



Established 2010

Aging With Grace®

The Official Fountain of Youth Clubhouse Newsletter

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

Volume 9, Issue 4

APRIL 2022

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HAPPY APRIL!

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 <u>WEEKENDS BY APPOINTMENT</u> <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 <u>WEEKENDS BY APPOINTMENT</u> <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 <u>WEEKENDS BY APPOINTMENT</u> <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 <u>WEEKENDS BY APPOINTMENT</u> <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 <u>WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u> |

Inside this issue:

- Self-Improvement: WHY PILATES? 2
- Bee Wellers' Buzz on Health: SAFE SEX II 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: WHY PILATES? Part 1

Pilates (or the Pilates method) is a series of about 500 exercises inspired by calisthenics, yoga and ballet. Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance and body awareness.

Always consult your doctor before embarking on any new fitness program, especially if you have a pre-existing medical condition or have not exercised in a long time.

Pilates explained

In the 1920s, physical trainer Joseph Pilates introduced Pilates into America as a way to help injured athletes and dancers safely return to exercise and maintain their fitness. Since then, Pilates has been adapted to suit people in the general community.

Pilates can be an aerobic and non-aerobic form of exercise. It requires concentration and focus, because you move your body through precise ranges of motion. Pilates lengthens and stretches all the major muscle groups in your body in a balanced fashion. It requires concentration in finding a centre point to control your body through movement. Each exercise has a

prescribed placement, rhythm and breathing pattern.

In Pilates, your muscles are never worked to exhaustion, so there is no sweating or straining, just intense concentration. The workout consists of a variety of exercise sequences that are performed in low repetitions, usually five to ten times, over a session of 45 to 90 minutes. Mat work and specialized equipment for resistance are used.

The Pilates method is taught to suit each person and exercises are regularly re-evaluated to ensure they are appropriate for that person.

Due to the individual attention, this method can suit everybody from elite athletes to people with limited mobility, pregnant women and people with low fitness levels.

Classes are held in specialised Pilates studios, physiotherapy clinics or at your local leisure facility or community centre.

Health benefits of Pilates

The health benefits of Pilates include:

- improved flexibility
- increased muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks (the 'core

muscles' of your body)

- balanced muscular strength on both sides of your body
- enhanced muscular control of your back and limbs
- improved stabilisation of your spine
- improved posture
- rehabilitation or prevention of injuries related to muscle imbalances
- improved physical coordination and balance
- relaxation of your shoulders, neck and upper back
- safe rehabilitation of joint and spinal injuries
- prevention of musculoskeletal injuries
- increased lung capacity and circulation through deep breathing
- improved concentration
- increased body awareness
- stress management and relaxation

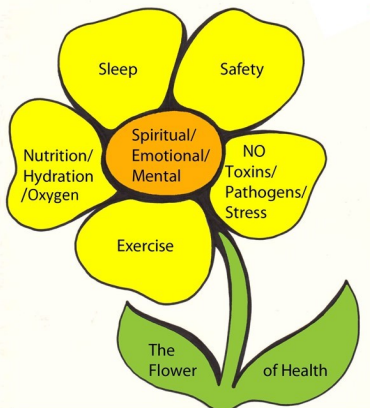
Pilates suitable for everyone

Pilates caters to everyone, from beginner to advanced. You can perform exercises using your own body weight, or with the help of various pieces of equipment.

To be continued next week....

Bee Weller's Buzz on Health: SAFE SEX part II

Take Care and Nurture Yourself



Seniors and STDs: Safe Sex As You Age

by Henry Ford Health System Staff

"Older people are more likely to have complicating conditions like heart disease, diabetes and an aging immune system. STDs are also known to cause abdominal pain, scarring, and put additional stress on your immune system," explains Dr. Budzynska. "For example, syphilis, if not treated, can cause a secondary infection in the brain or heart that can be fatal."

No one knows whether this issue has been around for years as a dirty little secret or whether it's a more recent phenomenon. But one thing is crystal clear: something has to be done to get a handle on the numbers and improve the problem and the outcomes.

Here's what some advocates think may help:

Bringing attention to the effects of unprotected sex during physical exams and doctor visits to emphasize the risk

Removing the stigma of having conversations about sex with our elders. We

speaking to seniors about erectile dysfunction and drugs to remedy it, so why not focus on disease prevention, too?

Directing marketing for condoms towards the 65-plus crowd. This may help debunk the myth that STDs are a younger population problem. Part of the reason that perception exists is because seniors don't see themselves reflected in that messaging or imagery.

Living well means all around good health practices, be they nutritional, physical, emotional or sexual. Addressing all of those factors – no matter our age – will help us lead safer lives, both inside the bedroom and out.

But here's the real deal: for older people, the risks that come with STDs are just as unpleasant as they are for younger patients – and potentially more dangerous.

Stay safe!



APRIL Dinner Party Menu

1:00 To 2:00



M

All of our dinners meet dietary restrictions/alternate menu items available

Wed

Thu

Fri

Sat./Sun.

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





APRIL

Continental Breakfast

10-10:30



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

Breakfast...A Time to Contemplate

Breakfast at Aging With Grace 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 play 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!



APRIL

Tea & A Tale Time Menu

3:30 To 4:00



| Mon | Tue | Wed | Thu | Fri | Sat./Sun. | | |
|-----|-----|--|--|--------------------------------------|---|-----------------------------------|--|
| | | Served with 8oz of water, choice of coffee or hot or cold tea. | | 1 Trail Mix Cookies Applesauce | 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 | 9/10 Crackers and Cheese |
| | | 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 Peanut Butter and Jelly Sandwiches | 27 Pudding Cups & Fruit | 28 Healthy Muffins and Hot Chocolate | 29 Personal Charcuterie | 30 Cheese Cubes Mandarin Oranges |

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



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

\$28 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

