



Aging With Grace®

The Official Clubhouse Newsletter

Filled with monthly activities, menus, health tips and information

Volume 6, Issue 10

October 2019

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For more health tips and useful information



Happy October!



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
	1 On a Mission Club International Day for Older Persons Improve Strength S.O.M.E. Club World Vegetarian Day Kickball	2 UK Fan Club Guardian Angels Day Improve Mobility Book Club National Kale Day Balloon Volleyball	3 Art Club Boyfriend's Day Improve Strength Sportsman's Club ADHD Awareness Month Mind/Body Games	4 S.O.L.V.E. Club Manufacturing Day Improve Balance Gardening Club World Animal Day Corn Hole	5/6 OPEN BY APPOINTMENT Bingo or Card Player's Club
7 Natural Resources Club Blue Shirt Day/World Day of Bullying Prevention Improve Energy Glee Club World Habitat Day Basketball	8 On a Mission Club International Face Your Fears Day Improve Strength S.O.M.E. Club World Octopus Day Kickball	9 UK Fan Club Leif Erikson Day Improve Mobility Book Club National Bring Your Teddy Bear to Work Day Balloon Volleyball	10 Art Club World Mental Health Day Improve Strength Sportsman's Club National Cake Decorating Day Mind/Body Games	11 S.O.L.V.E. Club Southern Food Heritage Day Improve Balance Gardening Club World Egg Day Corn Hole	12/13 OPEN BY APPOINTMENT Bingo or Card Player's Club
14 Natural Resources Club Be Bald and Be Free Day Improve Energy Glee Club National Kick-Butt Day Basketball	15 On a Mission Club Global Handwashing Day Improve Strength S.O.M.E. Club National Grouch Day Kickball	16 UK Fan Club National Boss's Day Improve Mobility Book Club World Food Day Balloon Volleyball	17 Art Club Mulligan Day Improve Strength Sportsman's Club National Playing Card Collection Day Mind/Body Games	18 S.O.L.V.E. Club Alaska Day Improve Balance Gardening Club National Chocolate Cupcake Day Corn Hole	19/20 OPEN BY APPOINTMENT Bingo or Card Player's Club
21 Natural Resources Club Emotional Intelligence Awareness Month Improve Energy Glee Club German-American Heritage Month Basketball	22 On a Mission Club National Color Day Improve Strength S.O.M.E. Club National Nut Day Kickball	23 UK Fan Club National Boston Cream Pie Day Improve Mobility Book Club Unity Day Balloon Volleyball	24 Art Club National Food Day Improve Strength Sportsman's Club National Bologna Day Mind/Body Games	25 S.O.L.V.E. Club Frankenstein Friday Improve Balance Gardening Club National Greasy Foods Day Corn Hole	26/27 OPEN BY APPOINTMENT Bingo or Card Player's Club
28 Natural Resources Club National Chocolate Day Improve Energy Glee Club National Apple Month Basketball	29 On a Mission Club National Cat Day Improve Strength S.O.M.E. Club National Oatmeal Day Kickball	30 UK Fan Club Haunted Refrigerator Night Improve Mobility Book Club World Audio Drama Day Balloon Volleyball	31 Art Club National Knock Knock Day Improve Strength Sportsman's Club Halloween Party Mind/Body Games	<div style="background-color: yellow; padding: 10px; border-radius: 20px;"> <p>We love our members! Members choose what they would like to do while at the clubhouse!</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 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 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

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

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.

1. Starting Position: Lie on your back with your knees bent, feet flat on the floor, and hands behind your head. Press your low back into the floor, and curl your head up off the floor.

The Move: Exhale strongly and pull your navel in and up toward your spine. Slowly pull one knee into your chest, keeping your low back pressed to the floor, while extending your other leg straight at about a 45-degree angle off the floor. Keep your abdominals pulled in and your low back on the floor. If your low back arches off

the floor, extend your leg higher toward the ceiling. Switch legs. Start with five to 10 extensions on each side.

Increase the Intensity: Pull both knees into your chest, then extend both legs straight at about a 45-degree angle, using your core to keep your low back on the floor. Or, as you extend your legs, extend both arms overhead, reaching in the opposite direction from your legs.

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



October Dinner Menu

Dinner is from Noon To 1:00



Mon Tue Wed Thu Fri Sat./Sun.



