



Established 2010

# Aging With Grace®

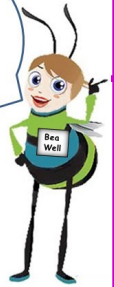
The Official Fountain of Youth Clubhouse Newsletter

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

Volume 9, Issue 7

July 2022

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Follow us on Twitter  
For more health tips and useful information



## HAPPY JULY!

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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

Come Join Us!

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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. All other days and times by appointment.

Spa treatments are scheduled during club meeting times.

# Self-Improvement: Keeping Your Balance

About eight million Americans have balance problems and one in three Americans over age 65 will fall every year. Injuries from falls, like a fractured hip, can change a seniors life in ways senior fear most—isolation and loss of independence. For seniors and caregivers, understanding balance disorders and fall prevention along with knowing when to get help can go a long way toward avoiding falls and the devastating consequences that may come with it.

“A balance disorder is a disturbance that causes you to feel unsteady, lightheaded or as if you or the room is spinning. Balance disorders can be due to a disturbance in the inner ear, but they can also be caused by visual problems, skeletal problems or nerve problems,” says Lawrence Meiteles, MD, medical director of The Balance Center at Northern Westchester Hospital in Mount Kisco, New York. “Dizziness is the most common complaint of people over age 75 when they go to their doctor’s office.”—Lawrence Meiteles, MD.

## Symptoms of a Balance Disorder

Being able to maintain good balance means being able to keep a steady position while walking or standing. Someone with a balance problem may walk unsteadily, fall sideways when standing or have trouble going up or down stairs. Here are some common symptoms that go along with a balance disorder:

- \*Dizziness
- \*Feeling as if you are going to fall
- \*Visual Problems
- \*Confusion
- \*Anxiety
- \*Nausea

## Common Causes of a Balance Disorder

“The most common cause is a combination of factors that go along with aging. We know from studying the inner ear that the cells responsible for maintaining balance start to degenerate with age. Aging and the diseases of aging also affect vision and the bones and joints. Good balance requires that all these systems work together”—here are common causes

- \*Positional vertigo (BPPV)
- \*Labyrinthitis
- \*Meniere’s disease
- \*Other causes such as head trauma.

## Diagnosis and Treatment of Balance Disorders

The first step is to see your primary care doctor to rule out common medical problems or medications that might be causing a balance disturbance. If your doctor thinks you need a specialist you will usually be referred to an ear, nose and throat specialist or ENT. Here are some of the tests used to diagnose a balance disorder:

- \*Audiogram. A complete hearing test to detect for diseases like Meniere’s or Tumors.
- \*Electronystagmogram (ENG). This test measures

the movement of your eyes.

Other tests that may be done include blood tests and special imaging of the brain and inner ear.

## Final Tips for Seniors and Caregivers

“In most cases balance disorders can be successfully treated and in many cases this can prevent a fall-related injury. A balance disorder may also be a sign of a serious medical problem so symptoms should never be ignored,” warns Meiteles

Pay attention to the way you loved one describes what he or she is experiencing to know when to seek medical consultation:

- \*Symptoms of dizziness can be hard to express and may be described as feeling unsteady, lightheaded, spinning, moving, giddy or tipsy.
- \*Symptoms other than dizziness may be described such as nausea, blurred vision, anxiety or confusion.
- \*Watch out for any history of falls, a staggering gait, having to reach out and hold on or trouble getting out of a chair or bed.
- \*Seniors may need to rely more on visual cues for balance, so make sure hallways are lit at night.
- \*Seniors may not compensate well for a slight trip, so clear walking areas of loose rugs, electric cords and low furniture.

The ability to balance decreases with age, but losing your balance is not a normal part of aging.

Most balance disorders can be treated and many falls can be prevented.

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

A growing body of research points to the beneficial effects that exposure to the natural world has on health, reducing stress and promoting healing. Now, policymakers, employers, and healthcare providers are increasingly considering the human need for nature in how they plan and operate. How long does it take to get a dose of nature high enough to make people say they feel healthy and have a strong sense of well-being?

Precisely 120 minutes.

In a study of 20,000 people, a team led by Mathew White of the European Centre for Environment & Human Health at the University of Exeter, found that people who spent two hours a week in green spaces — local parks or other natural environments, either all at once or spaced over several visits — were substantially more likely to report good health and psychological well-being than those who don’t. Two hours was a hard boundary: The

study, published last June, showed there were no benefits for people who didn’t meet that threshold. The effects were robust, cutting across different occupations, ethnic groups, people from rich and poor areas, and people with chronic illnesses and disabilities.

“It’s well-known that getting outdoors in nature can be good for people’s health and well-being, but until now we’ve not been able to say how much is enough,” White said. “Two hours a week is hopefully a realistic target for many people, especially given that it can be spread over an entire week to get the benefit.”

The study by White and his colleagues is only the latest in a rapidly expanding area of research that finds nature has robust effects on people’s health — physically, mentally, and emotionally. “When I wrote *Last Child in the Woods* in 2005, this wasn’t a hot topic,” said Richard Louv, a journalist in San Diego whose book is largely credited with triggering this movement and

who coined the term Nature Deficit Disorder. “This subject was virtually ignored by the academic world. I could find 60 studies that were good studies. Now it’s approaching and about to pass 1,000 studies, and they point in one direction: Nature is not only nice to have, but it’s a have-to-have for physical health and cognitive functioning.” These studies have shown that time in nature — as long as people feel safe — is an antidote for stress: It can lower blood pressure and stress hormone levels, reduce nervous system arousal, enhance immune system function, increase self-esteem, reduce anxiety, and improve mood. Attention Deficit Disorder and aggression lessen in natural environments, which also help speed the rate of healing. In a recent study, psychiatric unit researchers found that being in nature reduced feelings of isolation, promoted calm, and lifted mood among patients....

