



Established 2010

Aging With Grace®

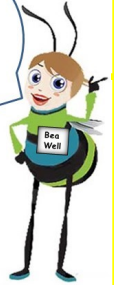
The Official Fountain of Youth Clubhouse Newsletter

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

Volume 8, Issue 4

April 2021

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For more health tips and useful information



HAPPY APRIL!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p style="text-align: center;">LIVE BETTER, LONGER!</p>			1 <u>Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>	2 <u>S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u>	3/4 <u>WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u>
		5 <u>Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	6 <u>On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	7 <u>UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	8 <u>Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>
12 <u>Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	13 <u>On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	14 <u>UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	15 <u>Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>	16 <u>S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u>	17/18 <u>WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u>
19 <u>Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	20 <u>On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	21 <u>UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	22 <u>Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>	23 <u>S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u>	24/25 <u>WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u>
26 <u>Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	27 <u>On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	28 <u>UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	29 <u>Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>	30 <u>S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u>	

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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: Seven Ways Reading Helps Your Brain

Mental Stimulation

Studies show that staying mentally stimulated can slow the progress of and reduce the risks of Alzheimer's and dementia. You've got a "use it or lose it" brain. Information rarely accessed and behaviors seldom used cause a decrease in those neural pathways until connections may be completely lost in a process called "synaptic pruning." As a matter of fact, you may be unknowingly contributing to your brain's decline by not challenging it. Activities like reading, jigsaw puzzles, and chess give your brain a workout and keep it actively stimulated.

Stress Reduction

Did you ever notice how stress disappears when you lose yourself in a

good read? If you're looking for a way to de-stress, grab a book and let your mind forget about your problems for a while.

According to a 2009 study, reading reduced stress levels by as much as 68 percent, which was more than listening to music, having a cup of tea, playing video games, or going for a walk. The researchers noted that participants who engaged in just six minutes of reading experienced slowed heart rates and reduced muscle tension. Study co-author Dr. David Lewis, a neuropsychologist at Mindlab International at Sussex, said:

It really doesn't matter what book you read, by losing yourself in a thoroughly engrossing book you can escape from the worries and stress-

es of the everyday world and spend a while exploring the domain of the author's imagination. This is more than merely a distraction but an active engaging of the imagination as the words on the printed page stimulate your creativity and cause you to enter what is essentially an altered state of consciousness."

Enhanced Social Skills

For some, reading books are a way to escape the real world and the people in it. Interestingly enough, research shows that reading can actually improve social skills to help you deal with those people. One [study](#) found that individuals who read fiction may be better at generating what is known as "theory of mind."

....to be continued next month....

Bea Well's Buzz on Health: Sitting is the New Smoking

When you think of something that could threaten your life, you probably don't think about your chair. But according to many researchers, it's one of the biggest potential threats to your health.

Research shows that you can reduce your chances of cancer, type 2 diabetes, cardiovascular disease, and back pain, all with one simple lifestyle change: reduce the time you spend sitting.

"Sitting is more dangerous than smoking, kills more people than HIV, and is more treacherous than parachuting. We are sitting ourselves to death," says James Levine, a professor of medicine at the Mayo Clinic, in an interview with the LA Times. "The chair is out to kill us."

You may have heard the saying, "sitting is the new smoking," which is credited to Dr. Levine. He's not the only one who believes that we're sitting ourselves to death. There's a growing body of research that supports his claim and the benefits of standing desks, though there are some who disagree.

"We weren't designed to sit," claims Dr. Joan Vernikos, former director of NASA's Life Sciences Division and au-

thor of the "Sitting Kills, Moving Heals". "The body is a perpetual motion machine."

Dr. Levine estimates that, in the US, we spend more than half of our waking hours sitting down, either watching TV, driving, or sitting at a desk at work or home. You may be thinking, "But I work out several times per week." The research shows that though exercise is good for you, it doesn't negate the damage done by extended periods of sitting.

Professor Marc Hamilton, Ph.D., from the Pennington Biomedical Research Center, tells Men's Health, "We see it in people who smoke and people who don't. We see it in people who are regular exercisers and those who aren't. Sitting is an independent risk factor."

He further explains, "The cure for too much sitting isn't more exercise. Exercise is good, of course, but the average person could never do enough to counteract the effect of hours and hours of chair time."

As Katy Bowman, a scientist and author of the book: Move Your DNA: Restore Your Health Through Natural Movement, told Reuters: "You can't offset 10

hours of stillness with one hour of exercise."

