



# Aging With Grace®

The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 5, Issue 10

November 2018

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## Happy November!

Calendar of Clubhouse Group Activities from 9:30am to 12pm and 1pm to 3:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p><b>We love our members!</b></p> <p>Members choose what they would like to do while at the clubhouse! We have a pleasant place for taking naps...zzzzz</p>			<p><u>1 Art Club</u> <u>Extra Mile Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>National Men Make Dinner Day</u> <u>Mind/Body Games</u></p>	<p><u>2 S.O.L.V.E. Club</u> <u>Fountain Pen Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>National Corn Hole</u></p>	<p>3/4 <b>OPEN BY APPOINTMENT</b>  <b>Bingo or Card Player's Club</b></p>
<p><u>5 Natural Resources Club</u> <u>National Love your Red Hair Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>National Chinese Take Out Day</u> <u>Basketball</u></p>	<p><u>6 On a Mission Club</u> <u>General Elections Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>National Nachos Day</u> <u>Kickball</u></p>	<p><u>7 UK Fan Club</u> <u>National Bittersweet Chocolate W/Almonds Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Notary Public Day</u> <u>Balloon Volleyball</u></p>	<p><u>8 Art Club</u> <u>Dunce Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>National Parents as Teachers Day</u> <u>Mind/Body Games</u></p>	<p><u>9 S.O.L.V.E. Club</u> <u>National Greek Yogurt Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>National Scrapple Day</u> <u>Corn Hole</u></p>	<p>10/11 <b>OPEN BY APPOINTMENT</b>  <b>Bingo or Card Player's Club</b></p>
<p><u>12 Natural Resources Club</u> <u>Chicken Soup for the Soul</u> <u>Improve Energy</u> <u>Glee Club</u> <u>World Pneumonia Day</u> <u>Basketball</u></p>	<p><u>13 On a Mission Club</u> <u>Nat'l Indian Pudding Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>National Model Railroad Month</u> <u>Kickball</u></p>	<p><u>14 UK Fan Club</u> <u>Loosen Up Lighten Up Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>World Diabetes Day</u> <u>Balloon Volleyball</u></p>	<p><u>15 Art Club</u> <u>America Recycles Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Great American Smokeout</u> <u>Mind/Body Games</u></p>	<p><u>16 S.O.L.V.E. Club</u> <u>Button Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>National Fast Foods Day</u> <u>Corn Hole</u></p>	<p>17/18 <b>OPEN BY APPOINTMENT</b>  <b>Bingo or Card Player's Club</b></p>
<p><u>19 Natural Resources Club</u> <u>"Have a Bad Day" Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>World Toilet Day</u> <u>Basketball</u></p>	<p><u>20 On a Mission Club</u> <u>Name Your PC Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Universal Children's Day</u> <u>Kickball</u></p>	<p><u>21 UK Fan Club</u> <u>Tie One On Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>National Stuffing Day</u> <u>Balloon Volleyball</u></p>	<p>22 <b>Thanksgiving Day</b>  <b>Come Join Us!</b></p>	<p><u>23 S.O.L.V.E. Club</u> <u>Buy Nothing Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>National Flossing Day</u> <u>Corn Hole</u></p>	<p>24/25 <b>OPEN BY APPOINTMENT</b>  <b>Bingo or Card Player's Club</b></p>
<p><u>26 Natural Resources Club</u> <u>Cider Monday</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Cyber Monday</u> <u>Basketball</u></p>	<p><u>27 On a Mission Club</u> <u>Giving Tuesday</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>National Epilepsy Awareness Month</u> <u>Kickball</u></p>	<p><u>28 UK Fan Club</u> <u>National French Toast Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>National Marrow Awareness Month</u> <u>Balloon Volleyball</u></p>	<p><u>29 Art Club</u> <u>Square Dance Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Throw Out Your Leftovers Day</u> <u>Mind/Body Games</u></p>	<p><u>30 S.O.L.V.E. Club</u> <u>National Mason Jar Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Vegan Month</u> <u>Corn Hole</u></p>	

### Inside this issue:

Improvement: Come volunteer!	2
Bee Well's Buzz on Health: Carbonated Soft Drinks Part III	2
Dinner at Noon Calendar Menu	3
Breakfast Menu	4
Tea and a Tale Time Menu	5
Mission Statement and Values	6
Hours of Operation and Fees	6

### 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 8:00AM TO 5:00PM AND OTHER HOURS AND TIMES, INCLUDING HOLIDAYS, BY APPOINTMENT. BREAKFAST IS 8-9, DINNER 12-1, TEA & A TALE TIME 3:30-4:30. SPA TREATMENTS AND CHECKPOINTS ARE FOR MEMBERS ONLY ON A FIRST SIGNED UP/FIRST SERVED BASIS FROM 9-10:30 AND FROM 1-2:30

# Improvement: Come Volunteer!

Continued from last month.....

