



The Official Newsletter

Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 3, Issue 11

November 2016

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For more health
tips and useful
information

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Days Highlighted in Yellow are days spent in preparation for re-opening on November 14</i>	1	2	3	4	5
7	8	9	10	11	12
14 9:30 Natural Resources Club -or- Loosen Up, Lighten Up Day 1:00 Glee Club -or- World Diabetes Day	15 9:30 Missions Club -or- America Recycles Day 1:00 S.O.M.E. Club -or- Clean Out Your Refrigerator Day	16 9:30 UK Fan Club -or- Nat'l Support Educational Professionals Day 1:00 Book Club -or- Nat'l Fast Food Day	17 9:30 Art Club or Hunting & Fishing Club -or- Homemade Bread Day 1:00 Bridge Club -or- World Philosophy Day	18 9:30 S.O.L.V.E. Club -or- Mickey Mouse's Birthday 1:00 Gardening Club -or- National Apple Cider Day	19 2:00 Bingo or Card Player's Club -or- International Men's Day
21 9:30 Natural Resources Club -or- World Hello Day 1:00 Glee Club -or- World Television Day	22 9:30 Missions Club -or- National Cashew Day 1:00 S.O.M.E. Club -or- Shopping for Thanksgiving Dinner	23 9:30 LOVE Club or UK Fan Club -or- Fibonacci Day 1:00 Book Club -or- Tie One On Day (it's not what you think)	24 WE ARE OPEN! Thanksgiving Day Special Program	25 9:30 S.O.L.V.E. Club -or- Buy Nothing Day 1:00 Gardening Club -or- National Native American Heritage Day	26 2:00 Bingo or Card Player's Club -or- International Aura Awareness Day
28 9:30 Natural Resources Club -or- Cyber Monday 1:00 Glee Club -or- National French Toast Day	29 9:30 Missions Club -or- Electronic Greeting Day 1:00 S.O.M.E. Club -or- Giving Tuesday	30 9:30 LOVE Club or UK Fan Club -or- Computer Security Day 1:00 Book Club -or- Stay Home Because You Are Well Day	<h2 style="text-align: center;">Come Join Us And Be Loved!</h2>		

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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!

WE ARE OPEN DAILY 7:30am to 6:00pm and on Sat. from noon to six. The locations 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. Spa Treatments are available from 9:00 to 10:30 and from 1:00 to 2:30.

Improvement— Skin, like the finish on a vehicle, is what protects what lies beneath

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.

Help your skin to age well from the National Institute of Health

Your skin changes with age. It becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. Your veins and bones can be seen more easily. Scratches, cuts, or bumps can take longer to heal. Years of sun tanning or being out in the sunlight for a long time may lead to wrinkles, dryness, age spots, and even cancer. But, there are

things you can do to protect your skin and to make it feel and look better.

Dry Skin and Itching

Many older people suffer from dry spots on their skin, often on their lower legs, elbows, and lower arms. Dry skin patches feel rough and scaly. There are many possible reasons for dry skin, such as:

- Not drinking enough liquids
- Spending too much time in the sun or sun tanning
- Being in very dry air
- Smoking
- Feeling stress
- Losing sweat and oil glands, which is common with age

Dry skin also can be caused by health problems, such as diabetes or kidney disease. Using too much soap, antiperspirant, or perfume, and taking hot baths can make dry skin worse.

Some medicines can make skin itchy. Because older people have thinner skin, scratching can cause bleeding that may lead to infection. Talk to your doctor if your skin is very dry and itchy.

Here are some ways to help dry, itchy

skin:

- Use moisturizers, like lotions, creams, or ointments, every day.
- Take fewer baths and use milder soap. Warm water is less drying than hot water. Don't add bath oil to your water. It can make the tub too slippery.
- Try using a humidifier, an appliance that adds moisture to a room.

