



Established 2010

Aging With Grace®

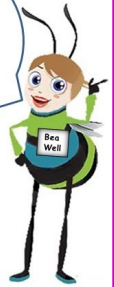
The Official Fountain of Youth Clubhouse Newsletter

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

Volume 9, Issue 5

MAY 2022

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Follow us on Twitter
For more health tips and useful information



HAPPY MAY!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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

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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!

Self-Improvement: WHY PILATES? Part 2

A typical Pilates workout includes a number of exercises and stretches. Each exercise is performed with attention to proper breathing techniques and abdominal muscle control. To gain the maximum benefit, you should do Pilates at least two or three times per week. You may notice postural improvements after 10 to 20 sessions.

Pilates and challenging your body
Pilates is partly inspired by yoga, but is different in one key respect – yoga is made up of a series of static postures, while Pilates is based on putting yourself into unstable postures and challenging your body by moving your limbs.

For instance, imagine you are lying on your back, with bent knees and both feet on the floor. A Pilates exercise may involve straightening one leg so that your toes point to the ceiling, and using the other leg to slowly raise and lower your body.

You need tight abdominal and buttock muscles to keep your hips square, and focused attention to stop yourself from tipping over.

Types of Pilates

The two basic forms of Pilates are:
Mat-based Pilates – this is a series of exercises performed on the floor using gravity and your own body weight to provide resistance. The main aim is to condition the deeper, supporting muscles of your body to improve posture, balance and coordination

Equipment-based Pilates – this includes specific equipment that works against spring-loaded resistance, including the ‘reformer’, which is a moveable carriage that you push and pull along its tracks. Some forms of Pilates include weights (such as dumbbells) and other types of small equipment that offer resistance to the muscles.

Quality in a Pilates workout

Pilates consists of moving through a slow, sustained series of exercises using abdominal control and proper

breathing. The quality of each posture is more important than the number of repetitions or how energetically you can move.

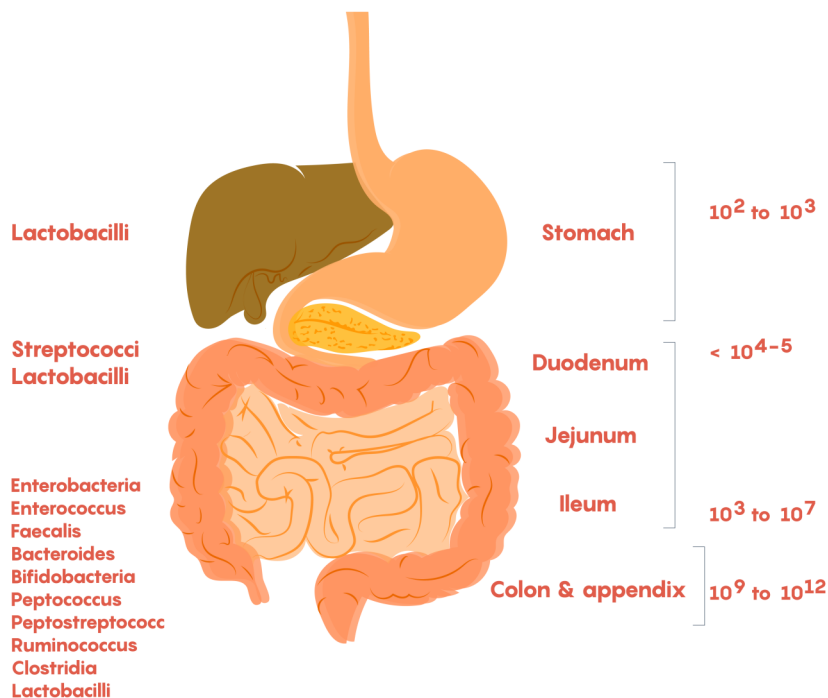
Books and videotapes are available, but seek instruction from a qualified Pilates teacher or Pilates-trained physiotherapist to get the best results. Pilates and general precautions
Although Pilates is a low-impact form of exercise, certain people should seek medical advice before embarking on a new program, including:

- people who have recently had surgery
- pregnant women
- people aged 40 years or more
- people with a pre-existing medical condition such as heart disease
- people with pre-existing musculoskeletal injuries or disorders
- anyone who has not exercised for a long time
- people who are very overweight or obese.

