



Established 2010

Aging With Grace®

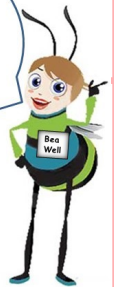
The Official Fountain of Youth Clubhouse Newsletter

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

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February 2022

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For more health tips and useful information



HAPPY FEBRUARY!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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

Inside this issue:

- Self-Improvement: 2
- YOGA IS FOR YOU!
- Bee Wellers's Buzz on Health: Good Sleep Hygiene V 2
- Dinner Party Calendar Menu 3
- Continental Breakfast Calendar Menu 4
- Tea and a Tale Time Calendar Menu 5
- Mission Statement and Values 6
- Hours of Operation and Fees 6

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: YOGA IS FOR YOU!

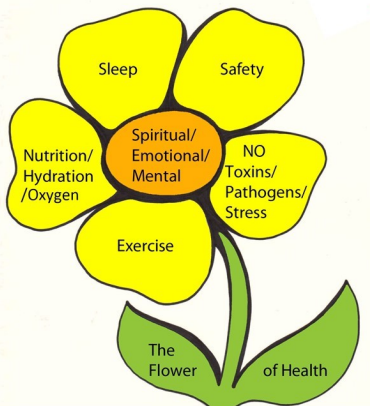
Yoga may hold a key to aging well, suggests a growing body of research into its potential benefits for body and mind — benefits that include reducing heart rate and blood pressure, relieving anxiety and depression, and easing back pain. One recent study even raised the possibility of positive changes in biological markers of aging and stress in people who do yoga. So it's no surprise that the number of yoga practitioners in the United States has more than doubled to 36.7 million over the last decade, with health benefits the main reason people practice, according to the Yoga in America Study conducted last year on behalf of Yoga Journal and the Yoga Alliance. While yoga enthusiasts are often pictured as young and bendy, the reality, according to the Yoga in America study, is that 17 percent are in their 50s and 21 percent are age 60 and older. Along with this upsurge of interest has been an upsurge in injuries, particularly among older practitioners. "Participants aged 65 years and older have a greater rate of injury

from practicing yoga when compared with other age groups," researchers wrote last year in a study of nearly 30,000 yoga-related injuries seen in U.S. hospital emergency departments from 2001 to 2014. "While there are many health benefits to practicing yoga, participants and those wishing to become participants should confer with a physician prior to engaging in physical activity and practice only under the guidance of certified instructors." As a yoga therapist who has been teaching in medical settings for nearly 20 years, I have found it distressingly common to hear about the negative experiences and injuries people have sustained in yoga classes. The stories my students relate suggest classes that were too difficult for them and/or were taught by an inexperienced or poorly trained instructor. Even instructors who are trained to teach able, young students typically have a limited understanding of safety considerations that are essential when working with middle-aged and older bodies and people with such health challenges as rotator cuff

injuries, arthritis, glaucoma, hypertension and heart disease. Fortunately, there is a growing recognition of the importance of safe yoga practice along with professionalization of the field. To practice yoga while reducing the risks, here are five strategies to help older adults — as well as people with health challenges — age well with yoga: Start where you are, not where you think you should be. If you are new to yoga, try a beginner's class — even if you're fit and active — because yoga is not just about what you do, it's about how you do it. Unlike Western exercise, the yogic approach is to balance effort with relaxation, which can be surprisingly difficult for manyto be continued next month. https://www.washingtonpost.com/national/health-science/more-older-people-are-doing-yoga-but-they-are-also-racking-up-injuries/2017/12/08/270ce406-ca2e-11e7-b0cf-7689a9f2d84e_story.html

Bee Weller's Buzz on Health: Good Sleep Hygiene part 5

Take Care and Nurture Yourself



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.

Is Sleep Hygiene the Same For Everyone?
The basic concept of sleep hygiene — that your environment and habits can be optimized for better sleep — applies to just about everyone, but what ideal

sleep hygiene looks like can vary based on the person. For that reason, it's worth testing out different adjustments to find out what helps your sleep the most. You don't have to change everything at once; small steps can move you toward better sleep hygiene. It's also important to know that improving sleep hygiene won't always resolve sleeping problems. People who have serious insomnia or sleep disorders like obstructive sleep apnea may benefit from better sleep hygiene, but other treatments are usually necessary as well. In other words, even though it may be beneficial, sleep hygiene alone isn't a panacea. If you have long-lasting or severe sleeping problems or daytime sleepiness, it's best to talk with a doctor who can recommend the most appropriate course of treatment. <https://www.sleepfoundation.org/sleep-hygiene>

NEXT MONTH: Safe Sex!



February Dinner Party Menu

1:00 To 2:00



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





February Continental Breakfast

10-10:30



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



February Tea & A Tale Time Menu

3:30 To 4:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	<i>1 Peanut Butter and Jelly Sandwiches</i>	<i>28 Pudding Cups & Fruit</i>	<i>27 Healthy Muffins and Hot Chocolate</i>	<i>26 Trail Mix Cookies Applesauce</i>	<i>1/2 Chips & Dips</i>
<i>3 Fruit Cups and Peanut Butter Crackers</i>	<i>4 Healthy Chips and Cheese Sticks</i>	<i>5 Cheese and Pretzel Packs</i>	<i>6 Jello Cups and Fruit</i>	<i>7 Chex Mix W/ Nuts</i>	<i>8/9 Crackers and Cheese</i>
<i>10 Jello Cups and Fruit</i>	<i>11 Peanut Butter and Crackers</i>	<i>12 Boiled Eggs and crackers</i>	<i>13 Apples and P'Nut Butter</i>	<i>14 Cheese Sticks and Crackers</i>	<i>15/16 Fruit Mix Cups Peanut Butter Crackers</i>
<i>17 Cheese, Crackers Applesauce</i>	<i>18 Healthy Chips and Oranges</i>	<i>19 Bananas and Jello</i>	<i>20 Popcorn and Hot Chocolate</i>	<i>21 Raisin Boxes & Peanut Packs</i>	<i>22/23 Cheese & Crackers</i>
<i>24 Bananas and PB</i>				Served with 8oz of water, choice of coffee or hot or cold tea.	

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

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Aging With Grace

Your Best Independent Life Club

Aging With Grace® is the newsletter of Aging With Grace....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. Teamwork. All for one and one for all.
3. Integrity even when no one is watching.
4. Reciprocity: Do unto others as you would have them do unto you.
5. Appreciation and gratitude

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

\$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