



**Aging With Grace**  
**Aging In Place**  
 The Health Club For Seniors

The Official Newsletter

# Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 3, Issue 5

May 2016

Like us  
on Facebook

Follow us  
on Twitter

For more health  
tips and useful  
information

## May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> 10:30 Natural Resources Club -or- <b>May Day Decorating</b> 2:00 Glee Club -or- <b>Mother Goose Day Game</b>	<b>3</b> 10:30 Missions Club -or- <b>Flowers in a Jar Project</b> 2:00 S.O.M.E.Club or - <b>Armchair Travel Social</b>	<b>4</b> 10:30 L.O.V.E. Club or UK Fan Club -or- <b>Eye Test Break</b> 2:00 Book Club - or- <b>Garden Meditation Social</b>	<b>5</b> 10:30 Art Club/ Hunting & Fishing Club -or- <b>Make Mexican Maracas</b> 2:00 Bridge Club - or- <b>Cinco De Mayo Celebration</b>	<b>6</b> 10:30 S.O.L.V.E. Club -or- <b>Kentucky Derby Social</b> 2:00 Gardening Club-or- <b>Make Derby Jerseys</b>	<b>7</b> 2:00 Bingo or Card Player's Club -or- <b>Famous Mothers Social</b>
<b>9</b> 10:30 Natural Resources Club -or- <b>Community Day</b> 2:00 Glee Club -or- <b>Volunteer Appreciation Social</b>	<b>10</b> 10:30 Missions Club -or- <b>Pressed Pansy Project</b> 2:00 S.O.M.E. CLUB - or- <b>Hand Massage Social</b>	<b>11</b> 10:30 L.O.V.E. Club or UK Fan Club -or- <b>Impressionist Art Show</b> 2:00 Book Club-or- <b>Fun Puppet Social</b>	<b>12</b> 10:30 Art Club/ Hunting & Fishing Club -or- <b>Origami Butterflies</b> 2:00 Bridge Club - or- <b>Limirick Social</b>	<b>13</b> 10:30 S.O.L.V.E. Club -or- <b>Guess Who Game</b> 2:00 Gardening Club -or- <b>Women's Health Fair</b>	<b>14</b> 2:00 Bingo or Card Player's Club -or- <b>WAAC, WAVES, WAFS &amp; SPARS</b>
<b>16</b> 10:30 Natural Resources Club -or- <b>Play May Trivia Game</b> 2:00 Glee Club -or- <b>Fresh From the Garden Social</b>	<b>17</b> 10:30 Missions Club -or- <b>NYSE Ticker Social</b> 2:00 S.O.M.E. Club -or- <b>Appreciating National Police Week</b>	<b>18</b> 10:30 L.O.V.E. Club or UK Fan Club -or- <b>National Geographic Wonder</b> 2:00 Book Club - or- <b>Shake, Rattle and Roll</b>	<b>19</b> 10:30 Art Club or Hunting & Fishing Club-or- <b>Clothespin Airplane Magnets</b> 2:00 Bridge Club -or- <b>Do You Believe? Dark Day in New England</b>	<b>20</b> 10:30 S.O.L.V.E. Club -or- <b>Celebrating Gifts From the Garden Month</b> 2:00 Gardening Club -or- <b>Appreciating Norman Rockwell</b>	<b>21</b> 2:00 Bingo or Card Player's Club -or- <b>Red Cross Founded Day: Emergency Plans</b>
<b>23</b> 10:30 Natural Resources Club -or- <b>Remembering Mr. Rodgers</b> 2:00 Glee Club -or- <b>Name That Rosemary Clooney Song</b>	<b>24</b> 10:30 Missions Club -or- <b>Croquet</b> 2:00 S.O.M.E.Club -or- <b>Personal History Life Stories Part I</b>	<b>25</b> 10:30 LOVE Club or UK Fan Club -or- <b>Corn Hole Game</b> 2:00 Book Club -or- <b>Healthy Vision Month Lessons</b>	<b>26</b> 10:30 Art or Hunting & Fishing Club -or- <b>Badminton</b> 2:00 Bridge Club -or- <b>Remembering John Wayne</b>	<b>27</b> 10:30 S.O.L.V.E. Club-or- <b>Jewish American Heritage Month</b> 2:00 Gardening Club-or- <b>Older Americans Month Birthday Party</b>	<b>28</b> 2:00 Bingo or Card Player's Club-or- <b>Reliving the Prom</b>
<b>30</b> 10:30 Natural Resources Club -or- <b>Personal History II</b> 2:00 Glee Club -or- <b>Memorial Day Military Parade</b>	<b>31</b> 10:30 Missions Club -or- <b>Positive Thinking Games</b> 2:00 S.O.M.E.Club-or- <b>End of the Month Bea Bucks Auction</b>	<p style="font-size: 2em; color: blue;">Come join us  and be loved! </p>			

### Inside this issue:

Improvement	2
Foundation for Building Health	2
Dinner at Noon Calendar Menu	3
Tea and a Tale Time Menu	3
Mission Statement and Values	4
Hours of Operation and Fees	4

### 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. from noon to six. 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— Feet and tires are what you depend on to get you around safely

*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.*

When we are in love we may be "swept off our feet." When we don't want to do something, we are said to have "cold feet." A sensible person "has both feet on the ground." Sometimes we even "vote with our feet."

