



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 9
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HAPPY SEPTEMBER!

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

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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: Yoga To Improve Mobility

(Reuters Health) - Yoga-based exercise programs can improve mobility among people over age 60 and possibly help prevent falls by improving balance, according to a new review of existing research.

"These results are exciting but not particularly surprising since there is evidence from other research that similar types of exercise programs, Tai Chi, for example, can improve balance and mobility in older people," said senior author Anne Tiedemann of the George Institute for Global Health at Sydney Medical School, The University of Sydney, in Australia.

"What is exciting about the results is that significant improvements occurred in balance and mobility as a result of relatively short programs of yoga - the average number of hours offered was 20 hours," Tiedemann told Reuters Health by email.

The researchers analyzed six trials, with a total of about 300 participants, looking at the effect of physical yoga on balance among men and women age 60 and older.

Five trials included people living in the community while the sixth included people in residential aged-care settings.

Some did not specify the style of yoga tested, but all utilized a certified yoga instructor and props such as blankets, chairs, blocks, pillows, straps and mats. Programs tended to include 60 to 90 minutes of yoga once or twice weekly for a total of two to six months.

Participants attended about 82 percent of classes, which is a high attendance rate compared to many other programs, Tiedemann noted. Overall, yoga was linked to a small improvement in balance and a medium improvement in mobility - such as walking speed and how easily a person can get out of a chair - though the review authors were especially interested in the effects on balance.

To train balance, you need to undertake activities that challenge your balance and to perform these activities a standing position, Tiedemann said.

Three trials reported minor adverse events during yoga, like knee pain, low back pain or minor muscle strains, according to the report in *Age and Ageing*.

The researchers did not measure subsequent health events or falls after the yoga trials, so could not conclude that yoga reduces the risk of falls. Further research should investigate this question, the authors note.

Balance and mobility decline with age and the risk of falling increases significantly after the age of 65, Tiedemann said.

In previous research, she found that older people who are unable to quickly stand up from a seated position without using their arms for assistance are about twice as likely to fall in the next year as older people who can perform this task quickly.

"So reduced balance and mobility are linked to falls as well as loss of independence and lower quality of life in older age," Tiedemann said.

"It's interesting to note that balance and mobility can be trained and improved at any age - it's never too late to start."

It's hard to say whether yoga improves standing or walking balance, and we can't always tell if these will have any effect on falls, which is the real problem, said Pamela Jeter, a yoga expert at Johns Hopkins University in Baltimore, Maryland, who was not part of the review.

"Balance is regulated by several systems in the body and I believe we need to understand where the deficit is coming from before we can target the intervention," Jeter told Reuters Health by email. "Yoga is great as a therapeutic approach because it can be modified to the individual need or individual balance deficit." Psychological anxiety or fear of falling can also increase the risk, beyond just physical weakness, and the mindfulness component of yoga may be beneficial psychologically, she said.

"We would recommend that older people who are healthy enough to take part in regular physical activity could join a yoga class run by a yoga instructor who has experience with teaching older people," Tiedemann said. "The type of yoga should be that which focuses on standing balance postures rather than relaxation/meditation as the focus."

Those with medical conditions that preclude exercise should consult a doctor before starting a yoga program, she said.

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

Continued From Last Month

An increasing number of healthcare providers are also embracing the back-to-nature paradigm. One organization, [Park RX America](#), founded by Robert Zarr of Unity Healthcare in Washington, D.C., declares its mission "to decrease the burden of chronic disease, increase health and happiness, and foster environmental stewardship, by virtue of prescribing Nature during the routine delivery of healthcare by a diverse group of health care professionals." The organization has 10,000 parks in its "prescribing platform."

The global [Association of Nature and Forest Therapy Guides](#) shows clients how to use immersion in nature for healing. "The forest is the therapist," the group's slogan reads. "The guides open the door." Studies show that the effects of

nature may go deeper than providing a sense of well-being, helping to reduce crime and aggression. A 2015 [study](#) of 2,000 people in the United Kingdom found that more exposure to nature translated into more community cohesion and substantially lower crime rates.

And while more vegetation is thought to encourage crime by providing security for criminals, [another study](#) found the opposite - vegetation abundance is associated with a reduction in assault, robbery, and burglary, although not theft.

Still, many of these studies are correlational rather than causal. That means it's hard to show that natural landscapes cause these effects, though these things happen when people are in a natural environment.

Sara L. Warber, professor of family medicine at the University of Michigan, noted that there are no

"randomized, controlled studies" on the effects of nature on human health. Nonetheless, she said, there are epidemiological studies and measurements of before and after exposure to nature, and the results from this research are robust.

Peter H. Kahn, a professor of psychology at the University of Washington who has worked on these issues for decades, is encouraged by the new focus on the subject but concerned that the growing interest in more contact with nature relies too much on only experiencing it visually. "That's important, but an impoverished view of what it means to interact with the natural world," he said. "We need to deepen the forms of interaction with nature and make it more immersive."

To Be Continued Next Month!



September Dinner Party Menu

1:00 To 2:00



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

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!






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

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!



September 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.	All of our Food Fare meets dietary restrictions		1 <i>Bananas Boiled Eggs</i>	2 <i>Trail Mix Cookies Applesauce</i>	3/4 <i>Chips & Dips</i>
5 <i>Fruit Cups and Peanut Butter Crackers</i>	6 <i>Healthy Chips and Cheese Sticks</i>	7 <i>Cheese and Pretzel Packs</i>	8 <i>Jello Cups and Fruit</i>	9 <i>Chex Mix W/ Nuts</i>	10/11 <i>Crackers and Cheese</i>
12 <i>Jello Cups and Fruit</i>	13 <i>Peanut Butter and Crackers</i>	14 <i>Boiled Eggs and crackers</i>	15 <i>Apples and P'Nut Butter</i>	16 <i>Cheese Sticks and Crackers</i>	17/18 <i>Fruit Mix Cups Peanut Butter Crackers</i>
19 <i>Cheese, Crackers Applesauce</i>	20 <i>Healthy Chips and Oranges</i>	21 <i>Bananas and Jello</i>	22 <i>Popcorn and Hot Chocolate</i>	23 <i>Raisin Boxes & Peanut Packs</i>	24/25 <i>Cheese & Crackers</i>
26 <i>Bananas and PB</i>	27 <i>Peanut Butter and Jelly Sandwiches</i>	28 <i>Pudding Cups Nuts</i>	29 <i>Snack Paks w/ Cold Cuts</i>	30 <i>Bananas and Jello</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®

743 B Allendale Road
Lexington, KY 40503

859 539 2147
administrator@
AgingWithGraceInfo.org

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