



**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 8

August 2016

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tips and useful  
information

## AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 10:30 Natural Resources Club –or– – <i>National Eye Exam Month</i> 2:00 Glee Club –or– <i>Map It Game in honor of birthday of William Clark</i>	<b>2</b> 10:30 Missions Club –or– <i>American Adventures Month Sharing Social</i> 2:00 S.O.M.E. CLUB –or– <i>Name That Monument</i>	<b>3</b> 10:30 L.O.V.E. Club or UK Fan Club –or– <i>National Watermelon Day Game</i> 2:00 Book Club— <i>Honoring Maggie Kuhn</i>	<b>4</b> 10:30 Art Club/ Hunting & Fishing Club –or– <i>Queen Mum Trivia</i> 2:00 Bridge Club –or– <i>Coast Guard Day Boat Project for Gifting</i>	<b>5</b> 10:30 S.O.L.V.E. Club –or– <i>International Clown Week Project</i> 2:00 Gardening Club –or– <i>Let's Learn Clown Magic</i>	<b>6</b> 2:00 Bingo or Card Player's Club –or– <i>Honoring Lucille Ball's Birthday</i>
<b>8</b> 10:30 Natural Resources Club –or– – <i>Happiness Happens Day Game</i> 2:00 Glee Club –or– <i>Wind Spinners Project</i>	<b>9</b> 10:30 Missions Club –or– <i>Book Lovers Day Activity</i> 2:00 S.O.M.E. CLUB –or– <i>Politically Correct Social</i>	<b>10</b> 10:30 L.O.V.E. Club or UK Fan Club –or– <i>Writer's Corner: What Will Be Your Legacy Month</i> 2:00 Book Club–or– <i>Mt Rushmore</i>	<b>11</b> 10:30 Art Club/ Hunting & Fishing Club –or– <i>American Art Appreciation Month</i> 2:00 Bridge Club –or– <i>Legacy Books</i>	<b>12</b> 10:30 S.O.L.V.E. Club –or– <i>Seersucker What?</i> 2:00 Gardening Club –or– <i>T-Rex Dinosaur Bones Discovered Social and Games</i>	<b>13</b> 2:00 Bingo or Card Player's Club –or– <i>Lefthanders Day Social and Activity</i>
<b>15</b> 10:30 Natural Resources Club –or– – <i>Remembering Woodstock</i> 2:00 Glee Club –or– <i>Discovering Norman Rockwell</i>	<b>16</b> 10:30 Missions Club –or– <i>National Aviation Week Project</i> 2:00 S.O.M.E. Club –or– <i>Day Elvis Died Social and Trivia</i>	<b>17</b> 10:30 L.O.V.E. Club or UK Fan Club –or– <i>Davy Crockett's Birthday Activity</i> 2:00 Book Club –or– <i>Up, Up and Away</i>	<b>18</b> 10:30 Art Club or Hunting & Fishing Club –or– <i>Bad Poetry Day Poems</i> 2:00 Bridge Club –or– <i>Anniversary of First Montgomery Ward Catalog</i>	<b>19</b> 10:30 S.O.L.V.E. Club –or– <i>Remembering Our Summer Jobs</i> 2:00 Gardening Club –or– <i>National Aviation Day Paper Plane Contest</i>	<b>20</b> 2:00 Bingo or Card Player's Club –or– <i>Edgar Guest's Birthday Remembered with his Folksy Poems</i>
<b>22</b> 10:30 Natural Resources Club –or– – <i>Name That Summertime Tune</i> 2:00 Glee Club –or– <i>Fred Astaire and Ginger Rodgers on Life Magazine</i>	<b>23</b> 10:30 Missions Club –or– <i>Eye-Hand Coordination Balloon Game</i> 2:00 S.O.M.E. Club –or– <i>Name That 1st Lady</i>	<b>24</b> 10:30 LOVE Club or UK Fan Club –or– <i>Corn Hole Game</i> 2:00 Book Club –or– <i>Name That Fairy Tale Quiz</i>	<b>25</b> 10:30 Art or Hunting & Fishing Club –or– <i>The Wizard of Oz Debuted 1939</i> 2:00 Bridge Club –or– <i>Japanese Fans Project</i>	<b>26</b> 10:30 S.O.L.V.E. Club –or– <i>National Dog Day Visitor</i> 2:00 Gardening Club –or– <i>Women's Equality Day Discussion</i>	<b>27</b> 2:00 Bingo or Card Player's Club –or– <i>Sharing Summer Vacation Memories</i>
<b>29</b> 10:30 Natural Resources Club –or– <i>What Will Be Your Legacy Month Discussion</i> 2:00 Glee Club –or– <i>More Herbs, Less Salt Day Project</i>	<b>30</b> 10:30 Missions Club –or– <i>Author of Frankenstein Birthday Game</i> 2:00 S.O.M.E. Club –or– <i>Summer Hat Party</i>	<b>31</b> 10:30 L.O.V.E. Club –or– <i>National Immunizations Awareness Month</i> 2:00 Book Club –or– <i>American Artist Appreciation Month Project</i>	<h2 style="margin: 0;">WE LOVE OUR MEMBERS!</h2> <h2 style="margin: 0;">PLEASE JOIN US AND BE LOVED!</h2>		

