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information

## JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Come Join Us!...</b>		<b>1</b> 10:30 L.O.V.E. Club or UK Fan Club -or- <b>Guess That Blonde</b> 2:00 Book Club-or- <b>Hurricane Season Opening Social</b>	<b>2</b> 10:30 Art Club/ Hunting & Fishing Club -or- <b>Sun Mosaics</b> 2:00 Bridge Club -or- <b>Jungle and Men's Day</b>	<b>3</b> 10:30 S.O.L.V.E. Club -or- <b>I would give up...</b> 2:00 Gardening Club-or- <b>Flappers Dance</b>	<b>4</b> 2:00 Bingo or Card Player's Club -or- <b>National Trails Day</b>
	<b>6</b> 10:30 Natural Resources Club -or- <b>Financial News Social</b> 2:00 Glee Club -or- <b>Safety Course</b>	<b>7</b> 10:30 Missions Club -or- <b>Men's Month Project I</b> 2:00 S.O.M.E. CLUB -or- <b>Daniel Boone Social</b>	<b>8</b> 10:30 L.O.V.E. Club or UK Fan Club -or- <b>World Oceans Day Social</b> 2:00 Book Club-or- <b>World Oceans Day Project</b>	<b>9</b> 10:30 Art Club/ Hunting & Fishing Club -or- <b>Native American Jewelry</b> 2:00 Bridge Club -or- <b>National Rivers Month Spelling</b>	<b>10</b> 10:30 S.O.L.V.E. Club -or- <b>Landscape Painting</b> 2:00 Gardening Club -or- <b>Berry Picking Stories</b>
<b>13</b> 10:30 Natural Resources Club -or- <b>Celebrating the First Roller Coaster</b> 2:00 Glee Club -or- <b>Adopt a Shelter Cat Month Visit</b>	<b>14</b> 10:30 Missions Club -or- <b>Flag Day Windsocks Project</b> 2:00 S.O.M.E. Club -or- <b>Celebrating 241st Birthday of</b>	<b>15</b> 10:30 L.O.V.E. Club or UK Fan Club -or- <b>Nature Photography Day</b> 2:00 <b>Slideshow</b> 2:00 <b>Book Club -or- World Elder Abuse</b>	<b>16</b> 10:30 Art Club or Hunting & Fishing Club -or- <b>Charlie Chaplin Remembered</b> 2:00 Bridge Club -or- <b>National Accordion Awareness Month Social</b>	<b>17</b> 10:30 S.O.L.V.E. Club -or- <b>Father's Day Project</b> 2:00 Gardening Club -or- <b>Making Ice Cream: National Dairy Month</b>	<b>18</b> 2:00 Bingo or Card Player's Club -or- <b>World Juggling Day Celebration</b>
<b>20</b> 10:30 Natural Resources Club -or- <b>Summer Begins</b> 2:00 Glee Club -or- <b>1863 West Virginia Becomes a State : Fun Facts</b>	<b>21</b> 10:30 Missions Club -or- <b>National Rose Month Bouquets</b> 2:00 S.O.M.E. Club -or- <b>Pool Party</b>	<b>22</b> 10:30 LOVE Club or UK Fan Club -or- <b>Vision Research Month</b> 2:00 <b>Speaker</b> 2:00 <b>Book Club -or- FDR Signs the</b>	<b>23</b> 10:30 Art or Hunting & Fishing Club -or- <b>Sock Puppet Project</b> 2:00 Bridge Club -or- <b>Children's Awareness Month Puppet</b>	<b>24</b> 10:30 S.O.L.V.E. Club -or- <b>Celebration of the Senses Day Tasting</b> 2:00 Gardening Club -or- <b>Hopalong Cassidy</b>	<b>25</b> 2:00 Bingo or Card Player's Club -or- <b>Remembering the Korean War Began 1950</b>
<b>27</b> 10:30 Natural Resources Club -or- <b>Men's Health Quiz</b> 2:00 Glee Club -or- <b>Appreciating Skyscraper Month</b>	<b>28</b> 10:30 Missions Club -or- <b>Daisy Chains</b> 2:00 S.O.M.E. Club -or- <b>National Cunniff's Day Game</b>	<b>29</b> 10:30 LOVE Club or UK Fan Club -or- <b>Audio Book Appreciation Month</b> 2:00 <b>Book Club -or- End of Month 'Bea</b>	<b>30</b> 10:30 Art or Hunting & Fishing Club -or- <b>N.O.W. Founded Social</b> 2:00 Bridge Club -or- <b>National Handshake Day</b>	<b>And Be Loved</b> 	

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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!

