



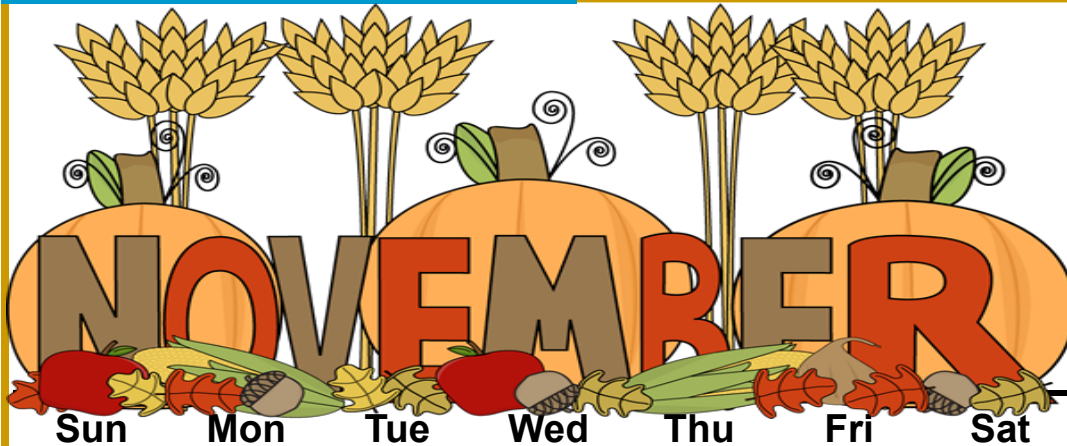
The Official Newsletter

Volume 1, Issue 9

# Aging With Grace®

November 2014

If you don't see the registered trademark symbol, it isn't us



<p><i>There are AM and PM club meetings, guest speakers/entertainers, spa treatments .....</i></p>	<p><i>AM Exercise Sessions are aerobic and strength training PM Exercises are for strength</i></p>					<p><b>1</b> <i>Exercise Club meeting Entertainer Spa Treatments</i></p>
<b>2</b>	<p><b>3</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>4</b> <i>Club meeting Guest Speaker Exercises Club Meeting Entertainer</i></p>	<p><b>5</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>6</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>7</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>8</b> <i>Exercise Club meeting Guest Speaker Spa Treatments</i></p>
<b>9</b>	<p><b>10</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>11</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>12</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>13</b> <i>Club meeting Guest Speaker Exercises Spa Treatments</i></p>	<p><b>14</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>15</b> <i>Exercise Club meeting Entertainer Spa Treatments</i></p>
<b>16</b>	<p><b>17</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>18</b> <i>Club meeting Guest Speaker Exercise Spa Treatments Entertainer</i></p>	<p><b>19</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>20</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>21</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>22</b> <i>Exercise Club meeting Guest Speaker Spa Treatments</i></p>
<b>23</b>	<p><b>24</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>25</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>26</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>27</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>28</b> <i>Club meeting Guest Speaker Exercises Spa Treatments Entertainer</i></p>	<p><b>29</b> <i>Exercise Club meeting Guest Speaker Spa Treatments</i></p>
<b>30</b>						

## Inside this issue:

Improvement 2

How is your Foundation 2

Menu Calendar 3

Snack 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*
- ◆ *We are not yet open, but applying early guarantees your place*
- ◆ *Let us hear from you! We want to know what you think!*

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—from The New York Times by Ezekiel J. Emanuel

*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 and maximize the benefits of knowledge on both our vehicles and our bodies.*

*An automobile driven recklessly is similar to a person who has unprotected sex with multiple partners. Both need to be tested for undetected problems that may affect our performance. —DG Gridley*

The Department of Health and Human Services released a little-noticed report on Medicare a few months ago that had this startling statistic: In 2011 and 2012, 2.2 million beneficiaries received free sexually transmitted disease screenings and counseling sessions. And more than 66,000 received free H.I.V. tests.

The number of Medicare enrollees who took advantage of free S.T.D. tests is about the same as the number who received free colonoscopies to screen for colon cancer, amounting to about 5 percent of all those on Medicare.

