



Established 2010

Aging With Grace®

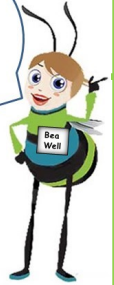
The Official Fountain of Youth Clubhouse Newsletter

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

Volume 8, Issue 3

March 2021

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HAPPY MARCH!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p><u>1 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>2 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>3 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>4 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>5 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>6/7 WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>8 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>9 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>10 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>11 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>12 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>13/14 WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>15 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>16 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>17 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>18 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>19 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>20/21 WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>22 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>23 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>24 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>25 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>26 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>27/28 WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>29 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>30 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>31 UK Fan Club</u></p> <p><u>Improve Mobility</u></p> <p><u>Book Club</u></p> <p><u>Balloon Volleyball</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!

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 VI

Continued from last month....

7. 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 \$65 a day to over \$100 per day depending on the services offered, type of reimbursement, and geographic region. The median annual rate for adult day health care in the U.S. is \$15,600, according to the Genworth 2011 Cost of Care Survey. [The Fountain of Youth Clubhouse is \\$73 per day and we 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?

Adult day care programs are generally paid for by the client, but sometimes the cost can be offset through Medicare, Medicaid or other community-based subsidies or federal and state programs, such as the Older Americans Act, the Veterans Administration, and others. Some long term care insurance policies have a benefit that will reimburse the policyholder for adult day care expenses. [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 Insurance Policies \(also known as Part B\) offer an adult day center benefit. Medicaid Home and Community Based Waiver is income and asset 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?

Some centers have special programs for those with Alzheimer's disease or similar types of dementia. These programs focus on activities that encourage participation and nurture the special needs of these individuals. Adult day care centers should also be able to provide a stimulating environment to adults with adequate cognitive skills but who suffer from physical limitations. Most adult and senior day care centers have staff members who are trained to focus on the client's ability to socialize and participate in activities. [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?

Many centers have well-trained activity specialists who lead dynamic activities programs. These programs might include arts and crafts, intergenerational programs, music, cooking classes, exercise sessions, movies, discussion groups, live entertainment and trips into the community. Some care centers offer programs

that are especially designed for physically frail individuals with special medical needs such as diabetes, hypertension and post-stroke disabilities, and those with mental health challenges such as dementia, confusion and Alzheimer's disease. [We have well trained activity specialists who lead dynamic activities programs. Our programs include arts and crafts, intergenerational programs, music, cooking classes, exercise sessions, books \(no movies\), discussion groups, and live entertainment. We offer programs that are especially designed for physically frail individuals with special needs such as diabetes, hypertension and post stroke disabilities as well as those with mental health issues such as dementia.](#)

A good tip to remember: take a tour of a center before you send your loved one there so you can see for yourself what the staff and surroundings are like. [Please do come to visit the Fountain of Youth Clubhouse! Make an appointment or drop in M-F 10 to 4.](#)

We are unlike any other adult day center or home care agency because we work with our members to help them to their best health and quality of life using The Wellness Map and The Guidebook (n.a. for Medicaid Members). The Wellness Map and The Guidebook are designed to be legally binding documents containing the wishes and instructions of our members concerning their care. We can keep our members in their homes until the end, if that is their desire.*

Bea Well's Buzz on Health: Addiction Sneaks Up on People 60+

Substance abuse among adults over the age of 60, particularly of alcohol and prescription drugs, is one of the fastest growing health problems in the United States.

Alcohol and prescription drug abuse affects up to 17% of adults over the age of 60 as per the National Institute on Alcohol Abuse and Alcoholism (NIAAA). Due to insufficient knowledge, limited research data, and hurried office visits, health care providers often overlook substance abuse among people over age 60. This is made worse by the fact that people over 60 often have medical or behavioral disorders that mimic symptoms of substance abuse, such as [depression](#), diabetes, or dementia.

According to the Office of Alcoholism and Substance Abuse Services, substance abuse among senior citizens can be classified into two general forms: the "hardy survivor," or those who have been abusing substances for many years and have reached 65, and the "late onset" group, which is those who form addictions later in life. Regardless of how old you are or when your addiction started, there are treatment options available to help you get back on a healthy path.

