



Established 2010

Aging With Grace®

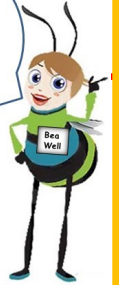
The Official Fountain of Youth Clubhouse Newsletter

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

Volume 8, Issue 10

October 2021

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For more health
tips and useful
information



HAPPY OCTOBER!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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

The body systems responsible for balance can be affected by gradual changes due to aging or side effects of medications. There are also a host of health problems that can lead to unsteadiness on your feet. But many stability problems caused by aging or conditions such as arthritis, stroke, Parkinson's disease, or multiple sclerosis respond well to exercises designed to improve balance.

Most likely, you already engage in some activities that help sharpen balance, especially if you're an active person. Other balance-strengthening activities are routinely taught in classes held at many YMCAs and senior centers. For example:

- Walking, biking, and climbing stairs strengthen muscles in your lower body. A recumbent bike or stair stepper is a safe way to start if your balance needs a lot of work.
- Stretching loosens tight muscles, which can affect posture and balance.
- Yoga strengthens and stretches tight muscles while challenging your static and dynamic balance skills.
- Tai chi moves, which involve gradual shifts of weight from one foot to another combined with rotating the trunk and extending the limbs, offer a series of challenges to improve your balance.

What if you're not at all active? Research shows that the right exercises can help sedentary folks dramatically improve their strength and balance at any age or ability level. (taken from an online article <https://www.health.harvard.edu/staying-healthy/easy-ways-to-improve-your-balance>)

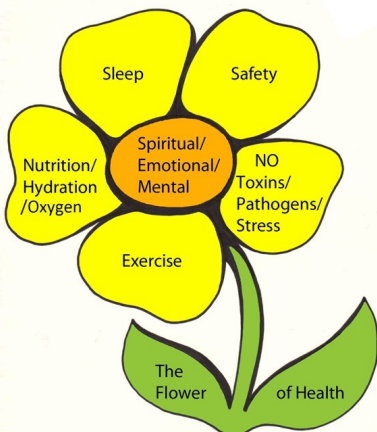
Come to the Fountain of Youth Clubhouse and improve your balance.

We do Move to Improve sessions M-F from noon to one. Mondays we Improve Energy, Tuesdays and Thursdays we Improve Strength, Wednesdays we Improve Mobility, and Fridays we Improve Balance.

Come Join Us!

Bee Weller's Buzz on Health: Good Sleep Hygiene

Take Care and Nurture Yourself



Optimize Your Bedroom

A central component of sleep hygiene beyond just habits is your sleep environment. To fall asleep more easily, you want your bedroom to emanate tranquility.

While what makes a bedroom inviting can vary from one person to the next, these tips may help make it calm and free of disruptions:

Have a Comfortable Mattress and Pillow: Your sleeping surface is critical to comfort and pain-free sleep, so choose your mattress and pillow wisely.

Use Excellent Bedding:

The sheets and blankets are the first thing you touch when you get into bed, so it's beneficial to make sure they match your needs and preferences.

Set a Cool Yet Comfortable Temperature: Fine-tune your bedroom temperature to suit your preferences, but err on the cooler side (around 65 degrees fahrenheit).

Block Out Light: Use heavy curtains or an eye mask to prevent light from interrupting your sleep.

Drown Out Noise: Ear plugs can stop noise from keeping you awake, and if you don't find them comfortable, you can try a white noise machine or even a fan to drown out bothersome sounds.

Try Calming Scents: Light smells, such as lavender, may induce a calmer state of mind and help cultivate a positive space for sleep.

To be continued....

Our Food Fare
comes from local
restaurants!

October Dinner Party Menu

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

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!

October Continental Breakfast

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

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!



October Tea & A Tale Time Menu

3:30 To 4:00



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

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
Web
www.AgingWithGraceInfo.org

**Your Best
Independent Life
Club!**



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!

**Fountain of Youth
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