



**Aging With Grace**  
**Aging In Place**  
 The Health Club For Seniors

The Official Newsletter

# Aging With Grace®

Filled with monthly activities, menus, health tips and information

Volume 3, Issue 4

April 2016

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tips and useful  
information

## April

**Come Join Us!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>Come Join Us!</b>		
				1 10:30 S.O.L.V.E. Club – or– <i>April Fools Day Game</i> 2:00 Gardening Club–or– <i>Spring Cards for National Card Month</i>	2 2:00 Bingo or Card Player’s Club –or– <i>Myths and Fables (Hans Christian Anderson’s B’day and Int’l Child Book Day)</i>
4 10:30 Natural Resources Club –or– <i>What We Need to Know About Medication Safety Week</i> 2:00 Glee Club –or– <i>I Got The Blues Social</i>	5 10:30 Missions Club –or– <i>Pep Rally for Community Spirit Days</i> 2:00 S.O.M.E. CLUB – or– <i>Make a Pecan Snack</i>	6 10:30 L.O.V.E. Club or UK Fan Club –or– <i>Celebrating Stress Awareness Month</i> 2:00 Book Club–or– <i>Bette Davis Eyes</i>	7 10:30 Art Club/ Hunting & Fishing Club –or– <i>Teflon Tutorial</i> 2:00 Bridge Club – or– <i>What Dr. Oz says About Beer</i>	8 10:30 S.O.L.V.E. Club –or– <i>Occupational Game</i> 2:00 Gardening Club –or– <i>Poetry Month Poetry Reading</i>	9 2:00 Bingo or Card Player’s Club –or– <i>Civil Rights Quiz</i>
11 10:30 Natural Resources Club –or– <i>Nat’l Volunteer Week</i> 2:00 Glee Club –or– <i>Barbershop Quartet Day Listen to Songs</i>	12 10:30 Missions Club –or– <i>Nat’l Licorice Day Tasting</i> 2:00 S.O.M.E. Club –or– <i>Celebrating Nat’l Library Week</i>	13 10:30 L.O.V.E. Club or UK Fan Club –or– <i>Remembering the Polio Vaccine</i> 2:00 Book Club –or– <i>Scrabble Tournament</i>	14 10:30 Art Club or Hunting & Fishing Club –or– <i>Spelling Bee</i> 2:00 Bridge Club –or– <i>Great Depression Social (Grapes of Wrath published)</i>	15 10:30 S.O.L.V.E. Club –or– <i>Ellis Island Family History Day</i> 2:00 Gardening Club –or– <i>Take a Wild Guess</i>	16 2:00 Bingo or Card Player’s Club – or– <i>Celebrate Wilbur Wright’s B’day With Paper</i>
18 10:30 Natural Resources Club –or– <i>Tin Can Herb Pots</i> 2:00 Glee Club –or– <i>Boston Marathon 120th Anniversary Celebration</i>	19 10:30 Missions Club –or– <i>Make Ladybug Rocks</i> 2:00 S.O.M.E. Club –or– <i>Celebrating National Karaoke Week</i>	20 10:30 LOVE Club or UK Fan Club – or– <i>Songs from Hit Parade</i> 2:00 Book Club – or– <i>King of the Mambo Party</i>	21 10:30 Art or Hunting & Fishing Club –or– <i>Paint to Jazz (Jazz Music Appreciation Month)</i> 2:00 Bridge Club –or– <i>Kindergarten Day</i>	22 10:30 S.O.L.V.E. Club–or– <i>Taste Tasting Jelly Beans</i> 2:00 Gardening Club–or– <i>Earth Day Plantings</i>	23 2:00 Bingo or Card Player’s Club–or– <i>Make Spring Decorations in Honor of Nat’l Decorating Month</i>
25 10:30 Natural Resources Club –or– <i>Passover 101</i> 2:00 Glee Club –or– <i>Cloud Gazing in Honor of Sky Awareness Week</i>	26 10:30 Missions Club –or– <i>Father of Landscaping Activity</i> 2:00 S.O.M.E. Club–or– <i>Paint Birdhouses (Audubon’s B’day)</i>	27 10:30 LOVE Club or UK Fan Club –or– <i>Celebrating Nat’l Humor Month</i> 2:00 Book Club –or– <i>Planning a Picnic</i>	28 10:30 Art or Hunting & Fishing Club –or– <i>This Was Defeat Diabetes Month—So How Do You?</i> 2:00 Bridge Club –or– <i>How to Save Earth</i>	29 10:30 S.O.L.V.E. Club–or– <i>Arbor Day Tree Planting</i> 2:00 Gardening Club–or– <i>End of Month ‘Bea Bucks’ Auction</i>	30 2:00 Bingo or Card Player’s Club–or– <i>National Honesty Day Truth or Dare Game</i>

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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 names 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. The list of Spa Treatments available are posted outside the spa room.

