



Aging With Grace®

The Official Clubhouse Newsletter

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

Volume 7, Issue 1
January 2020

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Happy January!

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!</p> <p>Members choose what they would like to do while at the clubhouse!</p> <p>We have a quiet and private place for napping</p>		<p>1 UK Fan Club National Black Eyed Peas Day/Z Day Improve Mobility Book Club Nat'l Hangover Day/World Day of Peace Balloon Volleyball</p>	<p>2 Art Club National Buffet Day Improve Strength Sportsman's Club National Personal Trainers Awareness Day Mind/Body Games</p>	<p>3 S.O.L.V.E. Club National Chocolate Covered Cherries Day Improve Balance Gardening Club National Fruitcake Toss Day Corn Hole</p>	<p>4/5 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card Player's Club</u></p>
<p>6 Natural Resources Club National Bean Day Improve Energy Glee Club National Thank God Its Monday Day Basketball</p>	<p>7 On a Mission Club National Bobblehead Day Improve Strength S.O.M.E. Club National Tempura Day Kickball</p>	<p>8 UK Fan Club Argyle Day Improve Mobility Book Club English Toffee Day/ National JoyGerm Day Balloon Volleyball</p>	<p>9 Art Club National Apricot Day Improve Strength Sportsman's Club National Static Electricity Day Mind/Body Games</p>	<p>10 S.O.L.V.E. Club National Bittersweet Chocolate Day Improve Balance Gardening Club National Cut Your Energy Costs Day Corn Hole</p>	<p>11/12 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card Player's Club</u></p>
<p>13 Natural Resources Club Make Your Dream Come True Day Improve Energy Glee Club Nat'l Clean Off Your Desk/Sticker Day Basketball</p>	<p>14 On a Mission Club Nat'l Hot Pastrami Sandwich Day Improve Strength S.O.M.E. Club Poetry at Work Day Kickball</p>	<p>15 UK Fan Club National Bagel Day Improve Mobility Book Club National Hat Day Balloon Volleyball</p>	<p>16 Art Club Appreciate a Dragon Day Improve Strength Sportsman's Club National Quinoa Day Mind/Body Games</p>	<p>17 S.O.L.V.E. Club International Mentoring Day Improve Balance Gardening Club Kid Inventors Day Corn Hole</p>	<p>18/19 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card Player's Club</u></p>
<p>20 Natural Resources Club National Cheese Lovers Day Improve Energy Glee Club National Coffee Break Day Basketball</p>	<p>21 On a Mission Club Nat'l Granola Bar Day Improve Strength S.O.M.E. Club Nat'l Hugging/ Squirrel Appreciation Kickball</p>	<p>22 UK Fan Club National Polka Dot Day Improve Mobility Book Club National Southern Food Day Balloon Volleyball</p>	<p>23 Art Club National Handwriting Day Improve Strength Sportsman's Club National Pie Day Mind/Body Games</p>	<p>24 S.O.L.V.E. Club Belly Laugh Day Improve Balance Gardening Club National Compliment Day Corn Hole</p>	<p>25/26 <u>OPEN BY APPOINTMENT</u> <u>Bingo or Card Player's Club</u></p>
<p>27 Natural Resources Club Bubble Wrap Appreciation Day Improve Energy Glee Club National Chocolate Cake Day Basketball</p>	<p>28 On a Mission Club National Blueberry Pancake Day Improve Strength S.O.M.E. Club National Kazoo Day Kickball</p>	<p>29 UK Fan Club Curmudgeons Day Improve Mobility Book Club Puzzle Day Balloon Volleyball</p>	<p>30 Art Club Inane Answering Machine Day Improve Strength Sportsman's Club National Croissants Day Mind/Body Games</p>	<p>31 S.O.L.V.E. Club Backwards Day Improve Balance Gardening Club Improve Your Heart With The Arts Day Corn Hole</p>	

Inside this issue:

Improvement: Come volunteer!	2
Bee Well's Buzz on Health: Posture IV	2
Dinner at Noon Calendar Menu Calendar	3
Breakfast Menu	4
Tea and a Tale Time Menu	5
Mission Statement and Values	6
Hours of Operation and Fees	6

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!

WE ARE OPEN DAILY 10:00AM TO 4:30PM AND OTHER HOURS AND TIMES, INCLUDING HOLIDAYS, BY APPOINTMENT. BREAKFAST IS 10-11, DINNER 1-2, TEA & A TALE TIME 3:30-4:30. SPA TREATMENTS AND CHECKPOINTS ARE FOR MEMBERS ONLY ON A FIRST SIGNED UP/FIRST SERVED BASIS FROM 9-10:30 AND FROM 2-3:30

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 II

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 4th 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.

3. **The Crossover** Why It’s Good for You: This exercise works all the core muscles, focusing on the obliques.

Starting Position: Lie on your back with your hands behind your head, your chest lifted off the floor, knees pulled into your chest. Keep your low back pressed into the floor.

The Move: Exhale strongly and pull your navel in and up toward your spine. Pull one knee into your chest while extending your other leg straight and rotating your torso toward the bent knee. Slowly switch

legs, pulling the other knee into your chest and rotating your torso toward it while extending the opposite leg off the floor. Repeat five to 10 times, adding more as your core gets stronger

Increase the Intensity: The closer your straight leg is to the floor, the harder the work for your core. Try extending your leg just inches off the floor, making sure your lower back stays on the floor.

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

Our Dinner At Noon comes from local restaurants!

January Dinner Menu

Dinner is from 1:00 To 2:00



Mon Tue Wed Thu Fri Sat./Sun.