**Benefit 3:** Volunteering can advance your career

If you're considering a new career, volunteering can help you get experience in your area of interest and meet people in the field. Even if you're not planning on changing careers, volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organization. You might feel more comfortable stretching your wings at work once you've honed these skills in a volunteer position first. Teaching you valuable job skills

Just because volunteer work is unpaid does not mean the skills you learn are basic. Many volunteering opportunities provide extensive training. For example, you could become an experienced crisis counselor while volunteering for a women's shelter or a knowledgeable art historian while donating your time as a museum docent.

Volunteering can also help you build upon skills you already have and use them to benefit the greater community. For instance, if you hold a successful sales position, you raise awareness for your favorite cause as a volunteer advocate, while further developing and improving your public speaking, communication, and marketing skills.

Gaining career experience

Volunteering offers you the chance to try out a new career without making a long-term commitment. It is also a great way to gain experience in a new field. In some fields, you can volunteer directly at an organization that does the kind of work you're interested in. For example, if you're interested in nursing, you could volunteer at a hospital or a nursing home.

Your volunteer work might also expose you to professional organizations or internships that could be of benefit to your career. When it

comes to volunteering, passion and positivity are the only requirements

While learning new skills can be beneficial to many, it's not a requirement for a fulfilling volunteer experience. Bear in mind that the most valuable skills you can bring to any volunteer effort are compassion, an open mind, a willingness to do whatever is needed, and a positive attitude.

**Benefit 4:** Volunteering brings fun and fulfillment to your life

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.

Many people volunteer in order to make time for hobbies outside of work as well. For instance, if you have a desk job and long to spend time outdoors, you might consider volunteering to help plant a community garden, walk dogs for an animal shelter, or help out at a children's camp.

Consider your goals and interests

You will have a richer and more enjoyable volunteering experience if you first take some time to identify your goals and interests. Think about why you want to volunteer. What would you enjoy doing? The opportunities that match both your goals and your interests are most likely to be fun and fulfilling.

Tips for getting started

First, ask yourself if there is something specific you want to do.

For example, do I want...

...to make it better around where I live

...to meet people who are different from me

...to try something new

...to do something with my spare time

...to see a different way of life and new

places

...to have a go at the type of work I might

want to do as a full-time job

...to do more with my interests and hobbies

...to do something I'm good at

The best way to volunteer is to match your personality and interests. Having answers to these questions will help you narrow down your search.

Source: World Volunteer Web

How to find the right volunteer opportunity

There are numerous volunteer opportunities available. The key is to find a volunteer position that you would enjoy and are capable of doing. It's also important to make sure that your commitment matches the organization's needs. Ask yourself the following:

Would you like to work with adults, children, animals, or remotely from home?

Do you prefer to work alone or as part of a team?

Are you better behind the scenes or do you prefer to take a more visible role?

How much time are you willing to commit?

What skills can you bring to a volunteer job?

What causes are important to you?

Consider several volunteer possibilities

Don't limit yourself to just one organization or one specific type of job. Sometimes an opportunity looks great on paper, but the reality is quite different. Try to visit different organizations and get a feel for what they are like and if you click with other staff and volunteers.

Where to find volunteer opportunities

Community theatres, museums, and monuments

Libraries or senior centers

Service organizations such as Lions Clubs or Rotary Clubs

Local animal shelters, rescue organizations, or wildlife centers

Youth organizations, sports teams, and after-school programs

Historical restorations, national parks, and conservation organizations

Places of worship such as churches or synagogues

## Bee Well's Buzz on Health: Carbonated Soft Drinks / Sodas

Cont. from last month.....

16. Diet soda does not help you lose weight.

A University of Texas Health Science Center study found that the more diet sodas a person drank, the greater their risk of becoming overweight.

Consuming two or more cans a day increased waistlines by 500% greater than those who do not consume diet soda.

17. Diet sodas contain mold inhibitors. They go by the names sodium benzoate or potassium benzoate, and they're used in nearly all diet sodas.

"These chemicals have the ability to cause severe damage to DNA in the mitochondria to the point that they totally inactivate it – they knock it out altogether," Peter Piper, a professor of Molecular Biology and Biotechnology at the University of Sheffield in the U.K., told a British newspaper. The preservative has also been linked to hives, asthma, and other allergic conditions, according to the Center for Science in the Public Interest.

Editor's Note: Some companies have phased out sodium benzoate. Diet Coke and Diet Pepsi have replaced it with another preservative, potassium benzoate. Both sodium and potassium benzoate

were classified by the Food Commission in the UK as mild irritants to the skin, eyes, and mucous membranes.

18. Sodas containing ascorbic acid and potassium benzoate can form benzene, a known carcinogen.

Benzene can form in beverages and foods that contain both ascorbic acid and potassium benzoate.

