



The Official Newsletter

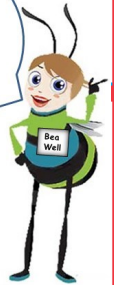
# Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 4, Issue 2

February 2017

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For more health  
tips and useful  
information



## February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
		<b>1</b> 9:30 L.O.V.E. Club or <i>or-American Heritage &amp; Health Week</i> 1:00 Book Club- <i>or-Nat'l Candy Making Day</i>	<b>2</b> 9:30 Art Club- <i>or-</i> <b>Candlemas Day</b> 1:00 Hunting and Fishing Club - <i>or-Groundhog and Hedgehog Day</i>	<b>3</b> 9:30 S.O.L.V.E. Club - <i>or- Bubblegum Day</i> 1:00 Garden- ing Club- <i>or- Nat'l Wear Red for Heart Disease Awareness Day</i>	<b>4/5 OPEN BY APPOINTMENT</b> 2:00 Bingo or Card Player's Club
<b>6</b> 9:30 Natu- ral Resources Club <i>-or- Nat'l Frozen Yogurt Day</i> 1:00 Glee Club <i>-or-</i> <b>International Boost Self-Esteem Month</b>	<b>7</b> 9:30 On a Mission Club - <i>or- Bead Project</i> 1:00 S.O.M.E. CLUB - <i>or- Wave All Your Fingers at Your Neighbors Day</i>	<b>8</b> 9:30 UK Fan Club <i>-or-Nat'l Boy Scouts Day</i> 1:00 Book Club- <i>or-Love Makes the World Go Round, But Laughter Keeps Us From Getting Dizzy Week</i>	<b>9</b> 9:30 Art Club- <i>or-</i> <b>National Pizza Pie Day Project</b> 1:00 Hunting and Fishing Club- <i>or-</i> <b>Read in the Bath- tub Day</b>	<b>10</b> 9:30 S.O.L.V.E. Club - <i>or-Creative Romance Month</i> 1:00 Gardening Club <i>-or-Name That Tune Game</i>	<b>11/12 OPEN BY APPOINTMENT</b> 2:00 Bingo or Card Player's Club
<b>13</b> 9:30 Natural Resources Club - <b>Get a Different Name Day Activity</b> 1:00 Glee Club - <b>International Flirting Week (February 12-18)</b>	<b>14</b> 9:30 On a Mission Club <i>-or- National Have-a-Heart Day</i> 1:00 S.O.M.E. Club <i>-or- Diabe- tes Awareness Presentation from Gateway Health</i>	<b>15</b> 9:30 L.O.V.E. Club - <i>or- National Gumdrop Day</i> 1:00 <b>Book Club</b> <i>-or-Random Acts of Kindness Week (Feb. 12- 18) Explained</i>	<b>16</b> 9:30 Art Club <i>-or- Wise Health Care Con- sumer Month</i> 1:00 Hunting & Fishing Club- <i>or-</i> <b>Spunky Old Broads Month Discussion</b>	<b>17</b> 9:30 S.O.L.V.E. Club <i>or</i> <b>-My Way Day?</b> 1:00 Gardening Club <i>-or-Random Acts of Kindness Day Activity</i>	<b>18/19 OPEN BY APPOINTMENT</b> 2:00 Bingo or Card Player's Club
<b>20</b> 9:30 Natural Resources Club <i>-or-</i> <b>Presidents' Day Presentation</b> 1:00 Glee Club <i>-or-</i> <b>Love Your Pet Day Project</b>	<b>21</b> 9:30 On a Mission Club <i>-or</i> <b>-National Senior Independence Month Discussion</b> 1:00 S.O.M.E.Club <i>-or</i> <b>Travel Africa Day</b>	<b>22</b> 9:30 UK Fan Club <i>-or- Incon- venience Your- self Day</i> 1:00 Book Club <i>-or-</i> <b>Nat'l Margarita Day Celebrated With Margarita Pedicures</b>	<b>23</b> 9:30 Art Club- <i>or-</i> <b>Curling Is Cool Day (what IS curling?)</b> 1:00 Hunting & Fishing Club <i>-or-Single -Tasking Day Game</i>	<b>24</b> 9:30 S.O.L.V.E. Club- <i>or-Gregorian Calendar Day</i> <b>Explored</b> 1:00 Gardening Club- <i>or-American Heart Month Game and Quiz</i>	<b>25/26 OPEN BY APPOINTMENT</b> 2:00 Bingo or Card Player's Club
<b>27</b> 9:30 Natural Resources Club <i>-or-What is Shrove Monday</i> 1:00 Glee Club <i>-or</i> <b>- National Straw- berry Day Activity</b>	<b>28</b> 9:30 On a Mission Club <i>-or-</i> <b>Bea Bucks Auc- tion</b> 1:00 S.O.M.E.Club- <i>or-</i> <b>Fat Tuesday and Mardi Gras Celebration</b>	<b>Come Join Us and Be Loved!</b>			

