



The Official Newsletter

Aging With Grace®

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Volume 2, Issue 3

March 2015

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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	WEDNESDAY	THURSDAY	FRIDAY	SAT.
2 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	3 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	4 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	5 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	6 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	7 Exercise Club meeting Entertainer Spa Time
9 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	10 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	11 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	12 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	13 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	14 Exercise Club meeting Entertainer Spa Time
16 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	17 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	18 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	19 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	20 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	21 Exercise Club meeting Entertainer Spa Time
23 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	24 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	25 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	26 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	27 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	28 Exercise Club meeting Entertainer Spa Time
30 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	31 Club meeting Guest Speaker Exercises Spa Treatments Entertainer	This calendar is an example of some of the daily offerings at The Club after our Grand Opening			

The names 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. The list of Spa Treatments available are posted outside the spa room.

Improvement — Part 1 of a Two 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 on both our vehicles and our bodies.

—(DG Gridley)

A change in your feet—whether on the skin, nails, or even how they feel—can be the first sign of a potentially serious problem that, if caught early, could save your life. “Our feet are the first parts to be affected by nerve issues because they’re the farthest from our hearts and spine,” explains Carolyn McAloon, DPM, a Bay Area podiatrist and president of the California Podiatric Medication Association. Even more reason to never ignore feet: They’re easily compromised when our bodies feel threatened, since we send blood to the internal organs and the brain before the extremities. Here, we reveal what could be lurking behind your most common foot concerns. If you see something familiar on the list, it’s best to get it checked by your doc or podiatrist before at-

tempting any treatment.

1. Hairless feet and toes

What it might mean: Serious circulation problems

Sure, it’s a pain during sandal season, but hair on your toes is a good thing. Sudden baldness can be a sign that your feet aren’t getting enough blood flow to sustain hair growth. Expect your doctor to check for a pulse in your feet, which is another indication that your heart may not be able to pump enough blood to your feet, says Dr. McAloon.

2. Frequent foot cramping

What it might mean: Dehydration and nutritional deficiencies

Randomly occurring cramps are about as generic as foot problems get. They can be as serious as circulation and nerve issues, or as harmless as a nutritional deficiency. If you’re exercising, be sure to drink plenty of water, since dehydration often leads to muscle cramping. You might also try upping your intake of potassium, magnesium, and calcium (with your doctor’s go-ahead, of course), since their deficiencies make cramps more common. “For relief, soak feet in a warm foot bath and stretch your toes toward your nose, not pointing down,” says Dr. McAloon. If the cramps don’t let up, see your doctor for testing to rule out circulation issues or nerve damage.

3. A sore that won’t heal

What it might mean: Diabetes or skin cancer

Stubborn sores are red flags for dia-

betes. Uncontrolled glucose levels in the blood can lead to nerve damage all the way down in your feet, which means any cut, sore, or scrape can come and go without you ever feeling it. And if it gets infected, the most serious cases may call for amputation.

A non-healing wound can also be a sign of skin cancer, says Dr. McAloon. Melanoma can pop up anywhere on your body—even in between your toes—so be sure to include your feet in your regular skin checks.

4. Perpetually cold feet

What it might mean: Hypothyroidism
Hypothyroidism is the most common cause of feet that just can’t get warm. And if you’re over 40, you could be living with a sluggish thyroid without even knowing it. Unfortunately, cold feet are the least of your problems—hypothyroidism can also cause hair loss, fatigue, unexplained weight gain, and depression. Get your feet feeling toasty again by heading to your doc for a simple blood test, and you’ll start warming up shortly after starting the daily medication.

5. Suddenly enlarged big toe

What it might mean: Gout or other inflammatory issue
“The sudden onset of a red, hot, swollen, and painful joint requires immediate medical attention,” says Dr. McAloon. Typical causes include gout, inflammatory arthritis, infection, or trauma.—Nina Alias (first printing in Prevention Magazine and then in Time Magazine)

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.

He's A Snuggler And You're Not

For some, cuddling is comforting and sleep-promoting. For others -- you know who you are -- a warm body can feel a little suffocating. If

there's a real disconnect in your nuzzle personalities, "have an honest conversation," says Rosen. "Say 'I'm going to be a better partner if I have better sleep,'" she says, then agree to snuggle for a few minutes before moving apart to sleep uninterrupted. (http://www.huffingtonpost.com/2014/09/23/sharing-a-bed-sleep-problems_n_5830292.html)

A body pillow may be an acceptable substitute for your snuggle loving sleeping partner. Some couples even need separate blankets because one person’s shifting body movements or blanket stealing habits disturbs the other.

If that doesn’t work, maybe it’s time for twin beds. Remember The Dick Van Dyke Show episodes with bedroom scenes showing Dick and Laura in twin beds?