DG's TIPS:

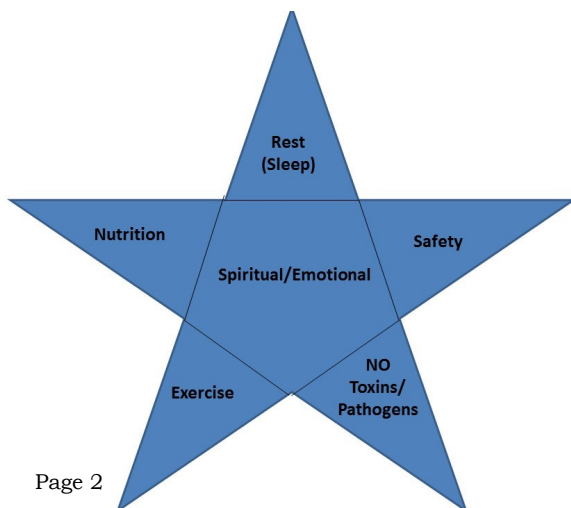
The right kind, amount and frequency of exercise is a great way to increase circulation, which may hydrate your skin.

Rejuvenating sleep is another way to help your skin (and all your organs) to be the best it can be.

Aquaphor (or a generic equivalent) is a product that is said to work wonders. Dr. Oz devoted a segment to sing it's praises. The main ingredients are petroleum jelly and mineral oil, but Aquaphor is a lot less greasy.

I always advocate for only applying to the skin what we would eat, because what goes on our skin is absorbed into our body, but perhaps I should make an exception in this case.

Points From the Health Star—No Toxins or Pathogens



MRSA (methicillin-resistant *Staphylococcus aureus*) is a bacterial infection that kills an average of 11,000 patients every year in the United States. But scientists now believe they've discovered an Antarctic sea sponge that produces a chemical compound capable of stopping it.

According to the UPI website, researchers studying the defense mechanisms of sea sponges—as well as algae and underwater invertebrate organisms—found the compound, named darwino-

lide, in *Dendrilla membranosa*. It works by penetrating MRSA's protective biofilm, a coating of proteins, carbohydrates, and DNA that current antibiotics can't get through.

Harvesting the sponges from the sea floor is neither practical nor environmentally sound, so the scientists are looking for a way to produce the compound synthetically. Fortunately, UPI states, most chemical compounds found in nature can be reproduced in the lab by chemists.



November Menu

M-F 12:00 Dinner at Noon

Sat. 3:30 A Meal and a Movie



Mon	Tue	Wed	Thu	Fri	Sat
<i>Days Highlighted in Yellow are days spent in preparation for re-opening on November 14</i>	1	2	3	4	5
7	8	9	10	11	12
14 <i>Fettuccini With Chicken and Broccoli Carrot Salad Garlic Bread</i>	15 <i>Meat Loaf Mashed Potatoes & Gravy Corn Nuggets Fresh Fruit</i>	16 <i>Cheddar and Ham Potato Bake Green Beans Fried Apples Whole Wheat Bread</i>	17 <i>Country Fried Steak Baked Potatoes Macaroni & Cheese Broccoli Whole Wheat Bread</i>	18 <i>Sweet and Sour Chicken Broccoli and Carrots White Rice Mandarin Oranges Egg Rolls</i>	19 <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels Fresh Fruit & Dip</i>
21 <i>Chicken and Shrimp Linguine Zucchini, and Broccoli Whole Wheat Bread Carrot Salad</i>	22 <i>Three Cheese Tortellini in Marinara Sauce Tossed Salad Whole Wheat Bread Peaches</i>	23 <i>Pork Chops Mashed Potatoes & Gravy Fried Apples Salad & Dressing</i>	24 <i>Herb Roasted Chicken Mashed Potatoes Corn Green Beans Whole wheat bread</i>	25 <i>Slow Roasted Beef Mashed Potatoes and Gravy Green Beans Peaches</i>	26 <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
28 <i>Chicken & Dumplings Mixed Vegetables Fruit Salad Whole Wheat Bread</i>	29 <i>Three Meat and Four Cheese Lasagna Tossed Salad Garlic Bread Watermelon</i>	30 <i>Swedish Meat Balls Noodles Mixed Vegetables Fresh Fruit Whole Wheat Bread</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?

My husband, a big-time sports fan, was watching a football game with our grandchildren. He had just turned 75 and was feeling a

little wistful. "You know," he said to our grandson, Nick, "it's not easy getting old. I guess I'm in the fourth quarter now."

"Don't worry, Grandpa," Nick said cheerily. "Maybe you'll go into overtime."

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

Tuesdays we have 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®

3100 Old Todds Road, Ste. 170
Lexington, KY
40509

859 539 2147
administrator@
AgingWithGraceInfo.org

**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 spending their day time hours aging
gracefully in a club-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 park-
ing 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: \$14 (paid at
the end of the month)**

**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**

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

