



Established 2010

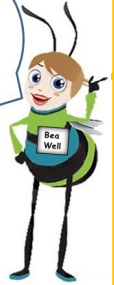
Aging With Grace®

The Official Clubhouse Newsletter

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

Volume 7, Issue 11
November 2020

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For more health tips and useful information



Happy November!

Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p><u>2 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>3 On a Mission Club</u></p> <p><u>Improve Strength</u></p> <p><u>S.O.M.E. Club</u></p> <p><u>Kickball</u></p>	<p><u>4 UK Fan Club</u></p> <p><u>Improve Mobility</u></p> <p><u>Book Club</u></p> <p><u>Balloon Volleyball</u></p>	<p><u>5 Art Club</u></p> <p><u>Improve Strength</u></p> <p><u>Game Club</u></p> <p><u>Mind/Body Games</u></p>	<p><u>6 S.O.L.V.E. Club</u></p> <p><u>Improve Balance</u></p> <p><u>Gardening Club</u></p> <p><u>Corn Hole</u></p>	<p><u>7/8 OPEN ON WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>9 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>10 On a Mission Club</u></p> <p><u>Improve Strength</u></p> <p><u>S.O.M.E. Club</u></p> <p><u>Kickball</u></p>	<p><u>11 UK Fan Club</u></p> <p><u>Improve Mobility</u></p> <p><u>Book Club</u></p> <p><u>Balloon Volleyball</u></p>	<p><u>12 Art Club</u></p> <p><u>Improve Strength</u></p> <p><u>Game Club</u></p> <p><u>Mind/Body Games</u></p>	<p><u>13 S.O.L.V.E. Club</u></p> <p><u>Improve Balance</u></p> <p><u>Gardening Club</u></p> <p><u>Corn Hole</u></p>	<p><u>14/15 OPEN ON WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>16 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>17 On a Mission Club</u></p> <p><u>Improve Strength</u></p> <p><u>S.O.M.E. Club</u></p> <p><u>Kickball</u></p>	<p><u>18 UK Fan Club</u></p> <p><u>Improve Mobility</u></p> <p><u>Book Club</u></p> <p><u>Balloon Volleyball</u></p>	<p><u>19 Art Club</u></p> <p><u>Improve Strength</u></p> <p><u>Game Club</u></p> <p><u>Mind/Body Games</u></p>	<p><u>20 S.O.L.V.E. Club</u></p> <p><u>Improve Balance</u></p> <p><u>Gardening Club</u></p> <p><u>Corn Hole</u></p>	<p><u>21/22 OPEN ON WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>23 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>24 On a Mission Club</u></p> <p><u>Improve Strength</u></p> <p><u>S.O.M.E. Club</u></p> <p><u>Kickball</u></p>	<p><u>25 UK Fan Club</u></p> <p><u>Improve Mobility</u></p> <p><u>Book Club</u></p> <p><u>Balloon Volleyball</u></p>	<p>26 Happy Thanksgiving</p> <p>Come Join Us for Dinner!</p>	<p><u>27 S.O.L.V.E. Club</u></p> <p><u>Improve Balance</u></p> <p><u>Gardening Club</u></p> <p><u>Corn Hole</u></p>	<p><u>28/29 OPEN ON WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>30 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</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 at by appointment.
- ◆ Let us hear from you! We want to know what you think!

WE ARE 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 II

....Continued from October...Another form of insurance is for an individual to take care of one's own health in hopes of never needing custodial or skilled nursing care. That is why Medicare supplemental insurance companies are happy to sponsor the Silver Sneakers program. The more one exercises, the less one is likely to need medical care that

the insurance company will have to pay for with our premiums.

Adult day centers have long been utilized for the mentally and physically challenged eighteen-year-olds and older who age out of the public school system. Adult day centers have not been known as a preferred choice for the over fifty population who want to stay as healthy as possible and have a higher quality of life. However, adult day centers have the potential for becoming the perfect vehicle

for solving many of the problems we are facing as an aging population and the

accompanying escalating costs.

Words are important. Names are important. Instead of calling them adult day centers, let's call them "health clubs for seniors". Each center can be a clubhouse, with a name of its own. Our clubhouse is called the Fountain of Youth Clubhouse.

The people who decide that they want to join the health club in hopes of living better, longer, are called "members". As with any organization, each clubhouse has

its own culture. Our clubhouse has a culture of uplifting and upscale mentally stimulating activities and food fare offerings, alternating with carefully designed physical activities. We are very intentional about not allowing topics related to sex, religion or politics in our programming.

At the heart of what we do is a tool called the Wellness Map. The Wellness Map is individually designed for each member

and contains the medical history of the member, emergency information, and recommendations for helping each member to their best health and quality of life.