### 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. and Sun. by appointment. 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

— The finish on a vehicle, like skin, 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.*

Continued from last month's article taken from *Best-Auto-Detailing-Tips.com*.... If you are fortunate to have one of these single stage paint jobs (no clear coat), consider yourself unlucky, as they are definitely harder to work with than a clear coated car.

Q.- IS THERE EVER A REASON A CAR WOULDN'T HAVE CLEAR COAT?

A.- Yes. The following would represent cases where a car would not have clear coat:  
Some commercial trucks/cars may be ordered with single stage paint only.

Body shops still paint cars with a single stage paint with no clear coat top coat. This is simply a way for a person to spend less on re-paint. It is also a way for a body shop to come in with a lower quote to an ignorant person.

Clear-coat or 2-stage paint is definitely the better choice but costs more. If you have ever gotten a car repainted or had body work done, the estimate will indicate this.

Q.- IF I AM IN DOUBT, IS THERE A WAY TO DETERMINE FOR SURE IF MY CAR HAS CLEAR COAT?

A.- Yes. Use a clean rag with some polishing compound and rub with firm pressure in an inconspicuous area. If there is no clear coat, the rag will have color from the car paint on it. As we have learned, virtually all cars have clear coat so your rag will most likely only show signs of the polish as the clear coat has no color to it.

Q.- DOES CAR CLEAR COAT REQUIRE SPECIAL CARE?

A.- As a general rule, clear coated cars require the same care as any car without clear coat. Traditional methods of washing, waxing, and polishing would apply. Clear coat paint requires the same care and requirements of non-clear coated car paint.

Q.- WHAT IS MEANT BY CLEAR

COAT SAFE CAR CARE PRODUCTS?

A.- Since virtually every car comes with clear coat, "Clear coat safe" products are a way for the car care industry to exploit the ignorance of consumers by labeling "clear coat safe" on the package labeling. If you are Johnny Consumer and stand there in the car care aisle at the retailer looking at two containers of car wax or car polish, one product says it is clear coat safe, the other doesn't. By default due to your ignorance, most people will choose the product labeled "clear coat safe" just as a precaution.

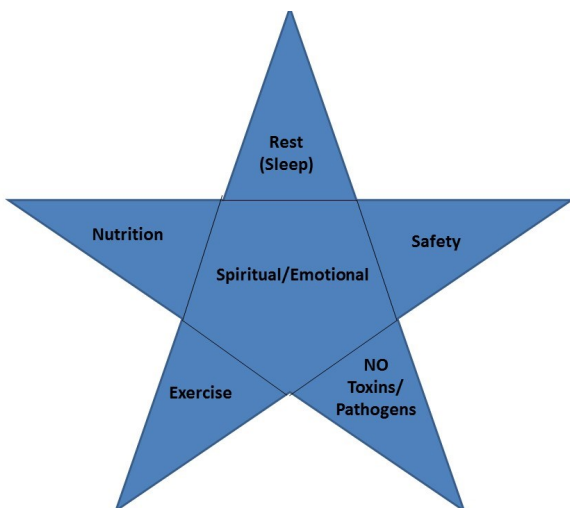
The manufacturer just put a level of doubt in your head with the power of suggestion; they suggest you need a product that is clear coat safe. The fact is that all products will be clear coat safe based on ingredients alone due to the basic fact that virtually every car will have a clear coat. This is not to say that any product could not be used in an unsafe manner; that is entirely different... which leads to the next question:

Q.- I HEARD SOME CAR CLEAR COATS ARE VERY SOFT AND REQUIRE SPECIAL PRODUCTS?....

