



The Official Newsletter

Volume 1, Issue 7

# Aging With Grace®

September 2014

If you don't see the registered trademark symbol, it isn't us



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>There are AM and PM club meetings, guest speakers/entertainers, spa treatments .....</i>	<b>1</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>2</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>3</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>4</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>5</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>6</b> Exercise Club meeting Entertainer Spa Treatments
<i>AM Exercise Sessions are aerobic and strength training PM Exercise are for strength</i>	<b>8</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>9</b> Club meeting Guest Speaker Exercises Club Meeting Entertainer	<b>10</b> Club meeting Guest Speaker Exercises Spa Treatments	<b>11</b> Club meeting Guest Speaker Exercises Spa Treatments	<b>12</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>13</b> Exercise Club meeting Guest Speaker Spa Treatments
<b>14</b>	<b>15</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>16</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>17</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>18</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>19</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>20</b> Exercise Club meeting Entertainer Spa Treatments
<b>21</b>	<b>22</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>23</b> Club meeting Guest Speaker Exercise Spa Treatments Entertainer	<b>24</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>25</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>26</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>27</b> Exercise Club meeting Guest Speaker Spa Treatments
<b>28</b>	<b>29</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>26</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer	<b>30</b> Club meeting Guest Speaker Exercises Spa Treatments Entertainer			

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## Special points of interest:

- ◆ Now accepting membership applications.
- ◆ Call for an appointment to begin member application process: 859 539 2147
- ◆ We are not open yet, but applying early guarantees your place
- ◆ Let us hear from you! We want to know what you think!

The names of the morning and afternoon Club Meetings and Guest Speakers and/or Entertainers for the day are written on the white board in the foyer.

The type of morning and afternoon Exercise Sessions are written there too.

The list of Spa Treatments available are posted outside the spa room.

# Improvement—Gas Is Your Car's "Food" by Tim Snyder

There is no doubt, the popularity of hybrid and electric cars is on the rise. But they're still a bit limited. There's not a lot of selection (especially for electric cars), charging stations haven't become widespread, and the vehicles themselves can have a bigger upfront cost, especially considering there's very few used hybrids and electric cars out there.

So for now, gasoline powered cars remain on top.

Yet, despite their popularity, it seems many people don't know what exactly they are putting in their car. Everyone knows there are different types of unleaded fuel at the pump, but what is the real difference?

A lot of people look at it like this:

One is cheaper. One is more expensive.

And they choose the cheaper option. Others want to do what's best for their car so they choose the premium fuel. But are they getting anything out of it? Let's break down what exactly you are putting in your car so you can know how to make the most out of your pump experience.

## What is Unleaded Fuel?

Unleaded fuel is gasoline or petrol, a transparent liquid which comes from petroleum. Once upon a time, gasoline contained a chemical called tetra-ethyl lead. Due to safety and health standards, this has been removed from car gasoline, hence the name "unleaded". In recent years, the substance ethanol has been added to gasoline.

Ethanol is an alcohol made from grain (typically corn in America). By adding ethanol, gasoline burns cleaner, thus reducing pollution. There is some debate as to how effective it actually is. At any rate,

many states require that all unleaded fuel contains at least 5% ethanol.

## Standard Unleaded

The basic gas that most people use. It tends to be the cheapest at the pump and will work for any unleaded fuel vehicle. At the pump, you'll notice there is typically an 86 or 87 listed by it.

This is the octane rating. The octane levels affect the spark ignition of an engine, attempting to prevent what's called "engine knocking".

## Super Unleaded

Super unleaded gasoline isn't something you'll find in every state. But in states like Iowa, it tends to be cheaper than regular gasoline. Super unleaded contains about 10% ethanol in it. It's cheaper because of government subsidies.

However, because it contains more ethanol, people tend to find it less efficient, resulting in lower gas mileage and practically negating the price difference.

## Mid-Range and Premium Gas

These would be the more expensive gasoline types at the pump. You'll find the numbers to range from 89 to 94.

With higher octane levels, the idea is that the gas burns slower causing less knocking and providing better efficiency.

## E-85

This is another gas you won't see everywhere and many cars cannot use it. The only way you can use e-85 is if your car is a "flex-fuel" vehicle. E-85 contains 85% ethanol, hence the name (and the reason why most cars can't use it).

E-85 is considerably cheaper, but just like super unleaded, it's less efficient. However,

it will probably save you some money in the long run (and it burns much cleaner).

## Which Gasoline Should I Choose?

The large majority of people should choose standard unleaded fuel. If you look at your vehicle's owner manual, it will recommend a certain octane level. If the recommend gasoline is regular unleaded, you will get NOTHING out of premium gas.

Don't waste the money.

Even if it recommends a higher octane, it's debatable how much good it will do for you. The best way to find out is to test what sort of gas mileage you get compared to how much more you are paying. If you're really worried or you can afford it, feel free to go with the premium gas.

