



The Official Newsletter

Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 4, Issue 1

January 2017

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tips and useful
information

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
2 9:30 Natural Resources Club –or– <i>National Pet Travel Safety Day</i> 1:00 Glee Club –or– <i>Decorating the January Tree</i>	3 9:30 On a Mission Club –or– <i>National Chocolate Covered Cherry Day</i> 1:00 S.O.M.E. CLUB –or– <i>Bea Bucks Auction</i>	4 9:30 L.O.V.E. Club or UK Fan Club –or– <i>National Spaghetti Day</i> 1:00 Book Club— <i>Trivia Day</i>	5 9:30 Art Club—or– <i>What is Twelfth Night, Eve of Epiphany</i> 1:00 Hunting and Fishing Club –or– <i>Let's Plant Bulbs</i>	6 9:30 S.O.L.V.E. Club –or– <i>National Bean Day</i> 1:00 Gardening Club—or– <i>Truth or Dare Game</i>	2:00 Bingo or Card Player's Club
9 9:30 Natural Resources Club –or– <i>National Clean-Off-Your-Desk Day</i> 1:00 Glee Club –or– <i>Name That Tune Game</i>	10 9:30 On a Mission Club –or– <i>Poetry at Work Day</i> 1:00 S.O.M.E. CLUB –or– <i>Winter Wonderland Craft</i>	11 9:30 L.O.V.E. Club or UK Fan Club –or– <i>Learn Your Name in Morse Code Day</i> 1:00 Book Club— <i>Nat'l Milk Day</i>	12 9:30 Art Club/Hunting & Fishing Club –or– <i>Wolf Moon</i> 1:00 Bridge Club –or– <i>National Hot Tea Day</i>	13 9:30 S.O.L.V.E. Club –or– <i>Blame Someone Else Day</i> 1:00 Gardening Club –or– <i>Why is Friday the Thirteenth Bad Luck</i>	2:00 Bingo or Card Player's Club
16 9:30 Natural Resources Club – <i>Martin Luther King Jr. Day</i> 1:00 Glee Club – <i>Nat'l Nothing, Appreciate a Dragon, & Religious Freedom Day</i>	17 9:30 On a Mission Club –or– <i>Judgment Day</i> 1:00 S.O.M.E. Club –or– <i>Where's Waldo Game</i>	18 9:30 L.O.V.E. Club or UK Fan Club –or– <i>Pooh Day</i> 1:00 Book Club –or– <i>Finish the Rhyme Game</i>	19 9:30 Art Club or Hunting & Fishing Club—or– <i>Get to Know Your Customer Day</i> 1:00 Bridge Club –or– <i>National Popcorn Day</i>	20 9:30 S.O.L.V.E. Club or – <i>National Cheese Lovers Day</i> 1:00 Gardening Club –or– <i>Inauguration Day</i>	2:00 Bingo or Card Player's Club
23 9:30 Natural Resources Club –or– <i>National Pie Day</i> 1:00 Glee Club –or– <i>National Handwriting Day</i>	24 9:30 On a Mission Club –or– <i>Belly Laugh Day</i> 1:00 S.O.M.E. Club –or– <i>National Compliment Day</i>	25 9:30 LOVE Club or UK Fan Club –or– <i>Bingo Day</i> 1:00 Book Club –or– <i>A Room of One's Own Day</i>	26 9:30 Art or –or– <i>National Peanut Brittle Day</i> 1:00 Hunting & Fishing Club –or– <i>Riddle Riddle Ree</i>	27 9:30 S.O.L.V.E. Club—or– <i>Nat'l Chocolate Cake Day</i> 1:00 Gardening Club—or– <i>Int'l Day of Commemoration of the Victims of the Holocaust</i>	2:00 Bingo or Card Player's Club
30 9:30 Natural Resources Club –or– <i>Bubble Wrap Appreciation Day</i> 1:00 Glee Club –or– <i>Inane Answering Message Day</i>	31 9:30 On a Mission Club –or– <i>Inspire Your Heart With the Arts Day</i> 1:00 S.O.M.E. Club—or– <i>Bea Bucks Auction</i>	<h2 style="margin: 0;">Come Join Us and Be Loved!</h2>			

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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. from noon to six. 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.....

Q.- WHAT IS AUTO CLEAR COAT?

A.- Clear coat is the top layer of modern day, factory paint jobs. Clear coat is just that; clear. Simply put, clear coat is paint without any color. Also referred to as 2-stage paint; color coat is first stage, clear coat is second stage.

Q. I HAVE HEARD OF 2-STAGE PAINT; IS THERE ANY CONNECTION?

A. Yes. 2-stage paint is another way of describing the clear coat and base coat system. The color, or base coat is the first stage. The top coat, or clear coat is the second stage.

Q.-WHY IS CLEAR COAT ADDED TO CAR PAINT?

A.- Clear coat serves multiple purposes:

Adds protective layer to color coat.
Creates additional depth and shine to color coat.

UV protector of base coat.

Aids in body shop repairs with the ability to blend paint areas of repair within a single body panel. (Will be of no concern to most of you)

Q.- WHAT DOES CLEAR COAT DO?

A.- Clear coat as we have learned from above is added to protect the lower base or color coat. Car clear coat protects in the following ways:

UV rays

Various forms of harmful chemicals, acid rain, dirt, bird droppings, bee pollen, etc. Basically creates a protective barrier between the color coat and life!

Q.- HOW CAN I TELL IF MY CAR HAS CLEAR COAT?

