



# Aging With Grace®

The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 5, Issue 2

February 2018

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## February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p><b>We love our members!</b> Members choose what they would like to do while at the clubhouse. A pleasant place for napping is provided!</p>			<p><b>1</b> 9:30 Art Club- or-<i>National Dark Chocolate Day</i> 1:00 Sportsman's Club- or- <i>Robinson Crusoe Day</i></p>	<p><b>2</b> 9:30 S.O.L.V.E. Club or - <i>Bubblegum Day</i> 1:00 Gardening Club -or- <i>National Wear Red Day</i></p>	<p><b>3/4 OPEN BY APPOINTMENT</b> 2:00 Bingo or Card Player's Club</p>
<p><b>5</b> 9:30 Natural Resources Club -or- <i>National Bird Feeding Month</i> 1:00 Glee Club -or- <i>Children's Authors and Illustrators Week</i></p>	<p><b>6</b> 9:30 On a Mission Club -or- <i>Int'l Boost Self Esteem Month</i> 1:00 S.O.M.E. Club -or- <i>Creative Romance Month</i></p>	<p><b>7</b> 9:30 UK Fan Club -or- <i>Wave All Your Fingers At Your Neighbor Day</i> 1:00 Book Club- or- <i>National Signing Day</i></p>	<p><b>8</b> 9:30 Art Club- or- <i>Boy Scouts</i> 1:00 Sportsman's Club- or- <i>Love May Make the World Go Round But Laughter Keeps Us From Getting Dizzy Week</i></p>	<p><b>9</b> 9:30 S.O.L.V.E. Club -or- <i>National Pizza Pie Day</i> 1:00 Gardening Club - or- <i>Read In The Bathtub Day</i></p>	<p><b>10/11 OPEN BY APPOINTMENT</b> 2:00 Bingo or Card Player's Club</p>
<p><b>12</b> 9:30 Natural Resources Club - <i>Random Acts of Kindness Week (Feb. 11-17)</i> 1:00 Glee Club - <i>Int'l Flirting Week (Feb. 11-17)</i></p>	<p><b>13</b> 9:30 On a Mission Club -or- <i>Get A Different Name Day</i> 1:00 S.O.M.E. Club -or- <i>Madly In Love With Me Day</i></p>	<p><b>14</b> 9:30 U.K. Fan Club -or- <i>Ferris Wheel Day</i> 1:00 Book Club -or- <i>Valentine's Day Party Following True Love Dinner</i></p>	<p><b>15</b> 9:30 Art Club - or- <i>American Heart Month</i> 1:00 Sportsman's Club -or- <i>National Wedding Month</i></p>	<p><b>16</b> 9:30 S.O.L.V.E. Club or- <i>Chinese New Year—Year of the Dog</i> 1:00 Gardening Club -or- <i>National Almond Day</i></p>	<p><b>17/18 OPEN BY APPOINTMENT</b> 2:00 Bingo or Card Player's Club</p>
<p><b>19</b> 9:30 Natural Resources Club -or- <i>President's Day</i> 1:00 Glee Club -or- <i>National Cherry Month</i></p>	<p><b>20</b> 9:30 On a Mission Club -or- <i>Nat'l Senior Independence Month</i> 1:00 S.O.M.E. Club -or- <i>Wise Healthcare Consumer Month</i></p>	<p><b>21</b> 9:30 UK Fan Club -or- <i>Plant the Seeds of Greatness Month</i> 1:00 Book Club -or- <i>Spunky Old Broads Month</i></p>	<p><b>22</b> 9:30 Art Club- or- <i>Digital Learning Day</i> 1:00 Sportsman's Club- or- <i>National Chili Day</i></p>	<p><b>23</b> 9:30 S.O.L.V.E. Club -or- <i>Curling Is Cool Day</i> 1:00 Gardening Club -or- <i>National Tile Day</i></p>	<p><b>24/25 OPEN BY APPOINTMENT</b> 2:00 Bingo or Card Player's Club</p>
<p><b>26</b> 9:30 Natural Resources Club -or- <i>For Pete's Sake Day</i> 1:00 Glee Club -or- <i>National Pistachio Day</i></p>	<p><b>27</b> 9:30 On a Mission Club - <i>Int'l Polar Bear Day</i> 1:00 S.O.M.E. Club - <i>National Strawberry Day</i></p>	<p><b>28</b> 9:30 UK Fan Club -or- <i>Inconvenience Yourself Day</i> 1:00 Book Club -or- <i>National Tooth Fairy Day</i></p>	<p><b>Come Join Us Be Loved</b></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: Meet One Of Our Precious Volunteers

Erma has been with us since the beginning...even before our beginning, actually. I placed an ad in the Hamburg Journal prior to opening in May of 2015 telling people about Aging With Grace and what The Health Club for Seniors could do for them. Erma was the only phone call I received from that expensive ad and I am so grateful for her. Erma is a retired licensed practical nurse, an LPN, and she has practiced nursing for 40 years. Erma grew up in Eastern Kentucky and is a faithful supporter of Frontier Nursing University. Erma has lost her parents and her husband. She understands the aging process and wants to improve our health care delivery system.

