



Established 2010

Aging With Grace®

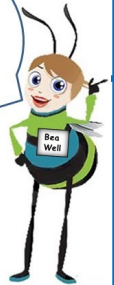
The Official Fountain of Youth Clubhouse Newsletter

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

Volume 8, Issue 9

September 2021

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For more health tips and useful information



HAPPY SEPTEMBER!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<div style="border: 2px solid black; border-radius: 50%; padding: 20px; width: fit-content; margin: auto;"> <p style="font-size: 24px; font-weight: bold; margin: 0;">COME JOIN US!</p> </div>		<p>1 UK Fan Club</p> <p>Improve Mobility</p> <p>Book Club</p> <p>Balloon Volleyball</p>	<p>2 Art Club</p> <p>Improve Strength</p> <p>Game Club</p> <p>Mind/Body Games</p>	<p>3 S.O.L.V.E. Club</p> <p>Improve Balance</p> <p>Gardening Club</p> <p>Corn Hole</p>	<p>4/5</p> <p style="text-align: center;"><u>WEEKENDS BY APPOINTMENT</u></p> <p>Card Player's Club</p>
<p>6 Natural Resources Club</p> <p>Improve Energy</p> <p>Glee Club</p> <p>Basketball</p>	<p>7 On a Mission Club</p> <p>Improve Strength</p> <p>S.O.M.E. Club</p> <p>Kickball</p>	<p>8 UK Fan Club</p> <p>Improve Mobility</p> <p>Book Club</p> <p>Balloon Volleyball</p>	<p>9 Art Club</p> <p>Improve Strength</p> <p>Game Club</p> <p>Mind/Body Games</p>	<p>10 S.O.L.V.E. Club</p> <p>Improve Balance</p> <p>Gardening Club</p> <p>Corn Hole</p>	<p>11/12</p> <p style="text-align: center;"><u>WEEKENDS BY APPOINTMENT</u></p> <p>Card Player's Club</p>
<p>13 Natural Resources Club</p> <p>Improve Energy</p> <p>Glee Club</p> <p>Basketball</p>	<p>14 On a Mission Club</p> <p>Improve Strength</p> <p>S.O.M.E. Club</p> <p>Kickball</p>	<p>15 UK Fan Club</p> <p>Improve Mobility</p> <p>Book Club</p> <p>Balloon Volleyball</p>	<p>16 Art Club</p> <p>Improve Strength</p> <p>Game Club</p> <p>Mind/Body Games</p>	<p>17 S.O.L.V.E. Club</p> <p>Improve Balance</p> <p>Gardening Club</p> <p>Corn Hole</p>	<p>18/19</p> <p style="text-align: center;"><u>WEEKENDS BY APPOINTMENT</u></p> <p>Card Player's Club</p>
<p>20 Natural Resources Club</p> <p>Improve Energy</p> <p>Glee Club</p> <p>Basketball</p>	<p>21 On a Mission Club</p> <p>Improve Strength</p> <p>S.O.M.E. Club</p> <p>Kickball</p>	<p>22 UK Fan Club</p> <p>Improve Mobility</p> <p>Book Club</p> <p>Balloon Volleyball</p>	<p>23 Art Club</p> <p>Improve Strength</p> <p>Game Club</p> <p>Mind/Body Games</p>	<p>24 S.O.L.V.E. Club</p> <p>Improve Balance</p> <p>Gardening Club</p> <p>Corn Hole</p>	<p>25/26</p> <p style="text-align: center;"><u>WEEKENDS BY APPOINTMENT</u></p> <p>Card Player's Club</p>
<p>27 Natural Resources Club</p> <p>Improve Energy</p> <p>Glee Club</p> <p>Basketball</p>	<p>28 On a Mission Club</p> <p>Improve Strength</p> <p>S.O.M.E. Club</p> <p>Kickball</p>	<p>29 UK Fan Club</p> <p>Improve Mobility</p> <p>Book Club</p> <p>Balloon Volleyball</p>	<p>30 Art Club</p> <p>Improve Strength</p> <p>Game Club</p> <p>Mind/Body Games</p>		

