



Aging With Grace®

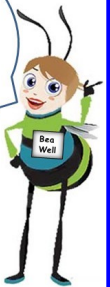
The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 5, Issue 9

September 2018

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Follow us on Twitter
For more health tips and useful information



Happy September!

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT./SUN. |
|---|--|--|---|--|---|
| | We love our members! Members choose what they would like to do while at the clubhouse! We have a pleasant place for taking naps...zzzzz | | | | 1/2 OPEN BY APPOINTMENT Bingo or Card Player's Club |
| 3 Natural Resources Club Labor Day Improve Energy Glee Club National Baby Back Ribs Day Basketball | 4 On a Mission Club Nat'l Wildlife Day Improve Strength S.O.M.E. Club Newspaper Carrier Day Kickball | 5 UK Fan Club International Day of Charity Improve Mobility Book Club Nat'l Cheese Pizza Day Balloon Volleyball | 6 Art Club Fall Hat Month Improve Strength Sportsman's Club National Honey Month Mind/Body Games | 7 S.O.L.V.E. Club Bring Your Manners to Work Day Improve Balance Gardening Club National Acorn Squash Day Corn Hole | 8/9 OPEN BY APPOINTMENT Bingo or Card Player's Club |
| 10 Natural Resources Club National TV Dinner Day Improve Energy Glee Club Swap Ideas Day Basketball | 11 On a Mission Club Nat'l Ants on a Log Day Improve Strength S.O.M.E. Club National Make Your Bed Day Kickball | 12 UK Fan Club Nat'l Day of Encouragement Improve Mobility Book Club National Report Medicare Fraud Day Balloon Volleyball | 13 Art Club National Celiac Awareness Day Improve Strength Sportsman's Club Uncle Sam Day Mind/Body Games | 14 S.O.L.V.E. Club Nat'l Cream Filled Donut Day Improve Balance Gardening Club National Virginia Day Corn Hole | 15/16 OPEN BY APPOINTMENT Bingo or Card Player's Club |
| 17 Natural Resources Club International Country Music Day Improve Energy Glee Club National Monte Cristo Day Basketball | 18 On a Mission Club National Ceiling Fan Day Improve Strength S.O.M.E. Club National Respect Day Kickball | 19 UK Fan Club Int'l Talk Like a Pirate Day Improve Mobility Book Club Nat'l Butterscotch Pudding Day Balloon Volleyball | 20 Art Club Nat'l Rehabilitation Awareness Celebration Week 16-22 Improve Strength Sportsman's Club Nat'l Wilderness Month Mind/Body Games | 21 S.O.L.V.E. Club Int'l Day of Peace Improve Balance Gardening Club World Alzheimer's Day Corn Hole | 22/23 OPEN BY APPOINTMENT Bingo or Card Player's Club |
| 24 Natural Resources Club Nat'l Bluebird of Happiness Day Improve Energy Glee Club Nat'l Cherries Jubilee Day Basketball | 25 On a Mission Club World Pharmacy Day Improve Strength S.O.M.E. Club National One Hit Wonder Day Kickball | 26 UK Fan Club Better Breakfast Day Improve Mobility Book Club National Women's Health & Fitness Day Balloon Volleyball | 27 Art Club National Chocolate Milk Day Improve Strength Sportsman's Club Remember Me Thursday Mind/Body Games | 28 S.O.L.V.E. Club Ask A Stupid Question Day Improve Balance Gardening Club World Reflexology Week Corn Hole | 29/30 OPEN BY APPOINTMENT Bingo or Card Player's Club |

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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 5:00PM 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!

Why volunteer?

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help others those in need and improve your health and happiness.

Volunteering: The happiness effect

Helping others kindles happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were, according to a study in Social Science and Medicine. Compared with people who never volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy—a hike in happiness comparable to having an income of \$75,000–\$100,000 versus \$20,000, say the researchers.

Benefit 1: Volunteering connects you to others

One of the better-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer

helps you make new friends, expand your network, and boost your social skills.

Make new friends and contacts

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

Increase your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts

Benefit 2: Volunteering is good for your mind and body

Volunteering provides many benefits to both mental and physical health.

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety.

Volunteering combats depression.

Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the

happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

I have limited mobility—can I still volunteer? People with disabilities or chronic health conditions can still benefit greatly from volunteering. In fact, research has shown that adults with disabilities or health conditions ranging from hearing and vision loss to heart disease, diabetes or digestive disorders all show improvement after volunteering.

