



The Official Newsletter

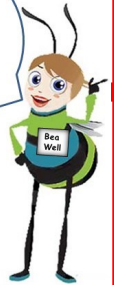
Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 4, Issue 7

July 2017

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JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p>We love our members! Come Join Us and Be Loved!</p>					<p>1/2 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club</p>
<p>3 9:30 Natural Resources Club -or- <i>Peachy Keen Day</i> 1:00 Glee Club -or- <i>Compliment your mirror day</i></p>	<p>4 Happy 4th of July!</p>	<p>5 9:30 UK Fan Club -or- <i>Secret Service Day</i> 1:00 Book Club -or- <i>Cracker Jack Day</i></p>	<p>6 9:30 Art Club -or- <i>Summer Theatre Thursday</i> 1:00 Hunting and Fishing Club -or- <i>Fried Chicken Day</i></p>	<p>7 9:30 S.O.L.V.E. Club -or- <i>Lucky 7 Day</i> 1:00 Gardening Club -or- <i>Run with the Bulls Day</i></p>	<p>8/9 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club</p>
<p>10 9:30 Natural Resources Club - <i>Wyoming Day</i> 1:00 Glee Club - <i>Picnic Month</i></p>	<p>11 9:30 On a Mission Club -or- <i>Turn the Page Tuesday</i> 1:00 S.O.M.E. Club -or- <i>Blueberry Muffin Day</i></p>	<p>12 9:30 L.O.V.E. Club -or- <i>Evening at the Pops Day</i> 1:00 Book Club -or- <i>Make a Difference to Children Month</i></p>	<p>13 9:30 Art Club -or- <i>Summer Songs Day</i> 1:00 Hunting & Fishing Club -or- <i>Social Wellness Month</i></p>	<p>14 9:30 S.O.L.V.E. Club or <i>Bastille Day</i> 1:00 Gardening Club -or- <i>Who Am I?</i></p>	<p>15/16 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club</p>
<p>17 9:30 Natural Resources Club -or- <i>Uni no Hi</i> 1:00 Glee Club -or- <i>Water Gardening Month</i></p>	<p>18 9:30 On a Mission Club -or- <i>All American Mom Day</i> 1:00 S.O.M.E. Club -or- <i>Cupcake Month</i></p>	<p>19 9:30 UK Fan Club -or- <i>Foreign Language Day</i> 1:00 Book Club -or- <i>Breyers Ice Cream Day</i></p>	<p>20 9:30 Art Club -or- <i>Dance Party Day</i> 1:00 Hunting & Fishing Club -or- <i>Man on the Moon Day</i></p>	<p>21 9:30 S.O.L.V.E. Club -or- <i>Tug of War Tournament</i> 1:00 Gardening Club -or- <i>Frankfurter Friday</i></p>	<p>22/23 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club</p>
<p>24 9:30 Natural Resources Club -or- <i>Tell an Old Joke Day</i> 1:00 Glee Club -or- <i>Cousins Day</i></p>	<p>25 9:30 On a Mission Club -or- <i>Martin & Lewis Day</i> 1:00 S.O.M.E. Club -or- <i>Hot Fudge Sundae Day</i></p>	<p>26 9:30 UK Fan Club -or- <i>Apollo 15 Anniversary</i> 1:00 Book Club -or- <i>Happy Birthday New York State</i></p>	<p>27 9:30 Art Club -or- <i>Hula Hoop Day</i> 1:00 Hunting & Fishing Club -or- <i>Chili Dog Day</i></p>	<p>28 9:30 S.O.L.V.E. Club -or- <i>Funnies Friday</i> 1:00 Gardening Club -or- <i>Beanbag Day</i></p>	<p>29/30 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club</p>
<p>31 9:30 Natural Resources Club -or- <i>Blue Monday</i> 1:00 Glee Club</p>					

Inside this issue:

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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. by appointment. 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 10:30 to noon and from 2:00 to 3:30.

Improvement: Loving One Another

Variety is the spice of life.

