



# Aging With Grace®

The Official Clubhouse Newsletter

Filled with monthly activities, menus, health tips and information

Volume 7, Issue 3  
March 2020

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## Happy March!

Calendar of Clubhouse Group Activities from 11:00am to 1pm and 2pm to 4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p><b>2</b> <a href="#">Natural Resources Club</a> <a href="#">Fun Facts About Names Day</a> <a href="#">Improve Energy</a> <a href="#">Glee Club</a> <a href="#">National Banana Cream Pie Day</a> <a href="#">Basketball</a></p>	<p><b>3</b> <a href="#">On a Mission Club</a> <a href="#">I Want You to Be Happy Day</a> <a href="#">Improve Strength</a> <a href="#">S.O.M.E. Club</a> <a href="#">National Cold Cuts Day</a> <a href="#">Kickball</a></p>	<p><b>4</b> <a href="#">UK Fan Club</a> <a href="#">Discover What Your Name Means Day</a> <a href="#">Improve Mobility</a> <a href="#">Book Club</a> <a href="#">National Grammar Day</a> <a href="#">Balloon Volleyball</a></p>	<p><b>5</b> <a href="#">Art Club</a> <a href="#">Nametag Day</a> <a href="#">Improve Strength</a> <a href="#">Sportsman's Club</a> <a href="#">National Cheese Doodle Day</a> <a href="#">Mind/Body Games</a></p>	<p><b>6</b> <a href="#">S.O.L.V.E. Club</a> <a href="#">Dress in Blue Day</a> <a href="#">Improve Balance</a> <a href="#">Gardening Club</a> <a href="#">Middle Name Pride Day</a> <a href="#">Corn Hole</a></p>	<p><b>7/8</b> <b>OPEN BY APPOINTMENT</b>  <b>Bingo or Card Player's Club</b></p>
<p><b>9</b> <a href="#">Natural Resources Club</a> <a href="#">National Meatball Day</a> <a href="#">Improve Energy</a> <a href="#">Glee Club</a> <a href="#">National Napping Day</a> <a href="#">Basketball</a></p>	<p><b>10</b> <a href="#">On a Mission Club</a> <a href="#">International Bagpipe Day</a> <a href="#">Improve Strength</a> <a href="#">S.O.M.E. Club</a> <a href="#">National Blueberry Popover Day</a> <a href="#">Kickball</a></p>	<p><b>11</b> <a href="#">UK Fan Club</a> <a href="#">Dream 2020 Day</a> <a href="#">Improve Mobility</a> <a href="#">Book Club</a> <a href="#">Registered Dietician Nutritionist Day</a> <a href="#">Balloon Volleyball</a></p>	<p><b>12</b> <a href="#">Art Club</a> <a href="#">National Girl Scout Day</a> <a href="#">Improve Strength</a> <a href="#">Sportsman's Club</a> <a href="#">National Milky Way Day</a> <a href="#">Mind/Body Games</a></p>	<p><b>13</b> <a href="#">S.O.L.V.E. Club</a> <a href="#">Blame Someone Else Day</a> <a href="#">Improve Balance</a> <a href="#">Gardening Club</a> <a href="#">National Open an Umbrella Indoors Day</a> <a href="#">Corn Hole</a></p>	<p><b>14/15</b> <b>OPEN BY APPOINTMENT</b>  <b>Bingo or Card Player's Club</b></p>
<p><b>16</b> <a href="#">Natural Resources Club</a> <a href="#">Welllderly Day</a> <a href="#">Improve Energy</a> <a href="#">Glee Club</a> <a href="#">National Panda Day</a> <a href="#">Basketball</a></p>	<p><b>17</b> <a href="#">On a Mission Club</a> <a href="#">St. Patrick's Day</a> <a href="#">Improve Strength</a> <a href="#">S.O.M.E. Club</a> <a href="#">Mad for Plaid Month</a> <a href="#">Kickball</a></p>	<p><b>18</b> <a href="#">UK Fan Club</a> <a href="#">Forgive Mom and Dad Day</a> <a href="#">Improve Mobility</a> <a href="#">Book Club</a> <a href="#">Last Day of Winter</a> <a href="#">Balloon Volleyball</a></p>	<p><b>19</b> <a href="#">Art Club</a> <a href="#">Proposal Day</a> <a href="#">Improve Strength</a> <a href="#">Sportsman's Club</a> <a href="#">First Day of Spring</a> <a href="#">Mind/Body Games</a></p>	<p><b>20</b> <a href="#">S.O.L.V.E. Club</a> <a href="#">World Storytelling Day</a> <a href="#">Improve Balance</a> <a href="#">Gardening Club</a> <a href="#">International Day of Happiness</a> <a href="#">Corn Hole</a></p>	<p><b>21/22</b> <b>OPEN BY APPOINTMENT</b>  <b>Bingo or Card Player's Club</b></p>
<p><b>23</b> <a href="#">Natural Resources Club</a> <a href="#">National Puppy Day</a> <a href="#">Improve Energy</a> <a href="#">Glee Club</a> <a href="#">National Tamale Day</a> <a href="#">Basketball</a></p>	<p><b>24</b> <a href="#">On a Mission Club</a> <a href="#">National Chocolate Covered Raisins Day</a> <a href="#">Improve Strength</a> <a href="#">S.O.M.E. Club</a> <a href="#">National Agriculture Day</a> <a href="#">Kickball</a></p>	<p><b>25</b> <a href="#">UK Fan Club</a> <a href="#">Whole Grain Sampling Day</a> <a href="#">Improve Mobility</a> <a href="#">Book Club</a> <a href="#">Little Red Wagon Day</a> <a href="#">Balloon Volleyball</a></p>	<p><b>26</b> <a href="#">Art Club</a> <a href="#">Live Long and Prosper Day</a> <a href="#">Improve Strength</a> <a href="#">Sportsman's Club</a> <a href="#">National Spinach Day</a> <a href="#">Mind/Body Games</a></p>	<p><b>27</b> <a href="#">S.O.L.V.E. Club</a> <a href="#">Quirky Country Music Song Titles Day</a> <a href="#">Improve Balance</a> <a href="#">Gardening Club</a> <a href="#">World Theatre Day</a> <a href="#">Corn Hole</a></p>	<p><b>28/29</b> <b>OPEN BY APPOINTMENT</b>  <b>Bingo or Card Player's Club</b></p>
<p><b>30</b> <a href="#">Natural Resources Club</a> <a href="#">International Laundry Folding Day</a> <a href="#">Improve Energy</a> <a href="#">Glee Club</a> <a href="#">Grass is Always Greener on the Other Side of the Fence Day</a> <a href="#">Basketball</a></p>	<p><b>31</b> <a href="#">On a Mission Club</a> <a href="#">National Crayon Day</a> <a href="#">Improve Strength</a> <a href="#">S.O.M.E. Club</a> <a href="#">National "She's Funny That Way" Day</a> <a href="#">Kickball</a></p>	<p><b>We love our members!</b> Members choose what they would like to do while at the clubhouse! We have a quiet and private place for napping</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 by appointment.
- ♦ Let us hear from you! We want to know what you think!