# 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.*

*Continued from last month...*

Proper tire inflation is also important for many reasons:

- A properly inflated tire will generate less heat or friction with the road, increasing fuel economy and decreasing tire wear.
- A tire that's either over- or under-inflated will wear unevenly.
- A tire that is low in pressure loses cornering ability because

the sidewall isn't as stiff.

Perhaps more important for SUV and light-truck owners, a tire's load capacity decreases as it loses air pressure. So, if you were to pack your SUV to the rafters for a family vacation without adjusting tire pressures to handle the increased load, you may be asking for trouble. Those under-inflated tires would quickly heat up under the extra load and possibly have a failure, leading to travel time lost fixing a flat -- or worse.

Regardless of temperature, tires lose between 1 to 2 pounds per square inch (psi) per month. In addition, for every 10-degree Fahrenheit (12.2-degree Celsius) drop in temperature, a tire will lose another pound of pressure. So a tire left unchecked from the time it was filled to 35 psi on an 80-degree (26.7-degree Celsius) day in May is down by 12 psi on a 30-degree (-1.1-degree Celsius) day in November. That under-inflation will affect fuel economy and wet traction, and also increase tire wear.

## Sources

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## How is Your Exercise Foundation for Building Health?

In an effort to find ways to prevent falls among senior adults, we've started looking at exercises, like Tai Chi, that target both the physical and mental fundamentals in mobility.

The purposeful movements and fluid, repetitious motions in Tai Chi not only boost muscle function, but also stimulate the mental functions that make mobility a lot easier. Yoga and dance are also exercises that work well to improve balance in older

adults and are great mind-body interventions. While walking on a treadmill, riding a bike or strength training are certainly all great exercises, they appear to lack the balance component necessary to most effectively prevent future falls.

Practice Makes Perfect  
Our body's balance control system is a complex operation. Just like an orchestra, there are many different pieces that have to work together for there to be perfect harmony. The more we practice

Tai Chi, dance or yoga, the more we become in sync with our bodies, and the more our bodies become in sync with our environment.

This type of healthy, cyclical practice eventually makes it easier for us to engage in daily, dual-task activities without the focus being solely on the next step we take. As the old adage goes, "If you don't use it, you lose it."

To be continued next month....