To be continued next month.....<https://foodrevolution.org/blog/food-and-health/soda-health-risks/>



# November Dinner Menu

Dinner is from Noon To 1:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
<b>Dinner At Noon is served with milk and water, choice of coffee or hot or cold tea.</b>			<b>1</b> <i>Baby Back Ribs            Baked Potato            Broccoli            Mixed Fruit            Garlic Toast</i>	<b>2</b> <i>Country Fried Steak            Glazed Carrots            Macaroni &amp; Cheese            Rolls</i>	<b>3/4</b> <i>Ham Sandwiches            Cole Slaw            Fresh Fruit Mix            Popcorn</i>
<b>5</b> <i>Chicken Fingers            French Fries            Broccoli            Mixed Fruit            Garlic Toast</i>	<b>6</b> <i>Lamb Kabobs            Greek Salad            Tropical Fruit            Whole Wheat Bread</i>	<b>7</b> <i>New Orleans Pasta            Green Beans            Pears</i>	<b>8</b> <i>Beef Chili            House Salad            Baked Potato            Peaches            Crackers</i>	<b>9</b> <i>Cheese Burgers            French Fries            Lettuce, Tomato,            Onions,            Bun</i>	<b>10/11</b> <i>Roast Beef Sandwiches            Potato Salad            Fruit Cup            Pretzels</i>
<b>12</b> <i>Steak            Baked Potato            Garden Salad            Fruit            Yeast Roll</i>	<b>13</b> <i>Pizza            Tossed Salad            Pineapple</i>	<b>14</b> <i>Grilled Chicken            Mashed Potatoes            Green Beans            Mixed Fruit</i>	<b>15</b> <i>Marinara Meat Sauce            and Spaghetti            Caesar Salad            Pineapple</i>	<b>16</b> <i>Loaded Red Beans            Tomato &amp; Corn Medley            Yellow Rice            Fresh Fruit</i>	<b>17/18</b> <i>Tuna Salad Sandwiches            Mandarin Orange            Green Salad w/dressing            Corn Chips</i>
<b>19</b> <i>Slow Roasted Beef            House Salad            Fruit            Whole Wheat Bread</i>	<b>20</b> <i>Lasagna            Tossed Salad            Mandarin Oranges            Garlic Sticks</i>	<b>21</b> <i>Roasted Turkey/Gravy/            Mashed Potatoes            Dressing            Green Beans            Fruit            Whole Wheat Rolls</i>	<b>22</b> <i>Salmon Fish            House Salad            Rice            Corn Medley</i>	<b>23</b> <i>Meatloaf            Mashed Potatoes            Green Beans            Fruit            Wheat Buns</i>	<b>24/25</b> <i>Egg Salad Sandwiches            Yogurt            Green Salad w/dressing            Chex Mix</i>
<b>26</b> <i>Chicken &amp; Noodles            Mixed Vegetables            Applesauce            Pumpkin Bread</i>	<b>27</b> <i>Sub Sandwiches            French Fries            Tossed Salad            Fruit Cups</i>	<b>28</b> <i>Chinese Stir Fry            W/ Shrimp &amp; Veggies            Rice            Peaches</i>	<b>29</b> <i>Beef Chili Dog            With Cheese            Salad            Bun</i>	<b>30</b> <i>Fried Chicken            Beans &amp; Rice            Fruit            Corn Bread</i>	<div style="background-color: red; color: white; padding: 10px; border-radius: 50%; display: inline-block;"> <b>All of our dinners meet dietary restrictions/alternate menu items available</b> </div>

## Dinner...Did You Know...?

In addition to our regular Dinner at Noon routine, we have a new routine that begins at noon. Instead of just playing pretty music and displaying beautiful scenery on our big screen television, we are pretending to travel to different parts of the world as we dine. It all started when one of our members requested a video tour of Paris, her favorite city, while we were eating. From there we traveled to

Barcelona, Rome, Venice, Tokyo, and many other destinations...one place each day. We are also learning words in a new language as we 'travel'.

Dr. Schraberg gave a lecture recently and mentioned how research has shown that traveling and learning a new language is a good way to deter or delay dementia by challenging the brain in so many ways.

Come join us as a member or volunteer and help your brain!





