



The Official Newsletter

Volume 2, Issue 1

Aging With Grace®

January 2015

If you don't see the registered trademark symbol, it isn't us



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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.
<p>This calendar is an example of some of the daily offerings at The Club after our Grand Opening</p>			1 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	2 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	3 Exercise Club meeting Entertainer
5 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	6 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	7 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	8 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	9 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	10 Exercise Club meeting Entertainer
12 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	13 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	14 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	15 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	16 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	17 Exercise Club meeting Entertainer Spa Time
19 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	20 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	21 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	22 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	23 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	24 Exercise Club meeting Entertainer Spa Time
26 Club meeting Guest Speaker Exercises Spa Time Entertainer	27 Club meeting Guest Speaker Exercises Spa Time Entertainer	28 Club meeting Guest Speaker Exercises Spa Time Entertainer	29 Club meeting Guest Speaker Exercises Spa Time Entertainer	30 Club meeting Guest Speaker Exercises Spa Time Entertainer	31 Exercise Club meeting Entertainer

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

— from an article in the Herald Leader by Charlotte Peterson

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.

Aged human bodies and aged automobiles need special care if they want to be around long enough to become "classics". Here are a few tips on how to keep your human body performing well for a long and active life.

—DG Gridley

Staying physically active is especially important as we age. Beginning around age 50, we lose 1 percent of our muscle mass each year. Over time, this can negatively affect quality of life and our ability to maintain functional independence.

Exercise is the best medicine to protect our quality of life and independence as we age.

Physical activity benefits literally every organ in the body, from our mus-

cles to our brains, promoting not only physical health but also mental and cognitive well being. Physical activity can also help to prevent and alleviate or manage chronic illnesses such as diabetes.

Here are some reminders for staying physically active throughout our older years:

- It's never too late to start. You can benefit from physical activity and exercise even if you've never been an athlete or don't start exercising until a relatively old age. Start with whatever activity level fits your ability and lifestyle.

- Combine endurance and strength training for overall health.

Keep up endurance with aerobic exercise like walking, stationary biking or rowing. This helps maintain energy and stamina to prevent fatigue.

- Keep up your strength with resistance or weight training. Free weights, resistance bands and body weight exercises like squats and push-ups help maintain muscle mass and strength to prevent frailty.

About 150 minutes of activity is recommended each week. That's five times a week for 30 minutes. But some studies show that short bouts of

intense exercise are also beneficial. If you don't have 30 minutes, take the stairs quickly or walk as fast as you can for 10 minutes. Any and all movement is good!

- Make it social. Find a walking buddy or try an exercise class. Not only is there more fun and accountability with an exercise companion, studies suggest that positive social interactions are just as important to our health as physical activity.

- Make it part of your routine. You're more likely to exercise regularly if it's part of your daily schedule and fits in with the rest of your life. Remember that your body changes with age. Your body likely won't respond to exercise the way that it did at age 25, and you may not respond to exercise just like your gym buddy does. This physical variability increases as we age, so keep your expectations in line with your own abilities.

Researchers at the University of Kentucky are currently studying why some older adults respond better to exercise than others.

If you are over 65 and interested in learning about participating in this research, please submit your information at the following link and a member of the research team will contact you in January 2015:
<http://bit.ly/13JxcBK>

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.

The particular blue wavelength of light emitted from screens -- whether it's from the TV, a tablet or even a smartphone -- tricks our internal clocks into thinking it's time to be awake and alert, says Rosen. "If one's bed partner is on their iPhone and the other person is not asleep, it will abso-

lutely interfere."

"Agreeing that the bed and the bedroom is for sleeping and sex only is a good motto," she says. "When it's bedtime, it's bedtime," not Netflix or Instagram time. (Sarah Klein)

Security systems, and other devices in the bedroom may have lights that stay on all night. Taping or draping to block the light is a good idea (My husband has an electric toothbrush that flashes a green light while it is charging so I have to make sure the bathroom door is closed before going to

sleep).