To be continued next month....

## Points From the Health Star

taken from [www.cdc.gov/mrsa/healthcare/patient/index.html#a1](http://www.cdc.gov/mrsa/healthcare/patient/index.html#a1)



In healthcare facilities such as hospitals and nursing homes, patients most likely to get an MRSA infection are those with other health conditions making them sick. Also, hospital or nursing home patients who have been treated with antibiotics, have wounds or invasive medical devices such as catheters are more likely to get an infection. Being treated in the same room as or close to another patient with MRSA also increases a patient's risk, as the bacteria are easily spread on unclean hands or medical equipment.

People who are healthy and who have not been in the hospital or a nursing home can also get MRSA infections. These infections usually involve the skin. There are the steps you can take to reduce your risk of MRSA infection:

Maintain good hand and body hygiene. Wash hands often, and clean your body regularly, especially after exercise. Keep cuts, scrapes and wounds clean and covered until healed. Avoid sharing personal items such as towels and razors. At Aging With Grace, we are proactive about hygiene and will make an appointment with our member's physician if we suspect infection.



# February Menu

## M-F 12:00 Dinner at Noon

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



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 &amp; Adult Care Food Program</p>		<p><b>1</b></p> <p><i>Country Fried Steak</i> <i>Baked Potatoes</i> <i>Macaroni &amp; Cheese</i> <i>Broccoli</i> <i>Whole Wheat Bread</i></p>	<p><b>2</b></p> <p><i>Beef and Broccoli</i> <i>Black Beans</i> <i>Rice</i> <i>Whole Wheat Bread</i> <i>Pineapple</i></p>	<p><b>3</b></p> <p><i>Fettuccini Alfredo</i> <i>Tossed Salad w/dressing</i> <i>Garlic Bread</i> <i>Fruit and Jello</i></p>	<p><b>4/5</b></p> <p><i>Ham Sandwiches</i> <i>Cottage Cheese</i> <i>Garden Tomatoes</i> <i>Fresh Fruit Mix</i></p>
<p><b>6</b></p> <p><i>Turkey Breast Slices</i> <i>Stuffing</i> <i>Cranberry Sauce</i> <i>Mashed Potatoes/Gravy</i> <i>Green Beans</i> <i>Rolls</i></p>	<p><b>7</b></p> <p><i>Beef Pot Roast</i> <i>Mixed Vegetables &amp; Potatoes</i> <i>Applesauce</i> <i>Whole Wheat Bread</i></p>	<p><b>8</b></p> <p><i>Spaghetti &amp; Meatballs</i> <i>Garden Salad/ranch dressing</i> <i>Savory Peas</i> <i>Garlic Bread</i></p>	<p><b>9</b></p> <p><i>Battered Fish</i> <i>Broccoli and Cheese</i> <i>Rice</i> <i>Cottage Cheese</i> <i>Pears</i> <i>Whole Wheat Bread</i></p>	<p><b>10</b></p> <p><i>Pork Boneless BBQ Ribs</i> <i>Crispy Potato Wedges</i> <i>Corn niblets</i> <i>Whole Wheat Bread</i> <i>Cole Slaw</i></p>	<p><b>11/12</b></p> <p><i>Roast Beef Sandwiches</i> <i>Waldorf Salad</i> <i>Potato Chips</i> <i>Fruit Yogurt</i></p>