Bee Weller’s Buzz on Health: Know Your Microbiomes

Intestinal Microflora

10^{14} microorganisms, >500 species



The microbiome is the collection of all microbes, such as bacteria, fungi, viruses, and their genes, that naturally live on our bodies and inside us. Although microbes are so small that they require a microscope to see them, they contribute in big ways to human health and wellness. They protect us against pathogens, help our immune system develop, and enable us to digest food to produce energy.

Because the microbiome is a key interface between the body and the environment, these microbes can affect health in many ways and can even affect how we respond to certain environmental substances. Some microbes alter environmental substances in ways that make them more toxic, while others act as a buffer and make environmental substances less harmful.



MAY Dinner Party Menu

1:00 To 2:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 Pork Burrito Salad Chips and salsa Moe's Grill	3 Grilled Fish Baked Potatoes Broccoli Captain D's	4 Fried Chicken Mashed Potatoes Green Beans Critchfield's	5 Beef Stir Fry Broccoli Rice Wong Wong's	6 Salmon Croquettes Tossed Salad Rosemary Potatoes Critchfield's	7/8 Italian Sub Fresh Fruit Chips Subway
9 Hot Brown Broccoli Mixed Fruit Critchfield's	10 Entre' Rice Medley Collard Greens Good Foods Co-op	11 Stir Fry W/ Shrimp & Veggies Peaches Wong Wong's	12 Chili House Salad Baked Potato Wendy's	13 Cheese Burgers French Fries Lettuce, Tomato, Onions, Freddie's	14/15 Chicken Salad Sand- wiches Apples Potato Chips Kroger
16 Grilled Salmon Sweet Potato Broccoli Captain D's	17 Pizza Tossed Salad Pineapple La Rosa's	18 Beef Pot Roast Mashed Potatoes Green Beans Critchfield's	19 Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple Fazoli's	20 Loaded Red Beans Tomato & Corn Medley Corn Bread Ramsey's	21/22 Tuna Salad Sandwiches Mandarin Oranges Corn Chips Kroger
23 Cranberry Pecan Chicken Salad Fruit Frische's	24 Entre' Kale Fruit Good Foods Co-op	25 Fish and Chips Fried Okra Hush Puppies Captain D's	26 Chicken Livers Corn Medley Mandarin Oranges Critchfield's	27 Fried Chicken Mashed Potatoes Green Beans Critchfield's	28/29 Egg Salad Sandwiches Jello and Fruit Cup Chex Mix Kroger
30 Garlic Shrimp Pasta Salad Garlic Toast Fazoli's	31 Country Fried Steak Cole Slaw Veggie Medley Critchfield's	Dinner Party is served with milk and water, choice of coffee or hot or cold tea.		All of our Food Fare meets dietary restrictions	

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!

MAY

Continental Breakfast

10-10:30

YUM



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

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!


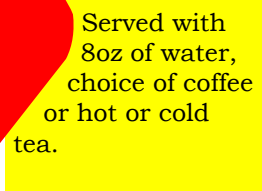


MAY

Tea & A Tale Time Menu

3:30 To 4:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 <i>Pudding Cups & Fruit</i>	3 <i>Healthy Muffins and Chocolate Milk</i>	4 <i>Personal Charcuterie</i>	5 <i>Cheese Cubes Mandarin Oranges</i>	6 <i>Trail Mix Cookies Applesauce</i>	7/8 <i>Chips & Dips</i>
9 <i>Fruit Cups and Peanut Butter Crackers</i>	10 <i>Healthy Chips and Cheese Sticks</i>	11 <i>Cheese and Pretzel Packs</i>	12 <i>Jello Cups and Fruit</i>	13 <i>Chex Mix W/ Nuts</i>	14/15 <i>Crackers and Cheese</i>
16 <i>Jello Cups and Fruit</i>	17 <i>Peanut Butter and Crackers</i>	18 <i>Boiled Eggs and crackers</i>	19 <i>Apples and P'Nut Butter</i>	20 <i>Cheese Sticks and Crackers</i>	21/22 <i>Fruit Mix Cups Peanut Butter Crackers</i>
23 <i>Cheese, Crackers Applesauce</i>	24 <i>Healthy Chips and Oranges</i>	25 <i>Bananas and Jello</i>	26 <i>Popcorn and Hot Chocolate</i>	27 <i>Raisin Boxes & Peanut Packs</i>	28/29 <i>Cheese & Crackers</i>
30 <i>Bananas and PB</i>	31 <i>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

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