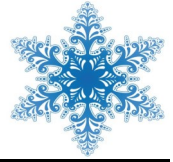
But what about the noises that some of these conveniences produce? Those are sleep busters too, of course. Even a slight beep alerting you of a text message is enough to break into the REM pattern of sleep that is so important for good health.

If you use your cell phone as an alarm to wake you up in the morning, turning it off at night is still a good idea. It should come on automatically at the set alarm time. At least my Blackberry does. Consult a professional, if necessary. Your spouse will thank you!
(DG Gridley)

Aging With Grace®



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



Mon	Tue	Wed	Thu	Fri	Sat
<i>All meals are served with water, 1/2 pint of 1% milk and a choice of coffee or tea</i>			1 Closed for New Year's Day	2 Beef Stew Tossed Salad Pears and Cottage Cheese Whole Wheat Bread	3 Chicken Salad Sandwiches Mixed fruit Whole Grain Chips Cottage Cheese
5 Pork Riblett w/ BBQ sauce Black-eyed Peas Seasoned Collard Greens Whole Wheat Rolls	6 Chicken Breast Fillet Marsala Sauce Brussels Sprouts Mixed Vegetables Whole Wheat Bread	7 Spaghetti w/Meat Sauce Green Peas and Onions Spiced Apple Slices Garlic Bread	8 Roast Pork w/Gravy Whole Kernel Corn Whipped Sweet Potatoes Whole Wheat Bread	9 Baked Chicken Chantilly Potatoes w/ Gravy Capri Blend Vegetables Whole Wheat Bread	10 Roast Beef Sandwiches Watermelon Potato Chips Yogurt
12 Beef Teriyaki Broccoli Cuts Brown Rice Mixed Fruit Graham Cracker	13 Chicken Salad Applesauce Green Pea Salad Whole Wheat Bread	14 BBQ Shredded Pork Whole Wheat Bun Ranch Beans Cole Slaw Watermelon	15 Chicken Pomodore Green Peas and Onions Cauliflower and Carrots Whole Wheat Bread	16 Hamburger Lettuce and Tomato Baked Beans Graham Crackers and Peaches	17 Tuna Salad Sandwiches Mandarin Orange Salad Pretzels
19 Peach Orange BBQ Chicken Sour Cream and Chive Potato Steamed Spinach Whole Wheat Bread	20 Sliced Ham and Cheese Applesauce Kidney Bean Salad Whole Wheat Bread	21 Salisbury Steak Seasoned Green Beans Red Bliss Potatoes Whole Wheat Bread	22 Sliced Roasted Turkey In Gravy Sweet Potato Casserole Broccoli Cuts Whole Wheat Rolls	23 Meat Loaf Corn Casserole Mashed Potatos and gravy Mixed Greens Salad	24 Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches
26 Country Meatballs Mashed Potatoes Green Beans Whole Wheat Bread	27 Chicken Parmesan Sour Cream and Chive Potatoes Italian Blend Vegetables Graham Crackers	28 Chili with Vegetables Brown Rice Whole Wheat Bread Tossed Salad	29 Macaroni and Cheese with Ham Stewed Tomatoes Broccoli Cuts Whole Wheat Bread	30 Baked Salmon Baked Potatoes w/ butter /sour cream Lima beans Fresh Fruit	31 Baked Chicken Potato Casserole Green Beans Whole wheat rolls Berry Fruit Salad

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?

Thinking that the presidential candidate needed to show a more human side of himself, his committee advised him to visit an old age home. Walking into the room of an old man, with the cameras whirring, the nominee was surprised when the old man offered him some peanuts from a bowl on the table. "Thank you", said the nominee after being offered more for the

3rd time, "why don't you have some yourself?" "Oh, I can't eat it" said the old man, "I don't have any teeth." "So why do you have them?" asked the confused nominee. "Oh, I like the chocolate around it" was the glib reply.

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!

Aging With Grace®

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We're On the
Web
www.agingwithgraceinfo.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.