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# Improvement

— Feet, like tires, are what you depend on to get you around safely

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

*Continued from last month....* Soles should provide solid footing and not be slippery. Thick soles cushion your feet when walking on hard surfaces. Low-heeled shoes are more comfortable, safer, and less damaging than high-heeled shoes.

## Common Foot Problems

Fungal and Bacterial Conditions, including athlete's foot, occur because our feet spend a lot of time in shoes - a warm, dark, humid place that is perfect for fungus to grow. Fungal and bacterial condi-

tions can cause dry skin, redness, blisters, itching, and peeling. If not treated right away, an infection may be hard to cure. If not treated properly, the infection may reoccur. To prevent infections, keep your feet - especially the area between your toes - clean and dry. Change your shoes and socks or stockings often to help keep your feet dry. Try dusting your feet daily with foot powder. If your foot condition does not get better within 2 weeks, talk to your doctor.

Dry skin can cause itching and burning feet. Use mild soap in small amounts and a moisturizing cream or lotion on your legs and feet every day. Be careful about adding oils to bath water since they can make your feet and bathtub very slippery.

**Corns and calluses** are caused by friction and pressure when the bony parts of your feet rub against your shoes. If you have corns or calluses, see your doctor. Sometimes wearing shoes that fit better or using special pads solves the problem. Treating corns and calluses yourself may be harmful, especially if you have diabetes or poor circulation. Over-the-counter medicines contain acids that destroy the tissue but do

not treat the cause. Sometimes these medicines reduce the need for surgery, but check with your doctor before using them.

**Warts** are skin growths caused by viruses. They are sometimes painful and, if untreated, may spread. Since over-the-counter preparations rarely cure warts, see your doctor. A doctor can apply medicines, burn or freeze the wart off, or take the wart off with surgery.

**Bunions** develop when the joints in your big toe no longer fit together as they should and become swollen and tender. Bunions tend to run in families. If a bunion is not severe, wearing shoes cut wide at the instep and toes, taping the foot, or wearing pads that cushion the bunion may help the pain. Other treatments include **physical therapy** and wearing **orthotic** devices or shoe inserts. A doctor can also prescribe anti-inflammatory drugs and **cortisone** injections for pain. Sometimes surgery is needed to relieve the pressure and repair the toe joint.

To be continued next month....  
<http://www.medicinenet.com/script/main/art.asp?articlekey=60508&page=3>

## How is Your Exercise Foundation for Building Health?

While you may worry that exercising with osteoarthritis could harm your joints and cause more pain, research shows that people can and should exercise when they have osteoarthritis. In fact, exercise is considered the most effective non-drug treatment for reducing pain and improving movement in patients with osteoarthritis.

### What Exercises Work Best for Osteoarthritis?

Each of the following types of exercises plays a role in maintaining and improving the ability to move and function:

**Range of motion or flexibility exercises.** Range of motion refers to the ability to move your joints through the full motion they were designed to achieve. These exercises include gentle stretching and movements that take joints

through their full span. Doing these exercises regularly can help maintain and improve the flexibility in the joints.

**Aerobic/endurance exercise.** These exercises strengthen the heart and make the lungs more efficient. This conditioning also reduces fatigue and builds stamina.

