



Aging With Grace®

The Official Newsletter

Filled with monthly activities, menus, health tips and information

Volume 6, Issue 9

September 2019

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Happy September!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
2 HAPPY LABOR DAY !	3 <u>On a Mission Club</u> <u>National Baby Back Ribs Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Fall Hat Month</u> <u>Kickball</u>	4 <u>UK Fan Club</u> <u>National Wildlife Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Newspaper Carrier Day</u> <u>Balloon</u> <u>Volleyball</u>	5 <u>Art Club</u> <u>International Day of Charity</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Cheese Pizza Day</u> <u>Mind/Body Games</u>	6 <u>S.O.L.V.E. Club</u> <u>National Lazy Mom's Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Healthy Aging Month</u> <u>Corn Hole</u>	7/8 OPEN BY APPOINTMENT <u>Bingo or Card</u> <u>Player's Club</u>
9 <u>Natural Resources Club</u> <u>National Teddy Bears Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Wonderful Weirdo Day</u> <u>Basketball</u>	10 <u>On a Mission Club</u> <u>National Ants on a Log Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Swap Ideas Day</u> <u>Kickball</u>	11 <u>UK Fan Club</u> <u>National Hot Cross Bun Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>National Make Your Bed Day</u> <u>Balloon</u> <u>Volleyball</u>	12 <u>Art Club</u> <u>National Day of Encouragement</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>National Report</u> <u>Medicare Fraud Day</u> <u>Mind/Body Games</u>	13 <u>S.O.L.V.E. Club</u> <u>Blame Someone Else Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>National Peanut Day</u> <u>Corn Hole</u>	14/15 OPEN BY APPOINTMENT <u>Bingo or Card</u> <u>Player's Club</u>
16 <u>Natural Resources Club</u> <u>Int'l day for the Preservation of the Ozone Layer</u> <u>Improve Energy</u> <u>Glee Club</u> <u>World Play-Doh Day</u> <u>Basketball</u>	17 <u>On a Mission Club</u> <u>Constitution and Citizenship Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>National Monte Cristo Day</u> <u>Kickball</u>	18 <u>UK Fan Club</u> <u>National Cheeseburger Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>National Respect Day</u> <u>Balloon Volleyball</u>	19 <u>Art Club</u> <u>International Talk Like a Pirate Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>International People Skills Month</u> <u>Mind/Body Games</u>	20 <u>S.O.L.V.E. Club</u> <u>National Pepperoni Pizza Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>National Tradesman Day</u> <u>Corn Hole</u>	21/22 OPEN BY APPOINTMENT <u>Bingo or Card</u> <u>Player's Club</u>
23 <u>Natural Resources Club</u> <u>First Day of Autumn</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Teal Talk Day</u> <u>Basketball</u>	24 <u>On a Mission Club</u> <u>Innergize Day</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>National Bluebird of Happiness Day</u> <u>Kickball</u>	25 <u>UK Fan Club</u> <u>National One Hit Wonder Day</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Nat'l Psychotherapy Day</u> <u>Balloon Volleyball</u>	26 <u>Art Club</u> <u>Better Breakfast Day</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Remember Me Thursday Day</u> <u>Mind/Body Games</u>	27 <u>S.O.L.V.E. Club</u> <u>Ancestor Appreciation Day</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Hug a Vegan Day</u> <u>Corn Hole</u>	28/29 OPEN BY APPOINTMENT <u>Bingo or Card</u> <u>Player's Club</u>
30 <u>Natural Resources Club</u> <u>National Chewing Gum Day</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Hot Mulled Cider Day</u> <u>Basketball</u>	<div style="border: 2px solid black; background-color: yellow; padding: 10px; width: fit-content; margin: 0 auto;"> <p>We love our members!</p> <p>Members choose what they would like to do while at the clubhouse!</p> </div>				

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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!

Improvement: Come Volunteer!

By Mark Horoszowski,
Next Avenue Contributor
(This article previously appeared
on MovingWorlds.org.)

The power of volunteering has been documented for the last 2,500+ years, however a slew of recent research is shedding even more light onto its surprising benefits. Science now proves what great leaders and philosophers have known for years:

“One of the great ironies of life is this: He or she who serves almost always benefits more than he or she who is served.” - Gordon Hinckle

Here are five surprising benefits of volunteering:

1. Volunteering time makes you feel like you have more time. Wharton professor Cassie Mogilner wrote in the Harvard Business Review that her research found those who volunteer their time feel like they have more of it. This is similar to other research showing that people who donate to charity feel wealthier.

