



Aging With Grace®

The Official Clubhouse Newsletter

Filled with monthly activities, menus, health tips and information

Volume 6, Issue 11
November 2019

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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>We love our members!</p> <p>Members choose what they would like to do while at the clubhouse!</p> <p>We have a quiet and private place for napping</p>				<p><u>1 S.O.L.V.E. Club</u> <u>Extra Mile Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Fountain Pen Day</u> <u>Corn Hole</u></p>	<p>2/3 <u>OPEN BY</u> <u>APPOINTMENT</u></p> <p><u>Bingo or Card</u> <u>Player's</u> <u>Club</u></p>
<p><u>4 Natural Resources Club</u> <u>National Candy Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>National Easy Bake</u> <u>Oven Day</u> <u>Basketball</u></p>	<p><u>5 On a Mission Club</u> <u>National Chinese</u> <u>Take Out Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>National Love Your</u> <u>Red Hair Day</u> <u>Kickball</u></p>	<p><u>6 UK Fan Club</u> <u>National Nachos Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Saxophone Day</u> <u>Balloon</u> <u>Volleyball</u></p>	<p><u>7 Art Club</u> <u>National Men Make</u> <u>Dinner Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>National Almonds</u> <u>with Bittersweet</u> <u>Chocolate Day</u> <u>Mind/Body Games</u></p>	<p><u>8 S.O.L.V.E. Club</u> <u>Abet and Aid</u> <u>Punsters Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Dunce Day</u> <u>Corn Hole</u></p>	<p>9/10 <u>OPEN BY</u> <u>APPOINTMENT</u></p> <p><u>Bingo or Card</u> <u>Player's</u> <u>Club</u></p>
<p><u>11 Natural Resources Club</u> <u>National Sundae Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Veterans Day</u> <u>Basketball</u></p>	<p><u>12 On a Mission Club</u> <u>Nat'l Chicken Soup for the Soul Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Nat'l Everything Excent</u> <u>Anchovies Pizza Day</u> <u>Kickball</u></p>	<p><u>13 UK Fan Club</u> <u>National Indian</u> <u>Pudding Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Family Stories Month</u> <u>Balloon Volleyball</u></p>	<p><u>14 Art Club</u> <u>Loosen Up Lighten Up Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>National Spicy</u> <u>Guacamole Day</u> <u>Mind/Body Games</u></p>	<p><u>15 S.O.L.V.E. Club</u> <u>America Recycles Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>World Philosophy Day</u> <u>Corn Hole</u></p>	<p>16/17 <u>OPEN BY</u> <u>APPOINTMENT</u></p> <p><u>Bingo or Card</u> <u>Player's</u> <u>Club</u></p>
<p><u>18 Natural Resources Club</u> <u>National Apple Cider Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>National Princess Day</u> <u>Basketball</u></p>	<p><u>19 On a Mission Club</u> <u>National Play</u> <u>Monopoly Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>International Men's Day</u> <u>Kickball</u></p>	<p><u>20 UK Fan Club</u> <u>National Peanut Butter Fudge Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Universal Children's Day</u> <u>Balloon Volleyball</u></p>	<p><u>21 Art Club</u> <u>National Gingerbread Cookie Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>World Television Day</u> <u>Mind/Body Games</u></p>	<p><u>22 S.O.L.V.E. Club</u> <u>Substitute Educators Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Aviation History Month</u> <u>Corn Hole</u></p>	<p>23/24 <u>OPEN BY</u> <u>APPOINTMENT</u></p> <p><u>Bingo or Card</u> <u>Player's</u> <u>Club</u></p>
<p><u>25 Natural Resources Club</u> <u>National Parfait Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Celebrate Your Talent Day</u> <u>Basketball</u></p>	<p><u>26 On a Mission Club</u> <u>National Cake Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>National Inspirational</u> <u>Role Models Month</u> <u>Kickball</u></p>	<p><u>27 UK Fan Club</u> <u>National Jukebox Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Tie One On Day (it's not what you think)</u> <u>Balloon Volleyball</u></p>	<p><u>28 Art Club</u> <u>National French Toast Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Thanksgiving Day</u> <u>Mind/Body Games</u></p>	<p><u>29 S.O.L.V.E. Club</u> <u>Square Dance Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>National Rice Cake Day</u> <u>Corn Hole</u></p>	<p>30 <u>OPEN BY</u> <u>APPOINTMENT</u></p> <p><u>Bingo or Card</u> <u>Player's</u> <u>Club</u></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 by appointment.
- ♦ Let us hear from you! We want to know what you think!

