bed and side sleeping can all help limit snoring, don't just write it off as a nuisance, says Rosen. "Snoring may be a sign that your bed partner has a sleep illness and should be a warning sign that's taken seriously," she says. Suggest your snoring bed partner talk to his primary care physician about seeing a board-certified sleep physician, "particularly if it's loud enough you don't want to be in the same room as them

or has changed over time," says Rosen.

(http://www.huffingtonpost.com/2014/09/23/sharing-a-bed-sleep-problems_n_5830292.html)

Don't forget to change your pillows every six months, and wash your sheets every week in warm water. Covers should be washed twice a year, at least. Dust and dust mites can cause snoring. A humidifier in winter may be helpful.



This is an example of what our February Menu might be after our Grand Opening



Mon	Tue	Wed	Thu	Fri	Sat
2 <i>Baked Chicken</i> <i>Potato Casserole</i> <i>Green Beans</i> <i>Whole wheat rolls</i> <i>Berry Fruit Salad</i>	3 <i>Beef Stew</i> <i>Tossed Salad</i> <i>Pears and Cottage Cheese</i> <i>Whole Wheat Bread</i>	4 <i>Baked Salmon</i> <i>Baked Potatoes w/ butter /sour cream</i> <i>Lima beans</i> <i>Fresh Fruit</i>	5 <i>Macaroni and Cheese with Ham</i> <i>Stewed Tomatoes</i> <i>Broccoli Cuts</i> <i>Whole Wheat Bread</i>	6 <i>Beef bourguignon with noodles</i> <i>Spring salad</i> <i>Glazed carrots</i> <i>Garlic toast</i>	7 <i>Chicken Salad Sandwiches</i> <i>Mixed fruit</i> <i>Whole Grain Chips</i> <i>Cottage Cheese</i>
9 <i>Pork Ribblett w/ BBQ sauce</i> <i>Black-eyed Peas</i> <i>Seasoned Collard Greens</i> <i>Whole Wheat Rolls</i>	10 <i>Chicken Breast Fillet</i> <i>Marsala Sauce</i> <i>Brussels Sprouts</i> <i>Mixed Vegetables</i> <i>Whole Wheat Bread</i>	11 <i>Spaghetti w/Meat Sauce</i> <i>Green Peas and Onions</i> <i>Spiced Apple Slices</i> <i>Garlic Bread</i>	12 <i>Roast Pork w/Gravy</i> <i>Whole Kernel Corn</i> <i>Whipped Sweet Potatoes</i> <i>Whole Wheat Bread</i>	13 <i>Baked Chicken</i> <i>Chantilly Potatoes w/ Gravy</i> <i>Capri Blend Vegetables</i> <i>Whole Wheat Bread</i>	14 <i>Roast Beef Sandwiches</i> <i>Watermelon</i> <i>Potato Chips</i> <i>Yogurt</i>
16 <i>Beef Teriyaki</i> <i>Broccoli Cuts</i> <i>Brown Rice</i> <i>Mixed Fruit</i> <i>Graham Cracker</i>	17 <i>Chicken Salad</i> <i>Applesauce</i> <i>Green Pea Salad</i> <i>Whole Wheat Bread</i>	18 <i>BBQ Shredded Pork</i> <i>Whole Wheat Bun</i> <i>Ranch Beans</i> <i>Cole Slaw</i> <i>Watermelon</i>	19 <i>Chicken Pomodore</i> <i>Green Peas and Onions</i> <i>Cauliflower and Carrots</i> <i>Whole Wheat Bread</i>	20 <i>Hamburger</i> <i>Lettuce and Tomato</i> <i>Baked Beans</i> <i>Graham Crackers and Peaches</i>	21 <i>Tuna Salad Sandwiches</i> <i>Mandarin Orange Salad</i> <i>Pretzels</i>
23 <i>Peach Orange</i> <i>BBQ Chicken</i> <i>Sour Cream and Chive Potato</i> <i>Steamed Spinach</i> <i>Whole Wheat Bread</i>	24 <i>Chili with Vegetables</i> <i>Brown Rice</i> <i>Whole Wheat Bread</i> <i>Tossed Salad</i>	25 <i>Chicken Parmesan</i> <i>Sour Cream and Chive Potatoes</i> <i>Italian Blend Vegetables</i> <i>Graham Crackers</i>	26 <i>Sliced Roasted Turkey In Gravy</i> <i>Sweet Potato Casserole</i> <i>Broccoli Cuts</i> <i>Whole Wheat Rolls</i>	27 <i>Meat Loaf</i> <i>Corn Casserole</i> <i>Mashed Potatos and gravy</i> <i>Mixed Greens Salad</i>	28 <i>Egg Salad Sandwiches</i> <i>Potato Chips</i> <i>Broccoli Salad</i> <i>Peaches</i>
					<i>All meals are served with water, 1/2 pint of 1% milk and a choice of coffee or tea</i>

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?

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And

we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"

On Mondays we have trail mix and seasonal fruit.

Tuesdays we have chips or crackers and dips.

Wednesdays we have cookies and yogurt.



Thursdays we have some sort of egg roll or wrap.

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

Come join us!

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

**Our Goal is to keep
our members out of
nursing homes**



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

called Grace Place. 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 (after Grand Opening)



Monday through
Friday from 7:30 until
6:00
Saturdays from 12:00
to 6:00
We are closed on Sun-

days.

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 de-
pendability 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.