



Established 2010

Aging With Grace®

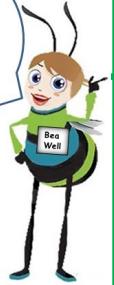
The Official Clubhouse Newsletter

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

Volume 7, Issue 10

October 2020

Like us on Facebook
Follow us on Twitter
For more health tips and useful information



Happy October!

Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
			1 Art Club Improve Strength Game Club Mind/Body Games	2 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	3/4 OPEN ON WEEKENDS BY APPOINTMENT Card Player's Club
5 Natural Resources Club Improve Energy Glee Club Basketball	6 On a Mission Club Improve Strength S.O.M.E. Club Kickball	7 UK Fan Club Improve Mobility Book Club Balloon Volleyball	8 Art Club Improve Strength Game Club Mind/Body Games	9 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	10/11 OPEN ON WEEKENDS BY APPOINTMENT Card Player's Club
12 Natural Resources Club Improve Energy Glee Club Basketball	13 On a Mission Club Improve Strength S.O.M.E. Club Kickball	14 UK Fan Club Improve Mobility Book Club Balloon Volleyball	15 Art Club Improve Strength Game Club Mind/Body Games	16 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	17/18 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
19 Natural Resources Club Improve Energy Glee Club Basketball	20 On a Mission Club Improve Strength S.O.M.E. Club Kickball	21 UK Fan Club Improve Mobility Book Club Balloon Volleyball	22 Art Club Improve Strength Game Club Mind/Body Games	23 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	24/25 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club
26 Natural Resources Club Improve Energy Glee Club Basketball	27 On a Mission Club Improve Strength S.O.M.E. Club Kickball	28 UK Fan Club Improve Mobility Book Club Balloon Volleyball	29 Art Club Improve Strength Game Club Mind/Body Games	30 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	31 OPEN BY APPOINTMENT 2:00 Bingo or Card Player's Club

Inside this issue:

Self-Improvement: The Perfect Vehicle	2
Bee Well's Buzz on Health...Covid Updates	2
Dinner at Noon Calendar Menu	3
Breakfast Menu	4
Tea and a Tale Time Menu	4
Mission Statement and Values	5
Hours of Operation and Fees	6

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 I

Current statistics say 69% of us will need some form of rehabilitation and help before we leave this world.

<https://longtermcare.acl.gov/the-basics/how-much-care-will-you-need.html>

When I ask people how they envision the last third of their lives, they often tell me about how they have saved for their retirement and have purchased long term care insurance to pay for their care, should they need it. I commend them for their good planning and saving habits. Then I point out that they have told me how they are going to **pay** for their lifestyle and help, but they have not told me **what** they are spending their money on. In other words, where will they live, and who will provide the rehabilitation and help? I liken it to having the gas, but no car!

In the beginning, families lived close to one another. Children, parents, grandparents, great-grandparents and other extended family members took care of one another. Those who did not have family were cared for by charitable institutions, mainly churches. Government did not care for the financial needs of older U.S. citizens until 1940 for social security (<http://www.ssa.gov/history/hfaq.html>)

and for their medical and custodial needs until 1965, when President Lyndon B. Johnson signed amendments to the Social Security Act, beginning the Medicare and Medicaid programs

(http://www.cnbc.com/id/43992654/Medicare_and_Medicaid_CNBC_Explains) In 1965 the average life expectancy was 66.80 years old for males. Now we are living longer and longer. The new average lifespan for males today is 75.81 and predictions for this generation of young people reaching the age of 90 seems reasonable

(http://www.data360.org/dsg.aspx?Data_Set_Group_Id=195)

Medical technologies have improved greatly in recent years and are continually and rapidly increasing.

These blessings come at a cost. In addition to the problem of finding the money needed to live more years and to pay for the medical technology to make that happen, other problems stem from the lack of unpaid care that used to come from family members. Families are increasingly fragmented in the modern U.S., and women, who were the caregivers

the past, have careers that preclude them from the demanding role of care-giving. Who is going to take care of the elderly and frail in America and who is going to pay for it?

State and Federal governments are already experiencing heavy deficits, and with the approaching tsunami of aging baby boomers, the future looks grim. Skilled nursing care homes, the current care giver of choice for the Medicaid program in Kentucky, are the most costly form of care because the care is twenty four hours a day, three hundred and sixty five days a year in an institutional setting.

Medicaid home and community based services exist but are not well known, are difficult to implement, and funds are lacking. To be eligible for government programs, poverty must be established. Impoverishment can happen quickly when one must pay the costs associated with long term care unless adequate insurance has been purchased ahead of time, which will pay for skilled nursing care in a nursing home or in one's own home, or for care in other settings. **(to be continued next month...)**

Bea Well's Buzz on Health: Covid Updates

Covid-19 has been in the news for over six months now. I didn't know anyone who had it until last week, when I came down with it myself!