WE ARE OPEN DAILY 8:00AM TO 4:30PM 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!

By Mark Horoszowski,
Next Avenue Contributor
(This article previously appeared
on MovingWorlds.org.)

The power of volunteering has been documented for the last 2,500+ years, however a slew of recent research is shedding even more light onto its surprising benefits. Science now proves what great leaders and philosophers have known for years:

“One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served.” - Gordon Hinckle

Here are five surprising benefits of volunteering:

1. Volunteering time makes you feel like you have more time. Wharton professor Cassie Mogilner wrote in the Harvard Business Review that her research found those who volunteer their time feel like they have more of it. This is similar to other research showing that people who donate to charity feel wealthier.

Said Mogilner: “The results show that giving your time to others can make you feel more ‘time affluent’ and less time-constrained than wasting your time, spending it on yourself, or even getting a windfall of free time.”

2. Volunteering your skills helps you develop new skills. In my experience, skills-based volunteering is an excellent opportunity to develop talents to help you get ahead in your career. In fact, an article in Stanford Social Innovation Review called

skills-based volunteering overseas “the next executive training ground.”

YOU MAY ALSO LIKE

At MovingWorlds, we’ve found that skills development in technical and leadership-related areas is the primary reason corporations invest in international skills-based volunteering programs.

3. Volunteering your body helps you have a healthier body. A Corporation for National & Community

Service report noted: “Research demonstrates that volunteering leads to better health... those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.”

The fact that volunteering has been proven to make you healthier is reason enough to engage in pro bono activities. For more information on this, read “Can Volunteering Lower Your Risk of Heart Disease?”

4. Volunteering your experience helps build your experience. We consistently see this with highly skilled professionals like investment bankers and business consultants. Also, volunteering in a new industry will give you knowledge to help you switch fields. And if you want to move from the corporate world to the nonprofit sector, volunteering first can help prove your commitment. Beyond our own research, The New York Times, The Wall Street Journal and Next Avenue have published articles about how volunteering can help you earn your next job.

As the Journal wrote: “According to the survey of 202 human-resource executives, skilled volunteer work — such as helping a nonprofit with its finances — makes job applicants look more appealing to hiring managers.”

Here are some tips to add your volunteering experience to your resumé and LinkedIn profile.

5. Volunteering your love makes you feel more love. Admittedly, love is a hard thing to measure. But when researchers at the London School of Economics examined the relationship between volunteering and measures of happiness, they found the more people volunteered, the happier they were. Volunteering builds empathy, strengthens social bonds and makes you smile — all factors that increase the feeling of love. How to Find Volunteering Opportunities So how can you get started volunteering? It’s remarkably easy. Post your intentions on Facebook and/or LinkedIn to get connected to an organization in your network. You can also use LinkedIn’s For Good- program, Catchafire or VolunteerMatch to find local opportunities and MovingWorlds.org to find international skills-based volunteer projects.

“Service to others is the rent you pay for your room here on earth.” - Muhammad Ali

Please come volunteer at the clubhouse! We are a non-profit! Call Lesa to get started: (859)553-6667 or call DG (859)539-2147

Bee Well’s Buzz on Health: Posture II

The best way to improve your posture is to focus on exercises that strengthen your core -- the abdominal and low back muscles that connect to your spine and pelvis.

Your Workout Plan: 6 Exercises—This is the 2nd Exercise

Make these posture-boosting exercises a regular part of your routine. Remember to exhale strongly and pull in your core muscles as you work -- a key principle in both Pilates and yoga together to stabilize your pelvis.

2. The New Crunch

Why It’s Good for You: Also called a “curl-up,” this exercise works the rectus abdominis (the six-pack muscle) and obliques (which run diagonally around your waist and rotate your torso).

Starting Position: Lie on your back with your knees bent, feet flat on the floor. Press your low back into the floor. Place your hands behind your head, or reach your arms toward your knees if it doesn't create too much tension in your neck.

The Move: Exhale strongly and pull your navel in and up toward your spine. Curl your head and shoulders slowly off the floor. Hold, then slowly lower back down. Repeat three times

Increase the Intensity: Extend one leg straight at a 45-degree angle toward the ceiling. Or hold both legs off the floor, knees bent, with your shins parallel to the floor

<https://www.webmd.com/fitness-exercise/guide/better-posture-exercises#1>



November Dinner Menu

Dinner is from Noon To 1:00



Mon

Tue

Wed

Thu

Fri

Sat./Sun.



