



The Official Newsletter

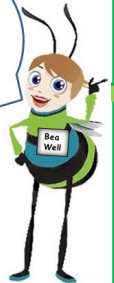
# Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 4, Issue 5

May 2017

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For more health tips and useful information



## May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<b>1</b> 9:30 Natural Resources Club –or– <i>National Wild-flower Week Project</i> 1:00 Glee Club –or– <i>May Day Tree Decorating</i>	<b>2</b> 9:30 On a Mission Club –or– <i>Healthy Vision Month Eye Tests</i> 1:00 S.O.M.E. CLUB –or– <i>Robert's Rules Day</i>	<b>3</b> 9:30 L.O.V.E. Club or –or– <i>Garden Meditation Day</i> 1:00 Book Club-or- <i>National 2 Different Colored Shoes Day</i>	<b>4</b> 9:30 Art Club–or– <i>Int'l Respect for Chickens Day</i> 1:00 Hunting and Fishing Club –or– <i>Star Wars Day</i>	<b>5</b> 9:30 S.O.L.V.E. Club –or– <i>Cartoonists Day</i> 1:00 Gardening Club–or– <i>Mental Health Month Quiz</i>	<b>6/7 OPEN BY APPOINTMENT</b> 2:00 Bingo or Card Player's Club
<b>8</b> 9:30 Natural Resources Club –or– <i>Have a Coke Day Experiment</i> 1:00 Glee Club –or– <i>No Socks Day</i>	<b>9</b> 9:30 On a Mission Club –or– <i>National Scrap-booking Month</i> 1:00 S.O.M.E. CLUB –or– <i>Nat'l Stroke Awareness Month</i>	<b>10</b> 9:30 UK Fan Club –or– <i>World Lupus Day</i> 1:00 Book Club-or- <i>Flower Full Moon Project</i>	<b>11</b> 9:30 Art Club-or- <i>Eat What You Want Day</i> 1:00 Hunting and Fishing Club– or- <i>Int'l Mediterranean Diet Month</i>	<b>12</b> 9:30 S.O.L.V.E. Club –or– <i>Limerick Day</i> 1:00 Gardening Club –or– <i>National Nurses Week (May 6-12)</i>	<b>13/14 OPEN BY APPOINTMENT</b> 2:00 Bingo or Card Player's Club
<b>15</b> 9:30 Natural Resources Club – <i>Int'l Day of Families</i> 1:00 Glee Club – <i>Peace Officer Memorial Day</i>	<b>16</b> 9:30 On a Mission Club –or– <i>Biographer's Day Project</i> 1:00 S.O.M.E. Club –or– <i>National Hug Holiday Week</i>	<b>17</b> 9:30 L.O.V.E. Club –or– <i>National Pet Week</i> 1:00 Book Club –or– <i>National Travel and Tourism Week</i>	<b>18</b> 9:30 Art Club –or– <i>International Museum Day</i> 1:00 Hunting & Fishing Club–or– <i>Visit Your Relatives Day Discussion</i>	<b>19</b> 9:30 S.O.L.V.E. Club or – <i>Endangered Species Day</i> 1:00 Gardening Club –or– <i>National Transportation Week Explored</i>	<b>20/21 OPEN BY APPOINTMENT</b> 10:00 to 4:00 <b>FREE TO PUBLIC WELLNESS SCREENINGS !!</b>
<b>22</b> 9:30 Natural Resources Club –or– <i>National Maritime Day</i> 1:00 Glee Club –or– <i>Int'l New Friends/Old Friends Week</i>	<b>23</b> 9:30 On a Mission Club –or– <i>National Taffy Day</i> 1:00 S.O.M.E. Club –or– <i>Int'l World Turtle Day</i>	<b>24</b> 9:30 UK Fan Club –or– <i>Brother's Day</i> 1:00 Book Club –or– <i>Int'l Tiara Day</i>	<b>25</b> 9:30 Art Club –or– <i>Nat'l Eat More Fruits &amp; Veggies Day</i> 1:00 Hunting & Fishing Club–or– <i>National Tap Dance Day</i>	<b>26</b> 9:30 S.O.L.V.E. Club-or– <i>National Military Appreciation Month</i> 1:00 Gardening Club-or- <i>World Lindy Hop Day</i>	<b>27/28 OPEN BY APPOINTMENT</b> 2:00 Bingo or Card Player's Club
<b>29</b> 9:30 Natural Resources Club –or– <i>Memorial Day</i> 1:00 Glee Club –or– <i>Prayer for Peace Memorial Day</i>	<b>30</b> 9:30 On a Mission Club –or– <i>Older Americans Month</i> 1:00 S.O.M.E. Club –or– <i>National Mint Julep Day</i>	<b>31</b> 9:30 UK Fan Club –or– <i>National Senior Health &amp; Fitness Day</i> 1:00 Book Club –or– <i>What You Think Upon Grows Day</i>	<b>We love our members! Come Join Us and Be Loved!</b>		

### Inside this issue:

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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!