It's certainly not going to hurt.

If you have any questions about gasoline types, feel free to ask a specialized technician next time you're in the shop for auto repair. They'd love to help. And if you find yourself spending too much money at the pump, there are some great hybrids available right now. Just ask about them!

*This article is one in a series that compares our bodies to our vehicles because in our culture, to this car and body owner, people seem to spend more time and energy on their vehicles than they do on their health. Both require care and maintenance to perform well. Both require the intervention of a professional that has been trained to troubleshoot a problem with the vehicle or our body. Both require us to trust the professional because there is a knowledge discrepancy, which involves risk.*

*Our goal is to minimize the risk and maximize the benefits of knowledge on both our vehicles and our bodies.—DG Gridley*

## Grandparenting by Leanna Skarnulis, a WebMD Feature, Reviewed by Ann Edmundson, MD, PhD

Becoming a grandparent changes everything. Coupled with incomparable joy is uncertainty about where you fit in. Your role -- not always appreciated by society -- is vitally important in shaping a grandchild's life. You and the parents want what's best for the child. But you discover you don't always share the same customs and language. You've entered their world, sometimes feeling like a foreign ambassador. What you need is a diplomatic guide.

### Remember Who Is In Charge

Grandparents must remember that their children are the ones responsible for raising the grandkids. "There's a fine line between showing your interest, being involved, expressing your wishes and needs, and being just plain overbearing," says Susan V. Bosak, national chairwoman of the Legacy Project in Washington, D.C., which has online resources for grandparents, parents, and kids. She also conducts Grandparent Connection workshops. "There are bound to be things you'd do differently, but accept parents' decisions with a smile and grace."

With the arrival of a second grandchild in Denver four years ago, Andrea Gross and her husband, Irv Green, moved there from Asheville, N.C. at the request of their son and daughter-in-law. Gross tells WebMD, "I don't criticize. I had my turn to raise kids. This is my son's turn. Sometimes he drives me nuts, like rushing in if the kids can't entertain themselves more than 30 seconds and get bored. It's OK to be bored. But it's his turn. As long as I'm convinced that he and his wife would lie down in front of an oncoming train to keep those kids safe, which they would, that's all that matters."

### What to Do When Expectations Meet Reality

Gross is a former kindergarten and first-grade teacher who was eager to teach her grandkids. "I adore those ages. I picked up different teaching things at Goodwill. I drove halfway across Denver and spent \$25 for a Judy Clock, where kids turn gears and learn to tell time." She eventually realized that her grandkids weren't around long enough

or frequently enough for her to teach them effectively. What they wanted was for her to play games, color, and draw with them. "Teaching isn't my role anymore. Also, I used to buy educational toys instead of candy. Now I buy candy, and everybody is happier."

### Tap In to Your Past

Remember your relationship with your parents and in-laws when you were a young parent? Those experiences provided lessons that can influence your grandparenting style for better or for worse. Maybe your mother had a habit of giving your child treats after you had said "no," and you've vowed that you will never challenge your daughter's authority in front of your grandchild. Smart decision. But what if your parents surprised your child with his first bike, and you do the same without knowing that your son thinks his child is too young for a bike? Ask questions first, before you assume that what you want for your grandchild is what his parents want.