Whether due to a disability, a lack of transportation, or time constraints, many people choose to volunteer their time via phone or computer. In today's digital age many organizations need help with writing, graphic design, email, and other web-based tasks. Some organizations may require you to attend an initial training session or periodical meetings while others can be done completely remotely. In any volunteer situation, make sure that you are getting enough social contact, and that the organization is available to support you should you have questions. **More Next Month...**

Bee Well's Buzz on Health: Carbonated Soft Drinks/Sodas

Cont. from last month.....

11. **Soda contains high amounts of sugar.** The average 20-ounce can of Coca-Cola has the equivalent of 17 teaspoons of sugar, it's not hard to see that soda can be bad for your teeth and your overall health.

12. **Soda contains artificial sweeteners.** While many people opt for artificial sugar to lower caloric intake the tradeoff for your health isn't so sweet. Artificial sugars are linked to numerous illness and diseases including cancer.

13. **Soda depletes your mineral levels.** Sodas that contain phosphoric acid removes much needed calcium from your bones.

After studying several thousand men and woman, researchers at Tufts University, found that women who drank 3 or more cola based sodas a day, had almost 4% lower bone mineral density in their hips, even though researchers controlled their calcium and vitamin D intake.

14. **Drinking soda changes your metabolism.** Dr. Hans-Peter Kubis, the director of the Health Exercise and Rehabilitation group at Bangor University in England, has found that drinking soda on a regular basis can actually change the metabolism in the human body. Participants drank 140 grams of sugar every day for four weeks (that's less than two 20 ounce cans of Coke). The

results: their metabolism changed after the four weeks, making it more difficult for them to burn fat and lose weight.

15. **Drinking more than one soda daily increases your risk for heart disease and metabolic syndrome.** According to Ravi Dhingra, M.D., lead author of the study and an instructor in Medicine at Harvard Medical School states "If you are drinking one or more soft drinks a day, you may be increasing your risk of developing metabolic risk factors for heart disease." **To Be Continued Next Month...** <https://foodrevolution.org/blog/food-and-health/soda-health-risks/>

Our Dinner At Noon comes from local restaurants!

September Dinner Menu

Dinner is from Noon To 1:00



| Mon | Tue | Wed | Thu | Fri | Sat./Sun. |
|---|--|---|--|---|---|
| Dinner At Noon is served with 8oz of milk and water, choice of coffee or hot or cold tea. | | All of our dinners meet dietary restrictions/alternate menu items available | | | 1/2 Ham Sandwiches Cole Slaw Fresh Fruit Mix Popcorn |
| 3 Baby Back Ribs Baked Potato Broccoli Mixed Fruit Garlic Toast | 4 Stuffed Peppers Corn Medley Tropical Fruit Whole Wheat Bread | 5 New Orleans Pasta Green Beans Pears Whole Wheat Bread | 6 Beef Chili House Salad Baked Potato Peaches Whole Wheat Bread | 7 Cheese Burgers Oven Roasted Wedges Lettuce, Tomato, Onions, Pickle Spears Enriched Bun | 8/9 Roast Beef Sandwiches Potato Salad Fruit Cup Pretzels |
| 10 Steak Baked Potato Garden Salad Melons Yeast Roll | 11 Pizza Tossed Salad Fresh Pineapple | 12 Roasted Chicken Honey Roasted Carrots Mixed Fruit Rice Pilaf | 13 Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple Enriched Pasta | 14 Loaded Red Beans Tomato & Corn Medley Yellow Rice Fresh Fruit | 15/16 Tuna Salad Sandwiches Mandarin Orange Green Salad w/dressing Corn Chips |
| 17 Slow Roasted Beef House Salad Fruit Whole Wheat Bread | 18 Lasagna Tossed Salad Mandarin Oranges Garlic Roll | 19 Roasted Turkey/Gravy/ Mashed Potatoes Dressing Green Beans Cranberry Sauce Whole Wheat Rolls | 20 Salmon Fish House Salad Grapes Sweet Potatoes | 21 Meatloaf Mashed Potatoes Green Beans Fruit Whole Wheat Buns | 22/23 Egg Salad Sandwiches Yogurt Green Salad w/dressing Chex Mix |
| 24 Barbeque Chicken Mixed Vegetables Applesauce Corn Muffins | 25 Sub Sandwiches French Fries Apple Salad | 26 Pulled Pork Seasoned Potato-Wedges Peaches Enriched Buns | 27 Beef Chili Dog With Cheese Carrot Sticks Fresh Fruit Enriched Bun | 28 Fried Chicken Macaroni Salad Corn on Cob Fresh Fruit Whole Wheat Bread | 29/30 Chicken Salad on Enriched Croissant Fruit Salad Sun Chips |

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!