**To be continued next month... This excerpt was taken from the Arthritis Foundation website.**



# June Menu

## M-F 12:00 Dinner at Noon

### Sat. 3:30 A Meal and a Movie



Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <i>Pork Chops Mashed Potatoes &amp; Gravy Fried Apples Salad &amp; Dressing</i>	<b>2</b> <i>Fettuccini With Chicken and Broccoli Carrot Salad Garlic Bread</i>	<b>3</b> <i>Chicken Parmigiana Pasta Broccoli and Carrots Fresh Fruit Whole Wheat Bread</i>	<b>4</b> <i>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</i>
<b>6</b> <i>Chicken-breast Fritters with Green Onions, Red Peppers &amp; Edamame White rice Whole Wheat Bread Pears</i>	<b>7</b> <i>Beef Pot Roast Mixed Vegetables &amp; Potatoes Applesauce Whole Wheat Bread</i>	<b>8</b> <i>Cheddar and Ham Potato Bake Green Beans Fried Apples Whole Wheat Bread</i>	<b>9</b> <i>Three Meat and Four Cheese Lasagna Tossed Salad Garlic Bread Watermelon</i>	<b>10</b> <i>Rainbow Trout Brown Rice Broccoli Whole Wheat Bread Pineapple Tidbits</i>	<b>11</b> <i>Roast Beef Sandwiches Waldorf Salad Potato Chips Fruit Yogurt</i>
<b>13</b> <i>Pork Boneless BBQ Ribs Crispy Potato Wedges Corn niblets Whole Wheat Bread Cole Slaw</i>	<b>14</b> <i>Spaghetti &amp; Meatballs Garden Salad/ranch dressing Savory Peas Garlic Bread</i>	<b>15</b> <i>Sesame Chicken Linguine Pasta Carrots Whole Wheat Bread Fruit Cocktail</i>	<b>16</b> <i>Country Fried Steak Baked Potatoes Macaroni &amp; Cheese Broccoli Pumpkin Bread</i>	<b>17</b> <i>Chicken and Shrimp Linguine Zucchini, and Broccoli Whole Wheat Bread Carrot Salad</i>	<b>18</b> <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels Fresh Fruit &amp; Dip</i>
<b>20</b> <i>Steak and Roasted Potatoes Green Bean Casserole Whole Wheat Bread Pears</i>	<b>21</b> <i>Fettuccini Alfredo Broccoli Cuts Garlic Bread Fruit Salad</i>	<b>22</b> <i>Herb Roasted Chicken Mashed Potatoes Corn Green Beans Whole wheat bread</i>	<b>23</b> <i>Three Cheese Tortellini in Marinara Sauce Tossed Salad Whole Wheat Bread Peaches</i>	<b>24</b> <i>Chunky Chicken and Noodles Mixed Vegetables Whole Wheat Bread Fresh Fruit</i>	<b>25</b> <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
<b>27</b> <i>Roasted Garlic Chicken Penne Pasta Roma Tomatoes Tossed Salad &amp; Dressing</i>	<b>28</b> <i>Turkey Breast Slices Stuffing Cranberry Sauce Mashed Potatoes/Gravy Green Beans Rolls</i>	<b>29</b> <i>Meat Loaf Mashed Potatoes &amp; Gravy Corn Nuggets Fresh Fruit</i>	<b>30</b> <i>Pork BBQ Ribs Macaroni and Cheese Sauteed Cabbage Wheat Rolls Fruit Cocktail</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? Betty is aged 94 and she is angry and so she 'phones the newspaper office in Manchester, loudly demanding to know where her Sunday edition was. 'Ma'am,' said the employee, 'today is Saturday. The Sunday paper is not

delivered until Sunday.' There was a long pause on the other end of the phone, followed by a ray of recognition from Betty. 'I'll bet that's why no one was in church today too.' **On Mondays we have a variety of seasonal fruit and cheeses. Tuesdays we have chips or crackers and dips. 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®**

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Lexington, KY  
40509

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AgingWithGraceInfo.org

**We're On the  
Web**  
[www.agingwith  
graceinfo.org](http://www.agingwith<br/>graceinfo.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**

**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 individ-  
ual 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 un-  
merited 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 from 12:00 to  
6:00

**We are closed on Sundays, 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 (as  
long as our parking lot  
can be cleared of snow  
and ice for safety's  
sake—please check lo-  
cal TV stations WKYT  
and WLEX for delayed  
openings and closings  
under BUSINESSES).

**We believe in com-  
mitment and de-  
pendability and  
know you do too!**

**Hourly Fees: \$13 (paid at  
the end of the month)**

**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.