Numbers from the Centers for Disease Control and Prevention show rapid increases in S.T.D.'s among older people. Between 2007 and 2011, chlamydia infections among Americans 65 and over increased by 31 percent, and syphilis by 52 percent. Those numbers are similar to S.T.D. trends in the 20- to 24-

year-old age group, where chlamydia increased by 35 percent and syphilis by 64 percent. Experts suggest there are four main factors contributing to the rise in S.T.D.'s among older Americans.

First, retirement communities and assisted living facilities are becoming like college campuses. They cram a lot of similarly aged people together, and when they do, things naturally happen. I mentioned these numbers to a friend, and she was not surprised. When her father moved into an assisted-living facility, she said, three women came by to introduce themselves within 30 minutes. And it wasn't to compare Medicare pharmacy plans and premiums.

Second, older people are living longer and are in better health. As a result, they are remaining sexually active much later into life. Several major surveys, including the National Social Life, Health and Aging Project and the National Survey of Sexual Health and Behavior, report that among people age 60 and older, more than half of men and 40 percent of women are sexually active.

But while they are having a lot of sex, seniors didn't seem to get the safe sex memo, or when it came through they ignored it because they did not think it applied to them. They obviously don't have to worry about pregnancy. And they grew up before the safe sex era. So seniors might think they have no reason to use condoms. According to the 2010 National Survey of Sexual Health and Behavior, among college-age Americans, condoms are used in about 40 percent of sexual encounters, but only in about 6 percent of sexual encounters among those 61 and older. A study published in the *Annals of Internal*

*Medicine* showed that older men who use Viagra and similar drugs are six times less likely to use condoms compared with men in their 20s. Combine retirement communities, longer life, Viagra and unfamiliarity with condoms — and what do you get? You get an S.T.D. epidemic among the Social Security generation that rivals what we imagine is happening in those “Animal House” fraternities.

These S.T.D. numbers demand that seniors take responsibility for their actions.

Clinicians must be aware of these trends and not overlook S.T.D. screenings when treating older patients. As you might expect, though, doctors are not very good at talking about sex in general and protected sex in particular — especially to the elderly. If doctors aren't having “the talk,” we have to get safe sex counselors more involved at retirement communities and assisted living facilities. These facilities could also consider making condoms readily available, as they often are on college campuses.

We also need a big public health campaign on safe sex aimed not just at college students but at older people who are living independently. Maybe the AARP can push its constituents to be sexually responsible. Social Security could include some information on S.T.D.'s and how to use a condom when it sends out checks. Come to think of it, these data mean there is an untapped market: over 40 million Americans who are unfamiliar with latex protection. Maybe Durex and Trojan can mail free condoms to every Social Security recipient?

## How is Your Foundation for Building Health?, by DG Gridley

Quality sleep, exercise, nutritious meals, good safety practices, and freedom from germs/viruses/poisons are foundations of good health!



Another way to look at our health is from a Biblical perspective, where our bodies are described as temples that house the spirit of God, if we invite Him in. We are instructed in the Bible to take care of our bodies.

To build our temple, first we need a foundation. Here are a few examples of some Biblical health instructions:

Psalm 127:2 It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

1 Timothy 4:8 for while bodily training is of some value, godliness is of value in every way...

Leviticus 13 If sores or boils or a skin rash should break out and start spreading on your body, you must be brought ...

Proverbs 23:32 At the last it bites like a serpent And stings like a viper. (referring to intoxicating drink)

Psalm 4:8 In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.