Dinner At Noon is served with milk and water, choice of coffee or hot or cold tea.

				<p>1 Meatloaf Glazed Carrots Macaroni & Cheese Rolls</p>	<p>2/3 Ham Sandwiches Cole Slaw Popcorn</p>
<p>4 Chicken Fingers French Fries Broccoli Mixed Fruit Garlic Toast</p>	<p>5 Kabobs Greek Salad Tropical Fruit Whole Wheat Bread</p>	<p>6 New Orleans Pasta Green Beans Pears</p>	<p>7 Beef Chili House Salad Baked Potato Peaches Crackers</p>	<p>8 Cheese Burgers French Fries Lettuce, Tomato, Onions, Bun</p>	<p>9/10 Roast Beef Sandwiches Potato Salad Pretzels</p>
<p>11 Steak Baked Potato Garden Salad Fruit Yeast Roll</p>	<p>12 Pizza Tossed Salad Pineapple</p>	<p>13 Grilled Chicken Mashed Potatoes Green Beans Mixed Fruit</p>	<p>14 Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple</p>	<p>15 Loaded Red Beans Tomato & Corn Medley Yellow Rice Fresh Fruit</p>	<p>16/17 Tuna Salad Sandwiches Mandarin Oranges Corn Chips</p>
<p>18 Slow Roasted Beef House Salad Fruit Whole Wheat Bread</p>	<p>19 Lasagna Tossed Salad Mandarin Oranges Garlic Sticks</p>	<p>20 Roasted Turkey/Gravy/ Mashed Potatoes Dressing Green Beans Fruit Whole Wheat Rolls</p>	<p>21 Grilled Salmon House Salad Rice Corn Medley</p>	<p>22 Fried Chicken Mashed Potatoes Green Beans Fruit Wheat Buns</p>	<p>23/24 Egg Salad Sandwiches Yogurt Chex Mix</p>
<p>25 Tacos Rice and beans Fruit</p>	<p>26 Sub Sandwiches French Fries Tossed Salad Fruit Cups</p>	<p>27 Fried Fish Potato Salad Lima Beans Applesauce</p>	<p>28 Barbeque Sandwich Cole Slaw Baked Beans</p>	<p>29 Chinese Stir Fry W/ Shrimp & Veggies Rice Peaches</p>	<p>30 Beef Chili Dog With Cheese Salad Bun</p>

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

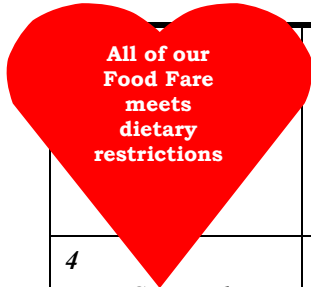
Tue

Wed

Thu

Fri

Sat./Sun.



All of our Food Fare meets dietary restrictions

Tea & A Tale Time Fare is Served With Water

				1 <i>Pretzels and Cheese Dip</i>	2/3 <i>Cheese and Pretzel Packs</i>
4 <i>Fruit Cups and Peanut Butter Crackers</i>	5 <i>Individual Cottage Cheese Cups</i>	6 <i>Individual Pimento Cheese Sandwiches</i>	7 <i>Individual Chicken Salad Sandwiches</i>	8 <i>Chex Mix W/ Nuts</i>	9/10 <i>Crackers and Cheese</i>
11 <i>Jello Cups</i>	12 <i>Peanut Butter and Crackers</i>	13 <i>Individual Tuna Salad Sandwiches</i>	14 <i>Egg Rolls</i>	15 <i>Cheese Sticks</i>	16/17 <i>Fruit Mix Cups Peanut Butter Crackers</i>
18 <i>Cheese, Crackers Applesauce</i>	19 <i>Healthy Chips</i>	20 <i>Individual Egg Salad Sandwich</i>	21 <i>Individual Cottage Cheese Cups</i>	22 <i>Raisin Boxes & Peanut Packs</i>	23/24 <i>Cheese & Crackers</i>
25 <i>Bananas and PB</i>	26 <i>Cheese & Crackers</i>	27 <i>Pudding Cups</i>	28 <i>Halloween Party Treats</i>	29 <i>Cheese Popcorn</i>	30 <i>Salad with Boiled Eggs</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?

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.

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

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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 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 4:30pm**

**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**

\$24 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*

*special pricing for special services

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

*the asterisk denotes special pricing for special services