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

# 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:*

## 2. Arthritis Happens

Your feet boast more than 30 joints, all of which can degenerate with age, Cosculluela says. Arthritis most commonly strikes the big toe or the mid-foot joints on the top of your foot. Besides pain, you might feel stiffness in the morning that improves once you get moving, then worsens again at night. Shoe inserts, exercises to increase range of motion, and losing weight if you're heavy may help, says [Andrew Shapiro, DPM](#), president of the New York State Podiatric Med-

ical Association.

Hip and knee arthritis also have trickle-down effects, altering your alignment in ways that can cause pain on the insides or outsides of your feet, Cosculluela says. If any of your joints ache, see your doctor—[treating hip and knee arthritis with exercise](#) or medications often lightens the load on your feet as well, he notes.

## 3. Toes curl up.

And we don't mean in that sexy, between-the-sheets kind of way. Years of stuffing your piggies into high heels elevates your risk of hammer-toes, permanent bends in your smaller digits. What can start as mild discomfort turns more painful over time, and unsightly corns and calluses can also crop up as your crooked toes rub against your shoes.

To prevent—and ease—hammertoes, cover corns and calluses with padding and trade in your pointy-toed pumps for shoes with wider toe boxes. "I often have women stand on top of a blank piece of paper barefoot, and trace the outline of their foot," Cosculluela says. "Then I put their shoe on top. If I can see toes sticking out, I know that's not a good shoe for them."

Good news, though: You don't have to ditch your stilettos completely. If you want to wear them for a night out, wear well-fitting flats made of flexible fabric like suede—even walking or running shoes, if you can—during the day. "The more support you can give your feet, the less inflammation you'll incur throughout the day—and the better you'll be able to tolerate a dressier shoe at night," says Gennady Kolodenker, DPM, a podiatrist with Hoag Orthopedic Institute in Orange County, CA.

## 4. Circulation Slows

Diabetes, vein disease, and other conditions more common with age can slow the blood flow to your feet, Shapiro says. That makes each cut from stepping on a sharp object or new-shoe blister slower to heal. Combine that with nerve damage—which often goes hand in hand with the same health conditions—and you might not even notice a worsening infection, resulting in an ulcer that just won't heal. ...*To be continued next month....*<http://www.prevention.com/health/what-aging-does-to-your-feet>

## How is Your Exercise Foundation for Building Health?

....an article about how exercise improves arthritis, continued from last month...

### Does stress affect OA?

Yes, having a chronic disease like osteoarthritis can be stressful. Stress, in turn, can make dealing with a disease like osteoarthritis more difficult – and painful.

That's because when you feel stressed, your body becomes tense. This muscle tension can increase pain, making you feel helpless and frustrated because the added pain may limit

your abilities. This, in turn, can depress you. Stress, depression and limited and lost abilities can all contribute to pain, which then perpetuates the cycle. If you understand how your body reacts physically and emotionally to stress and learn how to manage stress, you can break the destructive cycle.

### How will losing weight help?

Excess body weight is a risk factor for the both the development and progression of osteoarthritis. For every pound of body weight you

gain, your knees gain three pounds of added stress; for hips, each pound translates into six times the pressure on the joints. After many years of carrying extra pounds, the cartilage that cushions the joints tends to break down more quickly than usual.

