



Established 2010

Aging With Grace®

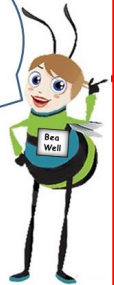
The Official Fountain of Youth Clubhouse Newsletter

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

Volume 8, Issue 12

December 2021

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For more health
tips and useful
information



HAPPY DECEMBER!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
 <p>Come Join Us!</p> <p>LIVE BETTER, LONGER!</p>		<p><u>1 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>2 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>3 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>4/5</p> <p>WEEKENDS BY APPOINTMENT</p> <p><u>Card Player's Club</u></p>
<p><u>6 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>7 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>8 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>9 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>10 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>11/12</p> <p>WEEKENDS BY APPOINTMENT</p> <p><u>Card Player's Club</u></p>
<p><u>13 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>14 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>15 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>16 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>17 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>18/19</p> <p>WEEKENDS BY APPOINTMENT</p> <p><u>Card Player's Club</u></p>
<p><u>20 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>21 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>22 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>23 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>24 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>25/26</p> <p>WEEKENDS BY APPOINTMENT</p> <p><u>Card Player's Club</u></p>
<p><u>27 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>28 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>29 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>30 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>31 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>	

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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 Mobility Part 2

The significance of mobility for seniors
When you can move and do the things you're used to doing, you feel good. So, not only is mobility good for your body, but it's also good for your mind and your self-esteem.

"Being active is good for your bones, your heart and emotional as well as social health. It's also great for anxiety and depression management. Exercise not only benefits your muscle and bone health, but it also boosts your emotional well-being," says Cassady. Types of exercises that can help improve the health of seniors

The National Institute on Aging says four types of exercises can help improve seniors' health and physical ability. They are:

Strength: Designed to strengthen your muscles, these exercises include activities like lifting weights, carrying groceries, gripping a tennis ball, lifting your body weight or using a resistance band.

Endurance: Endurance exercises help increase your breathing and heart rate so you can carry out daily tasks. Endurance activities include: Walking or jogging, dancing, climbing stairs and swimming. If your mobility is limited, you can even march in place or march while sitting.

Balance: Lower-body strengthening exercises can help improve balance and prevent falls. However, Cassady recommends adding balance-specific exercises to your routine as well. Tai Chi, standing on one foot, heel-to-toe walks and standing from a seated position are all great activities that promote balance.

Flexibility: These activities can help make it easier for you to bend down to tie your shoes or to look over your shoulders when needed. Flexibility exercises include stretching and yoga.

Cassady strongly advises exercising near stable surfaces. These surfaces can include walls, kitchen counters and steady dressers or tables. Should you start to feel

unsteady, you can always use these surfaces to regain your balance. And pace yourself when you're doing any activity. If you're not confident about trying a new exercise, talk to your healthcare provider before jumping into a new routine. They might determine that it's best to work with a physical therapist.

<https://health.clevelandclinic.org/why-senior-mobility-is-so-important-right-now/>

We use precautions to help prevent the spread of infection, plus we only allow members and essential personnel to enter the clubhouse.

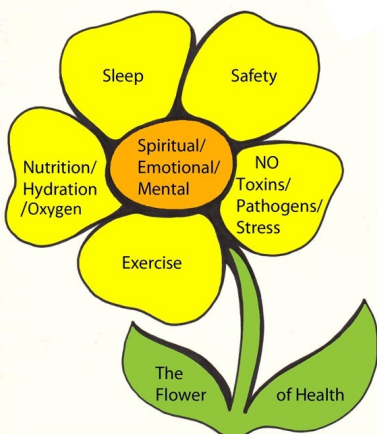
Come to the Fountain of Youth Clubhouse and improve your mobility!

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 part 3

Take Care and Nurture Yourself



Follow a Nightly Routine

How you prepare for bed can determine how easily you'll be able to fall asleep. A pre-sleep playbook including some of these tips can put you at ease and make it easier to get to fall asleep when you want to.

Keep Your Routine Consistent:

Following the same steps each night, including things like putting on your pajamas and brushing your teeth, can reinforce in your mind that it's bedtime.

Budget 30 Minutes For Winding Down:

Take advantage of whatever puts you in a state of calm such as soft music, light stretching, reading, and/or relaxation exercises.

Dim Your Lights: Try to keep away from bright lights because they can hinder the production of melatonin, a hormone that the body creates to facilitate sleep.

Unplug From Electronics: Build in a 30-60 minute pre-bed buffer time that is device-free. Cell phones, tablets, and laptops cause mental stimulation that is hard to shut off and also generate blue light that may decrease melatonin production.

Test Methods of Relaxation:

Instead of making falling asleep your goal, it's often easier to focus on relaxation. Meditation, mindfulness, paced breathing, and other relaxation techniques can put you in the right mindset for bed.

Don't Toss and Turn: It helps to have a healthy mental connection between being in bed and actually being asleep. For that reason, if after 20 minutes you haven't gotten to sleep, get up and stretch, read, or do something else calming in low light before trying to fall asleep again.

To be continued....

Our Food Fare comes from local restaurants!

December Dinner Party Menu

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

December Continental Breakfast

10-10:30

YUM



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

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!



December Tea & A Tale Time Menu

3:30 To 4:00



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

All of our
Food Fare
meets
dietary
restrictions

All meals are served with 8oz of milk and water, choice of coffee or hot or cold tea.

		<i>1 Peanut Butter and Jelly Sandwiches</i>	<i>2 Celery and cream cheese or peanut butter</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 Cheese & Crackers</i>	<i>30 Healthy Muffins and Hot Chocolate</i>	<i>31 Pudding Cups & Fruit</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 B Allendale Road
Lexington, KY 40503

859 539 2147
administrator@
AgingWithGraceInfo.org

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 accessing medical services at our Fountain of Youth Clubhouse and/or non-medical services at your house with Aging With Grace's At Home Health and Help.

We are Kentucky State Licensed as an Adult Day Health Care Center with Nursing Services.

Our Vision:

TO BE THE NATION'S GOLD STANDARD IN HOME AND COMMUNITY BASED SERVICES.

OUR MISSION:

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:

1. Continuous improvement of our employees, processes, and delivery of home and community based services.
2. Integrity even when no one is watching.
3. Reciprocity: Do unto others as you would have them do unto you.
4. Appreciation and gratitude

Days and Hours of Operation, Fees



LIVE
BETTER,
LONGER!

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

\$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