Said Mogilner: “The results show that giving your time to others can make you feel more ‘time affluent’ and less time-constrained than wasting your time, spending it on yourself, or even getting a windfall of free time.”

2. Volunteering your skills helps you develop new skills. In my experience, skills-based volunteering is an excellent opportunity to develop talents to help you get ahead in your career. In fact, an article in Stanford Social Innovation Review called

skills-based volunteering overseas “the next executive training ground.”

YOU MAY ALSO LIKE

At MovingWorlds, we’ve found that skills development in technical and leadership-related areas is the primary reason corporations invest in international skills-based volunteering programs.

3. Volunteering your body helps you have a healthier body. A Corporation for National & Community

Service report noted: “Research demonstrates that volunteering leads to better health... those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.”

The fact that volunteering has been proven to make you healthier is reason enough to engage in pro bono activities. For more information on this, read “Can Volunteering Lower Your Risk of Heart Disease?”

4. Volunteering your experience helps build your experience. We consistently see this with highly skilled professionals like investment bankers and business consultants. Also, volunteering in a new industry will give you knowledge to help you switch fields. And if you want to move from the corporate world to the nonprofit sector, volunteering first can help prove your commitment. Beyond our own research, The New York Times, The Wall Street Journal and Next Avenue have published articles about how volunteering can help you earn your next job.

As the Journal wrote: “According to the survey of 202 human-resource executives, skilled volunteer work — such as helping a nonprofit with its finances — makes job applicants look more appealing to hiring managers.”

Here are some tips to add your volunteering experience to your resumé and LinkedIn profile.

5. Volunteering your love makes you feel more love. Admittedly, love is a hard thing to measure. But when researchers at the London School of Economics examined the relationship between volunteering and measures of happiness, they found the more people volunteered, the happier they were.

Volunteering builds empathy, strengthens social bonds and makes you smile — all factors that increase the feeling of love.

How to Find Volunteering Opportunities
So how can you get started volunteering? It’s remarkably easy. Post your intentions on Facebook and/or LinkedIn to get connected to an organization in your network. You can also use LinkedIn’s For Good-

program, Catchafire or VolunteerMatch to find local opportunities and MovingWorlds.org to find international skills-based volunteer projects.

“Service to others is the rent you pay for your room here on earth.” - Muhammad Ali

Please come volunteer at Friends Indeed! We are a non-profit! Call Lesa to get started: (859)553-6667

Bee Well’s Buzz on Health: Posture

Exercises and tips to help alleviate muscle tension caused by poor sitting and standing habits.

Physiotherapist Nick Sinfield describes common posture mistakes and how to correct them with strength and stretching exercises. “Correcting your posture may feel awkward at first because your body has become so used to sitting and standing in a particular way,” says Sinfield.

“But with a bit of practise, good posture will become second nature and be 1 step to helping your back in the long term.” “Get into the habit of sitting correctly. It may not feel comforta-

ble initially because your muscles have not been conditioned to support you in the correct position.

Exercises to strengthen your core and buttock muscles, and back extensions, will help correct a slouching posture.

Exercises to correct a slumping posture:

bridges

back extensions

Plank

To help correct your standing posture, imagine a string attached to the top of your head pulling you upwards.

The idea is to keep your body in perfect alignment, maintaining the spine’s natural curvature, with your neck straight and shoulders parallel with the hips:

keep your shoulders back and relaxed

pull in your abdomen

keep your feet about hip distance apart

balance your weight evenly on both feet

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.
2 Sub Sandwiches French Fries Tossed Salad Fruit Cups	3 Chinese Stir Fry W/ Shrimp & Veggies Rice Peaches	4 Beef Chili Dog With Cheese Salad Bun	5 Fried Chicken Beans & Rice Fruit Corn Bread	6 Country Fried Steak Glazed Carrots Macaroni & Cheese Rolls	7/8 Ham Sandwiches Cole Slaw Popcorn
9 Chicken Fingers French Fries Broccoli Mixed Fruit Garlic Toast	10 Kabobs Greek Salad Tropical Fruit Whole Wheat Bread	11 New Orleans Pasta Green Beans Pears	12 Beef Chili House Salad Baked Potato Peaches Crackers	13 Cheese Burgers French Fries Lettuce, Tomato, Onions, Bun	14/15 Roast Beef Sandwiches Potato Salad Pretzels
16 Steak Baked Potato Garden Salad Fruit Yeast Roll	17 Pizza Tossed Salad Pineapple	18 Grilled Chicken Mashed Potatoes Green Beans Mixed Fruit	19 Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple	20 Loaded Red Beans Tomato & Corn Medley Yellow Rice Fresh Fruit	21/22 Tuna Salad Sandwiches Mandarin Oranges Corn Chips
23 Slow Roasted Beef House Salad Fruit Whole Wheat Bread	24 Lasagna Tossed Salad Mandarin Oranges Garlic Sticks	25 Roasted Turkey/Gravy/ Mashed Potatoes Dressing Green Beans Fruit Whole Wheat Rolls	26 Salmon Fish House Salad Rice Corn Medley	27 Meatloaf Mashed Potatoes Green Beans Fruit Wheat Buns	28/29 Egg Salad Sandwiches Yogurt Chex Mix
30 Tacos Rice and beans Fruit					

