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For more health  
tips and useful  
information

## November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> 10:30 Natural Resources Club -or- The History of the "Time Change" 2:00 Glee Club or Scrabble-or- Vote for Who?	<b>3</b> 10:30 Mis-sions Club -or- Clay Pot Making Demo 2:00 S.O.M.E. CLUB -or- Going Green	<b>4</b> 10:30 L.O.V.E. Club or UK Fan Club -or- What's In Your Lotion? 2:00 Book Club -or-The Apiary	<b>5</b> 10:30 Art or Hunting & Fishing Club -or- Baptist Health Plan Medicare Seminar 2:00 Bridge Club -or Pelvic Health	<b>6</b> 10:30 SOLVE Club -or- Vermicomposting 2:00 Gardening Club -or- Candle Making History & Demo	<b>7</b> 2:00 Bingo or Card Player's Club -or- History of Tea and Taste Test
<b>9</b> 10:30 Natural Resources Club -or- Tips for Living Well 50+ 2:00 Glee Club or Scrabble-or- Let's Talk Soap	<b>10</b> 10:30 Mis-sions Club -or- How to Prevent Fraud & Scams 2:00 S.O.M.E. CLUB -or- Chickens!	<b>11</b> 10:30 L.O.V.E. Club or UK Fan Club -or- Veteran's Day History 2:00 Book Club Basic Safety Kit	<b>12</b> 10:30 Art Club/Hunting & Fishing Club -or- The Truth About Cancer 2:00 Bridge Club -or- Vitamins Revisited	<b>13</b> 10:30 SOLVE Club -or- Winterizing Your Home 2:00 Gardening Club -or- How to Shop Online	<b>14</b> 2:00 Bingo or Card Player's Club -or- Making Fall Decorations for Thanksgiving Table
<b>16</b> 10:30 Natural Resources Club -or- The Best Advice 2:00 Glee Club or Scrabble -or- Name That Tree	<b>17</b> 10:30 Missions Club -or- Storytellers 2:00 SOME Club -or- Simon Says	<b>18</b> 10:30 L.O.V.E. Club or UK Fan Club -or- Brain Games 2:00 Book Club -or- Finish the Adage...	<b>19</b> 10:30 Art Club or Hunting & Fishing Club-or- Cutting Up 2:00 Bridge Club -or-Clouds!	<b>20</b> 10:30 SOLVE Club -or- Should I Buy Pet Health Ins.? 2:00 Gardening Club -or- Fishing for a Compliment	<b>21</b> 2:00 Bingo or Card Player's Club-or- Dr. Patterson's Mind/Body Clinic Workshop
<b>23</b> 10:30 Natural Resources Club -or-Native Americans in KY 2:00 Glee Club OR Scrabble -or- What's a Melungeon?	<b>24</b> 10:30 Mis-sions Club -or- Avoiding Holiday Family Conflicts 2:00 SOME Club -or- Financial Literacy in the Schools	<b>25</b> 10:30 LOVE Club or UK Fan Club -or- Best Winter Footwear for Seniors 2:00 Book Club -or-Kneading Bread	<b>26</b> Thanksgiving Dinner at Noon....Please RSVP if you would like to join us!	<b>27</b> 10:30 SOLVE Club -or- Telephone Etiquette 2:00 Gardening Club -or- Decorating Our Tree	<b>28</b> 2:00 Bingo or Card Player's Club -or-Our Favorite Carols
<b>30</b> 10:30 Natural Resources Club -or- Finishing Touches 2:00 Glee Club -or- Scrabble -or-How to Scrapbook			<p><b>We Are A Licensed Adult Day Health Care with Nursing Services</b> <b>Our staff is ready to serve you!</b> <b>Join us for Thanksgiving Dinner on November 26!</b></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!

# Improvement— Tires, like feet, 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.*

Fuel Economy can be a major factor for some tire consumers. If you're considering buying a tire that can assist in your vehicle's fuel economy, know that not all tires are made alike. Purchasing a tire that is different than the one you had when the vehicle was new may impact the fuel economy, for good or bad.

According to Bill Vandewater at Bridgestone Firestone North America, "consumers can see a 15 to 20 percent difference in their fuel economy depending on the



Not all replacement tires are designed with fuel economy as a high priority.

tire they select." Some studies have shown that many consumers like high fuel economy, but not at the cost of mileage or performance, especially in wet conditions.