	1 <i>Chinese Stir Fry W/ Shrimp & Veggies Rice Peaches</i>	2 <i>Beef Chili Dog With Cheese Salad Bun</i>	3 <i>Fried Chicken Beans & Rice Fruit Corn Bread</i>	4 <i>Meatloaf Glazed Carrots Macaroni & Cheese Rolls</i>	5/6 <i>Ham Sandwiches Cole Slaw Popcorn</i>
7 <i>Chicken Fingers French Fries Broccoli Mixed Fruit Garlic Toast</i>	8 <i>Kabobs Greek Salad Tropical Fruit Whole Wheat Bread</i>	9 <i>New Orleans Pasta Green Beans Pears</i>	10 <i>Beef Chili House Salad Baked Potato Peaches Crackers</i>	11 <i>Cheese Burgers French Fries Lettuce, Tomato, Onions, Bun</i>	12/13 <i>Roast Beef Sandwiches Potato Salad Pretzels</i>
14 <i>Steak Baked Potato Garden Salad Fruit Yeast Roll</i>	15 <i>Pizza Tossed Salad Pineapple</i>	16 <i>Grilled Chicken Mashed Potatoes Green Beans Mixed Fruit</i>	17 <i>Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple</i>	18 <i>Loaded Red Beans Tomato & Corn Medley Yellow Rice Fresh Fruit</i>	19/20 <i>Tuna Salad Sandwiches Mandarin Oranges Corn Chips</i>
21 <i>Slow Roasted Beef House Salad Fruit Whole Wheat Bread</i>	22 <i>Lasagna Tossed Salad Mandarin Oranges Garlic Sticks</i>	23 <i>Roasted Turkey/Gravy/ Mashed Potatoes Dressing Green Beans Fruit Whole Wheat Rolls</i>	24 <i>Grilled Salmon House Salad Rice Corn Medley</i>	25 <i>Meatloaf Mashed Potatoes Green Beans Fruit Wheat Buns</i>	26/27 <i>Egg Salad Sandwiches Yogurt Chex Mix</i>
28 <i>Tacos Rice and beans Fruit</i>	29 <i>Sub Sandwiches French Fries Tossed Salad Fruit Cups</i>	30 <i>Fried Fish Potato Salad Lima Beans Applesauce</i>	31 <i>Barbeque Sandwich Cole Slaw Baked Beans</i>	Dinner At Noon is served with milk and water, choice of coffee or hot or cold tea.	

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!





October Breakfast Menu

Continental Breakfast 8-9



Mon Tue Wed Thu Fri Sat./Sun.

**All of our
breakfasts
meet dietary
restrictions/
substitutions**

	<i>1 Bananas</i>	<i>2 Granola Bars</i>	<i>3 Breakfast Burritos</i>	<i>4 Egg, Sausage & Cheese Biscuit</i>	<i>5/6 Yogurt Cups</i>
<i>7 Pancakes Fruit</i>	<i>8 Blueberry Muffin Fruit</i>	<i>9 Oatmeal & Add-Ins</i>	<i>10 Muffin Fruit</i>	<i>11 Sausage Biscuit</i>	<i>12/13 Yogurt Cups</i>
<i>14 Sausage Biscuit</i>	<i>15 Bagels</i>	<i>16 Hash Browns</i>	<i>17 Fruit Cups</i>	<i>18 Bananas</i>	<i>19/20 Yogurt Cups</i>
<i>21 Yogurt Cups</i>	<i>22 Cheese Sticks</i>	<i>23 Oatmeal</i>	<i>24 Blueberry Muffin</i>	<i>25 Fruit Cups</i>	<i>26/27 Yogurt Cups</i>
<i>28 Sticky Bun</i>	<i>29 Bran Muffin</i>	<i>30 Yogurt Cups</i>	<i>31 Cinnamon Toast</i>	Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.	

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



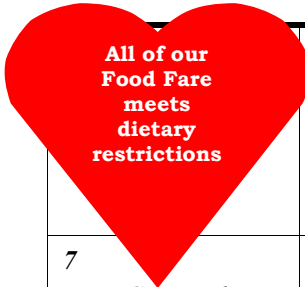
come in and throughout the day. We love our members and know that it is good for them to drink enough water.

Please Come Join Us!



July Tea & A Tale Time Menu

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



All of our
Food Fare
meets
dietary
restrictions

Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	1 <i>Jello Cups</i>	2 <i>Cheese Popcorn</i>	3 <i>Salad with Boiled Eggs</i>	4 <i>Pretzels and Cheese Dip</i>	5/6 <i>Cheese and Pretzel Packs</i>
7 <i>Fruit Cups and Peanut Butter Crackers</i>	8 <i>Individual Cottage Cheese Cups</i>	9 <i>Individual Pimento Cheese Sandwiches</i>	10 <i>Individual Chicken Salad Sandwiches</i>	11 <i>Chex Mix W/ Nuts</i>	12/13 <i>Crackers and Cheese</i>
14 <i>Jello Cups</i>	15 <i>Peanut Butter and Crackers</i>	16 <i>Individual Tuna Salad Sandwiches</i>	17 <i>Egg Rolls</i>	18 <i>Cheese Sticks</i>	19/20 <i>Fruit Mix Cups Peanut Butter Crackers</i>
21 <i>Cheese, Crackers Applesauce</i>	22 <i>Healthy Chips</i>	23 <i>Individual Egg Salad Sandwich</i>	24 <i>Individual Cottage Cheese Cups</i>	25 <i>Raisin Boxes & Peanut Packs</i>	26/27 <i>Cheese & Crackers</i>
28 <i>Bananas and PB</i>	29 <i>Cheese & Crackers</i>	30 <i>Pudding Cups</i>	31 <i>Halloween Party Treats</i>	Tea & A Tale Time beverages vary from day to day	

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

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 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**

\$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*

*special pricing for special services

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

*the asterisk denotes special pricing for special services