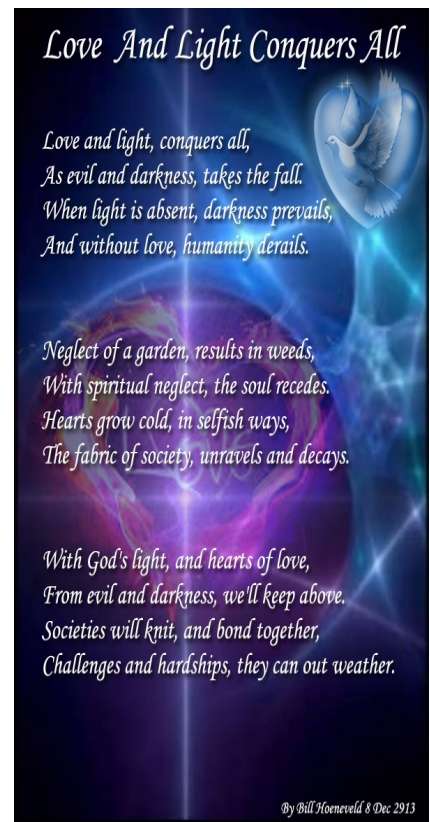


Our lives are made better and more beautiful by the differences we encounter in others. We are strengthened by opening our minds to learn and our hearts to welcome diverse opinions and beliefs. In relating to others' differences, we learn to articulate our own beliefs more clearly and more respectfully. One of the most important things to know is when and when not to share our differences of opinion. The best thing of all is to learn not merely to tolerate each other's differences but to celebrate them as well.

We live in a wonderfully diverse world. We are incredibly blessed to live in free societies. What makes them blessed? What makes them free? In short, it is the liberty allowed for each and every individual to choose their own belief system. The faith system we choose can be the one we were raised in, married into, or that simply resonates most powerfully for us, for whatever reason.



God, You are the Father of us all! We thank You for the incredible diversity of your creations. We thank you for the unique differences in all of us. We ask You to show us how to live harmoniously with others in grace and peace. We love and thank You, Lord.



Love And Light Conquers All

*Love and light, conquers all,
As evil and darkness, takes the fall.
When light is absent, darkness prevails,
And without love, humanity derails.*

*Neglect of a garden, results in weeds,
With spiritual neglect, the soul recedes.
Hearts grow cold, in selfish ways,
The fabric of society, unravels and decays.*

*With God's light, and hearts of love,
From evil and darkness, we'll keep above.
Societies will knit, and bond together,
Challenges and hardships, they can out weather.*

By Bill Hoeneveld 8 Dec 2013

Bea Well's Buzz on Health

Pointing Fingers: Dementia-Related Suspicion and Paranoia

As busy adults, we sometimes forget things. Perhaps it's an appointment, the location of our keys, or why we just walked from the living room into the kitchen. Although this might be annoying, we're usually able to laugh at ourselves, retrace our steps, and get back on track. The same can't be said for a person with dementia; the memory loss in dementia is caused by physical changes. The parts of the brain that record and store new information become damaged, so the person is unable to hold the memory of what they've said, asked, or done and response they've received.

As the disease progresses, memory loss and changes in personality can sometimes lead the individual to become suspicious and misperceive certain events or situations. It's not unusual for a family member, friend, or caregiver to be accused of theft

(when your loved one can't locate possessions), withholding information (because they have forgotten a planned activity or a daily routine), or other offenses. Such circumstances can cause caregivers to feel hurt or guilty and lead to difficulty maintaining an even temper. How can you cope?

First, try not to take it personally. It's important to be aware that the individual's poor memory is something they can't help. If there's a glitch in their memory, they may try to fill in that faulty memory with a delusion that makes sense to them. It's perfectly normal for a care giver to become distressed when you see a loved one experiencing suspicion, paranoia, or feelings of betrayal when you know that you're doing your best.

Second, don't argue or try to convince. When a loved one affected by dementia continuously complains that you're not telling them anything, that they never know what's going on, or that they feel tricked or betrayed, it's more than just frustrating.

Sometimes the best response is to say, "oh, I'm sorry; I must have forgotten to mention (a particular activity or event)." Or, if an item goes missing, offer to help locate it.

