



Aging With Grace®

The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 5, Issue 3

March 2018

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March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p align="center">We love our members!</p> <p>Members choose what they would like to do while at the clubhouse! A pleasant place for napping is provided if members would rather rest than participate in activities and exercises.</p>			<p>1 9:30 Art Club- or-<i>National Horse Protection Day</i> 1:00 Sportsman's Club- or- <i>Refired, Not Retired Day</i></p>	<p>2 9:30 S.O.L.V.E. Club or - <i>Dress in Blue Day</i> 1:00 Gardening Club -or- <i>Caffeine Awareness Month</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>Fun Facts About Names Day</i> 1:00 Glee Club -or- <i>National Cheese Doodle Day</i></p>	<p>6 9:30 On a Mission Club -or- <i>Unique Names Day</i> 1:00 S.O.M.E. Club -or- <i>Humorists are Artists Month</i></p>	<p>7 9:30 UK Fan Club -or- <i>Discover What Your Name Means Day</i> 1:00 Book Club-or- <i>National Cereal Day</i></p>	<p>8 9:30 Art Club-or- <i>International Women's Day</i> 1:00 Sportsman's Club-or- <i>International Ideas Month</i></p>	<p>9 9:30 S.O.L.V.E. Club -or- <i>National Day of Unplugging</i> 1:00 Gardening Club -or- <i>Shabbat Across Canada and America</i></p>	<p>10/11 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club</p>
<p>12 9:30 Natural Resources Club - <i>National Napping Day</i> 1:00 Glee Club - <i>International Listening Awareness Month</i></p>	<p>13 9:30 On a Mission Club -or- <i>Good Samaritan Involvement Day</i> 1:00 S.O.M.E. Club -or- <i>Nat'l Open an Umbrella Indoors Day</i></p>	<p>14 9:30 U.K. Fan Club -or- <i>Pi Day</i> 1:00 Book Club -or- <i>National Potato Chip Day</i></p>	<p>15 9:30 Art Club -or- <i>Ides of March and Brutus Day</i> 1:00 Sportsman's Club -or- <i>True Confessions Day</i></p>	<p>16 9:30 S.O.L.V.E. Club or- <i>Goddard Day</i> 1:00 Gardening Club -or- <i>National Freedom of Information Day</i></p>	<p>17/18 St. Patrick's Day Party 2:00 Bingo or Card Player's Club</p>
<p>19 9:30 Natural Resources Club -or- <i>Welllderly Week</i> 1:00 Glee Club -or- <i>National Poultry Day</i></p>	<p>20 9:30 On a Mission Club -or- <i>Spring Begins/ Int'l Day of Happiness</i> 1:00 S.O.M.E. Club -or- <i>Won't You Be My Neighbor Day</i></p>	<p>21 9:30 UK Fan Club -or- <i>Int'l Day of Forests</i> 1:00 Book Club -or- <i>World Poetry Day</i></p>	<p>22 9:30 Art Club-or- <i>As Young As You Feel Day</i> 1:00 Sportsman's Club- or- <i>World Water Day</i></p>	<p>23 9:30 S.O.L.V.E. Club-or- <i>National Puppy Day</i> 1:00 Gardening Club-or- <i>Near Miss 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>Make Up Your Own Holiday Day</i> 1:00 Glee Club -or- <i>National Spinach Day</i></p>	<p>27 9:30 On a Mission Club - <i>Am. Diabetes Assoc. Alert Day</i> 1:00 S.O.M.E. Club - <i>Quirky Country Music Song Titles Day</i></p>	<p>28 9:30 UK Fan Club -or- <i>Whole Grain Sampling Day</i> 1:00 Book Club -or- <i>Mad for Plaid Month</i></p>	<p>29 9:30 Art Club-or- <i>Irish-American Heritage Month</i> 1:00 Sportsman's Club- or- <i>Social Work Month</i></p>	<p>30 9:30 S.O.L.V.E. Club-or- <i>National Umbrella Month</i> 1:00 Gardening Club-or- <i>Grass is always Browner on the Other Side of the Fence Day</i></p>	<p>31 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club</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 weekends and holidays by appointment. The type of morning and afternoon Exercise Sessions for the day are written on the white board in the foyer. Spa Treatments are for members only on a first signed up/first served basis from 10:30 to noon and from 2:00 to 3:30.

