



Aging With Grace®

The Official Clubhouse Newsletter

Filled with monthly activities, menus, health tips and fun facts!

Volume 7, Issue 2
February 2020

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Happy February!

Calendar of Clubhouse Group Activities from 11am to 1pm and 2pm to 3:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<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>					
<p>3 Natural Resources Club National Carrot Cake Day Improve Energy Glee Club Dump Your Significant Jerk Week Basketball</p>	<p>4 On a Mission Club National Homemade Soup Day Improve Strength S.O.M.E. Club National Thank a Mail Carrier Day Kickball</p>	<p>5 UK Fan Club National Signing Day Improve Mobility Book Club Weatherperson's Day Balloon Volleyball</p>	<p>6 Art Club National Frozen Yogurt Day Improve Strength Sportsman's Club American Heart Month Mind/Body Games</p>	<p>7 S.O.L.V.E. Club National Bubblegum Day Improve Balance Gardening Club National Wave All Your Fingers at Your Neighbors Day Corn Hole</p>	<p>1/2 OPEN BY APPOINTMENT Bingo or Card Player's Club</p>
<p>10 Natural Resources Club World Pulses Day Improve Energy Glee Club World Marriage Day Basketball</p>	<p>11 On a Mission Club Extraterrestrial Culture Day Improve Strength S.O.M.E. Club Get Out Your Guitar Day Kickball</p>	<p>12 UK Fan Club Improve Mobility Ogiethorpe Day Book Club National Plum Pudding Day Balloon Volleyball</p>	<p>13 Art Club Get a Different Name Day Improve Strength Sportsman's Club World Radio Day Mind/Body Games</p>	<p>14 S.O.L.V.E. Club Ferris Wheel Day Improve Balance Gardening Club National Cream Filled Chocolate Day Corn Hole</p>	<p>8/9 OPEN BY APPOINTMENT Bingo or Card Player's Club</p>
<p>17 Natural Resources Club My Way Day Improve Energy Glee Club Random Acts of Kindness Day Basketball</p>	<p>18 On a Mission Club Creative Romance Month Improve Strength S.O.M.E. Club Int'l Boost Your Self Esteem Month Kickball</p>	<p>19 UK Fan Club National Chocolate Mint Day Improve Mobility Book Club Library Lover's Month Balloon Volleyball</p>	<p>20 Art Club Northern Hemisphere Hoodie-Hoo Day Improve Strength Sportsman's Club National Cherry Pie Day Mind/Body Games</p>	<p>21 S.O.L.V.E. Club Int'l Mother Language Day Improve Balance Gardening Club National Sticky Bun Day Corn Hole</p>	<p>22/23 OPEN BY APPOINTMENT Bingo or Card Player's Club</p>
<p>24 Natural Resources Club National Tortilla Chip Day Improve Energy Glee Club World Bartender Day Basketball</p>	<p>25 On a Mission Club National Chocolate Covered Peanuts Day Improve Strength S.O.M.E. Club World Spay Day Kickball</p>	<p>26 UK Fan Club For Pete's Sake Day Improve Mobility Book Club National Pistachio Day Balloon Volleyball</p>	<p>27 Art Club Int'l Polar Bear Day Improve Strength Sportsman's Club National Chili Day Mind/Body Games</p>	<p>28 S.O.L.V.E. Club Chocolate Souffle Day Improve Balance Gardening Club National Tooth Fairy Day Corn Hole</p>	<p>29 OPEN BY APPOINTMENT Bingo or Card Player's Club</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 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.”

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

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 5th Exercise (see previous issues)

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.

5. Cobra Pose: Back Extension

Why It’s Good for You: This move strengthens the erector spinae (the back muscles that extend your spine and prevent slouching) and other low back muscles.

Starting Position: Lie on your stomach with palms flat on the floor near your ribs. Extend your legs straight behind you, and press the tops of your feet into the floor.

The Move: Exhale strongly and pull your abdominal muscles in and up toward your spine. Lengthen out through your

spine and slowly raise your head and chest off the floor, using only your back muscles. Do not push down into your arms to press up. Keep your hip bones on the floor, and gaze down at the floor to relax your neck muscles. Slowly lower back down. Repeat three to five times, adding more as your lower back gets stronger

Increase the Intensity: Reach your arms long beside your head. Keep your elbows straight.