# Improvement: Come Volunteer!

By Mark Horoszowski,  
Next Avenue Contributor  
(This article previously appeared  
on MovingWorlds.org.)

The power of volunteering has been documented for the last 2,500+ years, however a slew of recent research is shedding even more light onto its surprising benefits. Science now proves what great leaders and philosophers have known for years:

“One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served.” - Gordon Hinckle

Here are five surprising benefits of volunteering:

1. Volunteering time makes you feel like you have more time. Wharton professor Cassie Mogilner wrote in the Harvard Business Review that her research found those who volunteer their time feel like they have more of it. This is similar to other research showing that people who donate to charity feel wealthier.

Said Mogilner: “The results show that giving your time to others can make you feel more ‘time affluent’ and less time-constrained than wasting your time, spending it on yourself, or even getting a windfall of free time.”

2. Volunteering your skills helps you develop new skills. In my experience, skills-based volunteering is an excellent opportunity to develop talents to help you get ahead in your career. In fact, an article in Stanford Social Innovation Review called skills-based volunteering overseas “the next executive training ground.”

YOU MAY ALSO LIKE

At MovingWorlds, we’ve found that skills development in technical and leadership-related areas is the primary reason corporations invest in international skills-based volunteering programs.

3. Volunteering your body helps you have a healthier body. A Corporation for National & Community

Service report noted: “Research demonstrates that volunteering leads to better health... those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.”

The fact that volunteering has been proven to make you healthier is reason enough to engage in pro bono activities. For more information on this, read “Can Volunteering Lower Your Risk of Heart Disease?”

4. Volunteering your experience helps build your experience. We consistently see this with highly skilled professionals like investment bankers and business consultants. Also, volunteering in a new industry will give you knowledge to help you switch fields. And if you want to move from the corporate world to the nonprofit sector, volunteering first can help prove your commitment. Beyond our own research, The New York Times, The Wall Street Journal and Next Avenue have published articles about how volunteering can help you earn your next job.

As the Journal wrote: “According to the survey of 202 human-resource executives, skilled volunteer work — such as helping a nonprofit with its finances — makes job applicants look more appealing to hiring managers.”

Here are some tips to add your volunteer-

ing experience to your resumé and LinkedIn profile.

5. Volunteering your love makes you feel more love. Admittedly, love is a hard thing to measure. But when researchers at the London School of Economics examined the relationship between volunteering and measures of happiness, they found the more people volunteered, the happier they were.