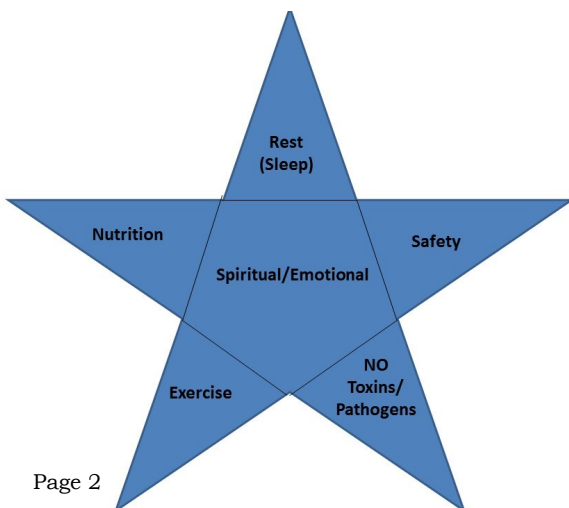
A.- Every car has clear coat; at least virtually every car made since the 80's. I realize I just said the 80's

which leaves a very big window of 30 years, but the fact is that clear coat was introduced little by little based on the car manufacturer. First metallic paint jobs were cleared first, then solid colors. Some solid color paints were still left un-cleared into the 90's and beyond. Today it would be hard to find a car that doesn't have a clear coat as part of the factory paint job. Virtually the only time you would need to question as to whether your car has clear coat or not is in these (2) case:

You have a white car or truck that is older than 5-7 years. In very few exceptions, I will come across a white Toyota truck that has not been painted as a 2-stage paint from the factory. This is rare and the exception to the rule. As I said at the beginning, car manufacturers introduced 2-stage paint jobs slowly. Metallics first, then certain solid colors, with certain solid colors being the last to be cleared. White was one of the very last colors to be cleared and each car manufacturer started making it standard at different times when compared to other manufacturers. (It was possible to still have single stage paint on white Toyota's and Mercedes Benz' into the late 90's)....To be continued next month...

Points From the Health Star

taken from www.cdc.gov/mrsa/healthcare/patient/index.html#a1



What Can I Do to Help Prevent MRSA Infections?

In healthcare facilities, family members of patients can help make sure that all doctors, nurses, and other healthcare providers clean their hands with soap and water or an alcohol-based hand sanitizer before and after touching you. If you do not see your providers clean their hands, ask them to do so. This can be intimidating but it could save lives. After going home, if you have wounds or an intravascular device (such as a catheter or di-

alysis port) make sure that you know how to take care of them.

Ask each day if your temporary medical device (for example, a catheter) can be removed.

If you see the access area start to look infected (red, swollen, warm, draining), call your doctor right away, especially if you have a fever.

Here at Aging With Grace, we are obsessive about sanitizing and hand washing. Next Month: Who is Most Likely to Get an MRSA Infection?



January Menu

M-F 12:00 Dinner at Noon

Sat. 3:30 A Meal and a Movie



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 Swedish Meat Balls Noodles Mixed Vegetables Fresh Fruit Whole Wheat Bread	3 Chicken Parmigiana Pasta Broccoli and Carrots Fresh Fruit Whole Wheat Bread	4 Country Fried Steak Baked Potatoes Macaroni & Cheese Broccoli Whole Wheat Bread	5 Beef and Broccoli Black Beans Rice Whole Wheat Bread Pineapple	6 Fettuccini Alfredo Tossed Salad w/dressing Garlic Bread Fruit and Jello	Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix
9 Turkey Breast Slices Stuffing Cranberry Sauce Mashed Potatoes/Gravy Green Beans Rolls	10 Beef Pot Roast Mixed Vegetables & Potatoes Applesauce Whole Wheat Bread	11 Spaghetti & Meatballs Garden Salad/ranch dressing Savory Peas Garlic Bread	12 Battered Fish Broccoli and Cheese Rice Cottage Cheese Pears Whole Wheat Bread	13 Pork Boneless BBQ Ribs Crispy Potato Wedges Corn niblets Whole Wheat Bread Cole Slaw	Roast Beef Sandwiches Waldorf Salad Potato Chips Fruit Yogurt
16 Fettuccini With Chicken and Broccoli Carrot Salad Garlic Bread	17 Meat Loaf Mashed Potatoes & Gravy Corn Nuggets Fresh Fruit	18 Cheddar and Ham Potato Bake Green Beans Fried Apples Whole Wheat Bread	19 Vermont White Cheddar Macaroni & Cheese Peas Fruit Cocktail Whole Wheat Bread	20 Sweet and Sour Chicken Broccoli and Carrots White Rice Mandarin Oranges Egg Rolls	Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels Fresh Fruit & Dip
23 Chicken and Shrimp Linguine Zucchini, and Broccoli Whole Wheat Bread Carrot Salad	24 Three Cheese Tortellini in Marinara Sauce Tossed Salad Whole Wheat Bread Peaches	25 Pork Chops Mashed Potatoes & Gravy Fried Apples Salad & Dressing	26 Herb Roasted Chicken Mashed Potatoes Corn Green Beans Whole wheat bread	27 Slow Roasted Beef Mashed Potatoes and Gravy Green Beans Peaches	Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches
30 Chicken & Dumplings Mixed Vegetables Fruit Salad Whole Wheat Bread	31 Three Meat and Four Cheese Lasagna Tossed Salad Garlic Bread Watermelon				

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? **A woman on the phone with her friend:** "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aero-

bics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over."

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

have different kinds of egg rolls or wraps. 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



WE ARE OPEN:

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

**Saturdays and Sundays
from 12:00 to 6:00 (by ap-
pointment)**

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

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 and clos-
ings under BUSINESS-
ES).

**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.