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For more health
tips and useful
information

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:30 Missions Club or <i>Container Gardening Demo</i> 2:00 S.O.M.E. CLUB or <i>Vocalist Singing Old Favorites</i>	2 10:30 LOVE Club or UK Fan Club or <i>Rainbow Valley Rehab</i> 2:00 Book Club or <i>Left Brain/Right Brain</i>	3 10:30 Art Club/ Hunting & Fishing Club <i>How to Buy Tires</i> 2:00 Bridge Club or <i>Transportation Options</i>	4 10:30 SOLVE Club or <i>Contractor Shopping</i> 2:00 Gardening Club or <i>Healthy Living for Diabetes Prevention</i>	5 2:00 <i>Bingo or Card Player's Club</i> or <i>Computer Skills Workshop</i>
7 10:30 <i>Natural Resources Club</i> Guest Speaker 2:00 <i>Glee Club</i> or <i>Scrabble</i> Entertainer	8 10:30 Missions Club/ Entertainer 2:00 S.O.M.E. CLUB or <i>David Booth on How to Protect from ID Theft</i>	9 10:30 L.O.V.E. Club or UK Fan Club or <i>Det. Brad Williams on Scams and Fraud</i> 2:00 Book Club <i>What is Hospice</i>	10 10:30 Art Club/Hunting & Fishing Club Guest Speaker 2:00 Bridge Entertainer	11 10:30 SOLVE Club Guest Speaker 2:00 Gardening Club Entertainer	12 12:00 to 6:00 Open House— Refreshments and Hand Massages!
14 10:30 <i>Natural Resources Club</i> Guest Speaker 2:00 <i>Glee Club</i> or <i>Scrabble</i> Entertainer	15 10:30 Missions Club Guest Speaker 2:00 SOME Club or <i>Achieving a State of Wellness</i>	16 10:30 L.O.V.E. Club or UK Fan Club Guest Speaker 2:00 Book Club <i>Carol Shutt, Photographer</i>	17 10:30 Art Club or Hunting & Fishing Club/ Entertainer 2:00 Bridge Club or Guest Speaker	18 10:30 SOLVE Club Guest Speaker 2:00 Gardening Club or <i>Tracey Byrne from Bridgepointe</i>	19 2:00 <i>Bingo or Card Player's Club</i> Or Entertainer
21 10:30 <i>Natural Resources Club</i> or Guest Speaker 2:00 <i>Glee Club</i> Or <i>Scrabble</i> or Entertainer	22 10:30 <i>Missions Club</i> or Guest Speaker 2:00 SOME Club or Entertainer	23 10:30 LOVE Club or UK Fan Club or Guest Speaker 2:00 Book Club Entertainer	24 10:30 Art or Hunting & Fishing Club or Dance Demo 2:00 Bridge Club OR What is Protandum?	25 10:30 SOLVE Club Guest Speaker 2:00 Gardening Club or Bonnie Peterson on A Spoonful of Sugar	26 2:00 <i>Bingo or Card Player's Club</i> Or Entertainer
28 10:30 <i>Natural Resources-Club</i> or Guest Speaker 2:00 <i>Glee Club</i> or <i>Scrabble</i> or Entertainer	29 10:30 <i>Missions Club</i> or Guest Speaker 2:00 SOME Club or Entertainer	30 10:30 LOVE Club or UK Fan Club or <i>Nancy Hines on Senior Nutrition</i> 2:00 Book Club or Entertainer	<p>We Are A Licensed Adult Day Health Care with Nursing Services</p> <p>Our staff is ready to serve you!</p> <p>Join us for an Open House on September 12!</p>		

Inside this issue:

Improvement	2
Foundation for Building Health	2
Dinner at Noon Calendar Menu	3
Tea and a Tale Time Menu	3
Mission Statement and Values	4
Hours of Operation and Fees	4

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!

Improvement— Tires, like feet, are what you depend on to get you around safely

This article is one in a series that compares our bodies to our vehicles because in our culture, to this car and body owner, some 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 by maximizing the benefits of knowledge about both our vehicles and our bodies.

....Cont. from last month..Keep in mind that any tire selection is a balance between ride quality, noise suppression, fuel economy, wear, load capability and cost. It's the job of the tire-store expert and the consumer to select a tire that is the right balance of each.

An interesting trend in the automotive aftermarket industry is "plus sizing." It involves mounting bigger wheels and tires on a vehicle to enhance the look or improve handling.

Plus sizing usually increases cornering response and traction. Often these gains come at the expense of increased ride harshness. In addition, these larger wheels and tires are often not as durable as OEM wheels and tires.

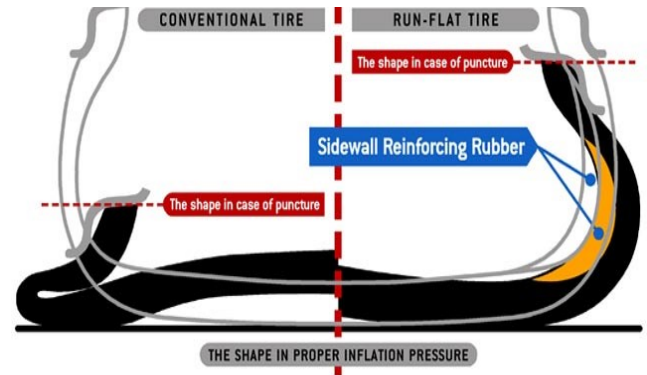
A few items of note for consumers considering plus sizing:

Make sure that the tire and wheel are approved for use on your vehicle.

Make sure that the replacement tire has the same load-carrying capacity.