Finally, when you're at your wit's end, it might help to take a deep breath and read the first two stanzas from "Do Not Ask Me to Remember-An Alzheimer's Poem," by Owen Darnell.

Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.
I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all costs.



JULY Menu

M-F 12:00 Dinner at Noon
Sat.-Sun. 2:00 A Meal And A Movie



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
3 <i>Chili Dogs With Cheese Potato Salad Fresh Strawberries Whole Wheat Buns</i>	4 <i>Rotisserie Chicken Baked Beans Broccoli Pears Whole Wheat Bread</i>	5 <i>Baked Fish Macaroni & Cheese Cole Slaw Watermelon Whole Wheat Bread</i>	6 <i>Country Fried Steak Baked Potatoes Macaroni & Cheese Broccoli Whole Wheat Bread</i>	7 <i>Fettuccini Alfredo Tossed Salad w/dressing Garlic Bread Fruit and Jello</i>	1/2 and 8/9 <i>Member's Choice Sandwich Variety Healthy Chips Fresh Fruit Mix</i>
10 <i>Turkey Breast Slices Stuffing Cranberry Sauce Mashed Potatoes/Gravy Green Beans Rolls</i>	11 <i>Beef Pot Pie Mixed Vegetables & Potatoes Applesauce Whole Wheat Bread</i>	12 <i>Spaghetti & Meatballs Garden Salad/Ranch Dressing Savory Peas Garlic Bread</i>	13 <i>Battered Fish Broccoli and Cheese Rice Pears Whole Wheat Bread</i>	14 <i>Pork Boneless BBQ Ribs Crispy Potato Wedges Corn Niblets Whole Wheat Bread Cole Slaw</i>	15/16 <i>Roast Beef Sandwiches Waldorf Salad Potato Chips Fruit Yogurt</i>
17 <i>Fettuccini With Chicken and Broccoli Carrot Salad Garlic Bread</i>	18 <i>Meat Loaf Mashed Potatoes & Gravy Corn Nuggets Fresh Fruit</i>	19 <i>Cheddar and Ham Potato Bake Green Beans Fried Apples Whole Wheat Bread</i>	20 <i>Vermont White Cheddar Macaroni & Cheese Peas Fruit Cocktail Whole Wheat Bread</i>	21 <i>Sweet and Sour Chicken Broccoli and Carrots White Rice Mandarin Oranges Egg Rolls</i>	22/23 <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels Fresh Fruit & Dip</i>
24 <i>Chicken and Shrimp Linguine Zucchini, and Broccoli Whole Wheat Bread Carrot Salad</i>	25 <i>Three Cheese Tortellini in Marinara Sauce Tossed Salad Whole Wheat Bread Peaches</i>	26 <i>Pork Chops Mashed Potatoes & Gravy Fried Apples Salad & Dressing</i>	27 <i>Herb Roasted Chicken Mashed Potatoes Corn Green Beans Whole wheat bread</i>	28 <i>Slow Roasted Beef Mashed Potatoes and Gravy Green Beans Peaches</i>	29/30 <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
31 <i>Chicken Pot Pie Mixed Vegetables Fruit Salad Whole Wheat Bread</i>		All meals are served with 8oz of milk and water, choice of coffee or hot or cold tea Aging With Grace is part of the KY Dept. of Ed. Child & Adult Care Food Program			

TEA & A TALE TIME 3:30 to 4:30

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 this one?

What did one flag say to the other flag? Nothing, it just waved.

Or how about this one?
 Teacher: "Where was the Declaration of Independence signed?" Student: "On the bottom."

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

we have different kinds of hors d'oeuvres Fridays we have a kind of kabob (lots of yummy treats can be skewered). Come Join Us!



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We're On the
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**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 individual with dignity and value.

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



WE ARE OPEN:

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

**Saturdays and Sundays are
by appointment.**

**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 delayed openings under BUSINESSES).

**We believe in
commitment and
dependability and
know you do too!**

**Hourly Fees: \$14
Now only \$10 for a
limited time!
(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.