# Our Proposed Lunch Menu for September



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>All meals are served with water, 1/2 pint of 1% milk and a choice of coffee or tea</i></p>	<p><b>1</b> <i>Beef Stew with Vegetables Brown Rice Whole Wheat Bread Tossed Salad</i></p>	<p><b>2</b> <i>Macaroni and Cheese with Ham Stewed Tomatoes Broccoli Cuts Whole Wheat Bread</i></p>	<p><b>3</b> <i>Chili Hot Dog Ranch Beans Chuckwagon Corn Whole Grain Bun Jello Salad</i></p>	<p><b>4</b> <i>Pizza Corn casserole Tossed Salad Fruit Salad</i></p>	<p><b>5</b> <i>Chicken Parmesan Sour cream and chives Potatoes Italian blend vegetables Whole wheat roll Graham crackers</i></p>	<p><b>6</b> <i>Chicken Salad Sandwiches Mixed fruit Whole Grain Chips Cottage Cheese</i></p>
<p><i>This menu is an example of a typical month of lunches, but not the actual menu</i></p>	<p><b>8</b> <i>Pork Riblett w/ BBQ sauce Black-eyed Peas Seasoned Collard Greens Whole Wheat Rolls</i></p>	<p><b>9</b> <i>Chicken Breast Fillet Marsala Sauce Brussels Sprouts Mixed Vegetables Whole Wheat Bread</i></p>	<p><b>10</b> <i>Spaghetti w/Meat Sauce Green Peas and Onions Spiced Apple Slices Garlic Bread</i></p>	<p><b>11</b> <i>Roast Pork w/Gravy Whole Kernel Corn Whipped Sweet Potatoes Whole Wheat Bread</i></p>	<p><b>12</b> <i>Baked Chicken Chantilly Potatoes w/ Gravy Capri Blend Vegetables Whole Wheat Bread</i></p>	<p><b>13</b> <i>Roast Beef Sandwiches Watermelon Potato Chips Yogurt</i></p>
<p><b>14</b></p>	<p><b>15</b> <i>Beef Teriyaki Broccoli Cuts Brown Rice Mixed Fruit Graham Cracker</i></p>	<p><b>16</b> <i>Chicken Salad Applesauce Green Pea Salad Whole Wheat Bread</i></p>	<p><b>17</b> <i>BBQ Shredded Pork Whole Wheat Bun Ranch Beans Cole Slaw Watermelon</i></p>	<p><b>18</b> <i>Chicken Pomodore Green Peas and Onions Cauliflower and Carrots Whole Wheat Bread</i></p>	<p><b>19</b> <i>Hamburger Lettuce and Tomato Baked Beans Graham Crackers and Peaches</i></p>	<p><b>20</b> <i>Tuna Salad Sandwiches Mandarin Orange Salad Pretzels</i></p>
<p><b>21</b></p>	<p><b>22</b> <i>Peach Orange BBQ Chicken Sour Cream and Chive Potato Steamed Spinach Whole Wheat Bread</i></p>	<p><b>23</b> <i>Sliced Ham and Cheese Applesauce Kidney Bean Salad Whole Wheat Bread</i></p>	<p><b>24</b> <i>Sliced Roasted Turkey In Gravy Sweet Potato Casserole Broccoli Cuts Whole Wheat Rolls</i></p>	<p><b>25</b> <i>Salisbury Steak Seasoned Green Beans Red Bliss Potatoes Whole Wheat Bread</i></p>	<p><b>26</b> <i>Smothered Chicken Herbed Potatoes Normandy Blend Vegetables Whole Wheat Rolls</i></p>	<p><b>27</b> <i>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</i></p>
<p><b>28</b></p>	<p><b>29</b> <i>Country Meatballs Mashed Potatoes Green Beans Whole Wheat Bread</i></p>	<p><b>30</b> <i>Chicken Parmesan Sour Cream and Chive Potatoes Italian Blend Vegetables Graham Crackers</i></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 a tall tale or two! Have you heard this one?

Dorothy and her husband entertained a guest named Bob for dinner.

“Sugar why don’t you sit down by the table and we’ll start supper.” Said Dorothy to her Husband of 50 years. “Sure thing,” said her husband settling himself down. “Now darling, would you like the soup first or the salad?” Questioned Dorothy. “Umm

I guess I’ll take the soup.” He responded. After a whole meal of one endearing term after another, their guest Bob couldn’t contain his curiosity any longer. Bob snuck into the kitchen and asked, “Dorothy do you always talk to your husband like that?” “Bob, I’ll be honest with you,” Dorothy replied. “It’s been five years now, I just can’t remember his name, and I am just too embarrassed to ask him!”

**On Mondays we have trail mix and seasonal fruit.**

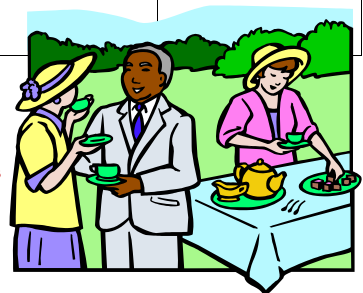
**Tuesdays we have chips and dips.**

**Wednesdays we have cookies and yogurt.**

**Thursdays we have some sort of egg roll or wrap.**

**Fridays we have a kind of kabob (anything yummy can be skewered).**

**Come join us!**



## Aging With Grace®

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We're On the  
Web  
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**Our Goal is to keep our members out of nursing homes**



**Aging With Grace® is the newsletter of Aging With Grace, Aging In Place—The Health Club for Seniors—**

**called Grace Place. It is a new way for seniors to make the most of life by aging gracefully in a country club and spa like atmosphere.**

### Our Mission:

**Grace Place exists to IMPROVE your health and quality of life.** Grace Place 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:** Grace Place respects you. You are a unique individual with dignity and a valuable history.

**Appreciation:** Grace Place knows we are employed because you are here. We are thankful for your patronage.

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

**Grace:** Grace Place acknowledges that everyone requires unmerited favor at some time in our lives, and therefore we will bestow grace to all. We will treat others as we would like to be treated.

## Days and Hours of Operation



We are open  
Monday through  
Friday from 7:30 until  
6:00  
Saturdays from 12:00  
to 6:00

We are closed on Sundays.

We will only close on the holidays of

New Year's Day, The Fourth of July, and Christmas Day.

If those holidays fall on a Sunday, we will not be closed for a 'make-up' day.

You can count on us to be here, rain or shine, or even in snow, sleet, hail and ice storms.

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

**Hourly Fees: \$13**  
**Full Time Members have a discounted rate of \$65 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.