All of our dinners meet dietary restrictions/alternate menu items available

		1 <i>Closed</i> <i>Happy New Year!</i>	2 <i>Fried Fish</i> <i>Potato Salad</i> <i>Lima Beans</i> <i>Applesauce</i>	3 <i>Meatloaf</i> <i>Glazed Carrots</i> <i>Macaroni & Cheese</i> <i>Rolls</i>	4/5 <i>Ham Sandwiches</i> <i>Cole Slaw</i> <i>Popcorn</i>
6 <i>Chicken Fingers</i> <i>French Fries</i> <i>Broccoli</i> <i>Mixed Fruit</i> <i>Garlic Toast</i>	7 <i>Kabobs</i> <i>Greek Salad</i> <i>Tropical Fruit</i> <i>Whole Wheat Bread</i>	8 <i>New Orleans Pasta</i> <i>Green Beans</i> <i>Pears</i> <i>Croissants</i>	9 <i>Beef Chili</i> <i>House Salad</i> <i>Baked Potato</i> <i>Peaches</i> <i>Crackers</i>	10 <i>Cheese Burgers</i> <i>French Fries</i> <i>Lettuce, Tomato, Onions,</i> <i>Bun</i>	11/12 <i>Roast Beef Sandwiches</i> <i>Potato Salad</i> <i>Pretzels</i>
13 <i>Kentucky Philly</i> <i>Baked Potato</i> <i>Garden Salad</i> <i>Fruit</i> <i>Yeast Roll</i>	14 <i>Pizza</i> <i>Tossed Salad</i> <i>Pineapple</i>	15 <i>Grilled Chicken</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Mixed Fruit</i>	16 <i>Marinara Meat Sauce and Spaghetti</i> <i>Caesar Salad</i> <i>Pineapple</i>	17 <i>Loaded Red Beans</i> <i>Tomato & Corn Medley</i> <i>Yellow Rice</i> <i>Fresh Fruit</i>	18/19 <i>Tuna Salad Sandwiches</i> <i>Mandarin Oranges</i> <i>Corn Chips</i>
20 <i>Slow Roasted Beef</i> <i>House Salad</i> <i>Fruit</i> <i>Whole Wheat Bread</i>	21 <i>Roasted Turkey/Gravy/ Mashed Potatoes</i> <i>Dressing</i> <i>Green Beans</i> <i>Fruit</i> <i>Whole Wheat Rolls</i>	22 <i>Fish and Chips</i> <i>Broccoli</i> <i>Applesauce</i> <i>Hush Puppies</i>	23 <i>Lasagna</i> <i>Tossed Salad</i> <i>Mandarin Oranges</i> <i>Garlic Sticks</i>	24 <i>Fried Chicken</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Fruit</i> <i>Wheat Buns</i>	25/26 <i>Egg Salad Sandwiches</i> <i>Yogurt</i> <i>Chex Mix</i>
27 <i>Tacos</i> <i>Rice and beans</i> <i>Fruit</i>	28 <i>Sub Sandwiches</i> <i>Potato Chips</i> <i>Tossed Salad</i> <i>Fruit Cups</i>	29 <i>Chinese Stir Fry</i> <i>W/ Shrimp & Veggies</i> <i>Rice</i> <i>Peaches</i>	30 <i>Beef Chili Dog</i> <i>With Cheese</i> <i>Salad</i> <i>Bun</i>	31 <i>Mediterranean</i> <i>Rice</i> <i>Salad</i> <i>Pita Bread</i>	Dinner At Noon is served with milk and water, choice of coffee or hot or cold tea.

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!





January Breakfast Menu

Continental Breakfast 10-11



Mon	Tue	Wed	Thu	Fri	Sat./Sun.		
		1 Closed Happy New Year!	2 Bananas	3 Egg, Sausage & Cheese Biscuit	4/5 Yogurt Cups		
		6 Pancakes	7 Blueberry Muffin	8 Oatmeal & Add-Ins	9 Bran Muffin	10 Sausage Biscuit	11/12 Yogurt Cups
		13 Sausage Biscuit	14 Bagels	15 Hash Browns	16 Fruit Cups	17 Bananas	18/19 Yogurt Cups
		20 Yogurt Cups	21 Cereal	22 Fruit Cups	23 Blueberry Muffin	24 Fruit Cups	25/26 Yogurt Cups
		27 Sticky Bun	28 Bran Muffin	29 Breakfast Burritos	30 Yogurt Cups	<p>Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.</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!



January 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	All of our Food Fare meets dietary restrictions	1 Closed Happy New Year!	2 Pudding Cups	3 Pretzels and Cheese Dip	4/5 Cheese and Pretzel Packs
6 Fruit Cups and Peanut Butter Crackers	7 Individual Cottage Cheese Cups	8 Individual Pimento Cheese Sandwiches	9 Individual Chicken Salad Sandwiches	10 Chex Mix W/ Nuts	11/12 Crackers and Cheese
13 Jello Cups	14 Peanut Butter and Crackers	15 Individual Tuna Salad Sandwiches	16 Egg Rolls	17 Cheese Sticks	18/19 Fruit Mix Cups Peanut Butter Crackers
20 Cheese, Crackers Applesauce	21 Healthy Chips	22 Individual Egg Salad Sandwich	23 Individual Cottage Cheese Cups	24 Raisin Boxes & Peanut Packs	25/26 Cheese & Crackers
27 Bananas and PB	28 Cheese & Crackers	29 Chex mix	30 Pudding Cups	31 Chips and Dip	

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