



# Aging With Grace®

The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 5, Issue 6

June 2018

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## JUNE

### Group Activities from 9:30am-12pm and 1-3:30pm Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p><b>We love our members!</b></p> <p>Members choose what they would like to do while at the clubhouse! We have a pleasant place for napping.</p>				<p><u>1 S.O.L.V.E. Club</u> <u>National Donut Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Say Something Nice Day</u> <u>Corn Hole</u></p>	<p>2/3 <b>OPEN BY APPOINTMENT</b>  <u>Bingo or Card Player's Club</u></p>
<p><u>4 Natural Resources Club</u> <u>Old Maids Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Audio Book Appreciation Month</u> <u>Basketball</u></p>	<p><u>5 On a Mission Club</u> <u>Nat'l Ketchup Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>World Environment Day</u> <u>Kickball</u></p>	<p><u>6 UK Fan Club</u> <u>Nat'l Running Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Nat'l Yo Yo Day</u> <u>Balloon</u> <u>Volleyball</u></p>	<p><u>7 Art Club</u> <u>Boone Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Nat'l Chocolate</u> <u>Ice Cream Day</u> <u>Mind/Body Games</u></p>	<p><u>8 S.O.L.V.E. Club</u> <u>Nat'l Best Friend Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>World Ocean Day</u> <u>Corn Hole</u></p>	<p>9/10 <b>OPEN BY APPOINTMENT</b>  <u>Bingo or Card Player's Club</u></p>
<p><u>11 Natural Resources Club</u> <u>Corn On the Cob Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Great Outdoors Mo.</u> <u>Basketball</u></p>	<p><u>12 On a Mission Club</u> <u>Nat'l Call Your Doctor Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Nat'l Jerky Day</u> <u>Kickball</u></p>	<p><u>13 UK Fan Club</u> <u>Nat'l Dairy Month</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Dairy Alternatives Month</u> <u>Balloon Volleyball</u></p>	<p><u>14 Art Club</u> <u>Flag Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>National Bourbon Day</u> <u>Mind/Body Games</u></p>	<p><u>15 S.O.L.V.E. Club</u> <u>Nature</u> <u>Photography Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Elder Abuse Awareness Day</u> <u>Corn Hole</u></p>	<p>16/17 <b>OPEN BY APPOINTMENT</b>  <u>Bingo or Card Player's Club</u></p>
<p><u>18 Natural Resources Club</u> <u>Sustainable</u> <u>Gastronomy Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Men's Health M.</u> <u>Basketball</u></p>	<p><u>19 On a Mission Club</u> <u>Juneteenth</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>World Sauntering Day</u> <u>Kickball</u></p>	<p><u>20 UK Fan Club</u> <u>Last Day of Spring</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Midsummer Eve</u> <u>Balloon Volleyball</u></p>	<p><u>21 Art Club</u> <u>International Day of Yoga</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>World Music Day</u> <u>Mind/Body Games</u></p>	<p><u>22 S.O.L.V.E. Club</u> <u>Nat'l Eat at a Food Truck Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Stupid Guy Thing Day</u> <u>Corn Hole</u></p>	<p>23/24 <b>OPEN BY APPOINTMENT</b>  <u>Bingo or Card Player's Club</u></p>
<p><u>25 Natural Resources Club</u> <u>Day of the Seafarer</u> <u>Improve Energy</u> <u>Glee Club</u> <u>National Oceans Month</u> <u>Basketball</u></p>	<p><u>26 On a Mission Club</u> <u>Int'l Surf Music Month</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Nat'l Candy Mo.</u> <u>Kickball</u></p>	<p><u>27 UK Fan Club</u> <u>Decide to be Married Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Perennial</u> <u>Gardening Month</u> <u>Balloon Volleyball</u></p>	<p><u>28 Art Club</u> <u>National Handshake Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Nat'l Bomb Pop Day</u> <u>Mind/Body Games</u></p>	<p><u>29 S.O.L.V.E. Club</u> <u>Nat'l Zoo &amp; Aquarium Month</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Skyscraper Month</u> <u>Corn Hole</u></p>	<p>30 <b>OPEN BY APPOINTMENT</b>  <u>Bingo or Card Player's Club</u></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 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 Jenny