I woke up with a horribly painful headache at 1:00 am on a Saturday night and could not sleep well all night because my head hurt so badly. Even my teeth ached! I had been tired the day before and did not feel "quite right" but was not in any pain. Sunday was spent on the couch drifting in and out of sleep and still hurting, mostly in my head. I was also nauseated and did not feel like even drinking water. I eventually threw up and felt somewhat better. All I had that day was a cup of chicken broth later in the day. I went to bed still in pain and feverish. I woke up the next day without nausea but still in pain and feverish but as the day wore on, I felt better (fever gone) and my headache went away. All I had to eat that day was grapes. The third day I had an all day training and worked from home, eating and drinking very little. I took no medication because I believe the

best way to heal is to keep the body as pure as possible and let our immune system do it's thing. I felt much better Wednesday morning...so much so that I put in a full day. I was careful to wear my mask all the time and keep my distance from people. I did not take it easy, and I did not even drink enough. By the end of Wednesday, I was feeling a little sick again. But I put in another full day on Thursday, and tried again on Friday. By Friday noon I was feeling pretty sick again...achy, tired, light headed, so I came home early and tried to relax. I made an appointment for a Covid test but could not get in until Tuesday. I ended up on the couch all weekend. Monday I made another attempt at a full day but felt worse because of it. Tuesday was my scheduled Covid test appointment. I tested positive. I was so glad I had been wearing my mask religiously and keeping my distance from people! I told all the people with whom I had contact those three and a half days of work that I tested positive for the virus, and encouraged them to get tested too. The testing center had

Get tested. The nurse from the testing company said that if I started feeling worse, that I should see my doctor. She also said to self isolate for 10 days. Since I did not get tested until 9 days after contracting the first symptoms, I only had one day to go. She said I should sleep in another room if I share a bed with someone. I said "Too late, he already has it". He came down with a fever four days after I did. We missed out on all kinds of fun things we had planned for the week and weekend, and I was not able to accomplish much work for over a week. I am grateful that my significant other and I have had it now, and survived. Now we don't have to live in dread, wondering if it is going to put us in the hospital, as the media predicted. My advice is to make an appointment to get tested as soon as you are physically able. Self isolate until you are tested just to be extra safe and not infect anyone. If it can happen to me, it can happen to you, too!—DG



October Dinner Menu

Dinner is from 1:00 To 2:00



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

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!

October Breakfast Menu

Continental Breakfast 10-10:30

YUM



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

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!



October Tea & A Tale Time Menu

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



Mon


Tue

Wed

Thu

Fri

Sat./Sun.

			<p>1 <i>Jello Cups and Fruit</i></p>	<p>2 <i>Sugar Cookies Fruit</i></p>	<p>3/4 <i>Cheese and Pretzel Packs</i></p>
<p>5 <i>Fruit Cups and Peanut Butter Crackers</i></p>	<p>6 <i>Healthy Chips and Cheese Sticks</i></p>	<p>7 <i>Cheese and Pretzel Packs</i></p>	<p>8 <i>Trail Mix</i></p>	<p>9 <i>Chex Mix W/ Nuts</i></p>	<p>10/11 <i>Crackers and Cheese</i></p>
<p>12 <i>Jello Cups and Fruit</i></p>	<p>13 <i>Peanut Butter and Crackers</i></p>	<p>14 <i>Boiled Eggs and Dip</i></p>	<p>15 <i>Celery and P'Nut Butter</i></p>	<p>16 <i>Cheese Sticks and Crackers</i></p>	<p>17/18 <i>Fruit Mix Cups Peanut Butter Crackers</i></p>
<p>19 <i>Cheese, Crackers Applesauce</i></p>	<p>20 <i>Healthy Chips and Oranges</i></p>	<p>21 <i>Bananas and Jello</i></p>	<p>22 <i>Popcorn and Hot Chocolate</i></p>	<p>23 <i>Raisin Boxes & Peanut Packs</i></p>	<p>24/25 <i>Cheese & Crackers</i></p>
<p>26 <i>Bananas and PB</i></p>	<p>27 <i>Cheese & Crackers</i></p>	<p>28 <i>Chex mix</i></p>	<p>29 <i>Pudding Cups</i></p>	<p>30 <i>Chips and Dip</i></p>	<p>31 <i>Popcorn and Hot Chocolate</i></p>

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®

743 Allendale Road, Suite B
Lexington, KY 40503

859 539 2147
administrator@
AgingWithGraceInfo.org

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 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