Causes of Addiction in People 60+

There are several things that could contribute to someone turning to substance abuse later in life. These could be health-related issues or life-changing events that take an emotional toll. These events may

provoke substance-abusing behavior that can result in a [full-scale addiction](#).

Potential triggers or causes for drug or alcohol addiction in the elderly include:

- Retirement
- Death of a family member, spouse, pet or close friend
- Loss of income or financial strains
- Relocation or placement in a nursing home
- Trouble sleeping
- Family conflict
- Mental or physical health decline (depression, memory loss, major surgeries, etc.)

The Dangers of Substance Abuse

Drug or [alcohol abuse](#) among those age 60+ is particularly dangerous because senior citizens are more susceptible to the deteriorating effects of these substances. Individuals over 65 have a decreased ability to metabolize drugs or alcohol along with an increased brain sensitivity to them. This makes it dangerous for seniors to use drugs or alcohol at all, even if the person isn't addicted.

[Benzodiazepines](#), which are used to treat anxiety, pain or insomnia, are some of the most dangerous prescription drugs for seniors. These are generously prescribed and highly addictive. The rate of senior citizens addicted to benzos has increased every year.

Challenges In Identifying Addiction for Those Aged 60+

Alcohol or drug abuse may actually mimic symptoms of other medical or mental health disorders, such as diabetes, dementia or depression. This makes it easy for doctors who encounter an older patient to chalk up declining mental or physical health simply to "old age."

Not long ago, a medical colleague referred a 67-year-old woman to me with mild depression, weakness and complaints of short-term memory loss. Her physician told her there was no clear medical explanation for her symptoms, given that her physical exam, exhaustive lab tests and brain M.R.I. were all normal... The problem, I soon discovered, was that her alcohol consumption had tripled since the death of her husband a year earlier. She did disclose to her internist that she drank but minimized the amount. She had turned to alcohol, self-medicating her grief, but it only worsened her mood and impaired her memory, typical of alcohol's effects on the brain.

- Richard A. Friedman, M.D., [NYTimes.com](#)



March Dinner Party Menu

Dinner Party is from 1:00 To 2:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
1 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	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 Chicken Salad Sand- wiches Apples Potato Chips
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 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!



**Special
Dietary needs
are met!**

MARCH

Morning Fare

Morning Fare 10-10:30

YUM



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

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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!



March Tea & A Tale Time Menu

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



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
1 <i>Popcorn and Hot Chocolate</i>	2 <i>Chips and Dip</i>	3 <i>Peanut Butter and Jelly Sandwiches</i>	4 <i>Cheese & Crackers</i>	5 <i>Oatmeal Cookies Fruit</i>	6/7 <i>Cheese and Pretzel Packs</i>
8 <i>Fruit Cups and Peanut Butter Crackers</i>	9 <i>Healthy Chips and Cheese Sticks</i>	10 <i>Cheese and Pretzel Packs</i>	11 <i>Jello Cups and Fruit</i>	12 <i>Chex Mix W/ Nuts</i>	13/14 <i>Crackers and Cheese</i>
15 <i>Jello Cups and Fruit</i>	16 <i>Peanut Butter and Crackers</i>	17 <i>Boiled Eggs and crackers</i>	18 <i>Celery and P'Nut Butter</i>	19 <i>Cheese Sticks and Crackers</i>	20/21 <i>Fruit Mix Cups Peanut Butter Crackers</i>
22 <i>Cheese, Crackers Applesauce</i>	23 <i>Healthy Chips and Oranges</i>	24 <i>Bananas and Jello</i>	25 <i>Popcorn and Hot Chocolate</i>	26 <i>Raisin Boxes & Peanut Packs</i>	27/28 <i>Cheese & Crackers</i>
29 <i>Bananas and PB</i>	30 <i>Pudding Cups</i>	31 <i>Healthy Muffins 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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We're On the
Web
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GraceInfo.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



LIVE
BETTER,
LONGER!

**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**

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.**

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