



# Aging With Grace®

The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 5, Issue 7

July 2018

Like us on Facebook  
Follow us on Twitter  
For more health tips and useful information



## JULY

Calendar of Group Activities from 9:30am to 12pm and 1pm to 3:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p><u>2</u> <a href="#">Natural Resources Club</a> <a href="#">Caribbean Day</a> <a href="#">Improve Energy</a> <a href="#">Glee Club</a> <a href="#">I Forgot Day</a> <a href="#">Basketball</a></p>	<p><u>3</u> <a href="#">On a Mission Club</a> <a href="#">Compliment Your Mirror Day</a> <a href="#">Improve Strength</a> <a href="#">S.O.M.E. Club</a> <a href="#">Stay Out of the Sun Day</a> <a href="#">Kickball</a></p>	<p><u>4</u> <a href="#">UK Fan Club</a> <a href="#">Independence Day</a> <a href="#">Improve Mobility</a> <a href="#">Book Club</a> <a href="#">Caesar Salad Day</a> <a href="#">Balloon</a> <a href="#">Volleyball</a></p>	<p><u>5</u> <a href="#">Art Club</a> <a href="#">National Blueberry Month</a> <a href="#">Improve Strength</a> <a href="#">Sportsman's Club</a> <a href="#">Nat'l Apple Pie</a> <a href="#">Turnover Day</a> <a href="#">Mind/Body Games</a></p>	<p><u>6</u> <a href="#">S.O.L.V.E. Club</a> <a href="#">National Fried Chicken Day</a> <a href="#">Improve Balance</a> <a href="#">Gardening Club</a> <a href="#">National Family Reunion Month</a> <a href="#">Corn Hole</a></p>	<p>7/8 <b>OPEN BY APPOINTMENT</b>  <a href="#">Bingo or Card Player's Club</a></p>
<p><u>9</u> <a href="#">Natural Resources Club</a> <a href="#">Int'l Town Criers Day</a> <a href="#">Improve Energy</a> <a href="#">Glee Club</a> <a href="#">Social Wellness Mo.</a> <a href="#">Basketball</a></p>	<p><u>10</u> <a href="#">On a Mission Club</a> <a href="#">Don't Step On A Bee Day</a> <a href="#">Improve Strength</a> <a href="#">S.O.M.E. Club</a> <a href="#">Teddy Bear's Picnic Day</a> <a href="#">Kickball</a></p>	<p><u>11</u> <a href="#">UK Fan Club</a> <a href="#">National Mojito Day</a> <a href="#">Improve Mobility</a> <a href="#">Book Club</a> <a href="#">World Population Day</a> <a href="#">Balloon</a></p>	<p><u>12</u> <a href="#">Art Club</a> <a href="#">Different Colored Eyes Day</a> <a href="#">Improve Strength</a> <a href="#">Sportsman's Club</a> <a href="#">Eat Your Jello Day</a> <a href="#">Mind/Body Games</a></p>	<p><u>13</u> <a href="#">S.O.L.V.E. Club</a> <a href="#">Embrace Your Geekness Day</a> <a href="#">Improve Balance</a> <a href="#">Gardening Club</a> <a href="#">National Beef Tallow Day</a> <a href="#">Corn Hole</a></p>	<p>14/15 <b>OPEN BY APPOINTMENT</b>  <a href="#">Bingo or Card Player's Club</a></p>