# November Breakfast Menu

Continental Breakfast 8-9



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.			1	2	3/4 <i>Yogurt Cups</i>
5 <i>Pancakes Fruit</i>	6 <i>Blueberry Muffin Fruit</i>	7 <i>Oatmeal &amp; Add-Ins</i>	8 <i>Muffin Fruit</i>	9 <i>Sausage Biscuit</i>	10/11 <i>Yogurt Cups</i>
12 <i>Breakfast Burritos</i>	13 <i>Bagels</i>	14 <i>Hash Browns</i>	15 <i>Fruit Cups</i>	16 <i>Bananas</i>	17/18 <i>Yogurt Cups</i>
19 <i>Yogurt Cups</i>	20 <i>Cheese Sticks</i>	21 <i>Oatmeal</i>	22 <i>Blueberry Muffin</i>	23 <i>Fruit Cups</i>	24/25 <i>Yogurt Cups</i>
26 <i>Cinnamon Bun</i>	27 <i>Bran Muffin</i>	28 <i>Yogurt Cups</i>	29 <i>Bananas</i>	30 <i>Egg, Sausage &amp; Cheese Biscuit</i>	

## Breakfast...A Time to Contemplate

Breakfast at Aging With Grace is a quiet time...a time to prepare for the day. We love the smell of hot coffee brewing as we make preparations for the activity that follows breakfast. We have a local morning paper available for members to look over at their leisure. Other members prefer to work a crossword or a word search. Still others like reading a morning scripture or devotional. And some just look at the pretty pictures on the big

screen television that is hooked up to the internet as they drink their beverage. We love to find a beautiful video to watch and good music (usually oldies but goodies) to listen to as we slowly wake up each morning. Not every member who comes in the morning eats with us, but we always encourage the consumption of liquids and make sure each member has bottled water in front of them as soon as they



come in and throughout the day. We love our members and know that it is good for them to drink enough water.

Please Come Join Us!





# November Tea & A Tale Time Menu

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



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
Tea & A Tale Time beverages vary from day to day			<i>1 Corn Chips and Individual Cheese Dips</i>	<i>2 Cheese and Pretzel Packs</i>	<i>3/4 Soft Pretzels</i>
<i>5 Fruit Cups and Peanut Butter Crackers</i>	<i>6 Individual Cottage Cheese Cups</i>	<i>7 Individual Pimento Cheese Sandwiches</i>	<i>8 Individual Chicken Salad Sandwiches</i>	<i>9 Chex Mix W/ Nuts</i>	<i>10/11 Crackers and Cheese</i>
<i>12 Yogurt Cups</i>	<i>13 Peanut Butter and Crackers</i>	<i>14 Individual Tuna Salad Sandwiches</i>	<i>15 Egg Rolls Fruit Cups</i>	<i>16 Cheese Sticks</i>	<i>17/18 Fruit Mix Cups Peanut Butter Crackers</i>
<i>19 Cheese, Crackers Applesauce</i>	<i>20 Healthy Chips</i>	<i>21 Individual Egg Salad Sandwich</i>	<i>22 Individual Cottage Cheese Cups</i>	<i>23 Raisin Boxes &amp; Peanut Packs</i>	<i>24/25 Cheese &amp; Crackers</i>
<i>26 Bananas and Peanut Butter Packs</i>	<i>27 Salad with Boiled Eggs</i>	<i>28 Cheese Popcorn</i>	<i>29 Granola Bars</i>	<i>30 Yogurt Cups</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 jokes and funny stories. Have you heard these?

### THE STAGES OF SUCCESS

- At age 4 success is...not peeing in your pants.
- At age 12 success is...having friends.
- At age 16 success is...having a drivers license.
- At age 20 success is...having sex.

At age 35 success is...having money.

At age 50 success is...having money.

At age 60 success is...having sex.

At age 70 success is...having a drivers license.

At age 75 success is...having friends.

At age 80 success is...not peeing in your pants

### 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.



## Aging With Grace®

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**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 here at our clubhouse and/or at your house with Aging With Grace's At Home Health Help & Services. We are Kentucky State Licensed.**

### 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 participants regardless of age, color, creed, disability, ethnicity, gender, marital 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 because 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:** We will treat others as we would like to be treated.

## Days and Hours of Operation, Fees



**The Clubhouse is OPEN:  
Monday through Friday  
8:00am to 5:00pm**

**All other clubhouse hours and days  
(including 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 park-

ing lot can be cleared of snow and ice for safety's sake— please check local TV station WKYT for delayed openings under BUSINESSES.

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

**Clubhouse Hourly Rate: \$14**

**Clubhouse Daily Rate  
\$73 per day  
(Includes everything but personal supplies)**

**All potential members pay  
\$100 for a Wellness  
Consultation which includes  
a Wellness Map**

### At Home Health & Help Services

**Available 24/7,  
365 days of the year**

\$20 per hour

- Personal care...help with bathing, dressing, toileting, hair, nails, teeth, medication, etc.
- Transportation and advocacy during appointments
- Housekeeping, meal preparation, laundry
- Home (+auto, pets, plants, landscaping) maintenance
- Money management, bill paying, shopping
- Life alert system and video surveillance\*
- Safety home modifications\*

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

\* the asterisk denotes special pricing for special services