September Breakfast Menu

Continental Breakfast 8-9

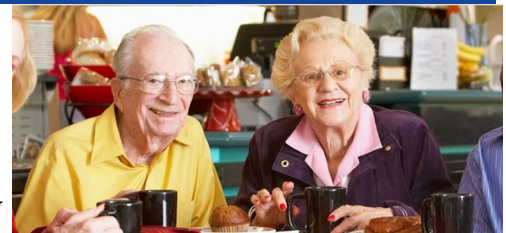


| Mon | Tue | Wed | Thu | Fri | Sat./Sun. |
|--|---|---|--|---|---|
| Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea. | | | <p style="text-align: center;">All of our breakfasts meet dietary restrictions/substitutions available</p> | | 1/2 Cereal Fresh Fruit Mix |
| 3 Pancakes Fresh Fruit | 4 Blueberry Muffin Mixed Fruit | 5 French Toast Fresh Fruit | 6 Whole Wheat English Muffin Fruit | 7 Flavored Grits Sausage Patty | 8/9 Cereal Fresh Fruit Mix |
| 10 Boiled Egg Toast | 11 Whole wheat Bagel Cream Cheese Oranges | 12 Hash Browns Boiled Egg | 13 Oatmeal Fruit | 14 Banana Muffin Boiled Egg | 15/16 Cereal Fresh Fruit Mix |
| 17 Waffles Banana | 18 Toast Fresh Pineapples | 19 Oatmeal Fruit | 20 Blueberry Muffin Mixed Fruit | 21 Whole Wheat English Muffin Fruit | 22/23 Cereal Fresh Fruit Mix |
| 24 Cinnamon Toast Fresh Fruit Mix | 25 Bran Muffin Boiled Egg | 26 Cereal Fresh Fruit Mix | 27 Flavored Grits Banana | 28 Whole wheat Bagel Cream Cheese Oranges | 29/30 Cereal Fresh Fruit Mix |

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!



September Tea & A Tale Time Menu

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



| Mon | Tue | Wed | Thu | Fri | Sat./Sun. |
|--|--|--------------------------------|---|--|---|
| Tea & A Tale Time beverages vary from day to day | | | All of our Food Fare meets dietary restrictions | | 1/2 Soft Pretzels and Cheese Dip |
| 3 Fresh Fruit & Cheese | 4 Cottage Cheese and Fruit | 5 Pimento Cheese Sandwiches | | 6 Chicken Salad Sandwich | 7 Mozzarella Balls Basil Leaves Grape Tomatoes |
| 10 Cheese & Crackers Fruit | 11 Peanut Butter and Crackers Apple Slices | 12 Chicken Salad Sandwich | 13 Egg Rolls Fruit Cups | 14 Cheese Blocks and Apple Wedges | 15/16 Fresh Fruit Mix Peanut Butter Crackers |
| 17 Cheese, Crackers Applesauce | 18 Fresh Veggies and Ranch Dip and nuts | 19 Egg Salad Sandwich | 20 Cottage Cheese Pineapple | 21 Dried Figs Dried Apricots Pita Bread with Cream Cheese | 22/23 Cheese & Crackers |
| 24 Fresh Fruit & Cheese | 25 Salad with Boiled Eggs | 26 Deviled Eggs Crackers | 27 Olives and Cheese and Crackers | 28 Cottage Cheese, Tomatoes | 29/30 Fresh Fruit and Cheeses |

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?

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

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.



Aging With Grace®

3100 Old Todds Road, Suite 170
Lexington, KY
40509

859 539 2147
administrator@
AgingWithGraceInfo.org

We're On the
Web
www.AgingWithGraceInfo.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 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



Come
Join Us!

**The Clubhouse is OPEN:
Monday through Friday
8:00am to 5:00pm**

**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

\$18 per hour

- **Nursing***, 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***

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

* the asterisk denotes special pricing for special services