Most nurses, in my opinion, are left brain people. They are good

with facts and figures and language. Erma is exceptional because she uses both sides of her brain. Because she is artistic, creative, and full of new ideas, she has helped us immensely with suggestions for improvement which we have implemented. Erma has also helped us with activities and projects with our members. Her tea parties and card making is legendary. So is her handwriting. Erma does everything with grace and style, making life a little sweeter and more enjoyable for all. And in a pinch, Erma has used her nursing skills at Aging With Grace. But she prefers her right brain in her retirement. We are just one of the recipients of Erma's benevolence. She has also been a long term volunteer with

AVOL and her church. Her family comes first, of course. Her son and granddaughter are blessed, as are her siblings and many nieces and nephews.



## Bee Well's Buzz on Health: Happy and Healthy...by DG Gridley

Do you want to feel good and be happy? To be as healthy and happy as possible, you must take action. To take action, you must take responsibility for yourself. It all starts with your attitude. Stop blaming whatever. Stop pretending this or that is going to happen. Be thankful. Seek truth. Search for reality. And remember: God loves you



We are all given a set of circumstances that form our template for living. Some of us are born into wealth, some into poverty. Some are physically attractive and some are not. Some are healthy and some have health challenges from the start. I believe God has given us what He wanted us to have with the expectation that we are to do the best we can with what He has given us. He is God. Who are we to question Him? I also believe God has given us scripture along with the ability to read so we can seek truth. Of course we all make mistakes. God is a God of mercy and He knows our hearts (our attitude). Having a heart full of love for God and others, a heart for seeking truth and justice, a heart full of forgiveness and mercy will make you happy and healthy. God does not control people. You have to decide whether to seek God's will (good) or do your own will (bad). Serving God and others will make you healthier and happier!



# February Dinner Menu

Dinner is from Noon To 1:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
<p>Dinner At Noon is 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> <i>New Orleans Pasta Tossed Salad Sliced Apples Garlic Bread</i></p>	<p><b>2</b> <i>Pepperoni Pizza Tossed Salad Corn and Green Beans Fresh Tangerines</i></p>	<p><b>3/4</b> <i>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</i></p>
<p><b>5</b> <i>Country Fried Steak Mashed Potato &amp; Gravy Broccoli Mixed Fruit Whole Wheat Bread</i></p>	<p><b>6</b> <i>Macaroni &amp; Cheese Baked Sweet Potato House Salad Green Beans Whole Wheat Bread</i></p>	<p><b>7</b> <i>Slow Cooked Chicken &amp; Dumplings Broccoli Pears Whole Wheat Bread</i></p>	<p><b>8</b> <i>Homemade Black Beans Seasoned Rice House Salad Baked Sweet Potato Whole Wheat Bread</i></p>	<p><b>9</b> <i>Liver and Onions Rice Cabbage Applesauce Whole Wheat Bread</i></p>	<p><b>10/11</b> <i>Roast Beef Sandwiches Potato Salad Fruit Cup Yogurt</i></p>
<p><b>12</b> <i>Chicken Pot Pie House Salad Whole Wheat Bread Fresh Fruit</i></p>	<p><b>13</b> <i>Beer Battered Shrimp French Fries Coleslaw Fresh Fruit Whole Wheat Bread</i></p>	<p><b>14</b> <i>Chili Dog With Cheese Potato Salad Carrot Sticks Fresh Fruit</i></p>	<p><b>15</b> <i>Grilled Salmon Rice Green Beans Texas Toast Sliced Tomatoes</i></p>	<p><b>16</b> <i>Meatloaf Mac &amp; Cheese Kale Salad Fried Okra Whole Wheat Rolls</i></p>	<p><b>17/18</b> <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels</i></p>
<p><b>19</b> <i>Loaded Baked Potato Soup Green Beans Whole Wheat Bread Fresh Fruit</i></p>	<p><b>20</b> <i>Scratch Burgers French Fries Baked Beans Whole Wheat Bun Oranges</i></p>	<p><b>21</b> <i>BBQ Baby Back Ribs Cole Slaw Baked Potato Whole Wheat Bread Peaches</i></p>	<p><b>22</b> <i>Lemon Pepper Fish Tossed Salad Rice Sweet Potato Whole Wheat Bread</i></p>	<p><b>23</b> <i>Roast Beef Mashed Potatoes Green Beans Whole Wheat Bread Fruit</i></p>	<p><b>24/25</b> <i>Egg Salad Sandwiches Yogurt Green Salad w/dressing Chex Mix</i></p>
<p><b>26</b> <i>Pork Chop Hash Brown Casserole Brussel Sprout Salad Fruit Corn Muffins</i></p>	<p><b>27</b> <i>BBQ Chicken Mashed Potatoes Cole Slaw Whole Wheat Bread Applesauce</i></p>	<p><b>28</b> <i>Rainbow Trout Baked Potato Garden Salad Fresh Fruit Whole Wheat Bread</i></p>			

