



Established 2010

Aging With Grace®

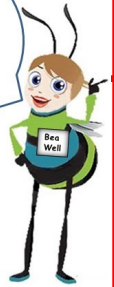
The Official Fountain of Youth Clubhouse Newsletter

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

Volume 7, Issue 12

December 2020

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HAPPY DECEMBER!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
	1 On a Mission Club Improve Strength S.O.M.E. Club Kickball	2 UK Fan Club Improve Mobility Book Club Balloon Volleyball	3 Art Club Improve Strength Game Club Mind/Body Games	4 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	5/6 WEEKENDS BY APPOINTMENT Card Player's Club
7 Natural Resources Club Improve Energy Glee Club Basketball	8 On a Mission Club Improve Strength S.O.M.E. Club Kickball	9 UK Fan Club Improve Mobility Book Club Balloon Volleyball	10 Art Club Improve Strength Game Club Mind/Body Games	11 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	12/13 WEEKENDS BY APPOINTMENT 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 by appointment.
- ◆ Let us hear from you! We want to know what you think!

The Fountain of Youth Clubhouse is OPEN DAILY 10:00am to 4:00pm and weekends and holidays by appointment. Spa treatments are scheduled during Club Meeting times.

Self-Improvement: The Perfect Vehicle, Part III

....Continued from November...Tom has been coming to the clubhouse for 10 years. He is a successful engineer with a large corporation in town, he is single and has no local family. He first used our services when he had a colonoscopy scheduled, which required he had someone drive him there and back and stay with him while he recovered. He discovered our Friday afternoon cornhole games and came religiously as a volunteer for years. One day, however, the staff noticed he was wearing the same shirt with a blueberry stain for the second week, which wasn't like Tom. He was a meticulous dresser. Concerned, the staff asked if Tom was still driving his Corvette, and could she see it? The staff person was surprised to see that the Corvette was dirty and had a few scratches on it, also unlike Tom's habits. Tom was upset when the staff person questioned him about the scratches, claiming that they must have just happened! The staff person calmed him down by suggesting

they go inside and make some phone calls, but once inside, Tom forgot about the Corvette, especially when the staff person asked him to play a game with her. The game was a mini mental exam disguised as a game. The mini mental exam is designed to determine if further investigation is warranted in case one has dementia. Tom did not do well on the exam. The staff person consulted with the nurse on duty, who contacted Tom's doctor, and an appointment was made and transportation arranged. After the appointment with Tom's doctor, and a subsequent appointment with a dementia specialist, Tom was diagnosed with mid-stage Alzheimer's disease. Fortunately for Tom, he had created a plan in his Wellness Map and with his lawyer's help, the club worked to implement the plan. Tom's plan was to stay in his current home and have help at home until the very end. His plan also included coming to the clubhouse full time for supervision

and safety as long as possible to improve his quality of life, improve outcomes, and to save money. Statistics show that adult day attendance can slow the progression of dementia. We work with our member's personal physicians and lawyers to ensure the best outcome for our members.

Adult day centers are licensed by the state of Kentucky as Healthcare Centers with Nursing Services. Nurses are required to be on the premises during hours of operation. The cost for adult day center attendance varies but is usually based on the Medicaid reimbursement rate of \$11. per hour. People who are in need of medical care, and who would otherwise be in a nursing home if not for the services of the adult day center and a caregiver in the home, are eligible for a home and community based waiver from Medicaid to pay for attendance at the adult day center and for help at home.

(to be continued next month...)

Bea Well's Buzz on Health: Spa Treatments for Health

The ads are enticing and hard to miss: A serene atmosphere featuring relaxed and beautiful people, all of whom ostensibly got that way by living the "spa" life.

In fact, from day spas to weekend spas to weeklong spa getaways, this form of "healthy" relaxation has become so popular that a 2006 survey by the International Spa Association (ISPA) reports one-quarter of all American adults - some 57 million folks - plus 4 million teens have had at least one visit to a spa.

Among the reasons cited: Stress reduction and relief, soothing sore joints and muscles, and simply feeling better about oneself. And experts say the survey findings doesn't surprise them.

"Going to a spa is a way of getting taken care of that is psychologically and culturally acceptable -- and we can carry that feeling of being cared for with us for a period of time, and very often that can help us cope better with stress," says NYU professor of psychiatry Virginia Sadock, MD.

Moreover, she says, most spa treatments involve being touched, a key element in helping us relax and feel better.

"Physical contact is necessary to our well-being, and even if the touching is from a stranger, if that stranger is a professional there to pamper you, that touch will have a beneficial effect," says Sadock.

And at least some studies show that these benefits can translate into better health. In one study of more than 3,300 Japanese government workers, frequency of spa use was linked to better physical and mental health, including better quality sleep and fewer sick days. In a similar study on German data conducted by researchers from Florida State University and George Mason University, spa therapy reduced both absenteeism from work and hospitalizations.

But are all spa treatments equal? And are there any hidden dangers that might prove unhealthy? WebMD discovered some surprising truths along

the route to better health.

But while it may be a specific spa promise that draws you in, experts say that for many folks the real value still lies not in the treatment itself, but in the pampering feeling that is universal to the spa experience.

(There is danger of infections from unsanitary tools or water used in spa treatments so be sure the facility and staff doing your spa treatments are careful to sanitize everything continuously).

Says Sadock: "The treatment is less important than the whole concept of being coddled - that's really what going to a spa is all about."

Taken from WebMD
<https://www.webmd.com/beauty/features/spas-the-risks-and-benefits#4>



December Dinner Menu

Dinner is from 1:00 To 2:00



Mon Tue Wed Thu Fri Sat./Sun.

