



The Official Newsletter

# Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 3, Issue 9

September 2016

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tips and useful  
information

## September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h3 style="color: red;">Come Join Us and Be Loved!</h3>					
			<b>1</b> 9:30 Art Club/Hunting & Fishing Club – or— <b>Healthy Aging Month Kick-Off</b> 1:00 Bridge Club – or— <b>National No Rhyme (nor Reason) Day Game</b>	<b>2</b> 9:30 S.O.L.V.E. Club – or— <b>Classical Music Month Activity</b> 1:00 Gardening Club— <b>Decorating the September Tree</b>	<b>3</b> 2:00 Bingo or Card Player’s Club –or – <b>National Nutrition Week Food Game</b>
<b>5 WE ARE OPEN !</b> 9:30 Natural Resources Club –or– <b>Why National Beef, Mushroom, etc. Month?</b> 1:00 Glee Club –or– <b>Labor Day Quiz</b>	<b>6</b> 9:30 Missions Club –or– <b>One on One Month Activity</b> 1:00 S.O.M.E. CLUB – or– <b>Play Days Sept. 6-10, a celebration of humor and fun</b>	<b>7</b> 9:30 L.O.V.E. Club or UK Fan Club –or– <b>Self University Week Social</b> 1:00 Book Club— <b>Play Days Continued</b>	<b>8</b> 9:30 Art Club/Hunting & Fishing Club – or— <b>International Literacy Day</b> 1:00 Bridge Club – or— <b>Play Days Continued</b>	<b>9</b> 9:30 S.O.L.V.E. Club – or— <b>National Senior Center Month Celebration</b> 1:00 Gardening Club –or– <b>Play Days Continued</b>	<b>10</b> 2:00 Bingo or Card Player’s Club –or– <b>Play Days Continued</b>
<b>12</b> 9:30 Natural Resources Club –or– <b>National Coupon Month activity</b> 1:00 Glee Club –or– <b>Mindfulness Day Celebration</b>	<b>13</b> 9:30 Missions Club –or– <b>National Celiac Awareness Day</b> 1:00 S.O.M.E. Club –or– <b>National Assisted Living Week</b>	<b>14</b> 9:30 L.O.V.E. Club or UK Fan Club –or– <b>Environmental Services Week Explored</b> 1:00 Book Club – or— <b>National Line Dance Week</b>	<b>15</b> 9:30 Art Club or Hunting & Fishing Club— <b>Sounds of Music is here giving hearing Tests</b> 1:00 Bridge Club –or– <b>Sounds of Music Mobile Unit is here—Hearing Tests</b>	<b>16</b> 9:30 S.O.L.V.E. Club or – <b>National Piano Month Social</b> 1:00 Gardening Club – or– <b>Fall Hat Month Fashion Show</b>	<b>17</b> 2:00 Bingo or Card Player’s Club –or– <b>International Square Dancing Month Exhibition</b>
<b>19</b> 9:30 Natural Resources Club –or– <b>Balance Awareness Week</b> 1:00 Glee Club –or– <b>International Talk Like a Pirate Day Game</b>	<b>20</b> 9:30 Missions Club –or– <b>International Clean Hands</b> 1:00 S.O.M.E. Club –or– <b>Sanders-Brown’s Dr. Murphy on Brain Health</b>	<b>21</b> 9:30 LOVE Club or UK Fan Club –or– <b>Constitution Week</b> 1:00 Book Club –or– <b>National Indoor Plant Week Project</b>	<b>22</b> 9:30 Art or Hunting & Fishing Club –or– <b>First Day of Autumn Social</b> 1:00 Bridge Club –or– <b>National Centenarian’s Day</b>	<b>23</b> 9:30 S.O.L.V.E. Club –or– <b>Innergize Day Explained</b> 1:00 Gardening Club –or– <b>National Dog Week Visitor</b>	<b>24</b> 2:00 Bingo or Card Player’s Club –or– <b>Intergeneration Month Game</b>
<b>26</b> 9:30 Natural Resources Club –or– <b>Family Day Campaign</b> 1:00 Glee Club –or– <b>Johnny Appleseed Day Social</b>	<b>27</b> 9:30 Missions Club –or– <b>Ancestor Appreciation Day</b> 1:00 S.O.M.E. Club –or– <b>National Voter Registration Day</b>	<b>28</b> 9:30 LOVE Club or UK Fan Club –or– <b>Self Improvement Month Project</b> 1:00 Book Club – or– <b>National Sewing Month Presentation</b>	<b>29</b> 9:30 Art or Hunting & Fishing Club –or– <b>Corn Hole Game</b> 1:00 Bridge Club or— <b>National Wilderness Month Project</b>	<b>30</b> 9:30 S.O.L.V.E. Club –or– <b>National Courtesy Month Game</b> 1:00 Gardening Club –or– <b>Celebrating Health IT Week</b>	<b>31</b> 2:00 Bingo or Card Player’s Club –or– <b>International Speak Out Month Exercise</b>

### Inside this issue:

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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 on Sat. from noon to six. The locations 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. Spa Treatments are available from 9:00 to 10:30 and from 1:00 to 2:30.