<p><u>16</u> <a href="#">Natural Resources Club</a> <a href="#">National Get Out of the Doghouse Day</a> <a href="#">Improve Energy</a> <a href="#">Glee Club</a> <a href="#">Fresh Spinach Day</a> <a href="#">Basketball</a></p>	<p><u>17</u> <a href="#">On a Mission Club</a> <a href="#">Nat'l Tattoo Day</a> <a href="#">Improve Strength</a> <a href="#">S.O.M.E. Club</a> <a href="#">World Emoji Day</a> <a href="#">Kickball</a></p>	<p><u>18</u> <a href="#">UK Fan Club</a> <a href="#">Nat'l Caviar Day</a> <a href="#">Improve Mobility</a> <a href="#">Book Club</a> <a href="#">Take Your Poet to Work Day</a> <a href="#">Balloon Volleyball</a></p>	<p><u>19</u> <a href="#">Art Club</a> <a href="#">Nat'l Park &amp; Recreation Month</a> <a href="#">Improve Strength</a> <a href="#">Sportsman's Club</a> <a href="#">National Daiquiri Day</a> <a href="#">Mind/Body Games</a></p>	<p><u>20</u> <a href="#">S.O.L.V.E. Club</a> <a href="#">Moon Day</a> <a href="#">Improve Balance</a> <a href="#">Gardening Club</a> <a href="#">National Lollipop Day</a> <a href="#">Corn Hole</a></p>	<p>21/22 <b>OPEN BY APPOINTMENT</b>  <a href="#">Bingo or Card Player's Club</a></p>
<p><u>23</u> <a href="#">Natural Resources Club</a> <a href="#">Gorgeous Grandma Day</a> <a href="#">Improve Energy</a> <a href="#">Glee Club</a> <a href="#">Nat'l Vanilla Ice Cream Day</a> <a href="#">Basketball</a></p>	<p><u>24</u> <a href="#">On a Mission Club</a> <a href="#">Cousins Day</a> <a href="#">Improve Strength</a> <a href="#">S.O.M.E. Club</a> <a href="#">Int'l Self Care Day</a> <a href="#">Kickball</a></p>	<p><u>25</u> <a href="#">UK Fan Club</a> <a href="#">Nat'l Merry Go Round Day</a> <a href="#">Improve Mobility</a> <a href="#">Book Club</a> <a href="#">Thread the Needle Day</a> <a href="#">Balloon Volleyball</a></p>	<p><u>26</u> <a href="#">Art Club</a> <a href="#">National Aunt &amp; Uncle's Day</a> <a href="#">Improve Strength</a> <a href="#">Sportsman's Club</a> <a href="#">Nat'l Refreshment Day</a> <a href="#">Mind/Body Games</a></p>	<p><u>27</u> <a href="#">S.O.L.V.E. Club</a> <a href="#">Take Your House-plant for a Walk Day</a> <a href="#">Improve Balance</a> <a href="#">Gardening Club</a> <a href="#">Walk On Stilts Day</a> <a href="#">Corn Hole</a></p>	<p>28/29 <b>OPEN BY APPOINTMENT</b>  <a href="#">Bingo or Card Player's Club</a></p>
<p><u>30</u> <a href="#">Natural Resources Club</a> <a href="#">Father In Law Day</a> <a href="#">Improve Energy</a> <a href="#">Glee Club</a> <a href="#">Nat'l Whistleblowers Appreciation Day</a> <a href="#">Basketball</a></p>	<p><u>31</u> <a href="#">On a Mission Club</a> <a href="#">World Ranger Day</a> <a href="#">Improve Strength</a> <a href="#">S.O.M.E. Club</a> <a href="#">Single Working Women's Week</a> <a href="#">Kickball</a></p>	<p><b>We love our members!</b> Members choose what they would like to do while at the clubhouse! We have a pleasant place for napping.</p>			

