



Established 2010

# Aging With Grace®

*The Official Fountain of Youth Clubhouse Newsletter*

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

Volume 8, Issue 1

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information



## HAPPY JANUARY!

### FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
				1 <a href="#">S.O.L.V.E. Club</a>  <a href="#">Improve Balance</a>  <a href="#">Gardening Club</a>  <a href="#">Corn Hole</a>	2/3 <b><u>WEEKENDS BY APPOINTMENT</u></b>  <a href="#">Card Player's Club</a>
4 <a href="#">Natural Resources Club</a>  <a href="#">Improve Energy</a>  <a href="#">Glee Club</a> <a href="#">Basketball</a>	5 <a href="#">On a Mission Club</a>  <a href="#">Improve Strength</a>  <a href="#">S.O.M.E. Club</a> <a href="#">Kickball</a>	6 <a href="#">UK Fan Club</a>  <a href="#">Improve Mobility</a>  <a href="#">Book Club</a>  <a href="#">Balloon Volleyball</a>	7 <a href="#">Art Club</a>  <a href="#">Improve Strength</a>  <a href="#">Game Club</a>  <a href="#">Mind/Body Games</a>	8 <a href="#">S.O.L.V.E. Club</a>  <a href="#">Improve Balance</a>  <a href="#">Gardening Club</a>  <a href="#">Corn Hole</a>	9/10 <b><u>WEEKENDS BY APPOINTMENT</u></b>  <a href="#">Card Player's Club</a>
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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 IV

Continued from last month.....

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 daycenter and for help at home. Most long-term care insurance will also pay for attendance at an adult day center and help at home. Even if one must pay out-of-pocket, adult day center attendance combined with help at home costs about the same or less than skilled nursing care.

As with any choice we make concerning

expenditures, it pays to do our homework and shop around.

Below are some questions that one should ask when shopping for an adult day center. Fountain of Youth Clubhouse answers, in blue:

1. What is the staffing structure of the facility? Ask about the ratio of patients to staff members and the availability of clinical supervision if the center is providing medically related services. Is there a manager or supervisor on staff at all times, even during extended hours? What special training does the staff receive to work with special needs such as dementia?

The Fountain of Youth Clubhouse has a maximum of 10 members in attendance daily, and a minimum of two staff at all times, one of whom is a nurse. There is a supervising nurse on staff also. Staff receives training in the best practices for dementia patients and emergency proce-

dures.

2. Is the adult day care center licensed or otherwise accredited? If your state offers an adult day care license it's important that the center has an active license. Some states do not offer these licenses. If this is the case, there may be a great deal of difference between individual centers, therefore it is important to learn more about each of the centers near you. You will probably want to visit the centers closest to you and talk with the staff and other families that use the centers to determine if the facilities and programs available meet your individual needs.

The Fountain of Youth Clubhouse is licensed as a Healthcare Center with Nursing Services from the Kentucky Cabinet of Health and Human Services. The Clubhouse is also subject to audits and recoupments from the Department for Medicaid Services.

—To be continued next month....

## Bea Well's Buzz on Health: Planting a Home Garden for Health

"Backyard gardening can inspire you to take an interest in the origins of your food and make better choices about what you put on your plate," says Dr. Helen Delichatsios, an internist at Harvard-affiliated Massachusetts General Hospital. "When you grow your own food, you savor it more because of the effort it took to get to the table."

Growing your own food has many health benefits:

It helps you eat more fresh fruits and vegetables.

You decide what kinds of fertilizers and pesticides come in contact with your food.

It lets you control when to harvest your food. Vegetables that ripen in the garden have more nutrients than some store-bought vegetables that must be picked early.

Growing your own food isn't rocket science. "Growing food is very simple," says Kathleen Frith, managing director of the Center for Health and the Global Environment (CHGE) at Harvard Medical School.

"It takes a little time, but things like tomatoes, lettuce, peppers — basic kitchen crops — are very forgiving. Really, anyone can learn to grow food pretty easily." Frith proved that when she spearheaded the Harvard Community Garden, a large collaborative project in Harvard Square. Students tend the garden and grow a variety of fruits and vegetables. The garden's bounty is donated to food shelters or featured on the menu at the Harvard Faculty Club. You can see photos of the garden here.

If you're interested in growing food in your backyard, Frith offers these tips:

Start small and plant things you'd really like to eat. Pick a spot with at least 6 hours of good daytime light and access to water. Use contaminant-free soil. Consider using a raised garden bed, which allows you to control the soil and nutrient blend. Talk to farmers or other backyard gardeners in your area to get a sense of what grows well in your region and when.

