



Established 2010

Aging With Grace®

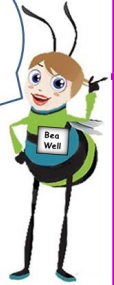
The Official Fountain of Youth Clubhouse Newsletter

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

Volume 8, Issue 5

May 2021

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HAPPY MAY!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p>3 Natural Resources Club</p> <p>Improve Energy</p> <p>Glee Club</p> <p>Basketball</p>	<p>4 On a Mission Club</p> <p>Improve Strength</p> <p>S.O.M.E. Club</p> <p>Kickball</p>	<p>5 UK Fan Club</p> <p>Improve Mobility</p> <p>Book Club</p> <p>Balloon Volleyball</p>	<p>6 Art Club</p> <p>Improve Strength</p> <p>Game Club</p> <p>Mind/Body Games</p>	<p>7 S.O.L.V.E. Club</p> <p>Improve Balance</p> <p>Gardening Club</p> <p>Corn Hole</p>	<p>1/2 WEEKENDS BY APPOINTMENT</p> <p>Card Player's Club</p> <p>8/9</p>
<p>10 Natural Resources Club</p> <p>Improve Energy</p> <p>Glee Club</p> <p>Basketball</p>	<p>11 On a Mission Club</p> <p>Improve Strength</p> <p>S.O.M.E. Club</p> <p>Kickball</p>	<p>12 UK Fan Club</p> <p>Improve Mobility</p> <p>Book Club</p> <p>Balloon Volleyball</p>	<p>13 Art Club</p> <p>Improve Strength</p> <p>Game Club</p> <p>Mind/Body Games</p>	<p>14 S.O.L.V.E. Club</p> <p>Improve Balance</p> <p>Gardening Club</p> <p>Corn Hole</p>	<p>15/16 WEEKENDS BY APPOINTMENT</p> <p>Card Player's Club</p>
<p>17 Natural Resources Club</p> <p>Improve Energy</p> <p>Glee Club</p> <p>Basketball</p>	<p>18 On a Mission Club</p> <p>Improve Strength</p> <p>S.O.M.E. Club</p> <p>Kickball</p>	<p>19 UK Fan Club</p> <p>Improve Mobility</p> <p>Book Club</p> <p>Balloon Volleyball</p>	<p>20 Art Club</p> <p>Improve Strength</p> <p>Game Club</p> <p>Mind/Body Games</p>	<p>21 S.O.L.V.E. Club</p> <p>Improve Balance</p> <p>Gardening Club</p> <p>Corn Hole</p>	<p>22/23 WEEKENDS BY APPOINTMENT</p> <p>Card Player's Club</p>
<p>24 Natural Resources Club</p> <p>Improve Energy</p> <p>Glee Club</p> <p>Basketball</p>	<p>25 On a Mission Club</p> <p>Improve Strength</p> <p>S.O.M.E. Club</p> <p>Kickball</p>	<p>26 UK Fan Club</p> <p>Improve Mobility</p> <p>Book Club</p> <p>Balloon Volleyball</p>	<p>27 Art Club</p> <p>Improve Strength</p> <p>Game Club</p> <p>Mind/Body Games</p>	<p>28 S.O.L.V.E. Club</p> <p>Improve Balance</p> <p>Gardening Club</p> <p>Corn Hole</p>	<p>29/30 WEEKENDS BY APPOINTMENT</p> <p>Card Player's Club</p>
<p>31 Natural Resources Club</p> <p>Improve Energy</p> <p>Glee Club</p> <p>Basketball</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:

Theory of mind is the ability to understand others' mental states, beliefs, desires, and differing thoughts. It's a skill essential for complex social relationships.

Another study found that individuals who read fiction scored higher on tests of empathy than those who read nonfiction.

Vocabulary Expansion

It goes without saying, but I'm going to say it: the more you read, the more words to which you are exposed. Research provides strong support for the correlation between word-reading skill and vocabulary. Science confirms the importance of reading to the process of vocabulary acquisition in children and adolescents. In adults, a larger vocabulary corresponds with a higher income. I read somewhere that the average American reads a book a year. The CEO of a company averages around 60 books a year. Enough said.

Memory Improvement

When you read, your brain is doing a lot more than just deciphering words on a page. Reading is more neurobiologically demanding than processing images or speech. It's a neural workout. As you read, disparate parts of your brain — such as vision, language, and associative learning — work together.

According to one study, mental stimulation like reading can help protect memory and thinking skills, especially as you age. The authors even suggest that reading every day can slow down the late-life cognitive decline. In other research, reading has been shown to slow the rate of memory deterioration and the decline of other key mental capacities. This translates indirectly as reading can actually help people live longer.

