

If you don't see the registered trademark symbol, it isn't us

Like us
on Facebook

Follow us
on Twitter

For more health
tips and useful
information

Inside this issue:

Improvement 2

Foundation for Building Health 2

Lunch Menu Calendar 3

Tea and a Tale Time Menu 3

Mission Statement and Values 4

Hours of Operation and Fees 4

Special points of interest:

- ◆ Now accepting membership applications!
- ◆ Call for an appointment to begin member application process: 859 539 2147
- ◆ We are not yet open, but applying early guarantees your membership.
- ◆ Let us hear from you! We want to know what you think!



| MONDAY | TUESDAY | WEDNES- | THURSDAY | FRIDAY | SAT. |
|---|--|---|--|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 |
| Our doors are open, so come visit us! Clubs, guest speakers and entertainers will be at times listed below: | | | | | |
| 8 | | | | | |
| 15 10:30 Gardening Club Or Andrew Hart CFP, Health and Care 2:00 Glee Club or DG Gridley, What We Are About | 16 10:30 Missions Club Or Guest Speaker 2:00 SOME Club or Entertainer | 17 10:30 LOVE Club or UK Fan Club or Guest Speaker 2:00 Book Club or Entertainers | 18 10:30 Art Club or Hunting & Fishing Club or Guest Speaker 2:00 Bridge Club or Entertainer | 19 10:30 SOLVE Club or Guest Speaker 2:00 Natural Resources Club or Entertainer | 20 2:00 Scrabble Club Or Entertainer |
| 22 10:30 Gardening Club Guest Speaker Exercises 2:00 Glee Club or Entertainer | 23 10:30 Missions Club or Guest Speaker 2:00 SOME Club or Entertainer | 24 10:30 LOVE Club or UK Fan Club or Guest Speaker 2:00 Book Club or Entertainers | 25 10:30 Art Club or Hunting & Fishing Club or Guest Speaker 2:00 Bridge Club or Entertainer | 26 10:30 SOLVE Club or Guest Speaker 2:00 Natural Resources Club or Entertainer 3:00 Ribbon Cutting Ceremony | 27 2:00 Scrabble Club Or Entertainer |
| 29 10:30 Gardening Club Guest Speaker Exercises 2:00 Glee Club or Entertainer | 30 10:30 Missions Club or Guest Speaker 2:00 SOME Club or Entertainer | | | | |

Improvement — Part 2 of a Three Part Series Comparing Our Feet to Tires on a Car

This article is one in a series that compares our bodies to our vehicles because in our culture, to this car and body owner, 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.

—(DG Gridley)

.....Continued from last month....

On the sidewall of every passenger-car and light-truck tire is an alphanumeric code that describes the dimensions of the tire. For most tires, this code will start with a "P." Some may start with an "LT" to signify light truck. Some tires may have a "Max. Load" indication. When selecting new tires, it is important to make sure a tire's load rating is at least as high as the tire you are replacing.

Next we'll talk about how to choose the right tire. Perhaps the biggest mistake a consumer can make when [replacing tires](#) is not using the correct size. On the sidewall of your tire, you'll find a code that tells the tire's size and capabilities. Here's a sample code: P195/60R16 63H M+S

- P - Type of tire
- 195 - Width of the tire across the tread in millimeters
- 60 - Aspect ratio of the sidewall compared to the width
- R - Radial construction
- 16 - Diameter of the rim in inches
- 63 - Tire's load rating
- H - Tire's speed rating
- M+S - Tire is suitable for all-season driving

If the tire-size code starts with LT instead of P, it means the [tire](#) is a light-truck tire. Light-truck tires are designed to have higher-load carrying capacities and are usually found on pickups and SUVs. These vehicles are not required to have LT tires, and in many cases, the original-equipment specification calls for passenger-car tires.

