



The Official Newsletter

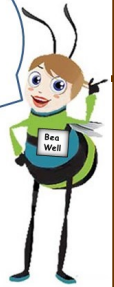
Aging With Grace®

Filled with monthly activities, menus, health tips and information


Volume 4, Issue 11

November 2017

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For more health tips and useful information



November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p>We love our members! Members choose what they would like to do while at the club. A pleasant place for napping is provided!</p>		<p>1 9:30 UK Fan Club -or- National Vinegar Day 1:00 Book Club -or- National Brush Your Teeth Day</p>	<p>2 9:30 Art Club -or- American Diabetes Month 1:00 Hunting and Fishing Club -or- National Deviled Egg Day</p>	<p>3 9:30 S.O.L.V.E. Club or - Fountain Pen Day 1:00 Gardening Club -or- Cliché Day</p>	<p>4/5 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club</p>
<p>6 9:30 Natural Resources Club -or- National Family Caregivers Month 1:00 Glee Club -or- Saxophone Day</p>	<p>7 9:30 On a Mission Club -or- General Election Day 1:00 S.O.M.E. Club -or- National Alzheimer's Disease Awareness Month</p>	<p>8 9:30 UK Fan Club -or- National Cappuccino Day 1:00 Book Club -or- Vegan Month</p>	<p>9 9:30 Art Club -or- National Long Term Care Awareness Month 1:00 Hunting and Fishing Club -or- Picture Book Month</p>	<p>10 9:30 S.O.L.V.E. Club -or- Family Stories Month 1:00 Gardening Club -or- International Drum Month</p>	<p>11/12 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club</p>
<p>13 9:30 Natural Resources Club - World Kindness Day 1:00 Glee Club - National Inspirational Role Models Month</p>	<p>14 9:30 On a Mission Club -or- Loosen Up, Lighten Up Day 1:00 S.O.M.E. Club -or- National Pickle Day</p>	<p>15 9:30 L.O.V.E. Club -or- National Raisin Bran Cereal Day 1:00 Book Club -or- America Recycles Day</p>	<p>16 9:30 Art Club -or- Great American Smoke Out 1:00 Hunting & Fishing Club -or- National Button Day</p>	<p>17 9:30 S.O.L.V.E. Club or - Homemade Bread Day 1:00 Gardening Club -or- Aviation History Month</p>	<p>18/19 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club</p>
<p>20 9:30 Natural Resources Club -or- Universal Children's Day 1:00 Glee Club -or- National Memoir Writing Month</p>	<p>21 9:30 On a Mission Club -or- National Gingerbread Cookie Day 1:00 S.O.M.E. Club -or- World Television Day</p>	<p>22 9:30 UK Fan Club -or- Tie One On Day (it's not what you think) 1:00 Book Club -or- Nat'l Game and Puzzle Week</p>	<p>23 THANKSGIVING DAY— WE ARE OPEN AND WILL BE HAVING A THANKSGIVING MEAL</p>	<p>24 9:30 S.O.L.V.E. Club -or- Celebrate Your Unique Talent Day 1:00 Gardening Club -or- Nat'l Native American Heritage Month</p>	<p>25/26 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club</p>
<p>27 9:30 Natural Resources Club -or- Cider Monday 1:00 Glee Club -or- Cyber Monday</p>	<p>28 9:30 On a Mission Club -or- American Music Month 1:00 S.O.M.E. Club -or- Giving Tuesday</p>	<p>29 9:30 UK Fan Club -or- Electronic Greetings Day 1:00 Book Club -or- Sweet Potato Awareness Month</p>	<p>30 9:30 Art Club -or- National Model Railroad Month 1:00 Hunting & Fishing Club -or- National Sleep Comfort Month</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!

WE ARE OPEN DAILY 7:30am to 6:00pm and weekends and holidays by appointment. The type of morning and afternoon Exercise Sessions for the day are written on the white board in the foyer. Spa Treatments are for members only on a first signed up/first served basis from 10:30 to noon and from 2:00 to 3:30.

Improvement: Meet Our Team



Ginny Huesman, a Registered Nurse from Lexington, KY, is one of our Wellness Consultants. She lives with her husband, two sons and a daughter. Her passions include keeping seniors in their homes as long as possible and providing transportation to all. She has owned her own home health care business and has driven for Uber .