The act of reading helps to heighten overall brain function and increase memory. Scientists at the University of

California, Berkeley, found that it can lower the levels of beta-amyloid, a brain protein involved in Alzheimer's, by keeping the mind cognitively stimulated. Reading has also been linked to slowing mental decline by improving overall mental flexibility, an important component to developing and retaining memory.

Improved Brain Connectivity and Function

One study determined that becoming engrossed in a novel enhances the brain's resting-state connectivity and overall function. Specifically, reading fiction improves the reader's ability to put themselves in another's shoes and flex imagination in a way similar to the visualization of a muscle memory in sports.

Heightened connectivity was seen in the left-temporal cortex, an area of the brain associated with receptivity for language,to be continued next month....

Bea Well's Buzz on Health: **Traveling is a brain booster!**

Plasticity continues to adapt throughout your life. This means that we're able to make our brains healthier at any age. Improving our cognitive health is our greatest "gift and responsibility," according to Dr. Diamond.

Let's look at three rules for keeping your brain sharp later in life:

#1 Rule: Don't Take Your Brain Power for Granted

The brain is not immune to aging. Like the rest of our body, the brain changes as we grow older. Once we hit our late 20s, we start to lose neurons — the cells that make up the brain.

While this might sound scary, it's a natural process. Besides, there are many steps you can take to improve your brain health, travel being one of them.

#2 Rule: Attend the Mental Gym Regularly

Everyone knows that exercise reduces stress, as well as the risk of heart disease. We also know that in order to achieve the desired results, exercise needs to be regular.

The same is true for brain plasticity. It's not enough to do something new or challenging only once. To keep the mind sharp as we age, we need to attend the mental gym regularly.

Travel activates your brain much like doing a Sudoku or learning a new language. Don't like crossword puzzles? Take a trip instead!

#3 Rule: Don't Stop Traveling Later in Life

Activities commonly associated with travel, such as meeting new people or hiking through national

parks, help prevent cognitive decline.

According to the Global Coalition on Aging, there's adequate research to suggest that regular participation in social or leisure activities, including travel, has the potential to reduce the risk of dementia and Alzheimer's disease.

Do you ever feel older than your years? Travel can provide a solution. According to the latest findings by Dr. Hambrick, openness to experiences can soften people's experience of growing older. In other words, travel makes us feel young again.

Traveling later in life is not only important, but highly recommended. Go ahead and explore the world — your brain will thank you.

Our Food Fare
comes from local
restaurants!

MAY Dinner Party Menu

Dinner Party is from 1:00 To 2:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
3 Meatloaf Broccoli Macaroni & Cheese	4 Chicken Alfredo Garden Salad Rolls	5 Baked Ham Broccoli Casserole Carrots Wheat Bread	6 Grilled Salmon Rice Salad Pita Bread	7 Chinese Stir Fry W/ Shrimp & Veggies Rice Peaches	1/2 Italian Sub Fresh Fruit Chips 8/9 Ham Sandwiches Cole Slaw Popcorn
10 Chicken Fingers French Fries Broccoli Mixed Fruit Garlic Toast	11 Kabobs Greek Salad Tropical Fruit Whole Wheat Bread	12 New Orleans Pasta Green Beans Pears Croissants	13 Chili House Salad Baked Potato Peaches Crackers	14 Cheese Burgers French Fries Lettuce, Tomato, Onions, Bun	15/16 Chicken Salad Sand- wiches Apples Potato Chips
17 Kentucky Philly Baked Potato Garden Salad Fruit Yeast Roll	18 Pizza Tossed Salad Pineapple	19 Grilled Chicken Mashed Potatoes Green Beans Mixed Fruit	20 Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple	21 Loaded Red Beans Tomato & Corn Medley Yellow Rice Fresh Fruit	22/23 Tuna Salad Sandwiches Mandarin Oranges Corn Chips
24 Chicken Pecan Salad Fruit Whole Wheat Bread	25 Roasted Turkey/Gravy/ Mashed Potatoes Dressing Green Beans Fruit Whole Wheat Rolls	26 Fish and Chips Fried Okra Applesauce Hush Puppies	27 Lasagna Tossed Salad Mandarin Oranges Garlic Sticks	28 Fried Chicken Mashed Potatoes Green Beans Fruit Wheat Buns	29/30 Egg Salad Sandwiches Jello and Fruit Cup Chex Mix
31 Fried Shrimp French Fries Slaw Hush Puppies	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.	

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!

MAY

Morning Fare

Morning Fare 10-10:30

YUM



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



MAY Tea & A Tale Time Menu

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



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

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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 may need help 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