



The Official Newsletter

Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 4, Issue 6

June 2017

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JUNE

**We love our members!
Come Join Us and Be
Loved!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p>We love our members! Come Join Us and Be Loved!</p>			<p>1 9:30 Art Club-or- <i>Decorating the June Tree</i> 1:00 Hunting and Fishing Club – or—<i>Say Something Nice Day</i></p>	<p>2 9:30 S.O.L.V.E. Club – or—<i>Adopt A Shelter Cat Month</i> 1:00 Gardening Club–or – <i>Bea Bucks Auction</i></p>	<p>3/4 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club</p>
			<p>5 9:30 Natural Resources Club –or– <i>National Gingerbread Day Project</i> 1:00 Glee Club –or– <i>International Clothesline Week</i></p>	<p>6 9:30 On a Mission Club –or– <i>D-Day Remembered</i> 1:00 S.O.M.E. CLUB – or– <i>Nat’l Yo-Yo Day Demonstration</i></p>	<p>7 9:30 UK Fan Club –or–<i>Boone Day</i> 1:00 Book Club-or-<i>National Running Day</i></p>
<p>12 9:30 Natural Resources Club – <i>National Peanut Butter Cookie Day Project</i> 1:00 Glee Club – <i>Red Rose Day</i></p>	<p>13 9:30 On a Mission Club –or–<i>National Hermit Week</i> 13-20 1:00 S.O.M.E. Club –or– <i>National Sewing Machine Day</i></p>	<p>14 9:30 L.O.V.E. Club –or– <i>Family History Day</i> 1:00 Book Club –or– <i>National Strawberry Shortcake Day</i></p>	<p>15 9:30 Art Club –or– <i>National Nursing Assistants Week</i> 15-22 1:00 Hunting & Fishing Club –or– <i>World Elder Abuse Awareness Day</i></p>	<p>16 9:30 S.O.L.V.E. Club or –<i>National Fudge Day</i> 1:00 Gardening Club –or– <i>Great Outdoors Month</i></p>	<p>17/18 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club</p>
<p>19 9:30 Natural Resources Club –or– <i>Lightening Safety Awareness Week</i> 1:00 Glee Club –or– <i>Men’s Health Month</i></p>	<p>20 9:30 On a Mission Club –or– <i>National Ice Cream Soda Day</i> 1:00 S.O.M.E. Club –or– <i>Dairy Alternatives Month</i></p>	<p>21 9:30 UK Fan Club –or– <i>National Zoo and Aquariums Month</i> 1:00 Book Club –or– <i>Int’l Day of Yoga</i></p>	<p>22 9:30 Art Club–or– <i>Stupid Guy Thing Day</i> 1:00 Hunting & Fishing Club– or— <i>Int’l Men’s Month</i></p>	<p>23 9:30 S.O.L.V.E. Club–or– <i>National Eat at a Food Truck Day</i> 1:00 Gardening Club–or– <i>Take Your Dog to Work Day</i></p>	<p>24/25 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club</p>
<p>26 9:30 Natural Resources Club –or–<i>National Oceans Month</i> 1:00 Glee Club –or– <i>National Chocolate Pudding Day</i></p>	<p>27 9:30 On a Mission Club –or– <i>National Sunglasses Day</i> 1:00 S.O.M.E. Club –or– <i>Decide to Be Married Day</i></p>	<p>28 9:30 UK Fan Club –or– <i>Int’l Body Piercing Day</i> 1:00 Book Club –or– <i>National Safety Month</i></p>	<p>29 9:30 Art Club–or– <i>National Bomb Pop Day</i> 1:00 Hunting & Fishing Club–or– <i>National Handshake Day</i></p>	<p>30 9:30 S.O.L.V.E. Club–or– <i>National Mai Tai Day</i> 1:00 Gardening Club–or– <i>World Social Media Day</i></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 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— Eyes Are the Lamps of Our Bodies/Headlights Are the Lamps of Our 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, 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.