## Dinner...Did You Know...?

We have a routine that begins at 11:30. First, we put the tables and chairs back after exercising. Then, uplifting instrumental music and beautiful pictures are put on the big screen television in the Linton Lounge (the space we use as the dining room). Next, the tables are set with tablecloth, chargers, knife, fork, spoon, and cloth napkins. The hand sanitizer is passed. Then the milk is poured and placed on the table. The din-

ing director asks each member if they would like tea or coffee with their meal and makes sure each member has water in front of them. Then the music is paused and the dinner bell is rung, signifying it is time for a moment of silence for thankfulness. After that the salad or fruit is served with the bread, followed by the main course. As the disposables are cleared after the meal, the dining director

asks if the members would like more tea or coffee. Please come join us!







# February Breakfast Menu

Continental Breakfast 8-9



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
			1 Waffles Applesauce	2 Hash Browns Boiled Eggs	3/4 Cereal Fresh Fruit Mix
5 Pancakes Fresh Fruit	6 Blueberry Muffin Mixed Fruit	7 French Toast Fresh Fruit	8 Whole Wheat English Muffin Fruit	9 Flavored Grits Bananas	10/11 Cereal Fresh Fruit Mix
12 Boiled Egg Toast	13 Whole wheat Bagel Cream Cheese Oranges	14 Hash Browns Eggs	15 Oatmeal Fruit	16 Banana Muffin Boiled Eggs	17/18 Cereal Fresh Fruit Mix
19 Waffles Applesauce	20 Toast Fresh Pineapples	21 Oatmeal Fruit	22 Blueberry Muffin Mixed Fruit	23 Whole Wheat English Muffin Fruit	24/25 Cereal Fresh Fruit Mix
26 Cinnamon Toast Fresh Fruit Mix	27 Flavored Grits Fresh Fruit Mix	28 Pancakes Fresh Fruit		<p>Breakfast is 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>	

## 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!



# February Tea & A Tale Time Menu

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



**YUM**

Mon	Tue	Wed	Thu	Fri	Sat./Sun.
			<i>1</i> Boiled Eggs Celery and Carrot Sticks	<i>2</i> Cheese Blocks and Apple Wedges	<i>3/4</i> Soft Pretzels and Cheese Dip
<i>5</i> Fresh Fruit & Cheese	<i>6</i> Cottage Cheese and Fruit	<i>7</i> Pimento Cheese Sandwiches	<i>8</i> Chicken Salad Sandwich	<i>9</i> Mozzarella Balls Basil Leaves Grape Tomatoes	<i>10/11</i> Deviled Eggs Crackers
<i>12</i> Cheese & Crackers Fruit	<i>13</i> Peanut Butter and Crackers Apple Slices	<i>14</i> Chicken Salad Sandwich	<i>15</i> Cottage Cheese, Peaches	<i>16</i> Fresh Pineapple And Ham Kabobs	<i>17/18</i> Fresh Fruit Mix Peanut Butter Crackers
<i>19</i> Cheese, Crackers Applesauce	<i>20</i> Fresh Veggies and Ranch Dip and nuts	<i>21</i> Egg Salad Sandwich	<i>22</i> Cottage Cheese Pineapple	<i>23</i> Dried Figs Dried Apricots Pita Bread with Cream Cheese	<i>24/25</i> Cheese & Crackers
<i>26</i> Fresh Fruit & Cheese	<i>27</i> Ham & Cheese Crackers	<i>28</i> Tuna Salad Sandwich		<p>Ageing With Grace is part of the KY Dept. of Ed. Child &amp; Adult Care Food Program</p>	

## 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?

Knock, Knock  
Who's there?  
Noah.  
Noah who?  
Noah good place we can get something to eat?

Knock, knock  
Who's there?  
Iva.  
Iva who?  
I've a sore hand from knocking!

Knock, knock!  
Who's there?  
Snow.  
Snow who?  
Snowbody!

Knock, knock!  
Who's there?  
Abby.  
Abby who?  
Abby Valentine's Day!



## Aging With Grace®

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We're On the  
Web  
[www.AgingWithGraceInfo.org](http://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 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  
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



**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 for delayed open-  
ings 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.*