# Improvement— Feet, like tires, 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.*

*Continued from last month's article taken from Prevention Magazine.....*

If you have one of these health conditions, enlist a podiatrist on your health care team. Inspect your feet regularly for cuts and scrapes, and seek treatment for them promptly. Consider installing a floor mirror in your bathroom so you see them more easily, Cosculluela advises.

5. Tendons tighten. Not as limber in yoga class these days? One reason: The water content in your tendons declines with

age, stiffening the cords in your ankles, among other places. Not only can this interfere with Downward Dog, it also places you at greater risk for tears and ruptures, Haber says.

Staying active helps counteract these effects, he notes. (And only takes 10 minutes a day with Fit in 10.) If you've had an Achilles tendon injury in the past, strengthening exercises such as calf raises can prevent relapses. To loosen up tight ankles, you can also try this exercise.

## 6. Ligaments lengthen.

On the flip side, other connective tissues called ligaments can stretch out over time, leaving your arch aching and your foot flatter. What's more, the sensors that typically alert your brain that your ligaments are overstretching—think of them like backup sensors for your joints—start to go on the fritz. This throws you off balance and leaves you prone to a recurring cycle of ankle sprains.

Sprain your ankle once? Consult a podiatrist or other health care professional for advice on preventing the next one. Wearing a brace

while working out or playing sports might help keep you stable, as can ankle-strengthening exercises like ankle circles and toe raises.

## 7. Skin dries out.

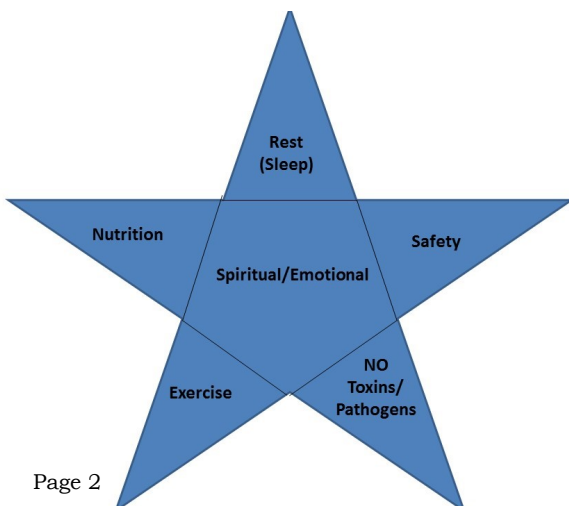
Besides cushioning the bottom of your feet, collagen also plumps up your skin. A shrinking supply leaves your tootsies parched and prone to dryness and cracking. Fight back by making sure you're staying hydrated, and get in the habit of using a moisturizer like Ahava Mineral Foot Cream (\$22, ahavaus.com)—and do it twice a day. "Most people don't realize the importance of the frequency; they don't understand why their dry skin is not improving when they apply skin cream every other day or even daily," Haber says.

Taken from an article found at:

<http://www.prevention.com/health/what-aging-does-to-your-feet>

Next month let's explore what our skin and an automobile's paint job have in common!

## Points From the Health Star



Inner peace and freedom from stress is the beginning of good health and therefore is the core of the health star. To find inner peace and freedom from stress requires spiritual and emotional health. All the other attributes of good health radiate from spiritual and emotional health because without spiritual and emotional health, good sleep may be difficult, safety decisions may be compromised, food choices may be based on emotions, etc., exercise will be neglected or misdirected, and toxins and patho-

gens may wreck havoc in the form of substance abuse. Balancing all the points of the health star should be everyone's goal to achieve optimum health. How to achieve spiritual and emotional health? I believe one must start with seeking TRUTH. Understanding who God is and man's relationship to Him comes next. Then one must develop a personal relationship with Him. It is an individualized life long journey that each person must make to have spiritual and emotional health.