The new wheel and tire combination should be within 3 percent +/- the original tire diameter.

Make sure that a new tire placard is installed to inform future owners of the correct tire pressure. The biggest change in tire technology is actually a return to the past. Early tires were solid rings of rubber that wrapped around wagon wheels. These tires were hard riding, but also impervious



to punctures and very durable -- ideally suited to the rough terrain of the day. Today, tire manufacturers are trying to make the flat tire a distant memory.

Today's run-flat tires contain air and are much more complicated in construction than early rubber rings. But, they operate on the same principle: They are tough enough to run without air if necessary.

The above diagram shows the difference in construction between a conventional tire and a stiff-sidewall run-flat tire. TO BE CONTINUED.....by [Mark Bilek](#) and [Christopher Neiger](#)
<http://auto.howstuffworks.com/buying-selling/cg-tire-buying-tips.htm#page=1>

How is Your Nutrition Foundation for Building Health?

Why do we crave unhealthy food?

As explained in the recent New York Times Magazine piece, "The Extraordinary Science of Addictive Junk Food," there's no denying that junk food cravings are powerful, physiological reactions—and, apparently, carefully and strategically developed by food manufacturers. Many of our favorite supermarket snacks are made with the "perfect" amounts of added sugar,

salt, fat, and other chemicals designed to make us want more. But you can steer clear of processed food by eating as many healthy, whole foods as possible, and the less junk food you eat, the less you want. Try the following tips and see if they work for you.

2. Aim for three colors. A 2012 Cornell study found that people prefer three food items and

three different colors on their plates, compared with more or less of either category. So instead of reaching for a candy bar, snack on nuts (loaded with healthy fats), fruit slices, and a small square of dark chocolate to get a healthy variety of colors, textures, and nutrients. To be continued...To read more: <http://www.rd.com/slideshows/8-ways-to-train-your-brain-to-hate-junk-food/#slideshow=slide2>



This is not really our September Menu
We are ordering from Bob Evans and other
restaurants until we can find another caterer.



Mon	Tue	Wed	Thu	Fri	Sat
<i>We fired our caterer last week and are searching for a new one. If you know of a good caterer, please call us.</i>	1 Beef Stew Harvard Beets Green Beans Oranges WW Bread	2 Swiss Style Beef Pattie Mashed Potatoes Squash w/Tomatoes Whole Wheat Bread Pears	3 Ham and Macaroni & Cheese Casserole Steamed Broccoli Yeast Rolls	4 Sloppy Joe Pinto Beans Chuckwagon Corn Hamburger Bun Strawberry Gelatin	5 Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels Fresh Fruit & Dip
7 Turkey Sausage Onions & Peppers Green Peas O'Brien Potatoes Hot Dog Bun Pears	8 Hamburger American Cheese Lettuce/Tomato/Onion Baked Beans Hamburger Peach Cobbler	9 Sliced Ham w/peach ginger sauce White Beans Seasoned Collard Greens Cornbread Tropical Mixed Fruit	10 Chicken Breast Mushroom Gravy Scalloped Potatoes Italian Blend Vegetables Whole Wheat Bread Fresh Orange	11 Chicken Salad Tossed Salad Tri Color Bean Salad Whole Wheat Bread Pineapple Tidbits Ranch Dressing	12 Roast Beef Sandwiches Watermelon Potato Chips Fruit Yogurt
14 Pork Riblet BBQ Sauce Baked Beans Broccoli/Cauliflower Hamburger Bun Spiced Applesauce	15 Spaghetti w/ Meatsauce Carrots Corn O'Brien Texas Toast Fresh Fruit	16 Chicken Breast, Rotisserie Style Parsley Potatoes Mixed Vegetables Whole Wheat Bread Cardinal Citrus Mold	17 Teriyaki Meatballs Green Garden Salad Oriental Vegetables Oriental Rice Wheat Bread Gingerbread Cake	18 BBQ Chicken Thighs Seasoned Black Eyed Peas Cole Slaw Whole Wheat Roll Apple Cobbler	19 Turkey Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix
21 Roast Pork w/Gravy Green Peas Sour Cream & Chive Potatoes Whole Wheat Roll Peaches	22 Turkey Salad Cole Slaw Raspberry Swirl Puddin Whole Wheat Bread Banana	23 Hamburger Lettuce/Tomato/Onion Baked Beans Carrots Hamburger Bun Fresh Fruit	24 Chicken Thigh w/au jus sauce Broccoli/Cauliflower Seasoned Black Eyed Peas Whole Wheat Rolls Apple Crunch Bar	25 Meat Loaf w/Brown Gravy Green Beans Mashed Potatoes Whole Wheat Bread Tropical Mixed Fruit	26 Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches
27 Chicken Fettucine Normandy Veggies Steamed Spinach WW Bread Mandarin Oranges	28 Seafood Salad Carrot Raisin Salad Black Eyed Pea Salad Whole Wheat Crackers Applesauce	30 Chicken Pot Pie Harvard Beets Broccoli Cuts Biscuit Brownie			

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?

As a senior citizen was driving down the freeway, his cell phone rang. Answering, he heard his wife's urgent voice warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 77.

Please be careful!"
 "Hell!" said Herman, "It's not just one car. It's hundreds of 'em!"

On Mondays we have a variety of trail mixes and seasonal fruit.
Tuesdays we have chips and dips or crackers and cheeses.
Wednesdays we have cookies and yogurt.
Thursdays we have different kinds of egg rolls or wraps.



Fraturdays we have a kind of kabob (lots of yummy treats can be skewered).

Come join us!

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**The Best Choice for
Living a Long and
Happy Life!**



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



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.