Years of wear and tear can be hard on our feet. So can disease, poor circulation, improperly trimmed toenails, and wearing shoes that don't fit properly. Problems with our feet can be the first sign of more serious medical conditions such as arthritis, diabetes, and nerve and circulatory disorders.

## **Preventing Foot Trouble**

Practice good foot care. Check your feet regularly, or have a member of your family check them. Podiatrists and primary care doctors (internists and family practitioners) are qualified to treat most foot problems. Sometimes the special skills of an orthopedic surgeon or dermatologist are needed.

It also helps to keep blood circulating to your feet as much as possible. Do this by putting your feet up when you are sitting or lying down, stretching if you've had to sit for a long while, walking, having a gentle foot massage, or taking a warm foot bath. Try to avoid pressure from shoes that don't fit right. Try not to expose your feet to cold temperatures. Don't sit for long periods of time (especially with your legs crossed). Don't smoke.

Wearing comfortable shoes that fit well can prevent many foot ailments. Here are some tips for getting a proper shoe fit:

The size of your feet changes as you grow older so always have your feet measured before buying shoes. The best time to measure your feet is at the end of the day when your feet are largest.

Most of us have one foot that is

larger than the other, so fit your shoe to your larger foot.

Don't select shoes by the size marked inside the shoe but by how the shoe fits your foot.

Select a shoe that is shaped like your foot.

During the fitting process, make sure there is enough space (3/8" to 1/2") for your longest toe at the end of each shoe when you are standing up.

Make sure the ball of your foot fits comfortably into the widest part of the shoe.

Don't buy shoes that feel too tight and expect them to stretch to fit.

Your heel should fit comfortably in the shoe with a minimum amount of slipping - the shoes should not ride up and down on your heel when you walk.

Walk in the shoes to make sure they fit and feel right. Then take them home and spend some time walking on carpet to make sure the fit is a good one. The upper part of the shoes should be made of a soft, flexible material to match the shape of your foot.

Shoes made of leather can reduce the possibility of skin irritations.

To be continued next month....

<http://www.medicinenet.com/script/main/art.asp?articlekey=60508&page=2>

## How is Your Exercise Foundation for Building Health?

Life is a continual balancing act. When we're young, it may seem as though we're able to take on everyday activities with ease. But, as we grow older, our senses and ability to efficiently perform multiple tasks at the same time start to slowly deteriorate. Even the simplest of simultaneous activities, such as walking and talking, can disrupt our balance and put us at risk for a serious fall-related injury.

### **Begin Your Balance Regimen Now**

It's never too late or too early to begin purposeful exercises that will help achieve greater balance. In fact,

I was recently interviewed for an article in the Boston Globe that discussed how more young people are becoming involved in balance-focused exercise. In many cases, older adults will fall, get injured, and become less active—a chain of events that causes further balance deterioration and greater risk of suffering another fall in the future.. In turn, starting a new activity now will help prevent the debilitating results that can come with a balance-related injury later.

Visit your primary care physician before beginning a new exer-

cise to discuss the planned regimen with someone who is an expert in your health and can advise you on a safe and beneficial routine. Be mindful that any balance-based exercise should be done in a group or with a partner for safety reasons. And, more importantly, make sure that whatever you're doing, you're having fun so that you'll be more likely to stick with it!(to be continued next month) By Brad Manor PhD