Volunteering builds empathy, strengthens social bonds and makes you smile — all factors that increase the feeling of love.

How to Find Volunteering Opportunities  
So how can you get started volunteering? It’s remarkably easy. Post your intentions on Facebook and/or LinkedIn to get connected to an organization in your network. You can also use LinkedIn’s For Good- program, Catchafire or VolunteerMatch to find local opportunities and MovingWorlds.org to find international skills-based volunteer projects.

“Service to others is the rent you pay for your room here on earth.” - Muhammad Ali

***Please come volunteer at the clubhouse! We are a non-profit! Call DG (859)539-2147 to get started!***

## Bee Well’s Buzz on Health: Posture VI

The best way to improve your posture is to focus on exercises that strengthen your core -- the abdominal and low back muscles that connect to your spine and pelvis.

Your Workout Plan: 6 Exercises—This is the 6th and last exercise. See previous newsletters or website for more posture exercises.

Make these posture-boosting exercises a regular part of your routine. Remember to exhale strongly and pull in your core muscles as you work -- a key principle

in both Pilates and yoga together to stabilize your pelvis.

### 6. Plank Pose

Why It’s Good for You: This exercise strengthens the obliques and transverse abdominis, as well as your shoulder and back muscles.

Starting Position: Begin on your hands and knees with your palms under your shoulders. Extend both legs straight behind you, toes tucked under, into a position like the top of a pushup. Pull your

abdominal muscles in to prevent a “sway back,” and gaze down at the floor.

The Move: Hold the plank until you start feeling fatigued. Rest and then repeat. Keep your abdominals pulled in and up so your low back doesn’t sag as you exhale.

Increase the Intensity: Balance on your forearms instead of your hands.

<https://www.webmd.com/fitness-exercise/guide/better-posture-exercises#1>



# March Dinner Menu

Dinner is from 1 to 2



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
<b>2</b> <i>Beef Chili Dog With Cheese Salad Bun</i>	<b>3</b> <i>Chinese Stir Fry W/ Shrimp &amp; Veggies Rice Peaches</i>	<b>4</b> <i>Barbeque Sandwich Cole Slaw Baked Beans</i>	<b>5</b> <i>Fried Fish Potato Salad Lima Beans Applesauce</i>	<b>6</b> <i>Philly Cheese Steak Mixed Veggies Rolls</i>	<b>7/8</b> <i>Ham Sandwiches Cole Slaw Popcorn</i>
<b>9</b> <i>Chicken Fingers French Fries Broccoli Mixed Fruit Garlic Toast</i>	<b>10</b> <i>Kabobs Greek Salad Tropical Fruit Whole Wheat Bread</i>	<b>11</b> <i>New Orleans Pasta Green Beans Pears</i>	<b>12</b> <i>Beef Chili House Salad Baked Potato Peaches Crackers</i>	<b>13</b> <i>Cheese Burgers French Fries Lettuce, Tomato, Onions, Bun</i>	<b>14/15</b> <i>Roast Beef Sandwiches Potato Salad Pretzels</i>
<b>16</b> <i>Meat Loaf Mashed Potatoes Mixed Vegetables Fruit Yeast Roll</i>	<b>17</b> <i>Pizza Tossed Salad Pineapple</i>	<b>18</b> <i>Grilled Chicken Mashed Potatoes Green Beans Mixed Fruit</i>	<b>19</b> <i>Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple</i>	<b>20</b> <i>Loaded Red Beans Tomato &amp; Corn Medley Yellow Rice Fresh Fruit</i>	<b>20/21</b> <i>Tuna Salad Sandwiches Mandarin Oranges Corn Chips</i>
<b>22</b> <i>Slow Roasted Beef House Salad Fruit Whole Wheat Bread</i>	<b>23</b> <i>Lasagna Tossed Salad Mandarin Oranges Garlic Sticks</i>	<b>24</b> <i>Roasted Turkey/Gravy/ Mashed Potatoes Dressing Green Beans Fruit Whole Wheat Rolls</i>	<b>25</b> <i>Fish and Chips Cole Slaw Hush Puppies Fruit</i>	<b>26</b> <i>Fried Chicken Mashed Potatoes Green Beans Fruit Wheat Buns</i>	<b>27/28</b> <i>Egg Salad Sandwiches Yogurt Chex Mix</i>
<b>29</b> <i>Tacos Rice and beans Fruit</i>	<b>30</b> <i>Sub Sandwiches Tossed Salad Fruit Cups</i>	<b>31</b> <i>Shrimp Baked Potatoe Broccoli Hush puppies Applesauce</i>			<b>Dinner At Noon is served with milk and water, choice of coffee or hot or cold tea.</b>