Sheril Perry is one of our Club Planners. Sheril has a degree in education and is committed to enriching the lives of seniors. She is a devoted mother and daughter and loves to help and serve whenever possible. Sheril's kind and understanding demeanor helps make Aging With Grace a happy place.



Randa Johnson is our Dining Director. She works with the Child and Adult Day Food Program administrated by the Kentucky Department of Education to make our food fare as tasty and nutritious as possible. At Aging With Grace, the members and the staff eat the same good food and enjoy one another's company.



Teresa Scanlon is also a Wellness Consultant and has spent most of her nursing career working to improve the lives of seniors. She lives in Lexington with her beloved Yorkshire Terrier, Rupp.



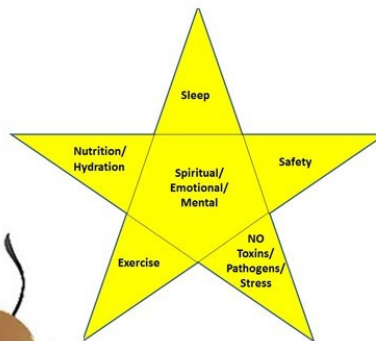
Shelly Turner, one of our Club Planners, is a certified Activities Director and owns her own home care agency. Her skills, love, and energy help to make Aging With Grace the special place that it is for seniors to improve their health and quality of life.



DG Gridley is our club Director . She has a Master's degree in Health Administration and has worked in education and healthcare. Her mission in life is to make aging in place possible for as many as possible. She believes aging in place should be a pleasant and stress free experience for all involved.

Bea Well's Buzz on Health: An Attitude of Gratitude

It's that time of year where many people begin thinking about everything they have to be thankful for. Although it's nice to count your blessings on Thanksgiving, being thankful throughout the year could have tremendous benefits on your quality of life. In fact, gratitude may be one of the most overlooked tools that we all have access to every day.



Cultivating gratitude doesn't cost any money and it certainly doesn't take much time, but the benefits are enormous. Research reveals gratitude can have these seven benefits:

1. **Gratitude opens the door to more relationships .**
2. **Gratitude improves physical health.**
3. **Gratitude improves psychological health.**
4. **Gratitude enhances empathy and reduces aggression.**
5. **Grateful people sleep better.**
6. **Gratitude improves self-esteem.**
7. **Gratitude increases mental strength.**



We Buy Our Dinners From Cheddars and Mimi's Southern Cooking

November Dinner Menu

Dinner Noon To 1:00

YUM!



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

All meals are served with 8oz of milk and water, choice of coffee or hot or cold tea.