The reason why is that marathon sitting sessions change your body's metabolism. Gavin Bradley, director of Active Working, an international group aimed at reducing excessive sitting, explains part of the process, "Metabolism slows down 90 percent after 30 minutes of sitting. The enzymes that move the bad fat from your arteries to your muscles, where it can get burned off, slow down. The muscles in your lower body are turned off. And after two hours, good cholesterol drops 20 percent. Just getting up for five minutes is going to get things going again. These things are so simple they're almost stupid."

Toni Yancey, a professor of health services at UCLA's Fielding School of Public Health, describes the process: "Sitting shuts down electrical activity in the legs. It makes the body less sensitive to insulin, causes calorie-burning to plummet, and slows the breakdown of dangerous blood fats, lowering 'good' HDL cholesterol."

Our Food Fare
comes from local
restaurants!

April Dinner Party Menu

Dinner Party is from 1:00 To 2:00



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

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

Dinner Party is
served with milk
and water, choice of
coffee or hot or cold
tea.

1

Grilled Salmon
Rice
Salad
Pita Bread

2

Chinese Stir Fry
W/ Shrimp & Veggies
Rice
Peaches

3/4

Ham Sandwiches
Cole Slaw
Popcorn

5

Chicken Fingers
French Fries
Broccoli
Mixed Fruit
Garlic Toast

6

Kabobs
Greek Salad
Tropical Fruit
Whole Wheat Bread

7

New Orleans Pasta
Green Beans
Pears
Croissants

8

Chili
House Salad
Baked Potato
Peaches
Crackers

9

Cheese Burgers
French Fries
Lettuce, Tomato,
Onions,
Bun

10/11

Chicken Salad Sand-
wiches
Apples
Potato Chips

12

Kentucky Philly
Baked Potato
Garden Salad
Fruit
Yeast Roll

13

Pizza
Tossed Salad
Pineapple

14

Grilled Chicken
Mashed Potatoes
Green Beans
Mixed Fruit

15

Marinara Meat Sauce
and Spaghetti
Caesar Salad
Pineapple

16

Loaded Red Beans
Tomato & Corn Medley
Yellow Rice
Fresh Fruit

17/18

Tuna Salad Sandwiches
Mandarin Oranges
Corn Chips

19

Chicken Pecan Salad
Fruit
Whole Wheat Bread

20

Roasted Turkey/Gravy/
Mashed Potatoes
Dressing
Green Beans
Fruit
Whole Wheat Rolls

21

Fish and Chips
Fried Okra
Applesauce
Hush Puppies

22

Lasagna
Tossed Salad
Mandarin Oranges
Garlic Sticks

23

Fried Chicken
Mashed Potatoes
Green Beans
Fruit
Wheat Buns

24/25

Egg Salad Sandwiches
Jello and Fruit Cup
Chex Mix

26

Fried Shrimp
French Fries
Slaw
Hush Puppies

27

Chicken Alfredo
Garden Salad
Rolls

28

Meatloaf
Broccoli
Macaroni & Cheese

29

Italian Sub
Fresh Fruit
Chips

30

Baked Ham
Broccoli Casserole
Carrots
Wheat Bread

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!

APRIL Morning Fare

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

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!



April Tea & A Tale Time Menu

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



Mon	Tue	Wed	Thu	Fri	Sat./Sun.	
	<p>All of our Food Fare meets dietary restrictions</p>		1 <i>Cheese & Crackers</i>	2 <i>Oatmeal Cookies Fruit</i>	3/4 <i>Cheese and Pretzel Packs</i>	
5 <i>Fruit Cups and Peanut Butter Crackers</i>		6 <i>Healthy Chips and Cheese Sticks</i>	7 <i>Cheese and Pretzel Packs</i>	8 <i>Jello Cups and Fruit</i>	9 <i>Chex Mix W/ Nuts</i>	10/11 <i>Crackers and Cheese</i>
12 <i>Jello Cups and Fruit</i>		13 <i>Peanut Butter and Crackers</i>	14 <i>Boiled Eggs and crackers</i>	15 <i>Celery and P'Nut Butter</i>	16 <i>Cheese Sticks and Crackers</i>	17/18 <i>Fruit Mix Cups Peanut Butter Crackers</i>
19 <i>Cheese, Crackers Applesauce</i>		20 <i>Healthy Chips and Oranges</i>	21 <i>Bananas and Jello</i>	22 <i>Popcorn and Hot Chocolate</i>	23 <i>Raisin Boxes & Peanut Packs</i>	24/25 <i>Cheese & Crackers</i>
26 <i>Bananas and PB</i>		27 <i>Pudding Cups</i>	28 <i>Healthy Muffins and Hot Chocolate</i>	29 <i>Peanut Butter and Jelly Sandwiches</i>	30 <i>Chips and Dip</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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**The Club for Your
Best Life 50+!**



Aging With Grace® is the newsletter of The 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