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



Mon	Tue	Wed	Thu	Fri	Sat
2 <i>Baked Chicken</i> <i>Potato Casserole</i> <i>Green Beans</i> <i>Whole wheat rolls</i> <i>Berry Fruit Salad</i>	3 <i>Beef Stew</i> <i>Tossed Salad</i> <i>Pears and Cottage Cheese</i> <i>Whole Wheat Bread</i>	4 <i>Baked Salmon</i> <i>Baked Potatoes w/ butter /sour cream</i> <i>Lima beans</i> <i>Fresh Fruit</i>	5 <i>Macaroni and Cheese with Ham</i> <i>Stewed Tomatoes</i> <i>Broccoli Cuts</i> <i>Whole Wheat Bread</i>	6 <i>Beef bourguignon with noodles</i> <i>Spring salad</i> <i>Glazed carrots</i> <i>Garlic toast</i>	7 <i>Chicken Salad Sandwiches</i> <i>Mixed fruit</i> <i>Whole Grain Chips</i> <i>Cottage Cheese</i>
9 <i>Pork Ribblett w/ BBQ sauce</i> <i>Black-eyed Peas</i> <i>Seasoned Collard Greens</i> <i>Whole Wheat Rolls</i>	10 <i>Chicken Breast Fillet</i> <i>Marsala Sauce</i> <i>Brussels Sprouts</i> <i>Mixed Vegetables</i> <i>Whole Wheat Bread</i>	11 <i>Spaghetti w/Meat Sauce</i> <i>Green Peas and Onions</i> <i>Spiced Apple Slices</i> <i>Garlic Bread</i>	12 <i>Roast Pork w/Gravy</i> <i>Whole Kernel Corn</i> <i>Whipped Sweet Potatoes</i> <i>Whole Wheat Bread</i>	13 <i>Baked Chicken</i> <i>Chantilly Potatoes w/ Gravy</i> <i>Capri Blend Vegetables</i> <i>Whole Wheat Bread</i>	14 <i>Roast Beef Sandwiches</i> <i>Watermelon</i> <i>Potato Chips</i> <i>Yogurt</i>
16 <i>Beef Teriyaki</i> <i>Broccoli Cuts</i> <i>Brown Rice</i> <i>Mixed Fruit</i> <i>Graham Cracker</i>	17 <i>Chicken Salad</i> <i>Applesauce</i> <i>Green Pea Salad</i> <i>Whole Wheat Bread</i>	18 <i>BBQ Shredded Pork</i> <i>Whole Wheat Bun</i> <i>Ranch Beans</i> <i>Cole Slaw</i> <i>Watermelon</i>	19 <i>Chicken Pomodoro</i> <i>Green Peas and Onions</i> <i>Cauliflower and Carrots</i> <i>Whole Wheat Bread</i>	20 <i>Hamburger</i> <i>Lettuce and Tomato</i> <i>Baked Beans</i> <i>Graham Crackers and Peaches</i>	21 <i>Tuna Salad Sandwiches</i> <i>Mandarin Orange Salad</i> <i>Pretzels</i>
23 <i>Peach Orange</i> <i>BBQ Chicken</i> <i>Sour Cream and Chive</i> <i>Potato</i> <i>Steamed Spinach</i> <i>Whole Wheat Bread</i>	24 <i>Chili with Vegetables</i> <i>Brown Rice</i> <i>Whole Wheat Bread</i> <i>Tossed Salad</i>	25 <i>Chicken Parmesan</i> <i>Sour Cream and Chive</i> <i>Potatoes</i> <i>Italian Blend Vegetables</i> <i>Graham Crackers</i>	26 <i>Sliced Roasted Turkey</i> <i>In Gravy</i> <i>Sweet Potato Casserole</i> <i>Broccoli Cuts</i> <i>Whole Wheat Rolls</i>	27 <i>Meat Loaf</i> <i>Corn Casserole</i> <i>Mashed Potatos and gravy</i> <i>Mixed Greens Salad</i>	28 <i>Egg Salad Sandwiches</i> <i>Potato Chips</i> <i>Broccoli Salad</i> <i>Peaches</i>
30 <i>Lasagna</i> <i>Green Beans w/ slivered toasted almonds</i> <i>Garlic Bread</i> <i>Cabbage salad</i>	31 <i>Rotisserie Chicken</i> <i>Mashed Potatoes and gravy</i> <i>Seasoned Kale Greens</i> <i>Mandarin Orange Salad</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?

Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind. But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them.

Boy, oh boy, did we go around!

Just because I'm blonde doesn't mean that

I am automatically stupid.

So, I proceeded to tell him just what his fast-talking sales guy had told me last year. He said that in one year, the windows would pay for themselves.

There was silence on the other end of the line, so I just hung up, and he hasn't called back.

Guess he was embarrassed.

On Mondays we have trail mix and seasonal fruit.

Tuesdays we have chips and dips or crackers and cheeses.

Wednesdays we have cookies and yogurt.



Thursdays we have some sort of egg roll or wrap.

Fridays we have a kind of kabob (anything yummy can be skewered).

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We're On the
Web
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**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.