**To Be Continued Next Month!**

Our Food Fare  
comes from local  
restaurants!

# JULY Dinner Party Menu

1:00 To 2:00



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

All of our dinners  
meet dietary  
restrictions/  
alternate menu

Dinner Party is  
served with milk  
and water, choice  
of coffee or hot or  
cold tea.

**1**  
Fried Chicken  
Mashed Potatoes  
Green Beans  
  
Critchfield's

**2/3**  
Italian Sub  
Fresh Fruit  
Chips

**4**  
Hot Brown  
Broccoli  
Mixed Fruit  
  
Critchfield's

**5**  
Pork Chops  
Mac & Cheese  
Collard Greens  
  
Critchfield's

**6**  
Stir Fry W/ Shrimp &  
Veggies  
Peaches  
  
Wong Wong's

**7**  
Chili  
House Salad  
Baked Potato  
  
Wendy's

**8**  
Cheese Burgers  
French Fries  
Lettuce, Tomato,  
Onions,  
  
Freddies

**9/10**  
Chicken Salad  
Sandwiches  
Apples  
Potato Chips

**11**  
Grilled Salmon  
Sweet Potato  
Broccoli  
  
Captain D's

**12**  
Pizza  
Tossed Salad  
Pineapple  
  
La Rosa's

**13**  
Beef Cube Steak  
Mashed Potatoes  
Green Beans  
  
Critchfield's

**14**  
Marinara Meat Sauce  
and Spaghetti  
Caesar Salad  
Pineapple  
Fazoli's

**15**  
Bean Soup  
Salad  
Corn Bread  
  
Frische's

**16/17**  
Tuna Salad  
Sandwiches  
Mandarin Oranges  
Corn Chips

**18**  
Cranberry Pecan  
Chicken Salad  
Fruit  
  
Frische's

**19**  
Entre'  
Kale  
Fruit  
  
Good Foods Co-op

**20**  
Fish and Chips  
Fried Okra  
Hush Puppies  
  
Captain D's

**21**  
Chicken Livers  
Corn Medley  
Mandarin Oranges  
  
Critchfield's

**22**  
Fried Chicken  
Mashed Potatoes  
Green Beans  
  
Critchfield's

**23/24**  
Egg Salad  
Sandwiches  
Jello and Fruit Cup  
Chex Mix

**25**  
Garlic Shrimp Pasta  
Salad  
Garlic Toast  
  
Fazoli's

**26**  
Pork Burrito  
Salad  
Chips and salsa  
  
Moe's Grill

**27**  
Stir Fry Shrimp w/  
Vegetables  
Rice  
  
Wong Wong's

**28**  
Entre'  
Vegetable  
Fruit  
  
Good Foods Co-op

**29**  
Fish and Chips  
Fried Okra  
Hush Puppies  
  
Captain D's

**30/31**  
Egg Salad  
Sandwiches  
Jello and Fruit Cup  
Chex Mix

## 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!

# JULY

## Continental Breakfast

10-10:30

YUM



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

All of our  
Food Fare  
meets  
dietary

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

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

## 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!




# JULY

## 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>		<p>Served with 8oz of water, choice of coffee or hot or cold tea.</p>		<p><i>1</i> Trail Mix Cookies Applesauce</p>	<p><i>2/3</i> Chips &amp; Dips</p>
<p><i>4</i> Fruit Cups and Peanut Butter Crackers</p>	<p><i>5</i> Healthy Chips and Cheese Sticks</p>	<p><i>6</i> Cheese and Pretzel Packs</p>	<p><i>7</i> Jello Cups and Fruit</p>	<p><i>8</i> Chex Mix W/ Nuts</p>	<p><i>9/10</i> Crackers and Cheese</p>
<p><i>11</i> Jello Cups and Fruit</p>	<p><i>12</i> Peanut Butter and Crackers</p>	<p><i>13</i> Boiled Eggs and crackers</p>	<p><i>14</i> Apples and P'Nut Butter</p>	<p><i>15</i> Cheese Sticks and Crackers</p>	<p><i>16/17</i> Fruit Mix Cups Peanut Butter Crackers</p>
<p><i>18</i> Cheese, Crackers Applesauce</p>	<p><i>19</i> Healthy Chips and Oranges</p>	<p><i>20</i> Bananas and Jello</p>	<p><i>21</i> Popcorn and Hot Chocolate</p>	<p><i>22</i> Raisin Boxes &amp; Peanut Packs</p>	<p><i>23/24</i> Cheese &amp; Crackers</p>
<p><i>25</i> Bananas and PB</p>	<p><i>26</i> Peanut Butter and Jelly Sandwiches</p>	<p><i>27</i> Pudding Cups Nuts</p>	<p><i>28</i> Snack Paks w/ Cold Cuts</p>	<p><i>29</i> Bananas and Jello</p>	<p><i>30/31</i> Boiled Eggs and crackers</p>

## 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](http://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