Jenny began offering a weekly bible study class at Aging With Grace in 2016. Even if only one member is interested in participating, Jenny is faithful to present the whole study. And she does it in such a fun and interesting format, beginning with telling the story in front of an open bible. I am convinced that she has the whole bible memorized, because she tells the story in her own words. Jenny has a flair for storytelling. She emphasizes key points because after she finishes telling the story, she asks questions. When members answer the questions correctly, they are rewarded with Bee Bucks. Bee Bucks are Aging With

Grace's funny money, to be spent at the end of each month at the Bee Buck Auction. And Jenny has been so generous with helping stock the Bee Buck Auction offerings, and with other donations. We have so enjoyed getting to know Jenny personally and will be forever grateful to Erma, who introduced us to one another. You can read more about our precious volunteer Erma in the February 2018 newsletter. Jenny has been studying the bible since she was a young teenager in northern Ohio. She is now a widow and lives with her daughter and son in law in Lexington. Her faith, good

nature and love is an inspiration to us all.



Left to right: Jenny, Erma, DG

## Bee Well's Buzz on Health: Hydration from NIH.com

Dehydration is a frequent etiology of morbidity and mortality in elderly people. It causes the hospitalization of many patients and its outcome may be fatal. Indeed, dehydration is often linked to infection, and if it is overlooked, mortality may be over 50%. Older individuals have been shown to have a higher risk of developing dehydration than younger adults. Modifications in water metabolism with aging and fluid imbalance in the frail elderly are the main factors to consider in the prevention of dehydration. Particularly, a decrease in the fat free mass, which is hydrated and con-

tains 73% water, is observed in the elderly due to losses in muscular mass, total body water, and bone mass. Since water intake is mainly stimulated by thirst, and since the thirst sensation decreases with aging, risk factors for dehydration are those that lead to a loss of autonomy or a loss of cognitive function that limit the access to beverages. The prevention of dehydration must be multidisciplinary. Caregivers and health care professionals should be constantly aware of the risk factors and signs of dehydration in elderly patients. Strategies to maintain normal hydration should comprise practical

approaches to induce the elderly to drink enough. This can be accomplished by frequent encouragement to drink, by offering a wide variety of beverages, by advising to drink often rather than large amounts, and by adaptation of the environment and medications as necessary.



Our Meals are  
Catered by  
Chef Doug!

# June Dinner Menu

Dinner is from Noon To 1:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	Dinner At Noon is served with 8oz of milk and water, choice of coffee or hot or cold tea.			1 Pulled Pork Seasoned Potato-Wedges Peaches Enriched Buns	2/3 Ham Sandwiches Cole Slaw Fresh Fruit Mix
4 Meatballs/Marinara Spaghetti Mix Veggies Mixed Fruit Garlic Toast	5 Stuffed Peppers Mustard Greens Tropical Fruit Whole Wheat Bread	6 Chicken Alfredo Pasta Fettucine Green Beans Pears Whole Wheat Bread	7 Beef Chili House Salad Baked Potato Peaches Whole Wheat Bread	8 Cheese Burgers Oven Roasted Wedges Lettuce, Tomato, Onions, Pickle Spears Enriched Bun	9/10 Roast Beef Sandwiches Potato Salad Fruit Cup
11 Grilled Chicken Cutlet House Salad Pineapple Rice Pilaf	12 Salisbury Steak Sweet Potato Melons Yeast Roll	13 Roasted Chicken Honey Roasted Carrots Mixed Fruit Rice Pilaf	14 Turkey Marinara Caesar Salad Pineapple Enriched Pasta	15 Loaded Red Beans Plantains Tomato Medley Yellow Rice	16/17 Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing
18 Beef Stew House Salad Fruit Whole Wheat Bread	19 Vegetarian Lasagna Tossed Salad Mandarin Oranges Garlic Roll	20 Pulled Pork Cole Slaw Peaches Whole Wheat Buns	21 Lemon Pepper Fish Creamed Spinach Grapes Cous Cous Enriched	22 Turkey Meatloaf Mashed Potatoes Green Beans Fruit Whole Wheat Buns	23/24 Egg Salad Sandwiches Yogurt Green Salad w/dressing Chex Mix
25 Pork Loin Mixed Vegetables Applesauce Corn Muffins	26 BBQ Chicken Sauteed Kale/Cabbage Fried Apples Whole Wheat Roll	27 Beef Chili Dog With Cheese Carrot Sticks Fresh Fruit Enriched Bun	28 Roasted Turkey Dressing Green Beans Whole Wheat Rolls	29 Southern Fried Fish Potato Wedges Cole Slaw Fruit Corn Bread	30 Sub Sandwiches French Fries Apple Salad