Though many consumers consider fuel economy a high priority, it is typically not the number one priority for the consumer. Therefore not all replacement tires are designed with fuel economy as high a priority. According to Vandewater, "If a consumer wants a good fuel economy tire, the best choice is usually the original equipment tire."

California and the federal govern-

ment have passed laws to label tires by their fuel efficiency but, according to an L.A. Times article, implementing the standards has been difficult and most consumers don't know that tires can positively or negatively impact a vehicle's fuel economy [source:Bensinger].

Consumers should also not forget that fuel economy is also dependent on proper air pressure. Monitoring air pressure regularly, and with proper inflation pressures as dictated by the vehicle owner's manual, is the best route to ensure maximum fuel economy.

## **New vs. Used Tires**

You've probably seen used car tire piles along the side of the road at some point. But should you purchase a used tire to save money and will it hold up as long? Most people opt for new tires, but some look to used tires as a way to save money.

Consider the fact that some retailers have deals where you buy three tires and you get the fourth free. You may not necessarily need to replace that fourth tire, but you do because it's free.

....TO BE CONTINUED

...by [Mark Bilek](#) and [Christopher Neiger](#)  
<http://auto.howstuffworks.com/buying>

## How is Your Nutrition Foundation for Building Health?

Why do we crave unhealthy food?

As explained in the recent New York Times Magazine piece, "The Extraordinary Science of Addictive Junk Food," there's no denying that junk food cravings are powerful, physiological reactions—and, apparently, carefully and strategically developed by food manufacturers. Many of our favorite supermarket snacks are made with the "perfect" amounts of added sugar,

salt, fat, and other chemicals designed to make us want more. But you can steer clear of processed food by eating as many healthy, whole foods as possible, and the less junk food you eat, the less you want. Try the following tips and see if they work for you. Here is tip #5 in a series of 8 tips.

5. Keep the healthy stuff handy.

Store healthy foods you want to eat more front and center in your fridge and out on your countertops. Snack foods are so easy to dig into...you just rip open a bag. If you had, say, red peppers all sliced and ready to go, you would select them instead of the potato chips...and they are all the more tempting to dip into hummus. ....<http://www.rd.com/slideshows/8-ways-to-train-your-brain-to-hate-junk-food/#slideshow>



# November 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>Chicken Strips/with choice of dips French Fries Broccoli Biscuit &amp; Strawberry-Topping w/cream</i>	<b>3</b> <i>Beef Stew Harvard Beets Green Beans Oranges WW Bread</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>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels Fresh Fruit &amp; Dip</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 Hamburger Peach Cobbler</i>	<b>11</b> <i>Slow Roasted Pork 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 Tossed Salad Tri Color Bean Salad Whole Wheat Bread Pineapple Tidbits Ranch Dressing</i>	<b>14</b> <i>Roast Beef Sandwiches Waldorf Salad Potato Chips Fruit Yogurt</i>
<b>16</b> <i>Sliced Ham 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 Rolls</i>	<b>21</b> <i>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</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</i>	<b>25</b> <i>Chicken &amp; Dumplings Green Beans Biscuit Fresh Fruit</i>	<b>26</b> <i>Broccoli and Cheddar Soup Baked Potato Garden Salad Whole Wheat Rolls Bananas</i>	<b>27</b> <i>Broiled Salmon Corn on Cob Fried Okra Breadstick Applesauce</i>	<b>28</b> <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
<b>30</b> <i>Grilled Chicken Breast w/ BBQ sauce Home Fries Wheat Rolls Green Beans Pears /Cottage Cheese</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?

Two elderly ladies were discussing the upcoming dance at the country club. "We're supposed to wear something that matches our husband's hair, so I'm wearing black,"

said Mrs. Smith. "Oh my," said Mrs. Jones, "I'd better not go."

**On Mondays we have a variety of trail mixes and seasonal fruit.**

**Tuesdays we have chips and dips or crackers and cheeses.**

**Wednesdays we have cookies and yogurt.**

**Thursdays we have different kinds of egg rolls or wraps.**

**Fridays we have a kind of kabob (lots**



yummy treats can be skewered).

Come join us!



## Aging With Grace®

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

**The Best Choice for  
Living a Long and  
Happy Life!**



ing/cg-  
buying-

**Aging With Grace® is the newsletter of Aging With Grace, Aging In Place—The Health Club for Seniors—**

sell-  
tire-

**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.



