



Aging With Grace®

The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 6, Issue 7

July 2019

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For more health tips and useful information



Happy July!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p>1 Natural Resources Club National Creative Ice Cream Flaver Day Improve Energy Glee Club 2nd Half of the New Year Day Basketball</p>	<p>2 On a Mission Club Made in the USA Day Improve Strength S.O.M.E. Club National Blueberry Month Kickball</p>	<p>3 UK Fan Club Stay Out of the Sun Day Improve Mobility Book Club Compliment Your Mirror Day Balloon Volleyball</p>	<p>4 Art Club National Barbequed Spareribs Day Improve Strength Sportsman's Club Independence Day Mind/Body Games</p>	<p>5 S.O.L.V.E. Club National Appleturn-over Day Improve Balance Gardening Club Reunion Club Reunion Month Corn Hole</p>	<p>6/7 OPEN BY APPOINTMENT Bingo or Card Player's Club</p>
<p>8 Natural Resources Club SCUD Day Improve Energy Glee Club International Town Criers Day Basketball</p>	<p>9 On a Mission Club National Sugar Cookie Day Improve Strength S.O.M.E. Club Major League Baseball All Star Kickball</p>	<p>10 UK Fan Club National Pina Colada Day Improve Mobility Book Club Don't Step on a Bee Day Balloon Volleyball</p>	<p>11 Art Club National Blueberry Muffin Day Improve Strength Sportsman's Club World Population Day Mind/Body Games</p>	<p>12 S.O.L.V.E. Club National Motorcycle Day Improve Balance Gardening Club National Pecan Pie Day Corn Hole</p>	<p>13/14 OPEN BY APPOINTMENT Bingo or Card Player's Club</p>
<p>15 Natural Resources Club National Get Out of the Doghouse Day Improve Energy Glee Club National Tapioca Pudding Day Basketball</p>	<p>16 On a Mission Club Fresh Spinach Day Improve Strength S.O.M.E. Club Nat'l Watermelon Month Kickball</p>	<p>17 UK Fan Club National Hot Dog Day Improve Mobility Book Club World Emoji Day Balloon Volleyball</p>	<p>18 Art Club National Caviar Day Improve Strength Sportsman's Club Nelson Mandela International Day Mind/Body Games</p>	<p>19 S.O.L.V.E. Club National Daiquiri Day Improve Balance Gardening Club National Fast Foods Day Corn Hole</p>	<p>20/21 OPEN BY APPOINTMENT Bingo or Card Player's Club</p>
<p>22 Natural Resources Club Rat Catcher's Day Improve Energy Glee Club Women's Motorcycle Month Basketball</p>	<p>23 On a Mission Club Gorgeous Grandma Day Improve Strength S.O.M.E. Club Hot Enough For Ya Day Kickball</p>	<p>24 UK Fan Club Cousins Day Improve Mobility Book Club Tell an Old Joke Day Balloon Volleyball</p>	<p>25 Art Club National Chili Dog Day Improve Strength Sportsman's Club National Hot Fudge Sunday Day Mind/Body Games</p>	<p>26 S.O.L.V.E. Club National Coffee Milkshake Day Improve Balance Gardening Club Social Wellness Month Corn Hole</p>	<p>27/28 OPEN BY APPOINTMENT Bingo or Card Player's Club</p>
<p>29 Natural Resources Club Global Tiger Day Improve Energy Glee Club National Lasagna Day Basketball</p>	<p>30 On a Mission Club National Cheesecake Day Improve Strength S.O.M.E. Club World Day Against Trafficking Persons Kickball</p>	<p>31 UK Fan Club National Mutt Day Improve Mobility Book Club National Raspberry Cake Day Balloon Volleyball</p>	<p>We love our members! Members choose what they would like to do while at the clubhouse!</p>		

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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 8:00AM TO 4:30PM 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: 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.”

(MORE: Can We Get Some Volunteers?)

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.

(MORE: Volunteering Pays for Job Hunters)

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 manager.”

Here are some tips to add your volunteering experience to your resumé and LinkedIn profile.

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

Bee Well’s Buzz on Health: Carbonated Soft Drinks / Sodas

Cont. from last month.....

19. Daily sodas and other sugar sweetened drinks are linked to Non-Alcoholic Fatty Liver Disease (NAFLD).

The 2,634 individuals in the study completed a CT scan to measure the amount of fat in the liver. They saw a higher prevalence of NAFLD among people who reported drinking more than one sugar-sweetened drink per day compared to people who said they drank no sugar-sweetened beverages.