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

	1 <i>Grilled Salmon Rice Salad Pita Bread</i>	2 <i>Chicken Salad Sandwiches Apples Potato Chips</i>	3 <i>Beef Chili Dog With Cheese Salad Bun</i>	4 <i>Chinese Stir Fry W/ Shrimp & Veggies Rice Peaches</i>	5/6 <i>Ham Sandwiches Cole Slaw Popcorn</i>
7 <i>Chicken Fingers French Fries Broccoli Mixed Fruit Garlic Toast</i>	8 <i>Kabobs Greek Salad Tropical Fruit Whole Wheat Bread</i>	9 <i>New Orleans Pasta Green Beans Pears Croissants</i>	10 <i>Chili House Salad Baked Potato Peaches Crackers</i>	11 <i>Cheese Burgers French Fries Lettuce, Tomato, Onions, Bun</i>	12/13 <i>Roast Beef Sandwiches Potato Salad Pretzels</i>
14 <i>Kentucky Philly Baked Potato Garden Salad Fruit Yeast Roll</i>	15 <i>Pizza Tossed Salad Pineapple</i>	16 <i>Grilled Chicken Mashed Potatoes Green Beans Mixed Fruit</i>	17 <i>Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple</i>	18 <i>Loaded Red Beans Tomato & Corn Medley Yellow Rice Fresh Fruit</i>	19/20 <i>Tuna Salad Sandwiches Mandarin Oranges Corn Chips</i>
21 <i>Chicken Pecan Salad Fruit Whole Wheat Bread</i>	22 <i>Roasted Turkey/Gravy/ Mashed Potatoes Dressing Green Beans Fruit Whole Wheat Rolls</i>	23 <i>Fish and Chips Fried Okra Applesauce Hush Puppies</i>	24 <i>Lasagna Tossed Salad Mandarin Oranges Garlic Sticks</i>	25 <i>Fried Chicken Mashed Potatoes Green Beans Fruit Wheat Buns</i>	26/27 <i>Egg Salad Sandwiches Yogurt Chex Mix</i>
28 <i>Tacos Rice and beans Fruit</i>	29 <i>Meatloaf Broccoli Macaroni & Cheese</i>	30 <i>Chicken Alfredo Garden Salad Rolls</i>	31 <i>Fried Shrimp French Fries Slaw Hush Puppies</i>	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!



Special
Dietary needs
are met!

December Breakfast Menu

Continental Breakfast 10-10:30

YUM



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	1 Oatmeal W/ Add Ins	2 Flavored Grits Fresh Fruit Mix	3 Toast Yogurt	4 Hash Browns Boiled Eggs	5/6 Cereal Fresh Fruit Mix
7 Pancakes Fresh Fruit	8 Blueberry Muffin Mixed Fruit	9 French Toast Fresh Fruit	10 Whole Wheat English Muffin Fruit	11 Flavored Grits Bananas	12/13 Cereal Fresh Fruit Mix
14 Pancakes Fresh Fruit	15 Whole wheat Bagel Cream Cheese Oranges	16 Hash Browns Eggs	17 Oatmeal Fruit	18 Banana Muffin Boiled Eggs	19/20 Cereal Fresh Fruit Mix
21 Waffles Applesauce	22 Toast Fresh Pineapples	23 Oatmeal Fruit	24 Blueberry Muffin Mixed Fruit	25 Whole Wheat English Muffin Fruit	26/27 Cereal Fresh Fruit Mix
28 Cinnamon Toast Fresh Fruit Mix	29 Whole wheat Bagel Cream Cheese Oranges	30 Grits Bananas	31 Oatmeal Applesauce	All meals are served with 8oz of milk and water, choice of coffee or hot or cold tea.	

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!



November Tea & A Tale Time Menu

Tea & A Tale Time 3:30 To 4:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	<i>1 Chips and Dip</i>	<i>2 Popcorn and Hot Chocolate</i>	<i>3 Jello Cups and Fruit</i>	<i>4 Sugar Cookies Fruit</i>	<i>5/6 Cheese and Pretzel Packs</i>
<i>7 Fruit Cups and Peanut Butter Crackers</i>	<i>8 Healthy Chips and Cheese Sticks</i>	<i>9 Cheese and Pretzel Packs</i>	<i>10 Trail Mix</i>	<i>11 Chex Mix W/ Nuts</i>	<i>12/13 Crackers and Cheese</i>
<i>14 Jello Cups and Fruit</i>	<i>15 Peanut Butter and Crackers</i>	<i>16 Boiled Eggs and Dip</i>	<i>17 Celery and P'Nut Butter</i>	<i>18 Cheese Sticks and Crackers</i>	<i>19/20 Fruit Mix Cups Peanut Butter Crackers</i>
<i>21 Cheese, Crackers Applesauce</i>	<i>22 Healthy Chips and Oranges</i>	<i>23 Bananas and Jello</i>	<i>24 Popcorn and Hot Chocolate</i>	<i>25 Raisin Boxes & Peanut Packs</i>	<i>26/27 Cheese & Crackers</i>
<i>28 Bananas and PB</i>	<i>29 Pudding Cups</i>	<i>30 Popcorn and Hot Chocolate</i>	<i>31 Peanut Butter and Jelly Sandwiches</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 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
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**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 Fountain of Youth 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 4:00pm**

**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 con-
ditions, 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 Services
Available M-F
10a-4p
\$73 per day
(includes everything
but personal supplies)**

**-or-
Clubhouse 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