<http://blog.hebrewseniorlife.org/improve-balance-and-prevent-falls>



# May Menu

## M-F 12:00 Dinner at Noon

### Sat. 3:30 A Meal and a Movie



Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b> <i>Pork BBQ Ribs                      Macaroni and Cheese                      Sauteed Cabbage                      Wheat Rolls                      Fruit Cocktail</i>	<b>3</b> <i>Chinese shrimp stir-fry                      White rice                      Broccoli                      Crab Rangoon                      Fortune cookies</i>	<b>4</b> <i>Swiss Style Beef Pattie                      Mashed Potatoes                      Squash w/Tomatoes                      Whole Wheat Bread                      Pears</i>	<b>5</b> <i>Roast Chicken                      Stuffing and Gravy                      Green Beans                      Yeast Rolls                      Mandarin Oranges</i>	<b>6</b> <i>Sloppy Joe                      Pinto Beans                      Chuckwagon Corn                      Hamburger Bun                      Strawberry Gelatin</i>	<b>7</b> <i>Ham Sandwiches                      Cottage Cheese                      Garden Tomatoes                      Fresh Fruit Mix</i>
<b>9</b> <i>Turkey Sausage                      Onions &amp; Peppers                      Green Peas                      O'Brien Potatoes                      Hot Dog Bun                      Pears</i>	<b>10</b> <i>Hamburger                      American Cheese                      Lettuce/Tomato/Onion                      Baked Beans                      Peach Cobbler</i>	<b>11</b> <i>Slow Roasted Pork</i> <i>Golden Brown Home                      Fries                      Lightly Steamed                      Broccoli                      Rolls                      Spiced Applesauce</i>	<b>12</b> <i>Chicken Breast                      Mushroom Gravy                      Scalloped Potatoes                      Italian Blend Vegetables                      Whole Wheat Bread                      Fresh Orange</i>	<b>13</b> <i>Rainbow Trout                      Tri Color Bean Salad                      Brown Rice                      Whole Wheat Bread                      Pineapple Tidbits</i>	<b>14</b> <i>Roast Beef Sandwiches                      Waldorf Salad                      Potato Chips                      Fruit Yogurt</i>
<b>16</b> <i>Sliced Ham</i> <i>w/peach ginger sauce                      White Beans                      Seasoned Collard                      Greens                      Cornbread</i>	<b>17</b> <i>Spaghetti Marinara                      Garden Salad/ranch                      dressing                      Savory Peas                      Garlic Bread</i>	<b>18</b> <i>BBQ Chicken Salad,                      with ranch dressing                      Farmhouse Fries                      Glazed Carrots                      Rolls</i>	<b>19</b> <i>Country Fried Steak                      Green Garden Salad                      Baked Potatoes                      Corn niblets                      Pumpkin Bread</i>	<b>20</b> <i>Turkey Breast Slices                      Stuffing                      Cranberry Salad                      Mashed Potatoes/Gravy                      Green Beans</i>	<b>21</b> <i>Tuna Salad Sandwiches                      Mandarin Orange                      Green Salad w/dressing                      Pretzels                      Fresh Fruit &amp; Dip</i>
<b>23</b> <i>Slow Roasted Pot Roast                      Mashed Potatoes/Gravy                      Baby Glazed Carrots                      Wheat Roll                      Peaches</i>	<b>24</b> <i>Cranberry Pecan                      Chicken Salad w/sweet                      Italian dressing                      Macaroni and Cheese                      Banana Nut Bread                      Plums</i>	<b>25</b> <i>Veggie Pizza                      Garden Salad/ranch                      dressing                      Corn Niblets                      Garlic Bread</i>	<b>26</b> <i>Broccoli and Cheddar                      Soup                      Baked Potato                      Garden Salad                      Whole Wheat Rolls                      Bananas</i>	<b>27</b> <i>Chicken &amp; Dumplings                      Green Beans                      Biscuit                      Fresh Fruit</i>	<b>28</b> <i>Egg Salad Sandwiches                      Potato Chips                      Broccoli Salad                      Peaches</i>
<b>29</b> <i>Grilled Chicken</i> <i>Breast w/ BBQ sauce                      Home Fries                      Wheat Rolls                      Green Beans                      Carrot/raisin salad</i>	<b>30</b> <i>Fish and Chips</i> <i>Hush Puppies                      Cole Slaw                      Cottage Cheese                      Pears</i>	<b>31</b> <i>Meat Loaf                      Mashed Potatoes &amp;                      Gravy                      Broccoli Casserole                      Fresh Fruit                      Pears</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? The black lacquer stand holding his prized samurai swords was dusty, so my husband left our cleaning lady a note, reading, "Check out my swords." That

evening, he found the stand just as dirty as before but with this appended to his note: "Nice swords."

On Mondays we have a variety of seasonal fruit and cheeses.

Tuesdays we have chips or crackers and dips. Wednesdays we have cookies and yogurt. Thursdays we have different kinds of egg rolls or wraps.



Fridays we have a kind of kabob (lots of yummy treats can be skewered). Come Join Us!

## Aging With Grace®

2100 Liberty Road  
Lexington, KY  
40509

859 539 2147  
administrator@  
AgingWithGraceInfo.org

We're On the  
Web  
[www.agingwith  
graceinfo.org](http://www.agingwith<br/>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

**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



**WE ARE OPEN:**  
Monday through Friday  
from 7:30 until 6:00  
Saturdays from 12:00 to  
6:00

**We are closed on Sundays, 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 (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 delayed openings and closings under BUSINESSES).

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

**Hourly Fees: \$13 (paid at the end of the month)**

**Full Time Members have a discounted rate of \$65 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.