According to the National Eye Institute (NEI), more than two million Americans currently have age-related macular degeneration, and due to the aging of the U.S. population, that number is expected to more than double to 5.4 million by 2050.

Glaucoma. Your risk of developing glaucoma increases with each decade after age 40, from around 1 percent in your 40s to up to 12 percent in your 80s. The number of Americans with glaucoma will increase by 50 percent (to 3.6 million) by 2020.

Diabetic retinopathy. According to the NEI, approximately 10.2 million Americans over age 40 are known to have dia-

betes. Many experts believe that up to 30 percent of people who have diabetes have not yet been diagnosed.

Among known diabetics over age 40, NEI estimates that 40 percent have some degree of diabetic retinopathy, and one of every 12 people with diabetes in this age group has advanced, vision-threatening retinopathy.

How Aging Affects Other Eye Structures

While normally we think of aging as it relates to conditions such as presbyopia and cataracts, more subtle changes in our vision and eye structures also take place as we grow older. These changes include:

Reduced pupil size. As we age, muscles that control our pupil size and reaction to light lose some strength. This causes the pupil to become smaller and less responsive to changes in ambient lighting. Because of these changes, people in their 60s need three times more ambient light for comfortable reading than those in their 20s. Also, seniors are more likely to be dazzled by bright sunlight and glare when emerging from a dimly lit building such as a movie theater. Eyeglasses with photochromic lenses and anti-reflective coating can help reduce this problem.

Dry eyes. As we age, our bodies produce

fewer tears. This is particularly true for women after menopause. If you begin to experience a burning sensation, stinging, or other eye discomfort related to dry eyes, use artificial tears as needed throughout the day for comfort, or consult your eye doctor for other options such as prescription dry eye medications.

Loss of peripheral vision. Aging also causes a normal loss of peripheral vision, with the size of our visual field decreasing by approximately one to three degrees per decade of life. By the time you reach your 70s and 80s, you may have a peripheral visual field loss of 20 to 30 degrees. Because the loss of visual field increases the risk for automobile accidents, make sure you are more cautious when driving. To increase your range of vision, turn your head and look both ways when approaching intersections. You also can read more tips about vision, aging and driving safety.

Decreased color vision. Cells in the retina that are responsible for normal color vision decline in sensitivity as we age, causing colors to become less bright and the contrast between different colors to be less noticeable.

To be continued next month...taken from <http://www.allaboutvision.com/over60/vision-changes.htm>

Bea Well's Buzz on Health

Lupus is a chronic inflammatory disease that occurs when your body's immune system attacks your own tissues and organs. Inflammation caused by lupus can affect many different body systems — including your joints, skin, kidneys, blood cells, brain, heart and lungs.

Lupus can be difficult to diagnose because its signs and symptoms often mimic those of other ailments. The most distinctive sign of lupus — a facial rash that resembles the wings of a butterfly unfolding across both cheeks — occurs in many but not all cases of lupus. Some people are born

with a tendency toward developing lupus, which may be triggered by infections, certain drugs or even sunlight. While there's no cure for lupus, treatments can help control symptoms. No two cases of lupus are exactly alike. Signs and symptoms may come on suddenly or develop slowly, may be mild or severe, and may be temporary or permanent. Most people with lupus have mild disease characterized by episodes — called flares — when signs and symptoms get worse for a while, then improve or even disappear completely for a time. The signs and symptoms of lupus that you

experience will depend on which body systems are affected by the disease. The most common signs and symptoms include:

- Fatigue and fever
- Joint pain, stiffness and swelling
- Butterfly-shaped rash on the face
- Skin lesions that appear or worsen with sun exposure (photosensitivity)
- Fingers and toes that turn white or blue when exposed to cold or during stressful periods (Raynaud's phenomenon)
- Shortness of breath
- Chest pain
- Dry eyes
- Headaches, confusion and memory loss