### Inside this issue:

- Improvement: Our Precious Volunteer Dr. Steve 2
- Bee Well's Buzz on Health: Electrolytes 2
- Dinner at Noon Calendar Menu 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 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 OTHER HOURS AND TIMES, INCLUDING HOLIDAYS, BY APPOINTMENT. BREAKFAST IS 8-9, DINNER 12-1, 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 1-2:30.

# Improvement: Meet Our Precious Volunteer, Dr. Steve

Dr. Steve has been a blessing to Aging With Grace since we moved out of our old clubhouse. He helped us as we were looking for a new clubhouse by suggesting different locations and he provided invaluable guidance as we were navigating the legal system to keep everything status quo.

After we moved into our new clubhouse, Dr. Steve came by to gift us with a new DVD player, because our old one broke in the move. He gave us tips on how to better advertise in our new location and how to spruce up our new digs from the outside.

Most recently, Dr. Steve was moved to donate a twin bed for one of our member's husband, because his wife's hospital bed replaced the bed they shared and

he did not have money to buy a bed for himself.

Dr. Steve has helped us get the word out to state and local officials by asking us for a flier advertising the services we provide and disseminating the flier to his contact list.

Dr. Steve was acting commissioner of the state Department of Public Health from 2010 to 2012. He has been a pediatrician for nearly 40 years. And in 2013 he took on the awesome task of interim executive director of HealthFirst Bluegrass. Lexington-Fayette County Health Commissioner Dr. Rice Leach said of Dr. Steve: "He's got the management experience, and he has the temperament," Leach said. "He believes in our mission."

Leach said Davis also has experience in handling federal grants. HealthFirst was trying to spend \$11.7 million to build a new health clinic on Southland Drive at the time of his hiring. That clinic is now a successfully operating asset to the community.

Source: [www.kentucky.com](http://www.kentucky.com)



Dr. Steve Davis

## Bee Well's Buzz on Health: Electrolytes

### Fast facts on electrolytes

- Electrolytes are vital for the normal functioning of the human body.
- Fruits and vegetables are good sources of electrolytes.
- Electrolytes are sodium, potassium, calcium, bicarbonate, magnesium, chloride, phosphate
- The symptoms of electrolyte imbalance can include twitching, weakness and, if unchecked, seizures and heart rhythm disturbances.
- Older adults are particularly at risk of electrolyte imbalance

Electrolytes are chemicals that conduct electricity when mixed with water.

They regulate nerve and muscle function, hydrate the body, balance blood acidity and pressure, and help rebuild

damaged tissue.

The muscles and neurons are sometimes referred to as the "electric tissues" of the body. They rely on the movement of electrolytes through the fluid inside, outside, or between cells.

### Imbalance

The level of an electrolyte in the blood can become too high or too low, leading to an imbalance. Electrolyte levels can change in relation to water levels in the body as well as other factors.

Important electrolytes are lost in sweat during exercise, including sodium and potassium. The concentration can also be affected by rapid loss of fluids, such as after a bout of diarrhea or vomiting.

These electrolytes must be replaced to maintain healthy levels. The kidneys and several hormones regulate the concentration of each electrolyte. If

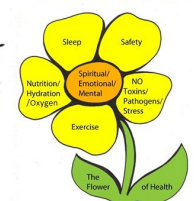
levels of a substance are too high, the kidneys filter it from the body, and different hormones act to balance the levels.

An imbalance presents a health issue when the concentration of a certain electrolyte becomes higher than the body can regulate.

Low levels of electrolytes can also affect overall health. The most common imbalances are of sodium and potassium.

<https://www.medicalnewstoday.com/articles/153188.php>

Some causes of electrolyte shortage, such as kidney disease, cannot be prevented. However, a well-managed diet can help reduce the risk of a shortage. Consuming a moderate amount of a sports drink following physical exertion or exercise can help limit the impact of losing electrolytes in the sweat.



Our Dinner At  
Noon comes from  
local restaurants!