# Improvement— Eyes Are the Lamps of Our Bodies/Headlights Are the Lamps of Our 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, 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.*

Just as our physical strength decreases with age, our eyes also exhibit an age-related decline in performance — particularly as we reach our 60s and beyond. Some age-related eye changes, such as [presbyopia](#), are perfectly normal and don't signify any sort of disease process. While [cataracts](#) can be considered an age-related disease, they are extremely common among seniors and can be readily corrected with [cataract surgery](#). Some of us, however, will experience more serious age-related [eye diseases](#) that have greater potential for affecting our quality of life as we grow older. These conditions include [glaucoma](#), [macular degeneration](#) and [diabetic retinopa-](#)

[thy](#). When Do Age-Related Vision Changes Occur?

**Presbyopia.** After you pass the milestone age of 40, you'll notice it's more difficult to focus on objects up close because of presbyopia. This is a perfectly normal loss of focusing ability due to hardening of the [lens](#) inside your eye. For a time, you can compensate for this gradual decline in focusing ability by just holding reading material farther away from your eyes. But eventually you will need [reading glasses](#), [multifocal contact lenses](#) or [multifocal eyeglasses](#). Some [corrective surgery options for presbyopia](#) also are available, such as [monovision LASIK](#), conductive keratoplasty and the recently FDA-approved [Kamra corneal inlay](#).

As you continue to age through your 50s and beyond, presbyopia becomes more advanced. You may notice the need for more frequent changes in eyeglass or contact lens prescriptions. You may also find that a single prescription is no longer the best solution for all your visual needs. As an example, you may need one pair of [eyeglasses](#) for normal tasks and another that emphasizes intermediate ranges for working more comfortably at the computer.

**Cataracts.** Even though cataracts are considered an age-related [eye disease](#), they are so common among seniors that

they can also be classified as a normal aging change.

According to Mayo Clinic, about half of all 65-year-old Americans have some degree of cataract formation in their eyes. As you enter your 70s, the percentage is even higher. It's estimated that by 2020 more than 30 million Americans will have cataracts.

Thankfully, modern cataract surgery is extremely safe and so effective that 100 percent of vision lost to cataract formation usually is restored. If you are noticing vision changes due to cataracts, don't hesitate to discuss symptoms with your [eye doctor](#). It's often better to have cataracts removed before they advance too far. Also, you do have options now for trying [multifocal lens implants](#) or [accommodating intraocular lenses](#) that potentially can restore all ranges of vision, thus reducing your need for reading glasses.

## Major Age-Related Eye Diseases

**Macular degeneration.** Macular degeneration (also called age-related macular degeneration or AMD) is the leading cause of blindness for American seniors.

To be continued next month...taken from <http://www.allaboutvision.com/over60/vision-changes.htm>

## Kyra's Korner by Kyra Adams, LPN, Aging With Grace's Club Planner

In lupus, something goes wrong with the immune system, which is the part of the body that fights off viruses, bacteria, and germs ("foreign invaders," like the flu).

Normally our immune systems produce antibodies that protect the body from these invaders. Antibodies are proteins in the blood that the body produces to fight off foreign agents. Antibodies do this by creating an immunity against unfamiliar microorganisms.

Autoimmune means your immune system cannot tell the difference

between these foreign invaders and your body's healthy tissues and creates autoantibodies that attack and destroy healthy tissue ("auto" means "self").

These autoantibodies cause inflammation, pain, and damage in various parts of the body. Lupus is also a disease of flares (the symptoms worsen and you feel ill) and remissions (the symptoms improve and you feel better).

### General arthritis vs. lupus arthritis

Arthritis is caused by either inflammation or wear and tear of the body's joints.

It is characterized by pain, stiffness, swelling and redness and can limit movement such as in the shoulders or knees.

Lupus arthritis is caused by inflammation. After a long time of uncontrolled lupus, however, people can have damage in the joints which causes problems even when the lupus is not flaring.

Other forms of arthritis are caused by sports injuries, being overweight, or by inflammation that is different from the type of inflammation seen in lupus.

Next month....more about lupus....