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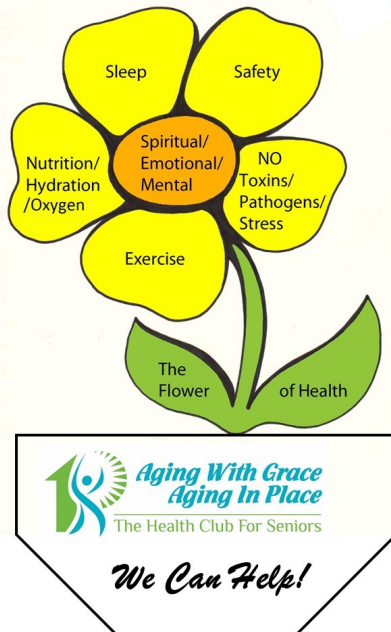
Special points of interest:

- ◆ 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: healthline.com/health/chiropractic-benefits#10-benefits

Take Care and Nurture Yourself



1. Relieves neck pain

Neck pain is a common problem, especially if you sit for many hours a day, frequently bend your neck to use your phone, or have poor posture. A chiropractor may help ease your neck pain by realigning your spine and easing tension in your neck muscles.

An older 2012 study found that 12 weeks of spinal manipulation was more effective than medication at treating non-specific neck pain in a group of 272 adults at 8-, 12-, 26-, and 52-week follow-ups.

A 2019 study found that cervical spine manipulation may help decrease neck pain in the short-term by modifying levels of neuropeptides in your blood. Neuropeptides are proteins made in your nervous system that function as neurotransmitters or hormones.

2. Reduces reliance on opioid pain relievers

People with chronic pain are often given prescriptions for opioid pain relievers to help manage their discomfort. However, undergoing chiropractic treatment may lower your need to take these pain relievers.

A large 2020 study compared the number of prescriptions for opioid pain relievers filled for adults who visited just their doctor or who visited both a chiropractor and their doctor to treat spinal pain.

The study found that adults who visited a chiropractor were less likely to get an opioid prescription filled for their pain compared to those who only saw their doctor.

3. Eases back pain

Chiropractic treatment may be a good alternative to more invasive alternatives like surgery or injections for treating short-term or chronic back pain.

The American College of Physicians recommends that doctors encourage people with chronic low back pain to first seek non-medication treatments before taking medication to treat their pain. Some of the treatment options recommended include:

- 1.) spinal manipulation (chiropractic care),
- 2.) exercise, 3.) acupuncture, 4.) yoga, 5.) tai chi,
- 6.) progressive muscle relaxation, 7.) meditation

A 2017 review of studies found that spinal manipulation was associated with moderate improvements in short-term back pain and function compared to placebo treatment for up to 6 weeks.

4. Possible reduction of osteoarthritis symptoms

Osteoarthritis pain is caused by the degeneration of the cartilage in a joint that causes the ends of your bones to rub together. Some types of chiropractic adjustments may help align your joints and reduce how much your bones rub together.

There hasn't been a lot of research on the benefits of chiropractic manipulation for osteoarthritis. However, a 2020 animal study found some evidence that chiropractic manipulation may help slow down the progression of arthritis by improving the status of cartilage, bone, and the joint capsule.

5. Eases headache symptoms

TO BE CONTINUED NEXT WEEK>>>>

Bea Well's Buzz on Health: **Make Your Home a Sanctuary**

We seek a calming space when we frequently head to the spa, beach or mountains to relax and rejuvenate. We know it will have a profoundly positive effect on our wellbeing. You can create a sanctuary for your soul in your everyday life – in your home and even at work

Our nervous system is greatly affected by our surrounding environment. We respond, whether we know it or not, with the production of stress hormones. These hormones can make us sick!

I once played the "Alleluia" chant by Robert Gass during a lecture to introduce the concept of mantra repetition, and I asked the audience to sing the chant along with the artist. A couple of weeks later, I heard from a woman who had attended. She wanted me to know she started playing the chant instead of listening to television and said, "Even the children are more peaceful."

