



Aging With Grace®

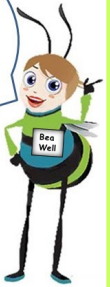
The Official Clubhouse Newsletter

Filled with monthly activities, menus, health tips and fun facts!

Volume 7, Issue 8

August 2020

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For more health tips and useful information



Happy August!

Calendar of Clubhouse Group Activities from 11am to 1pm and 2pm to 3:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p>We love our members! Members choose what they would like to do while at the clubhouse! We have a quiet and private place for napping</p>		<h1 style="color: red;">WE ARE OPEN!</h1>			<p>1/2 <u>OPEN ON WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p>3 <u>Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u></p>	<p>4 <u>On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u></p>	<p>5 <u>UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u></p>	<p>6 <u>Art Club</u> <u>Improve Strength</u> <u>Bingo Club</u> <u>Mind/Body Games</u></p>	<p>7 <u>S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u></p>	<p>8/9 <u>OPEN ON WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p>10 <u>Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u></p>	<p>11 <u>On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u></p>	<p>12 <u>UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u></p>	<p>13 <u>Art Club</u> <u>Improve Strength</u> <u>Sportsman's Club</u> <u>Mind/Body Games</u></p>	<p>14 <u>S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u></p>	<p>15/16 <u>OPEN ON WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p>17 <u>Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u></p>	<p>18 <u>On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u></p>	<p>19 <u>UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u></p>	<p>20 <u>Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u></p>	<p>21 <u>S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u></p>	<p>22/23 <u>OPEN ON WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p>24 <u>Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u></p> <p style="text-align: right;">30</p>	<p>25 <u>On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u></p> <p style="text-align: right;">31</p>	<p>26 <u>UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u></p>	<p>27 <u>Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u></p>	<p>28 <u>S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u></p>	<p>29 <u>OPEN BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>

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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 by appointment.
- ◆ Let us hear from you! We want to know what you think!

WE ARE OPEN DAILY 10:00AM TO 4:30PM AND OTHER HOURS AND TIMES, INCLUDING HOLIDAYS, BY APPOINTMENT. BREAKFAST IS 10-11, DINNER 1-2, TEA & A TALE TIME 3:30-4:30.

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.”

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 the clubhouse! We are a non-profit! Call Lesa to get started: (859)553-6667 or call DG (859)539-2147

Bee Well’s Buzz on Health: We Are Open Again!

I am passionate about the clubhouse and the benefits of attending regularly! I grew up in an extended family of health professionals, and studying what makes people healthier has been a lifelong hobby. I spent the first half of my career in education, and now that I am in the sec-

ond half of my career (if I keep working until age 85, that is) I want to educate people about how to live better, longer. Joining us at the clubhouse is key to living better, longer. We keep track of your health and communicate with your personal physician. We advocate for you. We make a

plan with you and your doctor to help you to your best health possible. We work and play with you (exercises, games, and humor are good for your health) according to the plan. And we can help you at home too if you would like. Please come join us! —DG



August Dinner Menu

Dinner is from 1:00 To 2:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
		<div style="background-color: yellow; padding: 5px;">Dinner At Noon is served with milk and water, choice of coffee or hot or cold tea.</div>			1/2 Ham Sandwiches Cole Slaw Popcorn
					3 Chicken Fingers French Fries Broccoli Mixed Fruit Garlic Toast
10 Kentucky Philly Baked Potato Garden Salad Fruit Yeast Roll	11 Pizza Tossed Salad Pineapple	12 Grilled Chicken Mashed Potatoes Green Beans Mixed Fruit	13 Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple	14 Loaded Red Beans Tomato & Corn Medley Yellow Rice Fresh Fruit	15/16 Tuna Salad Sandwiches Mandarin Oranges Corn Chips
17 Slow Roasted Beef House Salad Fruit Whole Wheat Bread	18 Roasted Turkey/Gravy/ Mashed Potatoes Dressing Green Beans Fruit Whole Wheat Rolls	19 Fish and Chips Broccoli Applesauce Hush Puppies	20 Lasagna Tossed Salad Mandarin Oranges Garlic Sticks	21 Fried Chicken Mashed Potatoes Green Beans Fruit Wheat Buns	22/23 Egg Salad Sandwiches Yogurt Chex Mix
24 Tacos Rice and beans Fruit <div style="text-align: right;">30</div>	25 Sub Sandwiches Potato Chips Tossed Salad Fruit Cups <div style="text-align: right;">31</div>	26 Chinese Stir Fry W/ Shrimp & Veggies Rice Peaches	27 Beef Chili Dog With Cheese Salad Bun	28 Mediterranean Rice Salad Pita Bread	29 Turkey Sandwiches Potato Salad Carrots

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!





August Breakfast Menu

Continental Breakfast 10-11



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
		<p>Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.</p>			1/2 Yogurt Cups
		3 <i>Pancakes</i>	4 <i>Blueberry Muffin</i>	5 <i>Oatmeal</i>	6 <i>Bran Muffin</i>
10 <i>Sausage Biscuit</i>	11 <i>Bagels</i>	12 <i>Hash Browns</i>	13 <i>Fruit Cups</i>	14 <i>Bananas</i>	15/16 <i>Yogurt Cups</i>
17 <i>Grits</i>	18 <i>Cold Cereal</i>	19 <i>Fruit Cups</i>	20 <i>Blueberry Muffin</i>	21 <i>Fruit Cups</i>	22/23 <i>Oatmeal</i>
24 <i>Sticky Bun</i>	25 <i>Bran Muffin</i>	26 <i>Breakfast Burritos</i>	27 <i>Yogurt Cups</i>	28 <i>Bananas</i>	29 <i>Cold Cereal</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!



August 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 Fare is Served With Water					1/2 Cheese and Pretzel Packs
3 Fruit Cups and Peanut Butter Crackers	4 Individual Cottage Cheese Cups	5 Individual Pimento Cheese Sandwiches	Individual Chicken Salad Sandwiches	7 Chex Mix W/ Nuts	8/9 Crackers and Cheese
10 Jello Cups	11 Peanut Butter and Crackers	12 Individual Tuna Salad Sandwiches	13 Egg Rolls	14 Cheese Sticks	15/16 Fruit Mix Cups Peanut Butter Crackers
17 Cheese, Crackers Applesauce	18 Healthy Chips	19 Individual Egg Salad Sandwich	20 Individual Cottage Cheese Cups	21 Raisin Boxes & Peanut Packs	22/23 Cheese & Crackers
24 Bananas and PB 30	25 Cheese & Crackers 31	26 Chex mix	27 Pudding Cups	28 Chips and Dip	29 Jello Cups and whipped cream

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

**The Club for Your
Best Life 50+!**



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

A new way for seniors to live better, longer by getting help at our clubhouse and/or at your house with Aging With Grace's At Home Health and Help Services. We are Kentucky State Licensed as an Adult Day Health Care Center 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: We will treat others as we would like to be treated.

Days and Hours of Operation, Fees



**The Clubhouse is OPEN:
Monday through Friday
10:00am 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, but in extreme conditions, 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 Daily Rate
\$73 per day
(Includes everything but personal
supplies)**

**Club House Hourly Rate
\$16 per hour**

At Home Health & Help Services

**Available 24/7,
365 days of the year**

\$24 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