## 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!





# June Breakfast Menu

**Continental Breakfast 8-9**



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.				<i>1</i> Hash Browns Boiled Egg	<i>2/3</i> Cereal Fresh Fruit Mix
<i>4</i> Pancakes Fresh Fruit	<i>5</i> Blueberry Muffin Mixed Fruit	<i>6</i> French Toast Fresh Fruit	<i>7</i> Whole Wheat English Muffin Fruit	<i>8</i> Flavored Grits Sausage Patty	<i>9/10</i> Cereal Fresh Fruit Mix
<i>11</i> Boiled Egg Toast	<i>12</i> Whole wheat Bagel Cream Cheese Oranges	<i>13</i> Hash Browns Boiled Egg	<i>14</i> Oatmeal Fruit	<i>15</i> Banana Muffin Boiled Egg	<i>16/17</i> Cereal Fresh Fruit Mix
<i>18</i> Waffles Banana	<i>19</i> Toast Fresh Pineapples	<i>20</i> Oatmeal Fruit	<i>21</i> Blueberry Muffin Mixed Fruit	<i>22</i> Whole Wheat English Muffin Fruit	<i>23/24</i> Cereal Fresh Fruit Mix
<i>25</i> Cinnamon Toast Fresh Fruit Mix	<i>26</i> Bran Muffin Boiled Egg	<i>27</i> Cold Cereal Fruit	<i>28</i> Sausage Patty Toast	<i>29</i> Flavored Grits Banana	<i>30</i> Cereal Fresh Fruit Mix

## 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.
				<i>1</i> Fresh Pineapple And Ham Kabobs	<i>2/3</i> Soft Pretzels and Cheese Dip
<i>4</i> Fresh Fruit & Cheese	<i>5</i> Cottage Cheese and Fruit	<i>6</i> Pimento Cheese Sandwiches	<i>7</i> Chicken Salad Sandwich	<i>8</i> Mozzarella Balls Basil Leaves Grape Tomatoes	<i>9/10</i> Deviled Eggs Crackers
<i>11</i> Cheese & Crackers Fruit	<i>12</i> Peanut Butter and Crackers Apple Slices	<i>13</i> Chicken Salad Sandwich	<i>14</i> Cottage Cheese, Peaches	<i>15</i> Cheese Blocks and Apple Wedges	<i>16/17</i> Fresh Fruit Mix Peanut Butter Crackers
<i>18</i> Cheese, Crackers Applesauce	<i>19</i> Fresh Veggies and Ranch Dip and nuts	<i>20</i> Egg Salad Sandwich	<i>21</i> Cottage Cheese Pineapple	<i>22</i> Dried Figs Dried Apricots Pita Bread with Cream Cheese	<i>23/24</i> Cheese & Crackers
<i>25</i> Fresh Fruit & Cheese	<i>26</i> Salad with Boiled Eggs	<i>27</i> Tuna Salad Sandwiches	<i>28</i> Egg Rolls Fruit Cups	<i>29</i> Deviled Eggs Crackers	<i>30</i> Olives and Cheese and Crackers

## 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?

An elderly man visited the doctor for a checkup. "Mr. Smith, you're in great shape," said the doctor afterward. "How do you do it?"

"Well," said Mr. Smith, "I don't drink, I don't smoke, and the good Lord

looks out for me. For weeks now, every time I go to the bathroom in the middle of the night, he turns the light on for me."

Concerned, the doctor found Mrs. Smith in the waiting room and told her what her husband had said.

"I don't think that's anything to worry about," she said. **"And on the bright side, it does explain who's been peeing in the fridge."**

Two elderly men were sitting beside each other in a barbershop.

One of them said to the other, "Now that you're turning 80, how do you honestly feel?"

"Honestly? Like a newborn baby!"

"How's that?"

**"Well, I've got no teeth, no hair, and I can't stop wetting myself!"**

## Aging With Grace®

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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.*