



Established 2010

Aging With Grace®

The Official Fountain of Youth Clubhouse Newsletter

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

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HAPPY JULY!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
			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>	9 <u>S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</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 Volley</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>	31 <u>WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u>

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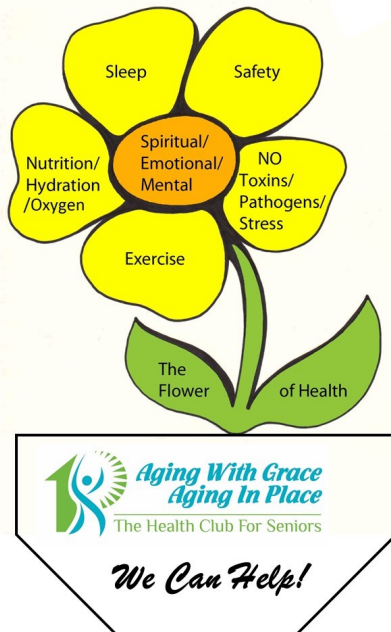
Special points of interest:

- ◆ 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: The Center

Take Care and Nurture Yourself



The middle of the Flower of Health is the most important.

Just as the middle of the flower anchors the petals, your spiritual, emotional, and mental health anchors the other aspects of your health. You can also use your hand as a symbol for the areas necessary for health improvement. Your palm represents the middle of the flower and your fingers are the petals! So when you look at your hand, ask yourself: how am I feeling? Addictions, anger, grief, depression, and other problems have to be managed in order for the other areas of health to be addressed so you can get healthier. We are all

human. We all have spiritual, emotional, and mental health problems. We must acknowledge these in order to get healthier! If you are suffer-

ing from untreated fresh grief, for example, you will not be able to sleep well—no matter how many good sleep hygiene tools you implement!

Now let us talk about choices. Each day we are bombarded by “noise” vying for our attention and asking us to make choices. Let us choose to get help for our spiritual, emotional, and mental health first. Support groups are a good place to get help and references for a good professional. Choose to go to a support group. If you do not know of one, ask me. I am happy to be a free resource for the public to use to find help to manage your spiritual,

emotional, and mental health: remember the middle of the flower...the palm of your hand...symbols of the all important center of your health!

Bea Well's Buzz on Health: **Laughter is the Best Medicine**

We all know that a positive attitude is often an attribute of those who live the longest and best, but did you know that laughing has actually been shown to heal wounds? Research has proved there is a long list of health care benefits. Laughter therapy has been shown to:

- Boost your immune and circulatory systems
- Enhance oxygen intake, while stimulating the heart and lungs
- Relax muscles
- Trigger the release of endorphins
- Ease digestion, and soothe stomach aches
- Relieve pain
- Balance blood pressure
- Improve mental health
- Reduce stress/tension and promote relaxation
- Improve sleep
- Enhance quality of life

The use of laughter has been used in medicine for years. The ancient Greek physicians prescribed laughter for their patients by visiting the hall of comedians. Early Native Americans used clowns to work with their witch doctors. They too realized the powerful effects of humor and laughter in healing. In the 13th century, surgeons used humor to distract patients from pain. Today more than ever before, people are turning to humor for therapy and healing. Laughter yoga, and other types of laughter therapy are becoming more complementary to clinics and hospitals. Medical journals now acknowledge laughter therapy is improving quality of life for patients with chronic illnesses. Laughing becomes therapeutic for both the patient and the health care professional. I encourage you to make laughter a part of your everyday routine. We all need a prescription from our physician: Rx: A heap-

ing cupful of belly aching laughter daily and PRN. About the Author Cheryl Carver is an independent wound educator and consultant. Carver's experience includes over a decade of hospital wound care and hyperbaric medicine. Carver single-handedly developed a comprehensive educational training manual for onboarding physicians and is the star of disease-specific educational video sessions accessible to employee providers and colleagues. Carver educates onboarding providers, in addition to bedside nurses in the numerous nursing homes across the country. Carver serves as a wound care certification committee member for the National Alliance of Wound Care and Ostomy, and is a board member of the Undersea Hyperbaric Medical Society Mid-West Chapter.

Our Food Fare comes from local restaurants!

JULY Dinner Party Menu

Dinner Party is from 1:00 To 2:00



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

<p>Dinner Party is served with milk and water, choice of coffee or hot or cold tea.</p>	<p>All of our dinners meet dietary restrictions/alternate menu items available</p>			<p>1 Meat Loaf Mashed Potatoes / Gravy Okra/corn/tomatoes Ramsey's</p>	<p>2 Salmon Croquettes Green Beans Pears Critchfield's</p>	<p>3/4 Italian Sub Fresh Fruit Chips</p>
	<p>5 Hot Brown Broccoli Mixed Fruit Critchfield's</p>	<p>6 Pork Chops Mac & Cheese Collard Greens Critchfield's</p>	<p>7 Stir Fry W/ Shrimp & Veggies Peaches Wong Wong's</p>	<p>8 Chili House Salad Baked Potato Wendy's</p>	<p>9 Cheese Burgers French Fries Lettuce, Tomato, Onions, Freddies</p>	<p>10/11 Chicken Salad Sandwiches Apples Potato Chips</p>
	<p>12 Grilled Salmon Sweet Potato Broccoli O'Charley's</p>	<p>13 Pizza Tossed Salad Pineapple La Rosa's</p>	<p>14 Beef Cube Steak Mashed Potatoes Green Beans Critchfield's</p>	<p>15 Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple Fazoli's</p>	<p>16 Loaded Red Beans Tomato & Corn Medley Corn Bread Ramsey's</p>	<p>17/18 Tuna Salad Sandwiches Mandarin Oranges Corn Chips</p>
	<p>19 Cranberry Pecan Chicken Salad Fruit Frische's</p>	<p>20 Entre' Kale Fruit Good Foods Co-op</p>	<p>21 Fish and Chips Fried Okra Hush Puppies Captain D's</p>	<p>22 Chicken Livers Corn Medley Mandarin Oranges Critchfield's</p>	<p>23 Fried Chicken Mashed Potatoes Green Beans Critchfield's</p>	<p>24/25 Egg Salad Sandwiches Jello and Fruit Cup Chex Mix</p>
	<p>26 Garlic Shrimp Pasta Salad Garlic Toast O'Charley's</p>	<p>27 Grilled Chicken Broccoli Macaroni & Cheese Frische's</p>	<p>28 Chili Dogs Cole Slaw Chips Cook Out</p>	<p>29 Entre' Vegetable Carbohydrate Good Foods</p>	<p>30 Pork Burrito Salad Chips and salsa Moe's Grill</p>	<p>31 Philly Sausage Garden Salad Fruit O'Charley's</p>

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!

JULY

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

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!



JULY

Tea & A Tale Time Menu

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



Mon Tue Wed Thu Fri Sat./Sun.



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



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