



The Official Newsletter

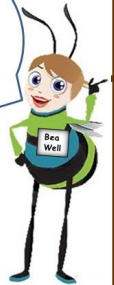
Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 4, Issue 9

September 2017

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For more health tips and useful information



SEPTEMBER

We love our members! Members choose what they would like to do while at the club. A pleasant place for napping is provided!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
				1 9:30 S.O.L.V.E. Club or - Welcome to September Day 1:00 Gardening Club -or- College Colors Day	2/3 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
4 9:30 Natural Resources Club -or- Labor Day 1:00 Glee Club -or- National Wildlife day	5 9:30 On a Mission Club -or- "5-a-day" Day 1:00 S.O.M.E. Club -or- Fruit and Veggies: More Matters Month	6 9:30 UK Fan Club -or- Back to School Memories 1:00 Book Club -or- Coffee Ice Cream Day	7 9:30 Art Club -or- Kickoff Day 1:00 Hunting and Fishing Club -or- Yellow Daisy Day	8 9:30 S.O.L.V.E. Club -or- Fungus Friday 1:00 Gardening Club -or- Mushroom Month	9/10 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
11 9:30 Natural Resources Club -A Sad Remembrance Day 1:00 Glee Club - Taste of Honey Day	12 9:30 On a Mission Club -or- Tickle the Ivories Tuesday 1:00 S.O.M.E. Club -or- Piano Month	13 9:30 L.O.V.E. Club -or- Work of Art Wednesday 1:00 Book Club -or- Sports Illustrated Day	14 9:30 Art Club -or- TV Series Debut Day 1:00 Hunting & Fishing Club -or- Tootsie Day	15 9:30 S.O.L.V.E. Club or - Green Day 1:00 Gardening Club -or- Dot Day	16/17 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
18 9:30 Natural Resources Club -or- Balance Awareness Week 1:00 Glee Club -or- Balance Exercises from Mayo Clinic	19 9:30 On a Mission Club -or- Top Ten Tuesday 1:00 S.O.M.E. Club -or- Share a Favorite Poem Day	20 9:30 UK Fan Club -or- Rosh Hashanah 1:00 Book Club -or- How Did We Ever Live Without...? Day	21 9:30 Art Club -or- World Alzheimer's Day 1:00 Hunting & Fishing Club -or- Bake Your Best Biscuits Day	22 9:30 S.O.L.V.E. Club -or- Autumn Begins 1:00 Gardening Club -or- Centenarian Day	23/24 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
25 9:30 Natural Resources Club -or- Celebrate Your Career Day 1:00 Glee Club -or- One-Hit Wonder Day	26 9:30 On a Mission Club -or- Johnny Appleseed Birthday 1:00 S.O.M.E. Club -or- Love Note Day	27 9:30 UK Fan Club - Ancestor Appreciation Day 1:00 Book Club -or- Chocolate Milkshake Day	28 9:30 Art Club -or- Teacher Day 1:00 Hunting & Fishing Club -or- Strawberry Cream Pie Day	29 9:30 S.O.L.V.E. Club -or- Fall Foliage Day 1:00 Gardening Club -or- Yom Kippur	30 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club

Inside this issue:

Improvement: Starting the Day with a Healthful Breakfast 2

Bea Well's Buzz on Health... Rocking Chair Therapy and Dementia 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!

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: Wellness - Promoting Optimal Health

Starting the Day with a Healthful Breakfast



“Breakfast is the most important meal of the day.”

That’s what your mother told you, and you probably told it to your children and maybe even your grandchildren. And you know what? It’s true! Now, this is not the first time that it has taken science a while to catch up to the commonsense wisdom of thoughtful parents, but recent studies conducted throughout the world all confirm the importance of a healthy breakfast for everyone –not just growing children.

Particularly for people over 60, starting

the day with a nutritious meal can help fight fatigue and malnutrition, regulate metabolism and appetite, and provide a boost of energy after eight or more hours without food. Starting the day with a healthy breakfast can help you feel better and function better all day long.

No Need to Forgo the Joe

If you’re among the 69 percent of Americans over 60 who enjoy coffee with breakfast, you can pour your next cup knowing that coffee, when consumed in moderation, can improve memory and motor skills. Research done in Sweden and Finland in 2009 found that people over 60 who drank three cups of coffee a day were 65 percent less likely to develop Alzheimer’s disease or dementia. A study done at the Harvard School of Public Health found a consistent link between people who drink coffee and a decreased incidence of Parkinson’s disease. In addition, the antioxidants and vitamins found in coffee are considered excellent antide-

pressants and memory and performance enhancers.

Benefits of a Healthful Breakfast

Eating a nutritious breakfast that contains one-quarter to one-third of the calories you’ll eat all day is recommended. And it should be eaten within two hours of waking. Why? Because breakfast restores glucose levels that have fallen overnight, and glucose is essential for brain function and cognitive alertness. A healthy breakfast can also improve your mood and lower stress levels.

Most nutritionists consider a meal that includes whole-grain carbs, fruit, and a high-protein or dairy source to be complete and healthful. Eating this type of breakfast provides calcium, iron, and B vitamins as well as protein and fiber. If these essential nutrients are missed at breakfast, research shows that they are less likely to be made up at meals later in the day.

Bea Well’s Buzz on Health

Rocking Chair Therapy and Dementia: Promoting Emotional and Physical Balance

What draws us to a rocking chair? Whether it’s seeing an empty glider on a comfy porch or a rocker in a child’s nursery, there’s an almost audible calling to sit and enjoy the comforting back-and-forth motion. Perhaps it hails from our original development in the womb where the rhythm of our mother’s movements stimulated blood flow and a sense of calm, much like the sensory stimuli attached to gentle waves against a boat.