# July Dinner Menu

Dinner is from Noon To 1:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
<b>2</b> <i>Pulled Pork Seasoned Potato- Wedges Peaches Enriched Buns</i>	<b>3</b> <i>Beef Chili Dog With Cheese Carrot Sticks Fresh Fruit Enriched Bun</i>	<b>4</b> <i>BBQ Chicken Sauteed Kale/Cabbage Fried Apples Whole Wheat Roll</i>	<b>5</b> <i>Beef Stir-Fry with Noodles Egg Roll Mandarin Oranges</i>	<b>6</b> <i>Southern Fried Fish Cole Slaw French Fries Corn Bread</i>	<b>7/8</b> <i>Ham Sandwiches Cole Slaw Fresh Fruit Mix</i>
<b>9</b> <i>Baby Back Ribs Corn Off the Cob Mixed Fruit Garlic Toast</i>	<b>10</b> <i>Stuffed Peppers Mustard Greens Tropical Fruit Whole Wheat Bread</i>	<b>11</b> <i>Chicken Alfredo Pasta Fettucine Green Beans Pears Whole Wheat Bread</i>	<b>12</b> <i>Beef Chili House Salad Baked Potato Peaches Whole Wheat Bread</i>	<b>13</b> <i>Cheese Burgers Oven Roasted Wedges Lettuce, Tomato, On- ions, Pickle Spears Enriched Bun</i>	<b>14/15</b> <i>Roast Beef Sandwiches Potato Salad Fruit Cup</i>
<b>16</b> <i>Grilled Chicken Cutlet House Salad Pineapple Rice Pilaf</i>	<b>17</b> <i>Salisbury Steak Sweet Potato Melons Yeast Roll</i>	<b>18</b> <i>Roasted Chicken Honey Roasted Carrots Mixed Fruit Rice Pilaf</i>	<b>19</b> <i>Turkey Marinara Caesar Salad Pineapple Enriched Pasta</i>	<b>20</b> <i>Loaded Red Beans Plantains Tomato Medley Yellow Rice</i>	<b>21/22</b> <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing</i>
<b>23</b> <i>Beef Stew House Salad Fruit Whole Wheat Bread</i>	<b>24</b> <i>Vegetarian Lasagna Tossed Salad Mandarin Oranges Garlic Roll</i>	<b>25</b> <i>Roasted Turkey Dressing Green Beans Whole Wheat Rolls</i>	<b>26</b> <i>Lemon Pepper Fish Creamed Spinach Grapes Cous Cous Enriched</i>	<b>27</b> <i>Meatloaf Mashed Potatoes Green Beans Fruit Whole Wheat Buns</i>	<b>28/29</b> <i>Egg Salad Sandwiches Yogurt Green Salad w/dressing Chex Mix</i>
<b>30</b> <i>Pork Loin Mixed Vegetables Applesauce Corn Muffins</i>	<b>31</b> <i>Sub Sandwiches French Fries Apple Salad</i>	<b>Dinner At Noon is served with 8oz of milk and water, choice of coffee or hot or cold tea.</b>		 <b>All of our dinners meet dietary restrictions</b>	

