



Established 2010

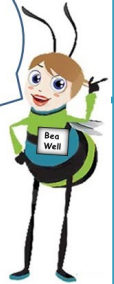
Aging With Grace®

The Official Clubhouse Newsletter

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

Volume 7, Issue 9
September 2020

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



Happy September!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
	<p><u>1 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>2 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>3 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>4 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>5/6 OPEN ON WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>7 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>8 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>9 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>10 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>11 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>12/13 OPEN ON WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>14 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>15 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>16 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>17 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>18 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>19/20 OPEN ON WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>21 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p>	<p><u>22 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>23 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>24 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>25 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>26/27 OPEN ON WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>28 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>29 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>30 UK Fan Club</u></p> <p><u>Improve Mobility</u></p> <p><u>Book Club</u></p> <p><u>Balloon Volleyball</u></p>			

Inside this issue:

Improvement: COME 2
VOLUNTEER!

Bea Well's Buzz on Health... Loneliness 2

Food Fare Menu: Dinner at One 3

Food Fare Menu: Breakfast at Ten 4

Food Fare Menu: Tea & a Tale Time 5

Mission Statement and Values 6

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

WE ARE OPEN DAILY
10:00AM TO 4:30PM

Improvement: Come Join Us!



Grace Place Clubhouse

Grace Place is designed to benefit people 50 and older who want to improve their health and quality of life. We conduct our services as a health club for seniors, and we call our center “The Clubhouse”.

These are some questions to ask while shopping for the best adult day center for you or your loved one, taken from a website offered by Genworth, a long term care insurance company:

<http://nadsa.org/consumers/choosing-a-center/>



Doreen taught us how to make flowers!

1. What is the staffing structure of the facility?

We have one staff per five members.

2. Is the adult day care center licensed or otherwise accredited?

We are licensed by the state of Kentucky as an adult day healthcare center with nursing services.

3. Are there a minimum number of days per week, or hours per day?

No minimum!

4. What does the center require for admission to the care program?

Potential members must complete a wellness consultation with our nurse and give consent for us to obtain medical records.

5. Can the care center accommodate



Grace Place loves to celebrate birthdays!

participants with special needs?

We specialize in helping people with special needs...but only for people 50 and older.

6. Is there written documentation to instruct staff how to handle emergencies?

We have an extensive backup plan and staff members are trained on what to do in different emergencies. We do drills regularly.

7. How much does adult day care cost?

We charge \$73 a day and offer a deep discount for monthly pre-payment. We also offer an hourly rate of \$16 an hour.

8. Do I have to pay for this or is some of

it covered elsewhere?

Some of our members pay for our services out of pocket, (we take check, credit cards, ach automatic withdrawals) or with long term care insurance if they have home and community based coverage. Some Medicare Supplement (also known as Part B) policies offer an adult day center benefit. Medicaid Home and Community Based Waiver is income based and if a member qualifies, Medicaid will pay for our services. Also, the Veteran’s Aid and Attendance Program will pay for our services.

9. My dad has Alzheimer’s disease. Can he participate in an adult day care center?

We have special programs for those with Alzheimer’s disease or similar types of dementia. Our programs focus on activities that encourage participation and nurture the special needs of the individual. We also provide a stimulating environment for adults with adequate cognitive skills but who suffer from physical limitations. We have staff members who are trained to focus on the client’s ability to socialize and participate in activities.

10. What are the social programs like?

We have well-trained activity specialists who lead dynamic activities programs. Our programs include arts and crafts, intergenerational programs, music, cooking classes, exercise sessions, movies, discussion

groups, and live entertainment.

We offer programs that are especially designed for physically frail individuals with special medical needs such as



Masks by Doreen

diabetes, hypertension and post-stroke disabilities, and those with mental health challenges such as dementia, confusion and Alzheimer’s disease.

Bee Well’s Buzz on Health: Loneliness from www.nia.nih.gov

Losing a sense of connection and community changes a person’s perception of the world. Someone experiencing chronic loneliness feels threatened and mistrustful of others, which activates a biological defense mechanism, according to Steve Cole, Ph.D., director of the Social Genomics Core Laboratory at the University of California, Los Angeles. His NIA-funded research focuses on understanding the physiological pathways of loneliness (the different ways that loneliness affects how

your mind and body function) and developing social and psychological interventions to combat it.

For example, loneliness may alter the tendency of cells in the immune system to promote inflammation, which is necessary to help our bodies heal from injury, Dr. Cole said. But inflammation that lasts too long increases the risk of chronic diseases.

Loneliness acts as a fertilizer for other diseases,” Dr. Cole said. “The biology of loneliness can accelerate the

buildup of plaque in arteries, help cancer cells grow and spread, and promote inflammation in the brain leading to Alzheimer’s disease.” Research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer’s disease, and even death.

Don’t be lonely. Come to the clubhouse everyday!

Our Dinner At Noon comes from local restaurants!

September 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>Turkey Sandwiches Potato Salad Carrots</i>	2 <i>Grilled Salmon Rice Salad Pita Bread</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>Beef 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>Slow Roasted Beef House 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>Sub Sandwiches Potato Chips Tossed Salad Fruit Cups</i>	30 <i>Chicken Alfredo Broccoli Mandarin Oranges Garlic Sticks</i>			

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

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!





September Breakfast Menu

Continental Breakfast 10-11



**All of our
breakfasts
meet dietary
restrictions/
substitutions
available**

Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	1 Yogurt Cups	2 Bananas	3 Cold Cereal	4 Grits	5/6 Yogurt Cups
7 Pancakes	8 Blueberry Muffin	9 Oatmeal	10 Bran Muffin	11 Sausage Biscuit	12/13 Grits
14 Sausage Biscuit	15 Bagels	16 Hash Browns	17 Fruit Cups	18 Bananas	19/20 Yogurt Cups
21 Grits	22 Cold Cereal	23 Fruit Cups	24 Blueberry Muffin	25 Fruit Cups	26/27 Oatmeal
28 Sticky Bun	29 Bran Muffin	30 Breakfast Burritos	Breakfast is served with 8oz of milk and water, choice of coffee or hot or cold tea.		

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 cross-

word 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



September 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 Pudding Cups	2 Chips and Dip	3 Jello Cups and whipped cream	4 Sugar Cookies Fruit	5/6 Cheese and Pretzel Packs
7 Fruit Cups and Peanut Butter Crackers	8 Individual Cottage Cheese Cups	9 Individual Pimento Cheese Sandwiches	10 Individual Chicken Salad Sandwiches	11 Chex Mix W/ Nuts	12/13 Crackers and Cheese
14 Jello Cups	15 Peanut Butter and Crackers	16 Individual Tuna Salad Sandwiches	17 Egg Rolls	18 Cheese Sticks	19/20 Fruit Mix Cups Peanut Butter Crackers
21 Cheese, Crackers Applesauce	22 Healthy Chips	23 Individual Egg Salad Sandwich	24 Individual Cottage Cheese Cups	25 Raisin Boxes & Peanut Packs	26/27 Cheese & Crackers
28 Bananas and PB	29 Cheese & Crackers	30 Chex mix			

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.AgingWith
GraceInfo.org](http://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