Improvement: Meet One Of Our Precious Volunteers

Kendall Mooney is a student in the College of Health Sciences at the University of Kentucky. She has been a volunteer here at Aging With Grace since a year ago, when she and two other students contacted me to ask if they could use our health club for seniors as a project for one of their classes. The project has since been completed but Kendall still comes one afternoon a week to help our members do a craft, play Wii bowling, play balloon volleyball, play bingo (Kendall is especially good at balloon volleyball and bingo...these are more difficult to orchestrate than one might imagine), and anything else I ask her to do. Kendall is always cheerful, respectful and helpful. Kendall is also super capable and a



Kendall and friend relieving stress on a break from their EMT job in Montana

self-starter. I am so impressed with Kendall's smart brain, good heart, and great attitude that I am planning on asking her to be my doctor's PA (physician's assistant) when she is finished with her education. Well, that depends on whether or not Kendall settles in Lexington. I am not willing to move to Montana or Georgia.

Kendall has family in Georgia and has ties to Montana too. She has worked as an Emergency Medical Technician in Montana and plans to return this coming summer. I think Kendall should settle here in Lexington because it is a good halfway point between Georgia and Montana. But that is me being selfish and I say it in jest. I truly want what is best for Kendall and pray that she will be blessed.



Kendall and her father touring in the West

Bee Well's Buzz on Health: Health Traps for Seniors by DG Gridley

Using motorized chairs (the kind that get you from point A to B and the kind that help you get up), watching too much television, consuming food and beverages with sugar, and medications for mild pain should be avoided. They seem helpful and nice but each of them, alone or combined, will drag you down. Instead, get out of the house and get the right kind of exercise and nutrition!

I call them devils because they lure you with a lie. Motorized chairs that move one from point A to B seem harmless enough. However, unless one is paralyzed, they should not be used because one does not use one's muscles while using a power chair.

Consequently, the muscles continue to waste away. Muscles should be built up more and more as we age...not left to atrophy. Use it or lose it! Muscle loss due to years of disuse and a loss of balance are major reasons seniors resort to using the chairs. Rather than use the chairs, they should be lifting weights for strengthening. Another reason people use the power chairs is the feeling of power the chairs give them. They raise the height of the person and give them the feeling they are on a throne. To use a regular wheelchair or a walker is very humbling. I am hoping that new walker and wheelchair designs will prove effective and eliminate the stigma of these devices. Because after an extended period of time (and usually weight gain), power chair users do not have the strength or balance to get off and on them to get onto the toilet or to get into a regular chair or bed, etc., and may possibly lead to a power chair user becoming bedridden.