Aging With Grace is part of the KY Dept. of Ed. Child & Adult Care Food Program

		1 <i>New Orleans Pasta Tossed Salad Sliced Apples Garlic Bread</i>	2 <i>Lemon Pepper Fish Broccoli and Cheese Rice Sweet Potato Whole Wheat Bread</i>	3 <i>Fried Chicken Fresh Greens Yams Fruit Salad Whole Wheat Bread</i>	4/5 <i>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</i>
6 <i>Country Fried Steak Mashed Potato & Gravy Broccoli Mixed Fruit Whole Wheat Bread</i>	7 <i>Macaroni & Cheese Baked Sweet Potato House Salad Green Beans Whole Wheat Bread</i>	8 <i>Slow Cooked Chicken & Dumplings Broccoli Pears Whole Wheat Bread</i>	9 <i>Homemade Black Beans Seasoned Rice House Salad Baked Sweet Potato Whole Wheat Bread</i>	10 <i>Liver and Onions Rice Cabbage Applesauce Whole Wheat Bread</i>	11/12 <i>Roast Beef Sandwiches Potato Salad Fruit Cup Yogurt</i>
13 <i>Chicken Pot Pie House Salad Whole Wheat Bread Fresh Fruit</i>	14 <i>Beer Battered Shrimp French Fries Coleslaw Fresh Fruit Whole Wheat Bread</i>	15 <i>Chili Dog With Cheese Potato Salad Carrot Sticks Fresh Fruit</i>	16 <i>Grilled Salmon Mashed Potatoes Green Beans Texas Toast Sliced Tomatoes</i>	17 <i>Meatloaf Mac & Cheese Green Beans Mandarin Orange Whole Wheat Rolls</i>	18/19 <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels</i>
20 <i>Loaded Baked Potato Soup Green Beans Whole Wheat Bread Fresh Fruit</i>	21 <i>Scratch Burgers French Fries Baked Beans Whole Wheat Bun Peaches</i>	22 <i>BBQ Baby Back Ribs Cole Slaw Baked Beans Whole Wheat Bread Peaches</i>	23 Thanksgiving Day <i>Turkey and Dressing Mashed Potatoes Green Beans Cranberry Salad Whole Wheat Rolls</i>	24 <i>Beef Stew Potato, Onions, Carrots Tossed Salad Sliced Tomatoes Whole Wheat Bread</i>	25/26 <i>Reuben Sandwich Tossed Salad w/ dressing Fresh Fruit Mix</i>
27 <i>Grilled Tilapia and Shrimp with Mango Salad Rice Broccoli</i>	28 <i>BBQ Chicken Mashed Potatoes Cole Slaw Whole Wheat Bread Applesauce</i>	29 <i>Gigi's Baked Spasagna Garden Salad Fresh Fruit Garlic Bread</i>	30 <i>Chicken Tenders & Shrimp Broccoli & Cheese Sweet Potato Peaches</i>		

Dinner Facts

Dinner usually refers to the most significant and important meal of the day, which can be the noon or the evening meal. However, the term "dinner" can have many different meanings depending on the culture; it may mean a meal of any size eaten at any time of the day. Historically, it referred to the first meal of the day, eaten around noon, and is still sometimes used for a noon-time meal, particularly if it is a large or main meal. The

meaning as the evening meal, generally the largest of the day, is becoming a standard in many parts of the English-speaking world.

Here at Aging With Grace we call our noon meal dinner because it is our main meal and it is substantial and traditional.

Please 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, even with health challenges. We
are Kentucky State Licensed as an Adult Day
Healthcare With Nursing Services.**

Our Mission:

**AGING WITH GRACE EXISTS TO IMPROVE YOUR
HEALTH AND QUALITY OF LIFE.** Aging With Grace will provide
services, in compliance with federal and state statutes, to all eligible par-
ticipants regardless of age, color, creed, disability, ethnicity, gender, mar-
ital status, national origin, race, religion, or sexual orientation.

Our Values:

Respect: Aging With Grace respects you. You are a unique
individual with dignity and value.

Appreciation: Aging With Grace knows we are employed be-
cause you are here. We are thankful for your patronage.

Sacrifice and Service: Aging With Grace wants to serve you.
We will put your needs above our own.

Grace: Aging With Grace acknowledges that everyone re-
quires unmerited favor at some time in our lives, and there-
fore we will bestow grace to all. We will treat others as we
would like to be treated.

Days and Hours of Operation, Fees



**WE ARE OPEN:
Monday through
Friday
7:30am to 6:00pm**

**Weekends and
holidays are by
appointment.**

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).

Hourly Fees: \$14

**(includes everything but
personal supplies)
Full Time Members have
a discounted rate of
\$73 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.*

