



Established 2010

Aging With Grace®

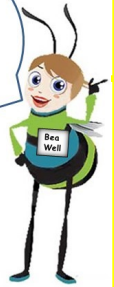
The Official Fountain of Youth Clubhouse Newsletter

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

Volume 9, Issue 8

August 2022

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For more health tips and useful information



HAPPY AUGUST!

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

According to a new study published in *The American Journal of Medicine*, older adults can fight the traditional muscle loss that comes with age and actually get stronger.

Normally, adults who are sedentary beyond age 50 can expect muscle loss of up to 0.4 pounds a year. You can begin to see declines if you do not engage in any strengthening activities.

These declines include everyday actions including being able to stand up from a chair, walk across the floor, climb a flight of stairs, shop at the grocery store—virtually anything that requires manipulating your own body mass through a full range of motions.

Resistance exercise is a great way to increase lean muscle tissue and strength capacity.

Progressive resistance training means that the amount of weight used along with the frequency and duration of training sessions is increased over time as you improve.

Getting Started

It has been suggested that everyone over age 50 strongly consider participating in resistance exercise. A good way to start, especially if you're relatively sedentary—and after getting the go-ahead from your doctor—is to use your body mass as the weight load for various exercises.

Exercises that involve using your own body weight include squats, modified push-ups and lying hip bridges, as well as exercise disciplines that progress through a full range of motion, like Tai Chi, Pilates and Yoga (which also have great relaxation benefits).

To keep challenging yourself, after you can comfortably do these activities, consider moving to more advanced resistance training in a fitness facility. A certified trainer experienced in working with seniors and beginners can help design a program for you, make sure you're working with the correct form and help you prevent any injury.

Working out at age 20 is not the same as working out at 70. A fitness professional who understands those differences is important to your safety. It is recommended that an older individual participates in strength training 2 days per week.

The same muscle groups cannot be worked on consecutive days—they need rest between sessions, so every other day would be the goal.

Bee Weller's Buzz on Health: Rx: Two Hours of Nature Per Week

Continued From Last Month

The growing body of research on the benefits of exposure to Nature — combined with an intuitive understanding that nature is vital and increased concerns about the exploding use of smart phones and other forms of technology — has led to tipping point at which health experts, researchers, and government officials are now proposing widespread changes aimed at bringing nature into people's everyday lives.

For example, researchers and policymakers now talk about “park deserts” in urban areas. Cities are adding or enhancing parks, and schools and other institutions are being designed with large windows and access to trees and green space — or blue space, as in aquatic environments.

Businesses are increasingly aware of the desire among employees for access to green spaces. “It's needed to attract a skilled work force,” said Florence Williams, author of *The Nature Fix*. “Young people are demanding high-quality outdoor experiences.”

The number of “forest schools” — which have long been a tradition in Scandinavia and where much of the learning takes place in natural settings in the outdoors — has mushroomed in the United States, up by 500 percent since 2012, according to Louv. Oregon recently passed a ballot measure to raise money for outdoor schools, and the state of Washington just became the first state to license outdoor preschools, where much of the play and learning occurs outside.

The organization **Children & Nature Network**, founded by Louv and others, advocates for more time in nature for children, tracks the research, and has a long list of abstracts that summarize studies on the subject on its website. And The Trust for Public Lands (TPL) has just finished a seven-year project to map the parks of the U.S., with the aim of identifying places in need of parkland. “We've mapped 14,000 communities, 86 percent of the nation, and looked at who does and doesn't live within a 10-minute walk of a park,” said Adrian Benepe, a senior vice president of TPL. The organization has a **Ten Minute Walk** campaign to work with mayors across the U.S. to make sure all people have that kind of access.

To Be Continued Next Month!



August Dinner Party Menu

1:00 To 2:00



| Mon | Tue | Wed | Thu | Fri | Sat./Sun. |
|--|--|---|--|---|--|
| 1 Fried Chicken Mashed Potatoes Green Beans Critchfield's | 2 Stir Fry Chicken w/ Vegetables Rice Wong Wong's | 3 Chicken Rice and Bean Bowl Chips and salsa Moe's Grill | 4 Entre' Vegetable Fruit Good Foods Co-op | 5 Fish and Chips Fried Okra Hush Puppies Captain D's | 6/7 Italian Sub Fresh Fruit Chips |
| 8 Hot Brown Broccoli Mixed Fruit Critchfield's | 9 Pork Chops Mac & Cheese Collard Greens Critchfield's | 10 Stir Fry W/ Shrimp & Veggies Peaches Wong Wong's | 11 Chili House Salad Baked Potato Wendy's | 12 Cheese Burgers French Fries Lettuce, Tomato, Onions, Freddie's | 13/14 Chicken Salad Sandwiches Apples Potato Chips |
| 15 Grilled Salmon Sweet Potato Broccoli Captain D's | 16 Pizza Tossed Salad Pineapple La Rosa's | 17 Beef Cube Steak Mashed Potatoes Green Beans Critchfield's | 18 Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple Fazoli's | 19 Bean Soup Salad Corn Bread Frische's | 20/21 Tuna Salad Sandwiches Mandarin Oranges Corn Chips |
| 22 Cranberry Pecan Chicken Salad Fruit Frische's | 23 Entre' Kale Fruit Good Foods Co-op | 24 Fish and Chips Fried Okra Hush Puppies Captain D's | 25 Chicken Livers Corn Medley Mandarin Oranges Critchfield's | 26 Fried Chicken Mashed Potatoes Green Beans Critchfield's | 27/28 Egg Salad Sandwiches Jello and Fruit Cup Chex Mix |
| 29 Garlic Shrimp Pasta Salad Garlic Toast Fazoli's | 30 Pork Burrito Salad Chips and salsa Moe's Grill | 31 Stir Fry Shrimp w/ Vegetables Rice Wong Wong's | All meals are served with 8oz of 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!



Special
Dietary needs
are met!

August Continental Breakfast

10-10:30

YUM



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



August Tea & A Tale Time Menu

3:30 To 4:00



| Mon | Tue | Wed | Thu | Fri | Sat./Sun. |
|--|--|--|--------------------------------------|--------------------------------------|---|
| <p>All of our Food Fare meets dietary restrictions</p> | | 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 |
| 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 Nuts | 28 Snack Paks w/ Cold Cuts | 29 Bananas and Jello | 30/31 Boiled Eggs and 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

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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