March Dinner Menu

Dinner is from Noon To 1:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
<p>Dinner At Noon is served with 8oz of milk and water, choice of coffee or hot or cold tea.</p> <p>Aging With Grace is part of the KY Dept. of Ed. Child & Adult Care Food Program</p>			<p>1 <i>New Orleans Pasta Tossed Salad Sliced Apples Garlic Bread</i></p>	<p>2 <i>Pepperoni Pizza Tossed Salad Corn and Green Beans Fresh Tangerines</i></p>	<p>3/4 <i>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</i></p>
<p>5 <i>Country Fried Steak Mashed Potato & Gravy Broccoli Mixed Fruit Whole Wheat Bread</i></p>	<p>6 <i>House Salad Macaroni & Cheese Baked Sweet Potato Green Beans Whole Wheat Bread</i></p>	<p>7 <i>Slow Cooked Chicken & Dumplings Broccoli Pears Whole Wheat Bread</i></p>	<p>8 <i>Pinto Bean Soup House Salad Baked Sweet Potato Corn Muffins Peaches</i></p>	<p>9 <i>Meatloaf Mashed Potatoes House Salad Corn Niblets Whole Wheat Rolls</i></p>	<p>10/11 <i>Roast Beef Sandwiches Potato Salad Fruit Cup Yogurt</i></p>
<p>12 <i>Chicken Pot Pie House Salad Whole Wheat Bread Fresh Fruit</i></p>	<p>13 <i>Beer Battered Shrimp French Fries Coleslaw Fresh Fruit Whole Wheat Bread</i></p>	<p>14 <i>Chili Dog With Cheese Potato Salad Carrot Sticks Fresh Fruit</i></p>	<p>15 <i>Grilled Salmon Rice Green Beans Texas Toast Sliced Tomatoes</i></p>	<p>16 <i>Chicken Livers Hash Brown Casserole Brussel Sprouts Applesauce Whole Wheat Bread</i></p>	<p>17/18 <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels</i></p>
<p>19 <i>Baked Potato Soup Lima Beans House Salad Whole Wheat Bread Fruit</i></p>	<p>20 <i>Scratch Burgers Potato Salad Baked Beans Whole Wheat Bun Oranges</i></p>	<p>21 <i>BBQ Baby Back Ribs Cole Slaw Baked Potato Whole Wheat Bread Peaches</i></p>	<p>22 <i>Lemon Pepper Fish Tossed Salad Rice Sweet Potato Whole Wheat Bread</i></p>	<p>23 <i>Roast Beef Mashed Potatoes Green Beans Whole Wheat Bread Fruit</i></p>	<p>24/25 <i>Egg Salad Sandwiches Yogurt Green Salad w/dressing Chex Mix</i></p>
<p>26 <i>Pork Chop Hash Brown Casserole Brussel Sprout Salad Fruit Corn Muffins</i></p>	<p>27 <i>BBQ Chicken Baked Potato Broccoli Whole Wheat Bread Applesauce</i></p>	<p>28 <i>Rainbow Trout Sweet Potato Garden Salad Fresh Fruit Whole Wheat Bread</i></p>	<p>29 <i>Roasted Turkey Mashed Potatoes Dressing Cranberry Relish Green Beans Whole Wheat Bread</i></p>	<p>30 <i>Battered Fish French Fries Turnip Greens Whole Wheat Bread Fruit</i></p>	<p>31 <i>Ham & Cheese Sandwiches Green Salad w/dressing Potato Chips</i></p>

Dinner....Did You Know...?

We have a routine that begins at 11:30. First, we put the tables and chairs back after exercising. Then, uplifting instrumental music and beautiful pictures are put on the big screen television in the Linton Lounge (the space we use as the dining room). Next, the tables are set with tablecloth, chargers, knife, fork, spoon, and paper and cloth napkins. The hand sanitizer is passed. Then the milk is poured and placed on the

table. The dining director asks each member if they would like tea or coffee with their meal and makes sure each member has water in front of them. Then the music is muted, signifying it is time to pause to be thankful. After that the salad or fruit is served with the bread, followed by the main course. As the disposables are cleared after the meal, the dining director asks if

the members would like more tea or coffee. Please come join us!





