



Established 2010

Aging With Grace®

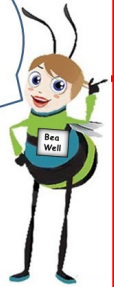
The Official Fountain of Youth Clubhouse Newsletter

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

Volume 8, Issue 6

June 2021

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HAPPY JUNE!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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 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 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 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>Basketball</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 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>29</p>	<p>30</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: Seven Ways Reading Helps Your Brain

Continued from last month:

Heightened connectivity was seen in the left-temporal cortex, an area of the brain associated with receptivity for language, and the central sulcus, the primary sensory motor region. Neurons here make representations of sensation for the body, a phenomenon known as grounded cognition. Just thinking about running, for instance, can activate the neurons associated with the physical act of running.

Better Sleep

Creating a bedtime ritual, such as reading before bed, signals to your body that it's time to wind down and go to sleep, according to the Mayo Clinic. You will want to be sure to read a real book though and limit your screen time before bed. Screens like e-readers and tablets can actually keep you awake longer and disrupt your sleep. That applies especially to kids. Fifty-

four percent of children sleep near a small screen and get an average of 20 minutes less sleep according to research. So reach for the literal page-turners before switching off the light.

Pick Up a Real Paper Book for the Most Benefit

Although more and more people are reading electronically, it seems safe to say that real books aren't going anywhere. (Personally, I can't stand to read electronically. I want to hold a book in my hand.) It's a good thing too. As it turns out, diving into a page-turner has benefits that e-reading does not.

Research suggests that reading on a screen slows you down and that you absorb less of what you read.

Neuroscience, in fact, has shown that you use different parts of your brain

when reading from a piece of paper and a screen. Reading on screens trains your brain for "non-linear" reading. This is when you skim a screen or your eyes dart around a web page.

Science says that the tactility and permanence of paper pages provide your brain with a different cognitive and emotional experiences, which can lead to deeper understanding and better comprehension. The scrolling necessary when reading electronically has two negative impacts. Even the small effort required to drag a mouse or swipe a finger is a significant diversion of attention. Text flowing up and down a screen also disrupts visual attention. It constantly forces your eyes to re-focus and search for a new starting point.

Joining a book club adds even more layers and dimensions for improving your brain through reading!

Bea Well's Buzz on Health: **The Beach Is Good for You!**

It's your daily dose of Vitamin D

Did you know that we need vitamin D to help absorb calcium and promote bone growth as well as healthy teeth? Our bodies naturally produce vitamin D when we are exposed to sunlight, but when we don't get enough sunshine, we can feel a little sad and flat. It's no wonder Winter weather can leave us feeling a little glum. Also, getting enough vitamin D can reduce your chances of getting the flu. What's not to like?! It's also really important for lots of other important body functions like regulating mood-swings. If you have darker skin, you're less likely to absorb vitamin D from sun exposure, so it's always a good idea to ask your G.P. if in doubt.

Sand acts as a natural exfoliant

Sand is nature's natural exfoliant and it can help to slough away dead skin and leave your skin feeling much softer as a result, plus it's way cheaper than an exfoliating treatment at the spa. Try rubbing sand on the soles and especially the heels of your feet to revitalise those little tootsies. There are thousands of nerve endings on the soles of your feet, so when you walk barefoot on the sand, you're literally connecting with nature.

The colour blue is calming

If science says it's true, who are we to argue?! Scientists say the color blue has a

calming effect on the psyche. Some people even believe ocean therapy can be used to help treat PTSD Post Traumatic Stress Disorder in veterans. We know the color blue is associated with peace and tranquility so get your buns to the beach pronto.

It improves your mental health

In this fast-paced digital age, life can feel overwhelming at times. A digital detox is the best thing you can do for your head. We are so overstimulated with the sheer number of devices, like smartphones, tablets, laptops and televisions it's just too much noise sometimes. Studies show that there are clear links when it comes to living in a coastal area and mental well-being. Being at the beach means our mind and body both get a cognitive break. Quite simply, it's almost like pressing the reset button for yourself. We need more of this!

It's beneficial for your skin

Who knew that the ocean is actually really good for your skin? Seawater is choc full of anti-aging minerals that helps improve the skin's elasticity like iodine, plus it also helps cuts to heal faster. Just be mindful of the sun's rays and use a good spf, to avoid getting burnt. Be especially careful when it comes to your face and the sun's rays. Don't forget your floppy sun hat for maximum coverage. Getting burnt is the absolute worst! Our favourite spf bali

body gives our arms and limbs a lovely dewy sheen, plus it's vegan which is big plus in our books. Who doesn't want to look like a golden goddess? Let's just say we know all the tricks of the trade when it comes to rocking a bikini!

The beach helps to decrease stress

Trips to the beach can have potentially huge mental health benefits. Scientists say that regular trips to the beach are one of the best ways to ward off stress and depression. There's also a good reason why you often drift off when you're lying on the beach, it's because the rhythmic sound of the waves, actually help your brain to relax.

The beach is good for your lungs

Literally! Ever notice when you first step out on the sand and allow your lungs to be filled with salty air how good it feels? That's because the sea air contains ions, which calms your senses and helps make us more cheerful. Fact! The salt in the air which contains these negative ions, are also beneficial for your respiratory system.

You never needed an excuse, but if you were looking for one, now you have plenty. So hit the beach, get some serious R&R and let mother nature work her magic on you!



JUNE Dinner Party Menu

Dinner Party is from 1:00 To 2:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	1 <i>Chicken Alfredo Garden Salad Rolls</i>	2 <i>Baked Ham Broccoli Casserole Carrots Wheat Bread</i>	3 <i>Grilled Salmon Rice Salad Pita Bread</i>	4 <i>Chinese Stir Fry W/ Shrimp & Veggies Rice Peaches</i>	5/6 <i>Italian Sub Fresh Fruit Chips</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>Chili House Salad Baked Potato Peaches Crackers</i>	11 <i>Cheese Burgers French Fries Lettuce, Tomato, Onions, Bun</i>	12/13 <i>Chicken Salad Sand- wiches Apples Potato Chips</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>Chicken Pecan 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 Jello and Fruit Cup Chex Mix</i>
28 <i>Fried Shrimp French Fries Slaw Hush Puppies</i>	29 <i>Meatloaf Broccoli Macaroni & Cheese</i>	30 <i>Chili Dogs Cole Slaw Chips Fruit</i>			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!

JUNE

Morning Fare

Morning Fare 10-10:30

YUM



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



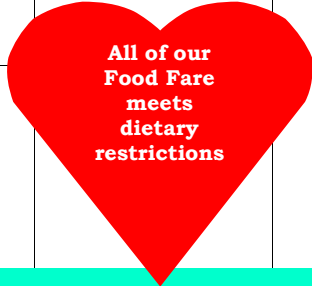
JUNE

Tea & A Tale Time Menu

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



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

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®

743 Allendale Road, Suite B
Lexington, KY 40503

859 539 2147
administrator@
AgingWithGraceInfo.org

We're On the
Web
www.AgingWithGraceInfo.org

**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 may need help someday.

Days and Hours of Operation, Fees



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