The speed rating translates into

the tire's ability to dissipate heat, or prevent heat build-up. Heat is a tire's enemy. The more heat, the faster the tire wears, and the faster a tire might break down. A tire with a higher speed rating can dissipate more heat on long highway trips. If a consumer were to spend little time on the highway, the speed rating might not be an important factor in choosing a replacement tire.

Tires are speed rated from 99 to 186 miles per hour (159.3 to 299.3 kilometers per hour). The most common speed ratings are T (118 miles per hour or 189.9 kilometers per hour) and H (130 miles per hour or 209.2 kilometers per hour). Both of those ratings clearly exceed the nationally posted speed limits and would make excellent long-distance highway tires. If a consumer were to drive only in urban situations at low speeds, a tire with an S (112 miles per hour or 180.2 kilometers per hour) speed rating might be completely acceptable....to be cont. by [Mark Bilek](#) and [Christopher Neiger](#)

<http://auto.howstuffworks.com/buying-selling/cg-tire-buying-tips.htm#page=1>

How is Your Sleep Foundation for Building Health?

Couples who don't get enough sleep are more likely to fight -- but what if the *reason* you can't catch enough Zz's is because of your "better" half's habits?

We will be sharing over the next few months the most common complaints, and how to solve the problems for good.

Your bed partner has been thrashing about in her sleep and you wake her -- nobody needs another elbow to the ribs, after all. She says she remembers dream-

ing about fighting off an intruder or running from something, just like she did a few nights ago when she kneed you right in the shins. "Acting out dreams in bed ... can be a sign of REM behavior disorder," says Rosen, a sleep condition that includes a lack of the typical muscle paralysis most healthy sleepers experience during rapid eye movement sleep. [REM behavior disorder](#), or RBD, can include shouting, hitting and even getting out of

bed, and it can become dangerous, both for the dreamer and the bed partner, according to the National Sleep Foundation. It can be [successfully treated](#), however, so suggest to your bed partner that she seek out a sleep physician. By Sarah Klein

Taken From:
http://www.huffingtonpost.com/2014/09/23/sharing-a-bed-sleep-problems_n_5830292.html