By Brad Manor  
PhD

Aging With Grace®



# April 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>Sloppy Joe</i> <i>Pinto Beans</i> <i>Chuckwagon Corn</i> <i>Hamburger Bun</i> <i>Strawberry Gelatin</i>	<b>2</b> <i>Ham Sandwiches</i> <i>Cottage Cheese</i> <i>Garden Tomatoes</i> <i>Fresh Fruit Mix</i>
<b>4</b> <i>Turkey Sausage</i> <i>Onions &amp; Peppers</i> <i>Green Peas</i> <i>O'Brien Potatoes</i> <i>Hot Dog Bun</i> <i>Pears</i>	<b>5</b> <i>Hamburger</i> <i>American Cheese</i> <i>Lettuce/Tomato/Onion</i> <i>Baked Beans</i> <i>Peach Cobbler</i>	<b>6</b> <i>Slow Roasted Pork</i> <i>Golden Brown Home</i> <i>Fries</i> <i>Lightly Steamed</i> <i>Broccoli</i> <i>Rolls</i> <i>Spiced Applesauce</i>	<b>7</b> <i>Roast Chicken</i> <i>Stuffing and Gravy</i> <i>Green Beans</i> <i>Yeast Rolls</i> <i>Mandarin Oranges</i>	<b>8</b> <i>Rainbow Trout</i> <i>Tri Color Bean Salad</i> <i>Brown Rice</i> <i>Whole Wheat Bread</i> <i>Pineapple Tidbits</i>	<b>9</b> <i>Roast Beef Sandwiches</i> <i>Waldorf Salad</i> <i>Potato Chips</i> <i>Fruit Yogurt</i>
<b>11</b> <i>Sliced Ham w/peach</i> <i>ginger sauce</i> <i>White Beans</i> <i>Seasoned Collard</i> <i>Greens</i> <i>Cornbread</i>	<b>12</b> <i>Spaghetti Marinara</i> <i>Garden Salad/ranch</i> <i>dressing</i> <i>Savory Peas</i> <i>Garlic Bread</i>	<b>13</b> <i>BBQ Chicken Salad,</i> <i>with ranch dressing</i> <i>Farmhouse Fries</i> <i>Glazed Carrots</i> <i>Rolls</i>	<b>14</b> <i>Country Fried Steak</i> <i>Green Garden Salad</i> <i>Baked Potatoes</i> <i>Corn niblets</i> <i>Pumpkin Bread</i>	<b>15</b> <i>Fish and Chips</i> <i>Hush Puppies</i> <i>Cole Slaw</i> <i>Cottage Cheese</i> <i>Pears</i>	<b>16</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>18</b> <i>Slow Roasted Pot Roast</i> <i>Mashed Potatoes/Gravy</i> <i>Baby Glazed Carrots</i> <i>Wheat Roll</i> <i>Peaches</i>	<b>19</b> <i>Cranberry Pecan</i> <i>Chicken Salad w/sweet</i> <i>Italian dressing</i> <i>Macaroni and Cheese</i> <i>Banana Nut Bread</i>	<b>20</b> <i>Veggie Pizza</i> <i>Garden Salad/ranch</i> <i>dressing</i> <i>Corn Niblets</i> <i>Garlic Bread</i>	<b>21</b> <i>Broccoli and Cheddar</i> <i>Soup</i> <i>Baked Potato</i> <i>Garden Salad</i> <i>Whole Wheat Rolls</i> <i>Bananas</i>	<b>22</b> <i>Chicken &amp; Dumplings</i> <i>Green Beans</i> <i>Biscuit</i> <i>Fresh Fruit</i>	<b>23</b> <i>Egg Salad Sandwiches</i> <i>Potato Chips</i> <i>Broccoli Salad</i> <i>Peaches</i>
<b>25</b> <i>Grilled Chicken</i> <i>Breast w/ BBQ sauce</i> <i>Home Fries</i> <i>Wheat Rolls</i> <i>Spinach Casserole</i> <i>Carrot/raisin salad</i>	<b>26</b> <i>Turkey Breast Slices</i> <i>Stuffing</i> <i>Cranberry Salad</i> <i>Mashed Potatoes/Gravy</i> <i>Green Beans</i> <i>Rolls</i>	<b>27</b> <i>Meat Loaf</i> <i>Mashed Potatoes &amp;</i> <i>Gravy</i> <i>Broccoli Casserole</i> <i>Fresh Fruit</i>	<b>28</b> <i>Pork BBQ Ribs</i> <i>Macaroni and Cheese</i> <i>Sauteed Cabbage</i> <i>Wheat Rolls</i> <i>Fruit Cocktail</i>	<b>29</b> <i>Chinese shrimp stir-fry</i> <i>White rice</i> <i>Broccoli</i> <i>Crab Rangoon</i> <i>Fortune cookies</i>	<b>30</b> <i>Pimento Cheese Sand-</i> <i>wiches on Whole Wheat</i> <i>Veggie Tray &amp; Dip</i> <i>Tomato Bisque Soup</i> <i>Healthy Cookies</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 visiting his grandparents, a little boy was looking through an old family bible when a dried leaf fell out that had been pressed between the pages. “Look what I found, Grand-

ma” the boy said in astonishment. “What do you have there?” his grandmother asked. “I think I just found Adam’s underwear!” he exclaimed with awe. 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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**Make happy memories  
and feel better!**



## **Aging With Grace® is the newsletter of Aging With Grace, Aging In Place —The Health Club for Seniors**

**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**



**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 delayed openings and closings under BUSINESSES).

**We believe in commitment and dependability and know you do too!**

**Hourly Fees: \$13 (paid at the end of the month)**

**Full Time Members have a discounted rate of \$65 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.