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



February Dinner Menu

Dinner is from 1:00 To 2:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
		<p>Dinner At Noon is served with milk and water, choice of coffee or hot or cold tea.</p>			<p>1/2 Ham Sandwiches Cole Slaw Popcorn</p>
		<p>3 Chicken Fingers French Fries Broccoli Mixed Fruit Garlic Toast</p>	<p>4 Kabobs Greek Salad Tropical Fruit Whole Wheat Bread</p>	<p>5 New Orleans Pasta Green Beans Pears Croissants</p>	<p>6 Beef Chili House Salad Baked Potato Peaches Crackers</p>
<p>10 Kentucky Philly Baked Potato Garden Salad Fruit Yeast Roll</p>	<p>11 Pizza Tossed Salad Pineapple</p>	<p>12 Grilled Chicken Mashed Potatoes Green Beans Mixed Fruit</p>	<p>13 Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple</p>	<p>14 Loaded Red Beans Tomato & Corn Medley Yellow Rice Fresh Fruit</p>	<p>15/16 Tuna Salad Sandwiches Mandarin Oranges Corn Chips</p>
<p>17 Slow Roasted Beef House Salad Fruit Whole Wheat Bread</p>	<p>18 Roasted Turkey/Gravy/ Mashed Potatoes Dressing Green Beans Fruit Whole Wheat Rolls</p>	<p>19 Fish and Chips Broccoli Applesauce Hush Puppies</p>	<p>20 Lasagna Tossed Salad Mandarin Oranges Garlic Sticks</p>	<p>21 Fried Chicken Mashed Potatoes Green Beans Fruit Wheat Buns</p>	<p>22/23 Egg Salad Sandwiches Yogurt Chex Mix</p>
<p>24 Tacos Rice and beans Fruit</p>	<p>25 Sub Sandwiches Potato Chips Tossed Salad Fruit Cups</p>	<p>26 Chinese Stir Fry W/ Shrimp & Veggies Rice Peaches</p>	<p>27 Beef Chili Dog With Cheese Salad Bun</p>	<p>28 Mediterranean Rice Salad Pita Bread</p>	<p>29 Turkey Sandwiches Potato Salad Carrots</p>

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!





February Breakfast Menu

Continental Breakfast 10-11



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
		<p>Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.</p>			1/2 Yogurt Cups
		3 <i>Pancakes</i>	4 <i>Blueberry Muffin</i>	5 <i>Oatmeal</i>	6 <i>Bran Muffin</i>
10 <i>Sausage Biscuit</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>Grits</i>	18 <i>Cold Cereal</i>	19 <i>Fruit Cups</i>	20 <i>Blueberry Muffin</i>	21 <i>Fruit Cups</i>	22/23 <i>Oatmeal</i>
24 <i>Sticky Bun</i>	25 <i>Bran Muffin</i>	26 <i>Breakfast Burritos</i>	27 <i>Yogurt Cups</i>	28 <i>Bananas</i>	29 <i>Cold Cereal</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!



February 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 Fare is Served With Water		 <p>All of our Food Fare meets dietary restrictions</p>			1/2 Cheese and Pretzel Packs
3 Fruit Cups and Peanut Butter Crackers	4 Individual Cottage Cheese Cups	5 Individual Pimento Cheese Sandwiches	Individual Chicken Salad Sandwiches	7 Chex Mix W/ Nuts	8/9 Crackers and Cheese
10 Jello Cups	11 Peanut Butter and Crackers	12 Individual Tuna Salad Sandwiches	13 Egg Rolls	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	25 Cheese & Crackers	26 Chex mix	27 Pudding Cups	28 Chips and Dip	29 Jello Cups and whipped cream

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®

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**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 and 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
10:00am 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, but in extreme conditions,
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 Daily Rate
\$73 per day
(Includes everything but personal
supplies)**

**Club House Hourly Rate
\$16 per hour**

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