We Buy Our Dinners From Cheddars and Mimi's Southern Cooking

November Breakfast Menu

Continental Breakfast 8-9

YUM



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

<p>All meals are served with 8oz of milk and water, choice of coffee or hot or cold tea.</p> <p>Aging With Grace is part of the KY Dept. of Ed. Child & Adult Care Food Program</p>		<p>1. Sausage Whole Wheat Toast</p>	<p>2 Oatmeal Raisins</p>	<p>3 Hash Browns Boiled Eggs</p>	<p>4/5 Cereal Fresh Fruit Mix</p>
<p>6 Pancakes Fresh Fruit</p>	<p>7 Blueberry Muffin Mixed Fruit</p>	<p>8 French Toast Fresh Fruit</p>	<p>9 Whole Wheat English Muffin Fruit</p>	<p>10 Flavored Grits Bananas</p>	<p>11/12 Cereal Fresh Fruit Mix</p>
<p>13 Pancakes Fresh Fruit</p>	<p>14 Whole wheat Bagel Cream Cheese Oranges</p>	<p>15 Hash Browns Eggs</p>	<p>16 Oatmeal Fruit</p>	<p>17 Banana Muffin Boiled Eggs</p>	<p>18/19 Cereal Fresh Fruit Mix</p>
<p>20 Waffles Applesauce</p>	<p>21 Toast Fresh Pineapples</p>	<p>22 Oatmeal Fruit</p>	<p>23 Blueberry Muffin Mixed Fruit</p> <p>Will Be Open Thanksgiving Day</p>	<p>24 Whole Wheat English Muffin Fruit</p>	<p>25/26 Cereal Fresh Fruit Mix</p>
<p>27 Cinnamon Toast Fresh Fruit Mix</p>	<p>28 Flavored Grits Fresh Fruit Mix</p>	<p>29 Boiled Eggs Toast</p>	<p>30 Whole wheat Bagel Cream Cheese Oranges</p>		

Breakfast Facts

Breakfast is the first meal of a day, most often eaten in the early morning before undertaking the day's work. The word refers to breaking the fasting period of the prior night

There is a strong tendency for one or more "typical", or "traditional", breakfast menus to exist in most places, but the composition of this varies widely from place to place, and has varied over time, so that globally a very wide range of preparations and ingredients are now associated with breakfast

With breakfast commonly referred to as "the most important meal of the day", particularly for children, some epidemiological research indicates that having a breakfast might lower risk of metabolic disorders and cardiovascular diseases. While current professional opinions are largely in favor of eating breakfast, some contest its "most important" status. The influence of breakfast on managing body weight is unclear. In any case, we are hungry here in the morning at Aging With Grace and we like breakfast!



Please Come Join Us!

We Buy Our Dinners
From Cheddars and
Mimi's Southern
Cooking

November Tea & A Tale Time Menu

Tea & A Tale Time 3:30 To 4:30

YUM



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

<p>All meals are served with 8oz of milk and water, choice of coffee or hot or cold tea. Aging With Grace is part of the KY Dept. of Ed. Child & Adult Care Food Program</p>		<p>1 Cheese & Crackers Juice</p>	<p>2 Cottage Cheese and Fruit</p>	<p>3 Rice Cakes Fruit</p>	<p>4/5 Trail Mix Juice</p>
<p>6 Fresh Fruit & Cheese</p>	<p>7 Ham & Cheese Crackers</p>	<p>8 Pretzels & Nutella Milk</p>	<p>9 Chicken Salad Sandwich</p>	<p>10 Bananas Pudding Milk</p>	<p>11/12 Fresh Fruit Mix Crackers</p>
<p>13 Cheese & Crackers Fruit</p>	<p>14 Trail Mix Juice</p>	<p>15 Ham Salad Sand- wich</p>	<p>16 Cottage Cheese, Pineapple</p>	<p>17 PB / Jelly Sand- wich Milk</p>	<p>18/19 Fresh Fruit Mix Crackers</p>
<p>20 Boiled Eggs Fresh Fruit</p>	<p>21 Trail Mix Juice</p>	<p>22 Bananas Nut Bread Milk</p>	<p>23 Cottage Cheese Peaches Will Be Open for Thanksgiving</p>	<p>24 Mixed Fruit</p>	<p>25/26 Cheese & Crackers</p>
<p>27 Fresh Fruit & Cheese</p>	<p>28 Ham & Cheese Crackers Juice</p>	<p>29 Cottage Cheese Pineapples</p>	<p>30 Cheese Spread Whole Wheat Crackers</p>		

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 jokes and funny stories. Have you heard these?

A Thanksgiving joke, no matter how silly, not only is funny, but much less filling!

You know that just before the first Thanksgiving there was one wise old Native American woman saying, "Don't feed them. If you feed

them, they'll never leave."

Thanksgiving is when the Indians said, "Well, this has been fun, but we know you have a long voyage back to England."

What do you call a short video from Thanksgiving that keeps repeating? ThanksGIFing.

May you be blessed with good humor all month...