Conversely, [losing weight](#) can reduce additional stress on joints that can cause cartilage to wear away. Easing the pressure on joints by shedding extra pounds can also reduce pain in

...**To be continued next month...**

Taken from:

[www.arthritis.org](http://www.arthritis.org)

Aging With Grace®



# August 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>Turkey Breast Slices            Stuffing            Cranberry Sauce            Mashed Potatoes/Gravy            Green Beans</i>	<b>2</b> <i>Beef Pot Roast            Mixed Vegetables &amp;            Potatoes            Applesauce            Whole Wheat Bread</i>	<b>3</b> <i>Spaghetti &amp; Meatballs            Garden Salad/ranch            dressing            Savory Peas            Garlic Bread</i>	<b>4</b> <i>Battered Fish            Broccoli and Cheese            Rice            Cottage Cheese            Peas</i>	<b>5</b> <i>Sweet and Sour Chicken            Broccoli and Carrots            White Rice            Mandarin Oranges            Egg Rolls</i>	<b>6</b> <i>Ham Sandwiches            Cottage Cheese            Garden Tomatoes            Fresh Fruit Mix</i>
<b>8</b> <i>Chicken Parmigiana            Pasta            Broccoli and Carrots            Fresh Fruit            Whole Wheat Bread</i>	<b>9</b> <i>Salisbury Steak            Roasted Potatoes            Cheesy Broccoli &amp;            Cauliflower            Tossed Salad            Whole Wheat Bread</i>	<b>10</b> <i>Herb Roasted Chicken            Mashed Potatoes            Corn            Green Beans            Whole wheat bread</i>	<b>11</b> <i>Orange Chicken            Edamame, red peppers,            green onions            Rice            Whole Wheat Bread            Pineapple</i>	<b>12</b> <i>Pork Boneless BBQ Ribs            Crispy Potato Wedges            Corn niblets            Whole Wheat Bread            Cole Slaw</i>	<b>13</b> <i>Roast Beef Sandwiches            Waldorf Salad            Potato Chips            Fruit Yogurt</i>
<b>15</b> <i>Fettuccini With            Chicken and            Broccoli            Carrot Salad            Garlic Bread</i>	<b>16</b> <i>Meat Loaf            Mashed Potatoes &amp;            Gravy            Corn Nuggets            Fresh Fruit</i>	<b>17</b> <i>Cheddar and Ham            Potato Bake            Green Beans            Fried Apples            Whole Wheat Bread</i>	<b>18</b> <i>Country Fried Steak            Baked Potatoes            Macaroni &amp; Cheese            Broccoli            Whole Wheat Bread</i>	<b>19</b> <i>Fettuccini Alfredo            Tossed Salad w/dressing            Garlic Bread            Strawberry shortcake</i>	<b>20</b> <i>Tuna Salad Sandwiches            Mandarin Orange            Green Salad w/dressing            Pretzels            Fresh Fruit &amp; Dip</i>
<b>22</b> <i>Chicken and Shrimp            Linguine            Zucchini, and Broccoli            Whole Wheat Bread            Carrot Salad</i>	<b>23</b> <i>Three Cheese Tortellini            in Marinara Sauce            Tossed Salad            Whole Wheat Bread            Peaches</i>	<b>24</b> <i>Pork Chops            Mashed Potatoes &amp;            Gravy            Fried Apples            Salad &amp; Dressing            Whole Wheat Bread</i>	<b>25</b> <i>Herb Roasted Chicken            Mashed Potatoes            Corn            Green Beans            Whole wheat bread</i>	<b>26</b> <i>Slow Roasted Beef            Mashed Potatoes and            Gravy            Green Beans            Peaches            Whole Wheat Bread</i>	<b>27</b> <i>Egg Salad Sandwiches            Potato Chips            Broccoli Salad            Peaches</i>
<b>29</b> <i>Chicken &amp; Dumplings            Mixed Vegetables            Fruit Salad            Whole Wheat Bread</i>	<b>30</b> <i>Three Meat and Four            Cheese Lasagna            Tossed Salad            Garlic Bread            Watermelon</i>	<b>31</b> <i>Swedish Meat Balls            Noodles            Mixed Vegetables            Fresh Fruit            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? A 100 year old woman was being interviewed about her secrets for longevity. 100 YEAR OLD WOMAN: "For better digestion, I drink beer....In case of appetite loss, I drink white wine...In case of low blood pressure, I drink red wine...In case of

high blood pressure, I drink scotch..And when I have a cold, I drink Schnapps...." INTERVIEWER: "When do you drink water?" 100 YEAR OLD WOMAN: "I've never been that sick." **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 differ-**



**ent 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.



**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

## Days and Hours of Operation

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: \$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.