Watching intense movies and sports competitions that cause you to become emotionally upset have profound effects on your nervous system. For my patient Al, a veteran with PTSD, watching combat movies resulted in a rise in blood pressure, shortness of breath and congestive heart failure. This sent him to the emergency room on a regular, monthly basis, despite the best medical treatment. Once we real-

ized those visits were tied to his TV choices, his wife took over the remote control and limited him to the Disney Channel. Al's ER visits ended. It was as simple as that. Turn down or turn off background noise, like your TV and talk radio. Introduce into your environment whatever you find most soothing.

Stop reading e-mail after a certain hour, especially before going to bed. The computer signals your brain that it is daytime, and your sleep will be disturbed. You also risk opening a message that may contain distressing content.

Introduce the use of essential oils. Certain scents like lavender, jasmine and geranium can be extremely soothing. Purchase an aromatherapy diffuser and good-quality oils.

Create a sacred space in your home. This corner or separate room can hold objects that are meaningful to you. Even a simple blanket spread on the floor can serve as your space for contemplation, meditation and peace.

Bring in nature. Flowers and plants are not only beautiful, they are soothing and enhance the serenity of your environment. Place fresh lavender in your bedroom, or plant jasmine and gardenia by your bedroom window so their scent filters into your room at night.

De-clutter. This clears your space in more ways than one. Reduce or eliminate piles of things to read, sort, work on and donate.

Learn More:

Cardiovascular effects of environmental noise exposure: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3971384/#_abstractidm139665851418864title

Individual Daytime Noise Exposure during Routine Activities and Heart Rate Variability in Adults: A Repeated Measures Study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3672128/>

Changes in Mood States Are Induced by Smelling Familiar and Exotic Fragrances: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5099920/>

Exploring Pharmacological Mechanisms of Lavender (*Lavandula angustifolia*) Essential Oil on Central Nervous System Targets: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5437114/>

Our Food Fare comes from local restaurants!

September Dinner Party Menu

1:00 To 2:00



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

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

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!

September Continental Breakfast

10-10:30

YUM



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

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



September Tea & A Tale Time Menu

3:30 To 4:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
		<i>1 Healthy Muffins and Hot Chocolate</i>	<i>2 Cheese & Crackers</i>	<i>3 Oatmeal Cookies Fruit</i>	<i>4/5 Chips & Dips</i>
<i>6 Fruit Cups and Peanut Butter Crackers</i>	<i>7 Healthy Chips and Cheese Sticks</i>	<i>8 Cheese and Pretzel Packs</i>	<i>9 Jello Cups and Fruit</i>	<i>10 Chex Mix W/ Nuts</i>	<i>11/12 Crackers and Cheese</i>
<i>13 Jello Cups and Fruit</i>	<i>14 Peanut Butter and Crackers</i>	<i>15 Boiled Eggs and crackers</i>	<i>16 Apples and P'Nut Butter</i>	<i>17 Cheese Sticks and Crackers</i>	<i>18/19 Fruit Mix Cups Peanut Butter Crackers</i>
<i>20 Cheese, Crackers Applesauce</i>	<i>21 Healthy Chips and Oranges</i>	<i>22 Bananas and Jello</i>	<i>23 Popcorn and Hot Chocolate</i>	<i>24 Raisin Boxes & Peanut Packs</i>	<i>25/26 Cheese & Crackers</i>
<i>27 Bananas and PB</i>	<i>28 Cheese and Pretzel Packs</i>	<i>29 Celery and cream cheese or peanut butter</i>	<i>30 Peanut Butter and Jelly Sandwiches</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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We're On the
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Aging With Grace 50+

Your Best Independent Life Club

Aging With Grace® is the newsletter of Aging With Grace 50+, Your Best Independent Life 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 Aging With Grace's At Home Health and Help Services. We are Kentucky State Licensed as an Adult Day Health Care Center with Nursing Services.

Our Mission:

AGING WITH GRACE EXISTS TO IMPROVE YOUR HEALTH AND QUALITY OF LIFE. Aging With Grace 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

\$26 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