# September Menu

## M-F 12:00 Dinner at Noon

### Sat. 3:30 A Meal and a Movie



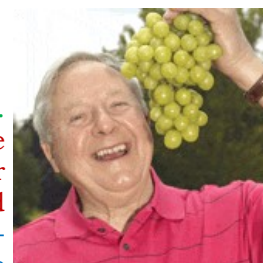
Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> <i>Beef and Broccoli</i> <i>Black Beans</i> <i>Rice</i> <i>Whole Wheat Bread</i> <i>Pineapple</i>	<b>2</b> <i>Fettuccini Alfredo</i> <i>Tossed Salad w/dressing</i> <i>Garlic Bread</i> <i>Fruit and Jello</i>	<b>3</b> <i>Ham Sandwiches</i> <i>Cottage Cheese</i> <i>Garden Tomatoes</i> <i>Fresh Fruit Mix</i>
<b>5</b> <i>Turkey Breast Slices</i> <i>Stuffing</i> <i>Cranberry Sauce</i> <i>Mashed Potatoes/Gravy</i> <i>Green Beans</i> <i>Rolls</i>	<b>6</b> <i>Beef Pot Roast</i> <i>Mixed Vegetables &amp; Potatoes</i> <i>Applesauce</i> <i>Whole Wheat Bread</i>	<b>7</b> <i>Spaghetti &amp; Meatballs</i> <i>Garden Salad/ranch dressing</i> <i>Savory Peas</i> <i>Garlic Bread</i>	<b>8</b> <i>Battered Fish</i> <i>Broccoli and Cheese</i> <i>Rice</i> <i>Cottage Cheese</i> <i>Pears</i> <i>Whole Wheat Bread</i>	<b>9</b> <i>Pork Boneless BBQ Ribs</i> <i>Crispy Potato Wedges</i> <i>Corn niblets</i> <i>Whole Wheat Bread</i> <i>Cole Slaw</i>	<b>10</b> <i>Roast Beef Sandwiches</i> <i>Waldorf Salad</i> <i>Potato Chips</i> <i>Fruit Yogurt</i>
<b>12</b> <i>Fettuccini With Chicken and Broccoli</i> <i>Carrot Salad</i> <i>Garlic Bread</i>	<b>13</b> <i>Meat Loaf</i> <i>Mashed Potatoes &amp; Gravy</i> <i>Corn Nuggets</i> <i>Fresh Fruit</i>	<b>14</b> <i>Cheddar and Ham</i> <i>Potato Bake</i> <i>Green Beans</i> <i>Fried Apples</i> <i>Whole Wheat Bread</i>	<b>16</b> <i>Country Fried Steak</i> <i>Baked Potatoes</i> <i>Macaroni &amp; Cheese</i> <i>Broccoli</i> <i>Whole Wheat Bread</i>	<b>17</b> <i>Sweet and Sour Chicken</i> <i>Broccoli and Carrots</i> <i>White Rice</i> <i>Mandarin Oranges</i> <i>Egg Rolls</i>	<b>18</b> <i>Tuna Salad Sandwiches</i> <i>Mandarin Orange</i> <i>Green Salad w/dressing</i> <i>Pretzels</i> <i>Fresh Fruit &amp; Dip</i>
<b>20</b> <i>Chicken and Shrimp</i> <i>Linguine</i> <i>Zucchini, and Broccoli</i> <i>Whole Wheat Bread</i> <i>Carrot Salad</i>	<b>21</b> <i>Three Cheese Tortellini in Marinara Sauce</i> <i>Tossed Salad</i> <i>Whole Wheat Bread</i> <i>Peaches</i>	<b>22</b> <i>Pork Chops</i> <i>Mashed Potatoes &amp; Gravy</i> <i>Fried Apples</i> <i>Salad &amp; Dressing</i> <i>Whole Wheat Bread</i>	<b>23</b> <i>Herb Roasted Chicken</i> <i>Mashed Potatoes</i> <i>Corn</i> <i>Green Beans</i> <i>Whole wheat bread</i>	<b>24</b> <i>Slow Roasted Beef</i> <i>Mashed Potatoes and Gravy</i> <i>Green Beans</i> <i>Peaches</i> <i>Whole Wheat Bread</i>	<b>25</b> <i>Egg Salad Sandwiches</i> <i>Potato Chips</i> <i>Broccoli Salad</i> <i>Peaches</i>
<b>27</b> <i>Chicken &amp; Dumplings</i> <i>Mixed Vegetables</i> <i>Fruit Salad</i> <i>Whole Wheat Bread</i>	<b>28</b> <i>Three Meat and Four Cheese Lasagna</i> <i>Tossed Salad</i> <i>Garlic Bread</i> <i>Watermelon</i>	<b>29</b> <i>Swedish Meat Balls</i> <i>Noodles</i> <i>Mixed Vegetables</i> <i>Fresh Fruit</i> <i>Whole Wheat Bread</i>	<b>30</b> <i>Chicken Parmigiana</i> <i>Pasta</i> <i>Broccoli and Carrots</i> <i>Fresh Fruit</i> <i>Whole Wheat Bread</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 a tall tale or two! Have you heard this one? While waiting for her first appointment in the reception room of a new doctor, a woman noticed the doctor's medical school certificate on the wall, which bore his full name. Suddenly, she remembered that a tall, handsome boy with the same name had been in her high school some 45 years ago.

Upon seeing him, however, she quickly discarded any such thought. This balding, gray-haired man with the deeply lined face was too old to have been her classmate. After her exam, she asked him if he had attended the local high school. "Yes," he replied. "When did you graduate?" she asked. He answered, "In 1965." "Why, you were in my class!" she exclaimed. He looked at her closely and then asked, "What did you teach?" **On Mondays we have a variety of seasonal fruit**

**and cheeses. Tuesdays we have chips or crackers and dips. Wednesdays we have cookies and yogurt. Thursdays we have different kinds of egg rolls or wraps. 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.agingwith  
graceinfo.org](http://www.agingwith<br/>graceinfo.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 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,  
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 (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 and clos-  
ings under BUSINESS-  
ES).

**We believe in  
commitment and**

**dependability and  
know you do too!**

**Hourly Fees: \$14 (paid at  
the end of the month)**

**Full Time Members have  
a discounted rate of  
\$73 per day (paid at the  
beginning of the month)**

**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.