Of course, the old adage, "You can lead a horse to water but you can't make it drink", holds true here. No one can be forced to improve their health and quality of

life. Possibly one of the most important sections of the Wellness Map is the HIPAA Healthcare Authorization Section which leads into the plan for what the member would like to happen if they were no longer capable of making decisions

for themselves. Ideally, members will join when they are in their fifties and come to the clubhouse when they would like to ask the nurse a question or when they would like to participate in a club meeting or special event. Imagine this scenario:

(to be continued next month...)

Bea Well's Buzz on Health: An Art Project to Help by Doreen Crell

I personally love being able to do arts and crafts. They improve my health because they keep me happy and active!

In October, the chosen craft was Lollipop Scare-Crows. It is a very easy craft to make and children love it! We gave them to the children in our lives at Halloween, but they make a great gift anytime.

The supplies you will need:

- Double sided scotch tape
- Craft wire
- White glue like Elmer's
- Masking tape
- Colored Markers
- Different colors of construction paper
- Yellow tissue paper
- Corn dog sized sticks (colored brown with markers optional)
- Tootsie roll pops or comparable sized lollipops

1. Lay lollipop on top of construction paper and draw a dress or shirts and pants pattern in a size to go with the size of the lollipop which will become the head.

2. Put another sheet of construction paper underneath the piece you drew pattern of dress or pants and shirt on, and cut out, giving you two sets of "clothing".

3. Tape corn dog stick to lollipop stick using masking tape. Using double sided tape, tape clothing to either side of stick.

4. Cut out a large circle of tissue paper and place around lollipop so it covers it and the edges are around the neck line. Twist or tape or glue to make it stay in place.

5. Draw face on scare-crow.

6. If desired, you can add patterns to the clothing, a hat, tissue paper for hands and feet, buttons, etc.

Use your imagination to create your own unique scare-crow! Have fun!

Come and join us and you can have fun making crafts like these! You will enjoy our other club meetings too!



Doreen made all these Halloween lollipop scarecrows to share and for her grandchildren and friends!



November Dinner Menu

Dinner is from 1:00 To 2:00



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

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!



Special
Dietary needs
are met!

November Breakfast Menu

Continental Breakfast 10-10:30

YUM



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 <i>Whole wheat Bagel Cream Cheese Oranges</i>	3 <i>Oatmeal W/ Add Ins</i>	4 <i>Flavored Grits Fresh Fruit Mix</i>	5 <i>Toast Yogurt</i>	6 <i>Hash Browns Boiled Eggs</i>	7/8 <i>Cereal Fresh Fruit Mix</i>
9 <i>Pancakes Fresh Fruit</i>	10 <i>Blueberry Muffin Mixed Fruit</i>	11 <i>French Toast Fresh Fruit</i>	12 <i>Whole Wheat English Muffin Fruit</i>	13 <i>Flavored Grits Bananas</i>	14/15 <i>Cereal Fresh Fruit Mix</i>
16 <i>Pancakes Fresh Fruit</i>	17 <i>Whole wheat Bagel Cream Cheese Oranges</i>	18 <i>Hash Browns Eggs</i>	19 <i>Oatmeal Fruit</i>	20 <i>Banana Muffin Boiled Eggs</i>	21/22 <i>Cereal Fresh Fruit Mix</i>
23 <i>Waffles Applesauce</i>	24 <i>Toast Fresh Pineapples</i>	25 <i>Oatmeal Fruit</i>	26 <i>Blueberry Muffin Mixed Fruit</i>	27 <i>Whole Wheat English Muffin Fruit</i>	28/29 <i>Cereal Fresh Fruit Mix</i>
30 <i>Cinnamon Toast Fresh Fruit Mix</i>			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.
2 <i>Pudding Cups</i>	3 <i>Chips and Dip</i>	4 <i>Popcorn and Hot Chocolate</i>	5 <i>Jello Cups and Fruit</i>	6 <i>Sugar Cookies Fruit</i>	7/8 <i>Cheese and Pretzel Packs</i>
9 <i>Fruit Cups and Peanut Butter Crackers</i>	10 <i>Healthy Chips and Cheese Sticks</i>	11 <i>Cheese and Pretzel Packs</i>	12 <i>Trail Mix</i>	13 <i>Chex Mix W/ Nuts</i>	14/15 <i>Crackers and Cheese</i>
16 <i>Jello Cups and Fruit</i>	17 <i>Peanut Butter and Crackers</i>	18 <i>Boiled Eggs and Dip</i>	19 <i>Celery and P'Nut Butter</i>	20 <i>Cheese Sticks and Crackers</i>	21/22 <i>Fruit Mix Cups Peanut Butter Crackers</i>
23 <i>Cheese, Crackers Applesauce</i>	24 <i>Healthy Chips and Oranges</i>	25 <i>Bananas and Jello</i>	26 <i>Popcorn and Hot Chocolate</i>	27 <i>Raisin Boxes & Peanut Packs</i>	28/29 <i>Cheese & Crackers</i>
30 <i>Bananas and PB</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
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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 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 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