## 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!





# July Breakfast Menu

**Continental Breakfast 8-9**

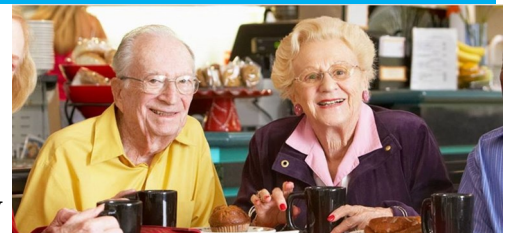


Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 <i>Cereal Fresh Fruit Mix</i>	3 <i>Flavored Grits Banana</i>	4 <i>Sausage Patty Toast</i>	5 <i>Cold Cereal Fruit</i>	6 <i>Hash Browns Boiled Egg</i>	7/8 <i>Cereal Fresh Fruit Mix</i>
9 <i>Pancakes Fresh Fruit</i>	10 <i>Blueberry Muffin Mixed Fruit</i>	11 <i>French Toast Fresh Fruit</i>	12 <i>Whole Wheat English Muffin Fruit</i>	13 <i>Flavored Grits Sausage Patty</i>	14/15 <i>Cereal Fresh Fruit Mix</i>
16 <i>Boiled Egg Toast</i>	17 <i>Whole wheat Bagel Cream Cheese Oranges</i>	18 <i>Hash Browns Boiled Egg</i>	19 <i>Oatmeal Fruit</i>	20 <i>Banana Muffin Boiled Egg</i>	21/22 <i>Cereal Fresh Fruit Mix</i>
23 <i>Waffles Banana</i>	24 <i>Toast Fresh Pineapples</i>	25 <i>Oatmeal Fruit</i>	26 <i>Blueberry Muffin Mixed Fruit</i>	27 <i>Whole Wheat English Muffin Fruit</i>	28/29 <i>Cereal Fresh Fruit Mix</i>
30 <i>Cinnamon Toast Fresh Fruit Mix</i>	31 <i>Bran Muffin Boiled Egg</i>	<b>Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.</b>			

## 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!



# June Tea & A Tale Time Menu

Tea & A Tale Time 3:30 To 4:30



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 <i>Olives and Cheese and Crackers</i>	3 <i>Deviled Eggs Crackers</i>	4 <i>Tuna Salad Sandwiches</i>	5 <i>Cottage Cheese, Peaches</i>	6 <i>Fresh Pineapple And Ham Kabobs</i>	7/8 <i>Soft Pretzels and Cheese Dip</i>
9 <i>Fresh Fruit &amp; Cheese</i>	10 <i>Cottage Cheese and Fruit</i>	11 <i>Pimento Cheese Sandwiches</i>	12 <i>Chicken Salad Sandwich</i>	13 <i>Mozzarella Balls Basil Leaves Grape Tomatoes</i>	14/15 <i>Deviled Eggs Crackers</i>
16 <i>Cheese &amp; Crackers Fruit</i>	17 <i>Peanut Butter and Crackers Apple Slices</i>	18 <i>Chicken Salad Sandwich</i>	19 <i>Egg Rolls Fruit Cups</i>	20 <i>Cheese Blocks and Apple Wedges</i>	21/22 <i>Fresh Fruit Mix Peanut Butter Crackers</i>
23 <i>Cheese, Crackers Applesauce</i>	24 <i>Fresh Veggies and Ranch Dip and nuts</i>	25 <i>Egg Salad Sandwich</i>	26 <i>Cottage Cheese Pineapple</i>	27 <i>Dried Figs Dried Apricots Pita Bread with Cream Cheese</i>	28/29 <i>Cheese &amp; Crackers</i>
30 <i>Fresh Fruit &amp; Cheese</i>	31 <i>Salad with Boiled Eggs</i>	Tea & A Tale Time beverages vary from day to day			

## 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?

**Q:** What is the difference between ignorance and apathy? **A:** I don't know and I don't care.

Did you hear about the semi-colon who broke the law? He was given two consecutive sentences.

So what if I don't know what "Armageddon" means? It's not the end of the world.

I woke up this morning and forgot which side the sun rises on and then it dawned on me.

The best thing about the good old days is that we were neither good nor old.

If we should not eat in the middle of the night, why do

they put a light in the fridge?

If I got fifty cents for every math exam, I would have \$6.30 now.



## Aging With Grace®

3100 Old Todds Road, Suite 170  
Lexington, KY  
40509

859 539 2147  
administrator@  
AgingWithGraceInfo.org

We're On the  
Web  
[www.AgingWithGraceInfo.org](http://www.AgingWithGraceInfo.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 here at our clubhouse  
and/or at your house with Aging With Grace's  
Help At Home Services. We are Kentucky State  
Licensed.**

### **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



**WE ARE OPEN:  
Monday through  
Friday  
7:30am to 6:00pm**

**All other hours  
and days  
(including  
holidays)  
are by  
appointment.**

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 station  
WKYT for delayed open-  
ings under BUSINESSES.

**Hourly Fees: \$14**

**(includes everything but  
personal supplies)  
Full Time Members have  
a discounted rate of  
\$73 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.*