All of our dinners meet dietary restrictions/alternate menu items available

Dinner At Noon is served with milk and water, choice of coffee or hot or cold tea.

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

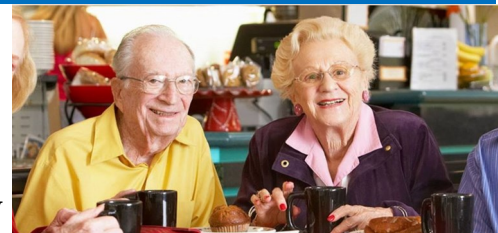


Mon	Tue	Wed	Thu	Fri	Sat./Sun.
1 <i>Cinnamon Bun</i>	2 <i>Bananas</i>	3 <i>Granola Bars</i>	4 <i>Breakfast Burritos</i>	5 <i>Egg, Sausage & Cheese Biscuit</i>	6/7 <i>Yogurt Cups</i>
8 <i>Pancakes Fruit</i>	9 <i>Blueberry Muffin Fruit</i>	10 <i>Oatmeal & Add-Ins</i>	11 <i>Muffin Fruit</i>	12 <i>Sausage Biscuit</i>	13/14 <i>Yogurt Cups</i>
15 <i>Sausage Biscuit</i>	16 <i>Bagels</i>	17 <i>Hash Browns</i>	18 <i>Fruit Cups</i>	19 <i>Bananas</i>	20/21 <i>Yogurt Cups</i>
22 <i>Yogurt Cups</i>	23 <i>Cheese Sticks</i>	24 <i>Oatmeal</i>	25 <i>Blueberry Muffin</i>	26 <i>Fruit Cups</i>	27/28 <i>Yogurt Cups</i>
29 <i>Cinnamon Bun</i>	30 <i>Bran Muffin</i>	31 <i>Yogurt Cups</i>			

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!



July Tea & A Tale Time Menu

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



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 <i>Cheese & Crackers</i>	3 <i>Yogurt Cups</i>	4 <i>Cheese Popcorn</i>	5 <i>Salad with Boiled Eggs</i>	6 <i>Pretzels and Cheese Dip</i>	7/8 <i>Cheese and Pretzel Packs</i>
9 <i>Fruit Cups and Peanut Butter Crackers</i>	10 <i>Individual Cottage Cheese Cups</i>	11 <i>Individual Pimento Cheese Sandwiches</i>	12 <i>Individual Chicken Salad Sandwiches</i>	13 <i>Chex Mix W/ Nuts</i>	14/15 <i>Crackers and Cheese</i>
16 <i>Yogurt Cups</i>	17 <i>Peanut Butter and Crackers</i>	18 <i>Individual Tuna Salad Sandwiches</i>	19 <i>Egg Rolls</i>	20 <i>Cheese Sticks</i>	21/22 <i>Fruit Mix Cups Peanut Butter Crackers</i>
23 <i>Cheese, Crackers Applesauce</i>	24 <i>Healthy Chips</i>	25 <i>Individual Egg Salad Sandwich</i>	26 <i>Individual Cottage Cheese Cups</i>	27 <i>Raisin Boxes & Peanut Packs</i>	28/29 <i>Cheese & Crackers</i>
30 <i>Bananas and PB</i>					



Tea & A Tale Time beverages vary from day to day

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?

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.

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

Aging With Grace®

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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



**The Clubhouse is OPEN:
Monday through Friday
8:00am to 4:30pm**

**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**

\$20 per hour

- 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*

*special pricing for special services

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

*the asterisk denotes special pricing for special services