



Aging With Grace®

The Official Fountain of Youth Clubhouse Newsletter

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

Volume 8, Issue 2

February 2021

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HAPPY FEBRUARY!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
1 Natural Resources Club Improve Energy Glee Club Basketball	2 On a Mission Club Improve Strength S.O.M.E. Club Kickball	3 UK Fan Club Improve Mobility Book Club Balloon Volleyball	4 Art Club Improve Strength Game Club Mind/Body Games	5 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	6/7 WEEKENDS BY APPOINTMENT Card Player's Club
8 Natural Resources Club Improve Energy Glee Club Basketball	9 On a Mission Club Improve Strength S.O.M.E. Club Kickball	10 UK Fan Club Improve Mobility Book Club Balloon Volleyball	11 Art Club Improve Strength Game Club Mind/Body Games	12 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	13/14 WEEKENDS BY APPOINTMENT Card Player's Club
15 Natural Resources Club Improve Energy Glee Club Basketball	16 On a Mission Club Improve Strength S.O.M.E. Club Kickball	17 UK Fan Club Improve Mobility Book Club Balloon Volleyball	18 Art Club Improve Strength Game Club Mind/Body Games	19 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	20/21 WEEKENDS BY APPOINTMENT Card Player's Club
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Inside this issue:

Self-Improvement: The Perfect Vehicle Part V	2
Bee Well's Buzz on Health: Home Gardens	2
Dinner Party Calendar Menu	3
Morning Fare Calendar Menu	4
Tea and a Tale Time Calendar Menu	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 at by appointment.
- ◆ Let us hear from you! We want to know what you think!

Hello February



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 V

Continued from last month....

3. Are there a minimum number of days per week, or hours per day? Most centers require a half-day's participation. Ask how far in advance participation needs to be scheduled and if there is any penalty for unplanned absences.

Grace Place has no minimum hours or days of attendance. We do offer a discount for prepaid full time monthly attendance.

4. What does the center require for admission to the care program? Some centers require documentation from a recent physical exam or special tests such as tuberculosis. If the center is providing medically based assistance they may require a physician's order for some treatments. If medications are to be administered they may require the prescriptions be filled directly by the center.

A Wellness Consultation with the Grace Place nurse is required before one is accepted as a member, complete with per-

tinent medical records, and a list of prescriptions. If medications must be taken at the Clubhouse, the current day's medication must be brought in an up to date prescription bottle, and only the current day's dosage must be checked in daily.

5. Can the care center accommodate participants with special needs? Not all adult day care centers are staffed to serve clients with special physical needs such as blindness or extreme hearing loss. Most centers, but not all, can provide for clients who are incontinent and need hygiene management throughout the day. Wheelchair access is generally considered in the layout of adult day care facilities; however, check to make sure that lack of mobility will not prevent full participation.

The Grace Place Fountain of Youth Clubhouse is completely compliant with all ADA recommendations. We help our members with all personal care needs in the form of spa treatments, and each

member's Wellness Map outlines their needs for personal and medical care.

6. Is there written documentation to instruct staff how to handle emergencies? Evacuation plans should be well documented as well as procedures to handle medical emergencies of an individual participant.

The Fountain of Youth Clubhouse has extensive emergency planning for all conceivable forms of emergencies and practices drills monthly. Diagrams for exits are in each room.

7. How much does adult day care cost? Costs vary among adult day care centers but are usually much lower than the cost of an in-home caregiver for the same length of time. Costs range from \$45 a day to over \$100 per day depending on the services offered, type of reimbursement, and geographic region.

—To be continued next month....

Bea Well's Buzz on Health: Romance for Good Health

Forget the medicine cabinet—romantic relationships can be a ticket to good health! But is Cupid's bow a double-edged sword? Love isn't all about the butterflies. There are chemical processes in the brain that affect how we feel. When we're with a significant other, the body releases hormones, like oxytocin and dopamine, that signal feelings of trust, pleasure, and reward. And all that happens in the brain may be good for the heart—literally. In one study, researchers found people's blood pressure was lower when they were with a romantic partner than when they were interacting with anyone else. (Guess they weren't fighting...). Scientists suggest blood pressure's lower in these situations because romantic partners feel familiar and comfortable with each other. Yet, even new relationships have their advantages—researchers discovered fresh love may shield against stress. Oh, the joys of the "honeymoon" stage! In most cases, love and wellness go hand-in-

hand. But beware: People in unsupportive and harmful relationships are at greater risk for developing heart problems, depression, and a weaker immune system. And with any relationship comes the risk of heartbreak, which really does hurt, as scientists uncovered neurological similarities between feelings of social rejection and physical pain. And it may not be a good idea to get hitched too soon. Researchers found health problems in men who married before age 26. So here are some tips to take advantage of the potential health benefits of Cupid's arrow, giving us another reason to thank a loved one this Valentine's Day (and every day that follows!): 1) Write a love letter. Forget texting—one study found writing love letters can reduce cholesterol. Signed, sealed, delivered—it benefits both parties! 2) Grab a hand. Holding hands with a significant other can reduce stress more than holding a stranger's (which would be weird any-

way). Looks like the Beatles were onto something. 3) Hug it out. Don't forget the power of a good hug. Frequent hugging between lovers is linked to high oxytocin levels (the Love Hormone) and lower blood pressure in some women. 4) Get down n' dirty. It's no secret sex can reduce stress, so remember to fit in some quality time between the sheets to feel good in more ways than one. Read our article 10 reasons sex is good for your health and best foods to improve libido. 5) Hit the gym (together). Studies suggest married pairs frequent the gym more often and are less likely to call it quits than when they go alone. So become a power couple and sweat it out together, boosting some endorphins along the way.

<https://www.healthfitnessrevolution.com/surprising-health-effects-love/>



February Dinner Party Menu

Dinner Party is from 1:00 To 2:00



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



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!





February Morning Fare

Morning Fare 10-10:30



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
1 <i>Cinnamon Toast Fresh Fruit Mix</i>	2 <i>Whole wheat Bagel Cream Cheese Oranges</i>	3 <i>Grits Bananas</i>	4 <i>Oatmeal Applesauce</i>	5 <i>Hash Browns Boiled Eggs</i>	6/7 <i>Cereal Fresh Fruit Mix</i>
8 <i>Pancakes Fresh Fruit</i>	9 <i>Blueberry Muffin Mixed Fruit</i>	10 <i>French Toast Fresh Fruit</i>	11 <i>Whole Wheat English Muffin Fruit</i>	12 <i>Flavored Grits Bananas</i>	13/14 <i>Cereal Fresh Fruit Mix</i>
15 <i>Pancakes Fresh Fruit</i>	16 <i>Whole wheat Bagel Cream Cheese Oranges</i>	17 <i>Hash Browns Boiled Eggs</i>	18 <i>Oatmeal Fruit</i>	19 <i>Banana Muffin Boiled Eggs</i>	20/21 <i>Cereal Fresh Fruit Mix</i>
22 <i>Waffles Applesauce</i>	23 <i>Toast Fresh Pineapples</i>	24 <i>Oatmeal Fruit</i>	25 <i>Blueberry Muffin Mixed Fruit</i>	26 <i>Whole Wheat English Muffin Fruit</i>	27/28 <i>Cereal 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 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!



February Tea & A Tale Time Menu

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



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



**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.**

Days and Hours of Operation,

**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