



The Official Newsletter

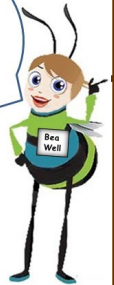
Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 4, Issue 10

October 2017

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For more health
tips and useful
information



OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
2 9:30 Natural Resources Club –or– <i>National Name Your Car Day 1:00</i> Glee Club –or– <i>World Habitat Day</i>	3 9:30 On a Mission Club –or– <i>National Carry a Tune Week 1:00</i> S.O.M.E. Club –or– <i>Mystery Series Week</i>	4 9:30 UK Fan Club –or– <i>National Kale Day 1:00</i> Book Club–or– <i>World Animal Day</i>	5 9:30 Art Club –or– <i>National Cookbook Month 1:00</i> Hunting and Fishing Club–or– <i>National Apple Betty Day</i>	6 9:30 S.O.L.V.E. Club or <i>National Noodle Day 1:00</i> Gardening Club –or– <i>Emotional Intelligence Awareness Month</i>	7/8 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club
9 9:30 Natural Resources Club –or– <i>Columbus Day 1:00</i> Glee Club –or– <i>Leif Erikson Day</i>	10 9:30 On a Mission Club –or– <i>Ada Lovelace Day 1:00</i> S.O.M.E. Club –or– <i>World Mental Health Day</i>	11 9:30 UK Fan Club –or– <i>Nat’l Bring Your Teddy Bear to Work/School Day 1:00</i> Book Club–or– <i>Int’l Top Spinning Day</i>	12 9:30 Art Club–or– <i>Day of the Six Billion 1:00</i> Hunting and Fishing Club– or– <i>National Farmers Day</i>	13 9:30 S.O.L.V.E. Club –or– <i>Friday the 13th 1:00</i> Gardening Club –or– <i>Silly Sayings Day</i>	14/15 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club
16 9:30 Natural Resources Club – <i>Dictionary Day 1:00</i> Glee Club – <i>World Food Day</i>	17 9:30 On a Mission Club –or– <i>Mulligan Day 1:00</i> S.O.M.E. Club –or– <i>National Pasta Day</i>	18 9:30 L.O.V.E. Club –or– <i>Int’l Necktie Day 1:00</i> Book Club –or– <i>Talk About Your Medicines Month</i>	19 9:30 Art Club -or– <i>Vegetarian Month 1:00</i> Hunting & Fishing Club–or– <i>Positive Attitude Month</i>	20 9:30 S.O.L.V.E. Club or – <i>National Character Counts! Week 1:00</i> Gardening Club –or– <i>Nuclear Science Week Oct. 16-20</i>	21/22 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club
23 9:30 Natural Resources Club –or– <i>National Liver Awareness Month 1:00</i> Glee Club –or– <i>National Reading Group Month</i>	24 9:30 On a Mission Club –or– <i>National Bologna Day 1:00</i> S.O.M.E. Club –or– <i>National Chemistry Week Oct. 22-28</i>	25 9:30 UK Fan Club –or– <i>Nat’l Massage Therapy Awareness Week 1:00</i> Book Club –or– <i>Int’l Magic Week Oct. 25-31</i>	26 9:30 Art Club –or– <i>Prescription Errors Education & Awareness Week 1:00</i> Hunting & Fishing Club–or– <i>National Pumpkin Day</i>	27 9:30 S.O.L.V.E. Club–or– <i>Positive Attitude Month 1:00</i> Gardening Club–or– <i>Squirrel Awareness Month</i>	28/29 OPEN BY APPOINTMENT 2:00 Bingo or Card Player’s Club
30 9:30 Natural Resources Club –or– <i>World Audio Drama Day 1:00</i> Glee Club – or– <i>Organize Your Medical Information Month</i>	31 9:30 On a Mission Club –or– <i>National Chili Month 1:00</i> S.O.M.E. Club –or– <i>Halloween Party!</i>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #ADD8E6; width: fit-content; margin: 0 auto;"> <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> </div>			

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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: Dementia

From the Mayo Clinic, April 2017: There's no sure way to prevent dementia, but there are steps you can take that might help. More research is needed, but it might be beneficial to do the following:

Keep your mind active. Mentally stimulating activities, such as reading, solving puzzles and playing word games, and memory training might delay the onset of dementia and decrease its effects.

Be physically and socially active. Physical activity and social interaction might delay the onset of dementia and reduce its symptoms. Move more and aim for 150 minutes of exercise a week.

Quit smoking. Some studies have shown smoking in middle age and beyond may increase your risk of dementia and blood vessel (vascular) conditions. Quitting smoking might reduce your risk and will improve your health.

Get enough vitamin D. Research suggests that people with low levels of vitamin D in

their blood are more likely to develop Alzheimer's disease and other forms of dementia. You can get vitamin D through certain foods, supplements and sun exposure.

More study is needed before an increase in vitamin D intake is recommended for preventing dementia, but it's a good idea to make sure you get adequate vitamin D.

Lower your blood pressure. High blood pressure might lead to a higher risk of some types of dementia. More research is needed to determine whether treating high blood pressure may reduce the risk of dementia.

Maintain a healthy diet. Eating a healthy diet is important for many reasons, but a diet such as the Mediterranean diet — rich in fruits, vegetables, whole grains and omega-3 fatty acids, commonly found in certain fish and nuts—might promote health and lower your risk of dementia.