This is an example of what our **June Menu** might be after our Grand Opening



| Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|--|--|
| 1 <i>Salmon</i> <i>Baked Potatoes w/ butter /sour cream</i> <i>Lima beans</i> <i>Fresh Fruit</i> | 2 <i>Beef Stew</i> <i>Tossed Salad</i> <i>Pears and Cottage Cheese</i> <i>Whole Wheat Bread</i> | 3 <i>Baked Chicken</i> <i>Potato Casserole</i> <i>Green Beans</i> <i>Whole wheat rolls</i> <i>Berry Fruit Salad</i> | 4 <i>Rotisserie Chicken</i> <i>Mashed Potatoes and gravy</i> <i>Seasoned Kale Greens</i> <i>Mandarin Orange Salad</i> | 5 <i>Beef Bourguignon with noodles</i> <i>Spring salad</i> <i>Glazed carrots</i> <i>Garlic toast</i> | 6 <i>Chicken Salad Sandwiches</i> <i>Mixed fruit</i> <i>Whole Grain Chips</i> <i>Cottage Cheese</i> |
| 8 <i>Pork Ribblett w/ BBQ sauce</i> <i>Black-eyed Peas</i> <i>Seasoned Collard Greens</i> <i>Whole Wheat Rolls</i> | 9 <i>Chicken Breast Fillet</i> <i>Marsala Sauce</i> <i>Brussels Sprouts</i> <i>Mixed Vegetables</i> <i>Whole Wheat Bread</i> | 10 <i>Spaghetti w/Meat Sauce</i> <i>Green Peas and Onions</i> <i>Spiced Apple Slices</i> <i>Garlic Bread</i> | 11 <i>Roast Pork w/Gravy</i> <i>Whole Kernel Corn</i> <i>Whipped Sweet Potatoes</i> <i>Whole Wheat Bread</i> | 12 <i>Baked Chicken</i> <i>Chantilly Potatoes w/ Gravy</i> <i>Capri Blend Vegetables</i> <i>Whole Wheat Bread</i> | 13 <i>Roast Beef Sandwiches</i> <i>Watermelon</i> <i>Potato Chips</i> <i>Yogurt</i> |
| 15 <i>Beef Teriyaki</i> <i>Broccoli Cuts</i> <i>Brown Rice</i> <i>Mixed Fruit</i> <i>Graham Cracker</i> | 16 <i>Chicken Salad</i> <i>Applesauce</i> <i>Green Pea Salad</i> <i>Whole Wheat Bread</i> | 17 <i>BBQ Shredded Pork</i> <i>Whole Wheat Bun</i> <i>Ranch Beans</i> <i>Cole Slaw</i> <i>Watermelon</i> | 18 <i>Chicken Pomodoro</i> <i>Green Peas and Onions</i> <i>Cauliflower and Carrots</i> <i>Whole Wheat Bread</i> | 19 <i>Hamburger</i> <i>Lettuce and Tomato</i> <i>Baked Beans</i> <i>Graham Crackers and Peaches</i> | 20 <i>Tuna Salad Sandwiches</i> <i>Mandarin Orange Salad</i> <i>Pretzels</i> |
| 22 <i>Peach Orange BBQ Chicken</i> <i>Sour Cream and Chive Potato</i> <i>Steamed Spinach</i> | 23 <i>Chili with Vegetables</i> <i>Brown Rice</i> <i>Whole Wheat Bread</i> <i>Tossed Salad</i> | 24 <i>Chicken Parmesan</i> <i>Sour Cream and Chive Potatoes</i> <i>Italian Blend Vegetables</i> <i>Graham Crackers</i> | 25 <i>Sliced Roasted Turkey In Gravy</i> <i>Sweet Potato Casserole</i> <i>Broccoli Cuts</i> <i>Whole Wheat Rolls</i> | 26 <i>Meat Loaf</i> <i>Corn Casserole</i> <i>Mashed Potatos and gravy</i> <i>Mixed Greens Salad</i> | 27 <i>Egg Salad Sandwiches</i> <i>Potato Chips</i> <i>Broccoli Salad</i> <i>Peaches</i> |
| 29 <i>Lasagna</i> <i>Green Beans w/ slivered toasted almonds</i> <i>Garlic Bread</i> <i>Cabbage salad</i> | 30 <i>Mac and Cheese with Ham</i> <i>Casserole</i> <i>Broccoli Salad</i> <i>Jello and FruitBaked</i> | | | | <i>All meals are served with water, 1/2 pint of 1% milk and a choice of coffee or tea</i> |

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?

An elderly man driving erratically was stopped by the police around 2 a.m. and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's

giving that lecture at this time of night?"
 The man replied, "That would be my wife."

On Mondays we have a variety of trail mixes and seasonal fruit.

Tuesdays we have chips and dips or crackers and cheeses.

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®

2100 Liberty Road
Lexington, KY
40509

859 539 2147
administrator@
AgingWithGraceInfo.org

We're On the
Web
[www.agingwith
graceinfo.org](http://www.agingwith
graceinfo.org)

**Our Goal is to keep
our members out of
nursing homes**



Aging With Grace® is the newsletter of Aging With Grace, Aging In Place—The Health Club for Seniors—

called Grace Place. It is a new way for seniors to make the most of life by aging gracefully in a country 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 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 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 (after Grand Opening)



Monday through
Friday from 7:30 until
6:00
Saturdays from 12:00
to 6:00
We are closed on Sun-
days.

We will only close on
the holidays of

New Year's Day, The
Fourth of July, and
Christmas Day.

If those holidays fall
on a Sunday, we will
not be closed for a
'make-up' day.

You can count on us to
be here, rain or shine,
or even in snow, sleet,
hail and ice storms.

We believe in
commitment and de-

pendability and know
you do too!

Hourly Fees: \$13
Full Time Members have
a discounted rate of
\$65 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.