20. Some sodas contain flame retardant.

Brominated vegetable oil (BVO) is added to many citrus based sodas and sports drinks to prevent the drinks from separating.

What’s the concern? BVO is patented by chemical companies as a flame retardant. It is also banned in over 100 countries, but it is still used in the U.S. Learn more here.

21. Soda is linked to asthma.

A study done in South Australis of 16,907 participants aged 16 years and older, showed high levels of soda consumption were positively associated with asthma and COPD.

What Is Soda?

Soda typically contains carbonated water, a sweetener, and a natural or artificial flavoring. Most sodas also contain caffeine, colorings, preservatives, and/or other additives.

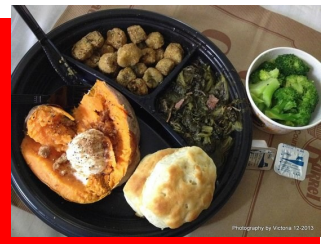
Other names for soda include soda pop, pop, or soft drinks.

Try to choose healthier choices like sparkling water. Sparkling water, or seltzer water, is water infused with carbon dioxide under pressure; it’s also known as carbonated water. Sodium and other minerals are often added, too.

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





July Breakfast Menu

Continental Breakfast 8-9



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
1 <i>Cinnamon Bun</i>	2 <i>Bananas</i>	3 <i>Granola Bars</i>	4 <i>Breakfast Burritos</i>	5 <i>Egg, Sausage & Cheese Biscuit</i>	6/7 <i>Yogurt Cups</i>
8 <i>Pancakes Fruit</i>	9 <i>Blueberry Muffin Fruit</i>	10 <i>Oatmeal & Add-Ins</i>	11 <i>Muffin Fruit</i>	12 <i>Sausage Biscuit</i>	13/14 <i>Yogurt Cups</i>
15 <i>Sausage Biscuit</i>	16 <i>Bagels</i>	17 <i>Hash Browns</i>	18 <i>Fruit Cups</i>	19 <i>Bananas</i>	20/21 <i>Yogurt Cups</i>
22 <i>Yogurt Cups</i>	23 <i>Cheese Sticks</i>	24 <i>Oatmeal</i>	25 <i>Blueberry Muffin</i>	26 <i>Fruit Cups</i>	27/28 <i>Yogurt Cups</i>
29 <i>Cinnamon Bun</i>	30 <i>Bran Muffin</i>	31 <i>Yogurt Cups</i>			

Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.

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!



July Tea & A Tale Time Menu

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



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
<i>1 Cheese & Crackers</i>	<i>2 Yogurt Cups</i>	<i>3 Cheese Popcorn</i>	<i>4 Salad with Boiled Eggs</i>	<i>5 Pretzels and Cheese Dip</i>	<i>6/7 Cheese and Pretzel Packs</i>
<i>8 Fruit Cups and Peanut Butter Crackers</i>	<i>9 Individual Cottage Cheese Cups</i>	<i>10 Individual Pimento Cheese Sandwiches</i>	<i>11 Individual Chicken Salad Sandwiches</i>	<i>12 Chex Mix W/ Nuts</i>	<i>13/14 Crackers and Cheese</i>
<i>15 Yogurt Cups</i>	<i>16 Peanut Butter and Crackers</i>	<i>17 Individual Tuna Salad Sandwiches</i>	<i>18 Egg Rolls</i>	<i>19 Cheese Sticks</i>	<i>20/21 Fruit Mix Cups Peanut Butter Crackers</i>
<i>22 Cheese, Crackers Applesauce</i>	<i>23 Healthy Chips</i>	<i>24 Individual Egg Salad Sandwich</i>	<i>25 Individual Cottage Cheese Cups</i>	<i>26 Raisin Boxes & Peanut Packs</i>	<i>27/28 Cheese & Crackers</i>
<i>29 Bananas and PB</i>	<i>30 Fruit Salad</i>	<i>31 Taco Chips and Cheese</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?

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

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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 here at our clubhouse and/or at your house with Aging With Grace's At Home Health Help & 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 participants regardless of age, color, creed, disability, ethnicity, gender, marital 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
8:00am 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, or even in snow, sleet, hail and ice storms (as long as our park-

ing lot can be cleared of snow and ice 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 Hourly Rate: \$14

**Clubhouse Daily Rate
\$73 per day
(Includes everything but personal
supplies)**

**All potential members pay
\$100 for a Wellness
Consultation which includes
a Wellness Map**

At Home Health & Help Services

**Available 24/7,
365 days of the year**

\$20 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*

After becoming a member,
there is a yearly
\$100 membership fee.

*the asterisk denotes special pricing for special services