For those who are caring for someone with dementia, the Mayo Clinic had this to say: Providing care for someone with dementia

is physically and emotionally demanding. Feelings of anger and guilt, frustration and discouragement, worry, grief, and social isolation are common. If you're a caregiver for someone with dementia:

Learn as much about the disease as you can and participate in caregiver education programs

Find out about supportive services in your community, such as respite care or adult care, which can give you a break from caregiving at scheduled times during the week

Ask friends or other family members for help

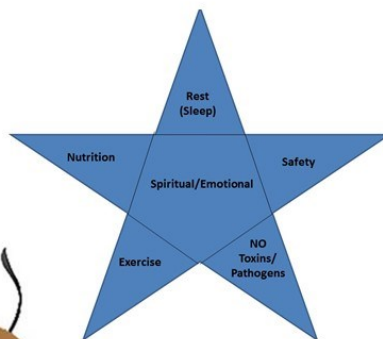
Take care of your physical, emotional and spiritual health

Ask questions of doctors, social workers and others involved in the care of your loved one

Join a support group

Bea Well's Buzz on Health

Think of the Health Star when making decisions about how you fill your day. At the center of your day should be lots of positive interactions with God and other people (social interactions are the best way to prevent or delay dementia). Then learn and practice what is the best nutrition, exercise, safety decisions, and sleep hygiene for your unique self. Try your best to stay away from all toxins and pathogens. Be well!



No matter what your age, good decisions about matters that affect your health can help you stay well and feel better. As we age, the decisions we have made over the course of our lives add up to equal the state we find ourselves in when we reach our fifties and sixties and beyond.

But do not despair if damage has already been done to your body. Our bodies are wonderful creations that have incredible healing power! Many of our cells are replaced regularly. Others are not. Focus on building your muscles and gaining strength as you age. Your muscles can grow until you die, no matter what your age. And muscles help with immunity and balance and a myriad of other challenges we will face as we grow older. Regular aerobic (also known as endurance or cardiovascular) exercise is also important to do most days of the week as we age. Consult your doctor and begin slowly.





**We Buy Our
Dinners At
Cheddars!**

October Menu

**Continental Breakfast 8-9
Dinner at Noon
Tea and a Tale Time 3:30-4:30**



YUM!

Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 <i>Sirloin Steak Loaded Baked Potato Southern Green Beans Tossed Salad Rolls</i>	3 <i>Chicken Tenders & Shrimp Broccoli Sweet Potato Applesauce Whole Wheat Bread</i>	4 <i>Gigi's Baked Spasagna Garden Salad Fresh Fruit Garlic Bread</i>	5 <i>Lemon Pepper Fish Broccoli and Cheese Rice Pears Whole Wheat Bread</i>	6 <i>Grilled Chicken Alfredo Tossed Salad w/dressing Garlic Bread Grapes</i>	7/8 <i>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</i>
9 <i>Philly Cheesesteak Sandwiches Mushrooms, Peppers, Onions Pears</i>	10 <i>Macaroni & Cheese Baked Sweet Potato House Salad Green Beans Whole Wheat Bread</i>	11 <i>Country Fried Chicken Mashed Potatoes Green Beans Texas Toast Oranges Whole Wheat Bread</i>	12 <i>Lemon Pepper Fish Broccoli and Cheese Rice Pears Whole Wheat Bread</i>	13 <i>Baby Back BBQ Ribs French Fries Corn Niblets Whole Wheat Bread Cole Slaw</i>	14/15 <i>Roast Beef Sandwiches Potato Salad Fruit Cup Yogurt</i>
16 <i>Chicken Pot Pie House Salad Whole Wheat Bread Fresh Fruit</i>	17 <i>Beer Battered Shrimp French Fries Coleslaw Fresh Fruit Whole Wheat Bread</i>	18 <i>Baked Potato Soup Broccoli Corn Niblets Whole Wheat Bread Fresh Fruit</i>	19 <i>Country Fried Steak Mashed Potatoes Green Beans Texas Toast Sliced Tomatoes</i>	20 <i>New Orleans Pasta Tossed Salad Garlic Bread Sliced Apples</i>	21/22 <i>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels</i>
23 <i>Broccoli Casserole Loaded Baked Potato Green Beans Whole Wheat Bread Fresh Fruit</i>	24 <i>Scratch Burgers Potato Salad Baked Beans Whole Wheat Bun Peaches</i>	25 <i>Grilled Salmon Rice Broccoli Corn Niblets Whole Wheat Bread</i>	26 <i>BBQ Chicken Mashed Potatoes Cole Slaw Whole wheat bread Applesauce</i>	27 <i>Blackened Redfish Sweet Potato Cole Slaw Watermelon Whole Wheat Bread</i>	28/29 <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i>
30 <i>Monte Cristo Tossed Salad Fresh Fruit Whole Wheat Bread</i>	31 <i>Homemade Black Beans Seasoned Rice House Salad Baked Sweet Potato Whole Wheat Buns</i>		<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>		

TEA & A TALE TIME 3:30 to 4:30

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?

One witch told another witch, "I want one of those new computers that has a spell checker."

Vampire pick-up line: "What's your type?"

A vampire joined the police force so he could learn the correct way to get a stakeout.

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

Tuesdays we have crackers and spreads. Wednesdays we have cookies and yogurt. Thursdays we have different kinds of hors d'oeuvres. Fridays we have a



kind of kabob (lots of yummy treats can be skewered).

Come Join Us!

Aging With Grace®

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We're On the
Web
www.AgingWithGraceInfo.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

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November!**

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personal supplies)**

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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.