# May Menu

## M-F 12:00 Dinner at Noon

### Sat./Sun. 2:00 A Meal and a Movie



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
<b>1</b> <i>Chili Dogs With Cheese Potato Salad Fresh Strawberries Whole Wheat Buns</i>	<b>2</b> <i>Rotisserie Chicken Baked Beans Broccoli Pears Whole Wheat Bread</i>	<b>3</b> <i>Deep Dish Pizza Spinach Salad Creamed Corn Fresh Fruit</i>	<b>4</b> <i>Country Fried Steak Baked Potatoes Macaroni &amp; Cheese Broccoli Whole Wheat Bread</i>	<b>5</b> <i>Fettuccini Alfredo Tossed Salad w/dressing Garlic Bread Fruit and Jello</i>	<b>6/7</b> <i>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</i>
<b>8</b> <i>Turkey Breast Slices Stuffing Cranberry Sauce Mashed Potatoes/Gravy Green Beans Rolls</i>	<b>9</b> <i>Beef Pot Pie Mixed Vegetables &amp; Potatoes Applesauce Whole Wheat Bread</i>	<b>10</b> <i>Spaghetti &amp; Meatballs Garden Salad/Ranch Dressing Savory Peas Garlic Bread</i>	<b>11</b> <i>Battered Fish Broccoli and Cheese Rice Pears Whole Wheat Bread</i>	<b>12</b> <i>Pork Boneless BBQ Ribs Crispy Potato Wedges Corn niblets Whole Wheat Bread Cole Slaw</i>	<b>13/14</b> <i>Roast Beef Sandwiches Waldorf Salad Potato Chips Fruit Yogurt</i>
<b>15</b> <i>Fettuccini With Chicken and Broccoli Carrot Salad Garlic Bread</i>	<b>16</b> <i>Meat Loaf Mashed Potatoes &amp; Gravy Corn Nuggets Fresh Fruit</i>	<b>17</b> <i>Cheddar and Ham Potato Bake Green Beans Fried Apples Whole Wheat Bread</i>	<b>18</b> <i>Vermont White Cheddar Pasta Peas Fruit Cocktail Whole Wheat Bread</i>	<b>19</b> <i>Sweet and Sour Chicken Broccoli and Carrots White Rice Mandarin Oranges Egg Rolls</i>	<b>20/21</b> <i>Tuna Salad Sandwiches Green Salad w/dressing Pretzels Fresh Fruit &amp; Dip</i>
<b>22</b> <i>Chicken and Shrimp Linguine Zucchini, and Broccoli Whole Wheat Bread Carrot Salad</i>	<b>23</b> <i>Bean Burrito w/cheese Salsa Salad Apple Betty Tortillas</i>	<b>24</b> <i>Pork Chops Mashed Potatoes &amp; Gravy Fried Apples Salad &amp; Dressing</i>	<b>25</b> <i>Baked Fish Macaroni and Cheese Broccoli Green Beans Whole wheat bread</i>	<b>26</b> <i>Slow Roasted Beef Mashed Potatoes and Gravy Green Beans Peaches</i>	<b>27/28</b> <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
<b>29</b> <i>Chicken Pot Pie Mixed Vegetables Fruit Salad Whole Wheat Bread</i>	<b>30</b> <i>Polish Sausage Pinto Beans Brown Rice Fresh Fruit Whole Wheat Bread</i>	<b>31</b> <i>Three Cheese Tortellini in Marinara Sauce Tossed Salad Whole Wheat Bread Peaches</i>	<p>All meals are served with 8oz of milk and water, choice of coffee or hot or cold tea.</p> <p>Aging With Grace participates in the KY Dept. of Ed. Child &amp; Adult Care Food Program</p>		

## TEA & A TALE TIME 3:30 to 4:30

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 this one?

LOOKING GOOD

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

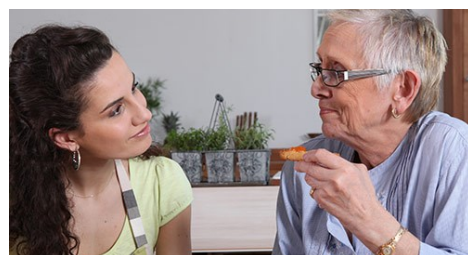
My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.

On Mondays we have a variety of seasonal fruit and cheeses. Tuesdays we have crackers and spreads. Wednesdays we have

cookies and yogurt. Thursdays we have different kinds of hors d'oeuvres. Fridays we have a kind of kabob (lots of yummy treats can be skewered). Come Join Us!



## **Aging With Grace®**

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**We're On the  
Web  
www.agingwith  
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**

**A new way for seniors to make the most of  
life by aging gracefully in a 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 individ-  
ual with dignity and value.

**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 un-  
merited 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 and Sundays are  
by appointment.**

**We are closed on New Year's  
Day, The Fourth of July,  
and Christmas 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 de-  
layed openings under  
BUSINESSES).

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

**Hourly Fees: \$14  
(includes food and  
activity supplies)**

**Full Time Members have  
a discounted rate of  
\$73 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.