<p><b>13</b></p> <p><i>Fettuccini With Chicken and Broccoli</i> <i>Carrot Salad</i> <i>Garlic Bread</i></p>	<p><b>14</b></p> <p><i>Meat Loaf</i> <i>Mashed Potatoes &amp; Gravy</i> <i>Corn Nuggets</i> <i>Fresh Fruit</i></p>	<p><b>15</b></p> <p><i>Cheddar and Ham</i> <i>Potato Bake</i> <i>Green Beans</i> <i>Fried Apples</i> <i>Whole Wheat Bread</i></p>	<p><b>16</b></p> <p><i>Vermont White Cheddar</i> <i>Macaroni &amp; Cheese</i> <i>Peas</i> <i>Fruit Cocktail</i> <i>Whole Wheat Bread</i></p>	<p><b>17</b></p> <p><i>Sweet and Sour Chicken</i> <i>Broccoli and Carrots</i> <i>White Rice</i> <i>Mandarin Oranges</i> <i>Egg Rolls</i></p>	<p><b>18/19</b></p> <p><i>Tuna Salad Sandwiches</i> <i>Mandarin Orange</i> <i>Green Salad w/dressing</i> <i>Pretzels</i> <i>Fresh Fruit &amp; Dip</i></p>
<p><b>20</b></p> <p><i>Chicken and Shrimp Linguine</i> <i>Zucchini, and Broccoli</i> <i>Whole Wheat Bread</i> <i>Carrot Salad</i></p>	<p><b>21</b></p> <p><i>Three Cheese Tortellini in Marinara Sauce</i> <i>Tossed Salad</i> <i>Whole Wheat Bread</i> <i>Peaches</i></p>	<p><b>22</b></p> <p><i>Pork Chops</i> <i>Mashed Potatoes &amp; Gravy</i> <i>Fried Apples</i> <i>Salad &amp; Dressing</i></p>	<p><b>23</b></p> <p><i>Herb Roasted Chicken</i> <i>Mashed Potatoes</i> <i>Corn</i> <i>Green Beans</i> <i>Whole wheat bread</i></p>	<p><b>24</b></p> <p><i>Slow Roasted Beef</i> <i>Mashed Potatoes and Gravy</i> <i>Green Beans</i> <i>Peaches</i></p>	<p><b>25/26</b></p> <p><i>Egg Salad Sandwiches</i> <i>Potato Chips</i> <i>Broccoli Salad</i> <i>Peaches</i></p>
<p><b>27</b></p> <p><i>Chicken &amp; Dumplings</i> <i>Mixed Vegetables</i> <i>Fruit Salad</i> <i>Whole Wheat Bread</i></p>	<p><b>28</b></p> <p><i>Three Meat and Four Cheese Lasagna</i> <i>Tossed Salad</i> <i>Garlic Bread</i> <i>Watermelon</i></p>				

## TEA & A TALE TIME 3:30 to 4:30

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?

- Bobby Darin - Splish, Splash, I Was Havin' A Flash
- Herman's Hermits - Mrs. Brown, You've Got A Lovely Walker
- Ringo Starr - I Get By With A Little Help From My Depends
- The Bee Gees - How Can You Mend A Broken Hip
- Roberta Flack - The First Time Ever I Forgot Your Face

- Tony Orlando - Knock 3 Times On The Ceiling If You Hear Me Fall
- Helen Reddy - I Am Woman, Hear Me Snore
- Leslie Gore - It's My Procedure, And I'll Cry If I Want To
- And Last but NOT least...
- Willie Nelson - On the Commode Again

On Mondays we have a variety of seasonal fruit and cheeses. Tuesdays we have crackers and spreads. Wednesdays we have cookies and yogurt. Thursdays we

have different kinds of hors d'oeuvres. 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**

**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 in a 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 individ-  
ual 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 un-  
merited 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**



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).

### **WE ARE OPEN:**

**Monday through Friday  
from 7:30 until 6:00**

**Saturdays and Sundays are  
by appointment.**

**We are closed on New Year's  
Day, The Fourth of July,  
and Christmas Day.**

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

**Hourly Fees: \$10  
(includes food and  
activity supplies)**

**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 which  
includes a Wellness Map**

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