We know that a rocking chair can soothe a fussy baby, but how might using a rocking chair benefit those who have dementia? Two studies from the University of Rochester School of Nursing found that the repetitive action of using a rocking chair helped ease tension and behavioral disorders, improve balance and muscle tone, and reduce the need for pain medication. In the studies, nursing

Home residents diagnosed with dementia due to Alzheimer’s or other causes rocked for half an hour to two and a half hours each day for five days a week. Although not all residents showed improvement in psychological and emotional well-being, those who rocked the most improved the most through the manageable, non-weight bearing exercise of mild rocking. Nancy M. Watson, PhD, RN, who conducted the studies, said that “a gentle repetitive motion has a soothing effect...and seniors could literally rock away their anxiety and depression. The patients required less medication and their balance improved as well. Further benefits included a happier nursing home staff. And families of rocking seniors were happier because their loved ones were happier.”

One of the reasons for a reduction in pain could be that the gentle exercise of rocking may release endorphins and improve mood. Further, it is believed that the spinal cord can work only in one direction at a time, so when the brain is sending motor

Impulses down the spinal cord to make the legs rock the chair, pain impulses from the back are blocked and prevented from reaching the brain. Then, muscles in the lower back relax. Orthopedic surgeons often recommend rocking to improve strength and flexibility in the knees and hips.

Whether it’s a traditional rocker or a glider, you’ll want to use a chair that has a solid foundation and a comfortable seat. To maintain or improve physiological relaxation, use a chair that allows the senior’s feet to comfortably reach the floor. Watch carefully to see whether they can easily sit down in and rise up from the chair—with or without help. You may want to gauge the amount of time spent in the chair, slowly increasing the time spent rocking based on beneficial secondary results such as reduced agitation, better sleep, and better pain management.



SEPTEMBER Menu

Continental Breakfast 8-9

Dinner at Noon

Tea and a Tale Time 3:30-4:30



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
<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>				<p>1</p> <p>Grilled Chicken Alfredo Tossed Salad w/dressing Garlic Bread Grapes</p>	<p>2/3</p> <p>Ham Sandwiches Cottage Cheese Garden Tomatoes Fresh Fruit Mix</p>
<p>4</p> <p>Sirloin Steak Loaded Baked Potato Southern Green Beans Tossed Salad Rolls</p>	<p>5</p> <p>Chicken Tenders & Shrimp Broccoli Coleslaw Applesauce Whole Wheat Bread</p>	<p>6</p> <p>Gigi's Baked Spasagna Garden Salad Fresh Fruit Garlic Bread</p>	<p>7</p> <p>Lemon Pepper Fish Broccoli and Cheese Rice Pears Whole Wheat Bread</p>	<p>8</p> <p>Baby Back BBQ Ribs French Fries Corn Niblets Whole Wheat Bread Cole Slaw</p>	<p>9/10</p> <p>Roast Beef Sandwiches Potato Salad Fruit Cup Yogurt</p>
<p>11</p> <p>Chicken Pot Pie House Salad Whole Wheat Bread Fresh Fruit</p>	<p>12</p> <p>Beer Battered Shrimp French Fries Coleslaw Fresh Fruit Whole Wheat Bread</p>	<p>13</p> <p>Baked Potato Soup Broccoli Corn Niblets Whole Wheat Bread Fresh Fruit</p>	<p>14</p> <p>Macaroni & Cheese Baked Sweet Potato House Salad Green Beans Whole Wheat Bread</p>	<p>15</p> <p>New Orleans Pasta Tossed Salad Garlic Bread Sliced Apples</p>	<p>16/17</p> <p>Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Pretzels</p>
<p>18</p> <p>Chicken Tenders and Shrimp Baked Potato Green Beans Whole Wheat Bread Fresh Fruit</p>	<p>19</p> <p>Scratch Burgers Potato Salad Baked Beans Whole Wheat Bun Peaches</p>	<p>20</p> <p>Grilled Salmon Rice Broccoli Corn Niblets Whole Wheat Bread</p>	<p>21</p> <p>BBQ Chicken French Fries Cole Slaw Whole wheat bread Applesauce</p>	<p>22</p> <p>Country Fried Chicken Mashed Potatoes Green Beans Texas Toast Oranges</p>	<p>23/24</p> <p>Egg Salad Sandwiches Potato Chips Broccoli Salad Peaches</p>
<p>25</p> <p>Monte Cristo Tossed Salad Fresh Fruit Whole Wheat Bread</p>	<p>26</p> <p>Homemade Black Beans Seasoned Rice House Salad Baked Sweet Potato Whole Wheat Buns</p>	<p>27</p> <p>Philly Cheesesteak Sandwiches Mushrooms, Peppers, Onions Pears</p>	<p>28</p> <p>Country Fried Steak Mashed Potatoes Green Beans Texas Toast Sliced Tomatoes</p>	<p>29</p> <p>Blackened Redfish Macaroni & Cheese Cole Slaw Watermelon Whole Wheat Bread</p>	<p>30/1</p> <p>Chicken Salad Croissant Sandwiches Potato Chips Fresh Fruit & Dip</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 this one?

Knock knock.

Who's there?

Yoda lady.

Yoda lady who?

Good job yodeling!

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!



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**We're On the
Web
www.agingwith
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 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 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: Aging With Grace 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, 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 delayed openings under BUSINESSES).

**We believe in
commitment and
dependability and
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