## 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!





# March Breakfast Menu

Continental Breakfast 10-11



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 <i>Cheesy Grits</i>	3 <i>Oatmeal</i>	4 <i>Hash Browns</i>	5 <i>Bananas</i>	6 <i>Blueberry Muffin</i>	7/8 <i>Yogurt Cups</i>
9 <i>Cold Cereal</i>	10 <i>Fruit Cup</i>	11 <i>Oatmeal &amp; Add-Ins</i>	12 <i>Bran Muffin</i>	13 <i>Sticky Bun</i>	14/15 <i>Yogurt Cups</i>
16 <i>Bananas</i>	17 <i>Bagels</i>	18 <i>Tangerines</i>	19 <i>Fruit Cups</i>	20 <i>Bananas</i>	21/22 <i>Yogurt Cups</i>
23 <i>Granola Bars</i>	24 <i>Cereal</i>	25 <i>Oatmeal</i>	26 <i>Blueberry Muffin</i>	27 <i>Fruit Cups</i>	28/29 <i>Yogurt Cups</i>
30 <i>Sticky Bun</i>	31 <i>Bran Muffin</i>				



Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.

## 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

Tea & A Tale Time 3:30 To 4:30



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
<b>2</b> <i>Salad with Boiled Eggs</i>	<b>3</b> <i>Cheese Popcorn</i>	<b>4</b> <i>Party Treats</i>	<b>5</b> <i>Pudding Cups</i>	<b>6</b> <i>Pretzels and Cheese Dip</i>	<b>7/8</b> <i>Cheese and Pretzel Packs</i>
<b>9</b> <i>Fruit Cups and Peanut Butter Crackers</i>	<b>10</b> <i>Individual Cottage Cheese Cups</i>	<b>11</b> <i>Tangerines</i>	<b>12</b> <i>Pretzels and Nuts</i>	<b>13</b> <i>Chex Mix</i>	<b>14/15</b> <i>Crackers and Cheese</i>
<b>16</b> <i>Jello Cups</i>	<b>17</b> <i>Peanut Butter and Crackers</i>	<b>18</b> <i>Potato Chips and Dip</i>	<b>19</b> <i>Pudding Cups</i>	<b>20</b> <i>Cheese Sticks</i>	<b>21/22</b> <i>Fruit Mix Cups Peanut Butter Crackers</i>
<b>23</b> <i>Cheese, Crackers Applesauce</i>	<b>24</b> <i>Healthy Chips</i>	<b>25</b> <i>Fruit Cups</i>	<b>26</b> <i>Pretzels</i>	<b>27</b> <i>Raisin Boxes &amp; Peanut Packs</i>	<b>28/29</b> <i>Cheese &amp; Crackers</i>
<b>30</b> <i>Bananas and PB</i>	<b>31</b> <i>Peanut Butter &amp; Crackers</i>	<b>Tea &amp; A Tale Time Fare is Served With Water</b>			

## 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?

### LOOKING GOOD

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

### THE STAGES OF SUCCESS

At age 4 success is...not peeing in your pants.

At age 12 success is...having friends.

At age 16 success is...having a drivers license.

At age 20 success is...having sex.

At age 35 success is...having money.

At age 50 success is...having money.

At age 60 success is...having sex.

At age 70 success is...having a drivers license.

At age 75 success is...having friends.

At age 80 success is...not peeing in your pants

## Aging With Grace®

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Web  
[www.AgingWithGraceInfo.org](http://www.AgingWithGraceInfo.org)

**The Club for Your  
Best Life 50+!**



## 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 at our clubhouse and/or at your house with Aging With Grace's At Home Health Help & Services. We are Kentucky State Licensed as an Adult Day Health Care Center with Nursing Services.**

### 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 participants regardless of age, color, creed, disability, ethnicity, gender, marital 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



**The Clubhouse is OPEN:  
Monday through Friday  
10:00am to 4:30pm**

**All other clubhouse 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 park-

ing lot can be cleared of snow and ice for safety's sake— please check local TV station WKYT for delayed openings under BUSINESSES.

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

**Clubhouse Hourly Rate: \$16**

**Clubhouse Daily Rate  
\$73 per day  
(includes everything but personal  
supplies)**

### At Home Health & Help Services

**Available 24/7,  
365 days of the year**

\$24 per hour

- Personal care...help with bathing, dressing, toileting, hair, nails, teeth, medication, etc.
- Transportation and advocacy during appointments
- Housekeeping, meal preparation, laundry
- Home (+auto, pets, plants, landscaping) maintenance
- Money management, bill paying, shopping
- Life alert system and video surveillance\*
- Safety home modifications\*

\*special pricing for special services

After becoming a member,  
there is a yearly  
\$100 membership fee.

\*the asterisk denotes special pricing for special services