# Our Proposed Lunch Menu for November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>All meals are served with water, 1/2 pint of 1% milk and a choice of coffee or tea</i>	<i>We are not yet open. This menu is an example of a typical month of lunches, but not the actual menu</i>					<b>1</b> <i>Chicken Salad Sandwiches Mixed fruit Whole Grain Chips Cottage Cheese</i>
<b>2</b>	<b>3</b> <i>Pork Ribblett w/ BBQ sauce Black-eyed Peas Seasoned Collard Greens Whole Wheat Rolls</i>	<b>4</b> <i>Chicken Breast Fillet Marsala Sauce Brussels Sprouts Mixed Vegetables Whole Wheat Bread</i>	<b>5</b> <i>Spaghetti w/Meat Sauce Green Peas and Onions Spiced Apple Slices Garlic Bread</i>	<b>6</b> <i>Roast Pork w/Gravy Whole Kernel Corn Whipped Sweet Potatoes Whole Wheat Bread</i>	<b>7</b> <i>Baked Chicken Chantilly Potatoes w/ Gravy Capri Blend Vegetables Whole Wheat Bread</i>	<b>8</b> <i>Roast Beef Sandwiches Watermelon Potato Chips Yogurt</i>
<b>9</b>	<b>10</b> <i>Beef Teriyaki Broccoli Cuts Brown Rice Mixed Fruit Graham Cracker</i>	<b>11</b> <i>Chicken Salad Applesauce Green Pea Salad Whole Wheat Bread</i>	<b>12</b> <i>BBQ Shredded Pork Whole Wheat Bun Ranch Beans Cole Slaw Watermelon</i>	<b>13</b> <i>Chicken Pomodoro Green Peas and Onions Cauliflower and Carrots Whole Wheat Bread</i>	<b>14</b> <i>Hamburger Lettuce and Tomato Baked Beans Graham Crackers and Peaches</i>	<b>15</b> <i>Tuna Salad Sandwiches Mandarin Orange Salad Pretzels</i>
<b>16</b>	<b>17</b> <i>Peach Orange BBQ Chicken Sour Cream and Chive Potato Steamed Spinach Whole Wheat Bread</i>	<b>18</b> <i>Sliced Ham and Cheese Applesauce Kidney Bean Salad Whole Wheat Bread</i>	<b>19</b> <i>Sliced Roasted Turkey In Gravy Sweet Potato Casserole Broccoli Cuts Whole Wheat Rolls</i>	<b>20</b> <i>Salisbury Steak Seasoned Green Beans Red Bliss Potatoes Whole Wheat Bread</i>	<b>21</b> <i>Smothered Chicken Herbed Potatoes Normandy Blend Vegetables Whole Wheat Rolls</i>	<b>22</b> <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
<b>23</b>	<b>24</b> <i>Country Meatballs Mashed Potatoes Green Beans Whole Wheat Bread</i>	<b>25</b> <i>Chicken Parmesan Sour Cream and Chive Potatoes Italian Blend Vegetables Graham Crackers</i>	<b>26</b> <i>Beef Stew with Vegetables Brown Rice Whole Wheat Bread Tossed Salad</i>	<b>27</b> <i>Macaroni and Cheese with Ham Stewed Tomatoes Broccoli Cuts Whole Wheat Bread</i>	<b>28</b> <i>Baked Salmon Baked Potatoes w/ butter /sour cream Lima beans Fresh Fruit</i>	<b>29</b> <i>Pizza Corn casserole Tossed Salad Fruit Salad</i>
<b>30</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 a tall tale or two! Have you heard this one?

“C’mon Ma you have got to try it” I pleaded to my elderly Mother. I don’t know how my Mother lasted this long without ever using the internet, but enough was enough! I thought. “Ok” she said reluctantly settling down by the computer and slowly putting on her reading glasses “what do I do now?” “Now I’m going to open the home page of google”, I explained. “OK here it is! Now

type in ANY question you want into the bar over here and you will find an answer to your question.” I confidently assured her. My Mother looked at me warily, thought for a second, and slowly began to type, “How is my friend Gertrude doing this morning?”

**On Mondays we have trail mix and seasonal fruit.**

**Tuesdays we have chips and dips.**

**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).**

**Come join us!**

## Aging With Grace®

110 Ferndale Pass  
Lexington, KY

40511

859 539 2147  
administrator@  
AgingWithGraceInfo.org

We're On the  
Web  
[www.agingwithgraceinfo.org](http://www.agingwithgraceinfo.org)

**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



We are open  
Monday through  
Friday from 7:30 until  
6:00  
Saturdays from 12:00  
to 6:00

We are closed on Sundays.

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 dependability 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.