March Breakfast Menu

Continental Breakfast 8-9



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
<p>Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.</p> <p>Aging With Grace is part of the KY Dept. of Ed. Child & Adult Care Food Program</p>			<p>1 Waffles Applesauce</p>	<p>2 Hash Browns Boiled Eggs</p>	<p>3/4 Cereal Fresh Fruit Mix</p>
<p>5 Pancakes Fresh Fruit</p>	<p>6 Blueberry Muffin Mixed Fruit</p>	<p>7 French Toast Fresh Fruit</p>	<p>8 Whole Wheat English Muffin Fruit</p>	<p>9 Flavored Grits Bananas</p>	<p>10/11 Cereal Fresh Fruit Mix</p>
<p>12 Boiled Egg Toast</p>	<p>13 Whole wheat Bagel Cream Cheese Oranges</p>	<p>14 Hash Browns Eggs</p>	<p>15 Oatmeal Fruit</p>	<p>16 Banana Muffin Boiled Eggs</p>	<p>17/18 Cereal Fresh Fruit Mix</p>
<p>19 Waffles Bananas</p>	<p>20 Toast Fresh Pineapples</p>	<p>21 Oatmeal Fruit</p>	<p>22 Blueberry Muffin Mixed Fruit</p>	<p>23 Whole Wheat English Muffin Fruit</p>	<p>24/25 Cereal Fresh Fruit Mix</p>
<p>26 Cinnamon Toast Fresh Fruit Mix</p>	<p>27 Flavored Grits Fresh Fruit Mix</p>	<p>28 Pancakes Fresh Fruit</p>	<p>29 Flavored Grits Boiled Egg</p>	<p>30 Oatmeal W/ Add Ins</p>	<p>31 Cereal Fresh Fruit Mix</p>

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!



March Tea & A Tale Time Menu



Mon Tue Wed Thu Fri Sat./Sun.

<p>Aging With Grace is part of the KY Dept. of Ed. Child & Adult Care Food Program</p>			<p><i>1</i> Boiled Eggs Celery and Carrot Sticks</p>	<p><i>2</i> Fresh Pineapple And Ham Kabobs</p>	<p><i>3/4</i> Soft Pretzels and Cheese Dip</p>
<p><i>5</i> Fresh Fruit & Cheese</p>	<p><i>6</i> Cottage Cheese and Fruit</p>	<p><i>7</i> Pimento Cheese Sandwiches</p>	<p><i>8</i> Chicken Salad Sandwich</p>	<p><i>9</i> Mozzarella Balls Basil Leaves Grape Tomatoes</p>	<p><i>10/11</i> Deviled Eggs Crackers</p>
<p><i>12</i> Cheese & Crackers Fruit</p>	<p><i>13</i> Peanut Butter and Crackers Apple Slices</p>	<p><i>14</i> Chicken Salad Sandwich</p>	<p><i>15</i> Cottage Cheese, Peaches</p>	<p><i>16</i> Cheese Blocks and Apple Wedges</p>	<p><i>17/18</i> Fresh Fruit Mix Peanut Butter Crackers</p>
<p><i>19</i> Cheese, Crackers Applesauce</p>	<p><i>20</i> Fresh Veggies and Ranch Dip and nuts</p>	<p><i>21</i> Egg Salad Sandwich</p>	<p><i>22</i> Cottage Cheese Pineapple</p>	<p><i>23</i> Dried Figs Dried Apricots Pita Bread with Cream Cheese</p>	<p><i>24/25</i> Cheese & Crackers</p>
<p><i>26</i> Fresh Fruit & Cheese</p>	<p><i>27</i> Ham & Cheese Crackers</p>	<p><i>28</i> Tuna Salad Sandwich</p>	<p><i>29</i> Olives and Cheese and Crackers</p>	<p><i>30</i> Deviled Eggs Crackers</p>	<p><i>31</i> Potato Salad Ham cubes</p>

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?

Seth: What do you call a fake Irish stone?

Spencer: What?

Seth: A shamrock!

Sarah: Mom, I met an Irish boy on St. Patrick's Day.

Mom: Oh, really?

Sarah: No, O'Reilly!

Joe: Why shouldn't you iron a four-leaf clover?

Bob: Tell me.

Joe: You might press your luck!

Knock Knock

Who's there?

Irish!

Irish Who?

Irish you a happy St. Patrick's

Day!

How is a best friend like a 4-leaf clover? Because they are hard to find and lucky to have.



Aging With Grace®

3100 Old Todds Road, Suite 170
Lexington, KY
40509

859 539 2147
administrator@
AgingWithGraceInfo.org

We're On the
Web
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.*