JUNE Menu

M-F 12:00 Dinner at Noon

Sat./Sun. 2:00 A Meal and a Movie



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
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			1 <i>Country Fried Steak Baked Potatoes Macaroni & Cheese Broccoli Whole Wheat Bread</i>	2 <i>Fettuccini Alfredo Tossed Salad w/dressing Garlic Bread Fruit and Jello</i>	3/4 <i>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</i>
5 <i>Turkey Breast Slices Stuffing Cranberry Sauce Mashed Potatoes/Gravy Green Beans Rolls</i>	6 <i>Beef Pot Pie Mixed Vegetables & Potatoes Applesauce Whole Wheat Bread</i>	7 <i>Spaghetti & Meatballs Garden Salad/Ranch Dressing Savory Peas Garlic Bread</i>	8 <i>Battered Fish Broccoli and Cheese Rice Pears Whole Wheat Bread</i>	9 <i>Pork Boneless BBQ Ribs Crispy Potato Wedges Corn niblets Whole Wheat Bread Cole Slaw</i>	10/11 <i>Roast Beef Sandwiches Waldorf Salad Potato Chips Fruit Yogurt</i>
12 <i>Fettuccini With Chicken and Broccoli Carrot Salad Garlic Bread</i>	13 <i>Meat Loaf Mashed Potatoes & Gravy Corn Nuggets Fresh Fruit</i>	14 <i>Cheddar and Ham Potato Bake Green Beans Fried Apples Whole Wheat Bread</i>	15 <i>Vermont White Cheddar Macaroni & Cheese Peas Fruit Cocktail Whole Wheat Bread</i>	16 <i>Sweet and Sour Chicken Broccoli and Carrots White Rice Mandarin Oranges Egg Rolls</i>	17/18 <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels Fresh Fruit & Dip</i>
19 <i>Chicken and Shrimp Linguine Zucchini, and Broccoli Whole Wheat Bread Carrot Salad</i>	20 <i>Three Cheese Tortellini in Marinara Sauce Tossed Salad Whole Wheat Bread Peaches</i>	21 <i>Pork Chops Mashed Potatoes & Gravy Fried Apples Salad & Dressing</i>	22 <i>Herb Roasted Chicken Mashed Potatoes Corn Green Beans Whole wheat bread</i>	23 <i>Slow Roasted Beef Mashed Potatoes and Gravy Green Beans Peaches</i>	24/25 <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
26 <i>Chicken Pot Pie Mixed Vegetables Fruit Salad Whole Wheat Bread</i>	27 <i>Chili Dogs With Cheese Potato Salad Fresh Strawberries Whole Wheat Buns</i>	28 <i>Rotisserie Chicken Baked Beans Broccoli Pears Whole Wheat Bread</i>	29 <i>Deep Dish Pizza Spinach Salad Creamed Corn Fresh Fruit</i>	30 <i>Baked Fish Macaroni & Cheese Cole Slaw Watermelon Whole Wheat Bread</i>	

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?

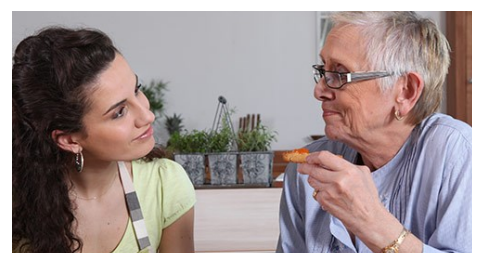
If my body were a car I would trade it in for a newer model. Every time I cough, sneeze, or sputter, my radiator leaks and my exhaust backfires!

Or how about this one?

My doctor told me to get off the couch, so now I watch TV in bed!

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
Web
www.agingwith
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

**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 individ-
ual 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 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 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 de-
layed openings under
BUSINESSES).

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

**Hourly Fees: \$14
(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.