If you don't have space for a garden at home, a community garden is another option. You can find one in your community through the American Community Gardening Association.

"You will be amazed by how much fun gardening can be, and the pride you take in sharing healthy food nurtured by your own efforts," says Acacia Matheson, the CHGE's assistant director of communications. "We hope that people will develop more interest in learning about their food choices, and how to prepare fresh, healthy food at home."

Be patient as you cultivate your relationship with your garden and the Earth. Before long, you'll reap the benefits. You may even see a little tinge of green on those thumbs.

*By Heidi Godman*  
*Executive Editor, Harvard Health Letter*  
<https://www.health.harvard.edu/blog>



# January Dinner Party Menu

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

## Not Just a Dinner Party...Did You Know...?

In addition to our regular Dinner Party 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!





# January Morning Fare

Morning Fare 10-10:30



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 Hash Browns Boiled Eggs	2/3 Cereal Fresh Fruit Mix
4 Pancakes Fresh Fruit	5 Blueberry Muffin Mixed Fruit	6 French Toast Fresh Fruit	7 Whole Wheat English Muffin Fruit	8 Flavored Grits Bananas	9/10 Cereal Fresh Fruit Mix
11 Pancakes Fresh Fruit	12 Whole wheat Bagel Cream Cheese Oranges	13 Hash Browns Boiled Eggs	14 Oatmeal Fruit	15 Banana Muffin Boiled Eggs	16/17 Cereal Fresh Fruit Mix
18 Waffles Applesauce	19 Toast Fresh Pineapples	20 Oatmeal Fruit	21 Blueberry Muffin Mixed Fruit	22 Whole Wheat English Muffin Fruit	23/24 Cereal Fresh Fruit Mix
25 Cinnamon Toast Fresh Fruit Mix	26 Whole wheat Bagel Cream Cheese Oranges	27 Grits Bananas	28 Oatmeal Applesauce	29 Flavored Grits Fresh Fruit Mix	30/31 Toast Yogurt

## Breakfast...A Time to Contemplate

Breakfast at Grace Place 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 activities that follow 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 beautiful scenic videos on the big screen television that is hooked up to the internet as they drink their beverage.

We love to find a 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!



# January Tea & A Tale Time Menu

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



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
				1 <i>Oatmeal Cookies Fruit</i>	2/3 <i>Cheese and Pretzel Packs</i>
		4 <i>Fruit Cups and Peanut Butter Crackers</i>	5 <i>Healthy Chips and Cheese Sticks</i>	6 <i>Cheese and Pretzel Packs</i>	7 <i>Jello Cups and Fruit</i>
11 <i>Jello Cups and Fruit</i>	12 <i>Peanut Butter and Crackers</i>	13 <i>Boiled Eggs and Dip</i>	14 <i>Celery and P'Nut Butter</i>	15 <i>Cheese Sticks and Crackers</i>	16/17 <i>Fruit Mix Cups Peanut Butter Crackers</i>
18 <i>Cheese, Crackers Applesauce</i>	19 <i>Healthy Chips and Oranges</i>	20 <i>Bananas and Jello</i>	21 <i>Popcorn and Hot Chocolate</i>	22 <i>Raisin Boxes &amp; Peanut Packs</i>	23/24 <i>Cheese &amp; Crackers</i>
25 <i>Bananas and PB</i>	26 <i>Pudding Cups</i>	27 <i>Healthy Muffins and Hot Chocolate</i>	28 <i>Peanut Butter and Jelly Sandwiches</i>	29 <i>Chips and Dip</i>	30/31 <i>Popcorn and Hot Chocolate</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 this one?

### 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!

Or how about this one?

### 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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Web  
[www.AgingWithGraceInfo.org](http://www.AgingWithGraceInfo.org)

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



## Aging With Grace® is the newsletter of Grace Place —Your Best Life 50+ Club

**A new way for those 50+ to live better, longer by getting help at our Fountain of Youth Clubhouse and/or at your house with Grace Place's At Home Health and Help Services. We are Kentucky State Licensed as an Adult Day Health Care Center with Nursing Services.**

### Our Mission:

**GRACE PLACE EXISTS TO IMPROVE YOUR HEALTH AND QUALITY OF LIFE.** Grace Place 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:** We respect you. You are a unique individual with dignity and value.

**Appreciation:** We know we are employed because you are here. We are thankful for your patronage.

**Sacrifice and Service:** We want to serve you. We will put your needs above our own.

**Grace:** We will treat you as we would like to be treated. We know we will be in your stage of life someday.

## 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  
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 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