



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 12

December 2022

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For more health tips and useful information



Happy December !

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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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!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
			1 Art Club Improve Strength Game Club Mind/Body Games	2 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	3/4 WEEKENDS BY APPOINTMENT Card Player's Club
5 Natural Resources Club Improve Energy Glee Club Basketball	6 On a Mission Club Improve Strength S.O.M.E. Club Kickball	7 UK Fan Club Improve Mobility Book Club Balloon Volleyball	8 Art Club Improve Strength Game Club Mind/Body Games	9 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	10/11 WEEKENDS BY APPOINTMENT Card Player's Club
12 Natural Resources Club Improve Energy Glee Club Basketball	13 On a Mission Club Improve Strength S.O.M.E. Club Kickball	14 UK Fan Club Improve Mobility Book Club Balloon Volleyball	15 Art Club Improve Strength Game Club Mind/Body Games	16 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	17/18 WEEKENDS BY APPOINTMENT Card Player's Club
19 Natural Resources Club Improve Energy Glee Club Basketball	20 On a Mission Club Improve Strength S.O.M.E. Club Kickball	21 UK Fan Club Improve Mobility Book Club Balloon Volleyball	22 Art Club Improve Strength Game Club Mind/Body Games	23 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	24/25 WEEKENDS BY APPOINTMENT Card Player's Club 31/ Week 1
26 Natural Resources Club Improve Energy Glee Club Basketball	27 On a Mission Club Improve Strength S.O.M.E. Club Kickball	28 UK Fan Club Improve Mobility Book Club Balloon Volleyball	29 Art Club Improve Strength Game Club Mind/Body Games	30 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	31/1 WEEKENDS BY APPOINTMENT Card Player's Club

Our Food Fare comes from local restaurants!

December Dinner Party Menu

1:00 To 2:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	 <p>All of our dinners meet dietary restrictions/alternate menu</p>	<p>All meals are served with 8oz of milk, water, choice of coffee or hot or cold tea.</p>	<p>1 Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple</p>	<p>2 Fish and Chips Fried Okra Hush Puppies</p>	<p>3/4 Italian Sub Fresh Fruit Chips</p>
<p>5 Hot Brown Broccoli Mixed Fruit Critchfield's</p>	<p>6 Chicken Rice and Bean Bowl Chips and salsa Moe's Grill</p>	<p>7 Entre' Kale Fruit Good Foods Co-op</p>	<p>8 Chili House Salad Baked Potato Wendy's</p>	<p>9 Stir Fry W/ Shrimp & Veggies Peaches Wong Wong's</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 Critchfield's</p>	<p>15 Fried Chicken Mashed Potatoes Green Beans Critchfield'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 Meat Loaf Mac & Cheese Collard Greens Critchfield's</p>	<p>21 Fish and Chips Fried Okra Hush Puppies Captain D's</p>	<p>22 Chicken Livers Corn Medley Mandarin Oranges Critchfield's</p>	<p>23 Fried Catfish Carrot Medley Mashed Potatoes Critchfield's</p>	<p>24/25 Egg Salad Sandwiches Jello and Fruit Cup Chex Mix</p>
<p>26 Garlic Shrimp Pasta Salad Garlic Toast</p>	<p>27 Pork Burrito Salad Chips and salsa</p>	<p>28 Fried Chicken Mashed Potatoes Green Beans</p>	<p>29 Cheese Burgers French Fries Lettuce, Tomato, Onions,</p>	<p>30 Stir Fry Shrimp w/ Vegetables Rice</p>	<p>31/1 Turkey Sub Fresh Fruit Chips</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!



Self-Improvement: Holiday Spirit is Good For You

Why Getting Into The Holiday Spirit Is Actually Good For You

Festive décor & blasting Mariah Carey has surprising benefits.

by [Kaitlyn Wyld](#)
Dec. 4, 2020

December's automatically generated influx of garlands, cinnamon-scented candles, and twinkly lights can evoke strong feelings among holiday haters and those that wait till Christmas Eve Day to even consider a tree. If your natural inclination is to veer toward team Grinch versus team Whoville, you might be missing out on the [mental health benefits of the holiday spirit](#).

"Pushing yourself to engage in activities you might otherwise avoid is a legitimate strategy for not only persevering, but ultimately thriving," clinical psychologist [Caroline Fleck](#), Ph.D., tells Bustle. "Particularly when there's an opportunity to lean into a communal festivity." Yes, there are actual healthful [benefits to being festive](#). Didn't Buddy the Elf teach us anything?

While a typical holiday season might include an [increase in socialization and bonding, which leads to an increase in oxyto-](#)

[cin](#) production, the 2020 holiday season is going to come with a lot of Zooming, a lot of alone time, and many adjusted expectations. It's understandable to feel like you'd rather just go to bed and wake up in January. But putting effort into making your space look festive, even if no one will see it but you, can actually inspire a positive psychological reaction, kind of what you'd expect during holidays past.

Pretending to be twinkly-eyed over twinkle lights can be such a mentally transformative action "that it is the secret ingredient in evidence-based treatments for a wide range of mental health disorders," Fleck says. The "fake it 'til you make it" method is used with [exposure and response prevention](#) for anxiety, [behavioral activation](#) for depression, and [prolonged exposure](#) for post traumatic stress disorder (PTSD).

Though it might be hard to believe in the power of lighting candles, baking spiced cookies, and blasting Mariah Carey, these surface efforts can actually inspire emotional changes. Putting up some lights is easier than hours of therapy, but small, aesthetically pleasing tasks can actually [trick your brain into releasing feel-good hormones](#), whether you're *feeling* the holidays or not. The reason, Fleck explains, is actually quite simple: going

through the motions of an activity is an example of [biofeedback](#), aka consciously manipulating your body's systems to achieve a result, such as doing breathwork exercises to lower your heart rate.

"Singing Christmas carols while clenching your fists and silently judging everyone around you isn't likely to result in a super positive experience," Fleck says of the team Grinch attitude. Challenging yourself to lean into the experience, even if it doesn't feel natural, doesn't just set you up for a positive psychological experience, but gives you an opportunity to get fully involved in something that you didn't even realize you had the energy for, or interest in.

You're not going to get the same rush of [oxytocin that you'd get hugging a family member](#), but adding a little superficial merriment to your apartment will certainly [trick your brain into releasing a little bit of dopamine](#). So if you're feeling particularly Scrooge-ish this year, you might want to consider doubling up on the the string lights and stocking up on peppermint.

Expert:
Clinical psychologist [Caroline Fleck](#), Ph.D.

Bee Weller's Buzz on Health: 60 Ways To Live Longer

Continued From Last Month

60 Ways To Live Longer, Stronger and Better.

Go to Sleep Easier

7. Make your bed each morning. According to a survey by the National Sleep Foundation, those who make their bed nearly every day were more likely to report [getting a good night's sleep](#).

8. Change your bedsheets every Sunday. Allergens can disrupt sleep. To cut down on buildup, wash your sheets weekly. Also replace pillows at least every two years and mattresses every 10, both for hygiene and for comfort (they can break down over time).

9. Face your alarm clock toward the wall. And place your cellphone facedown. Artificial light disrupts sleep. Instead of night-lights, keep a flashlight next to your bed to use when needed.

10. Turn the fan on when the lights go off. Or invest in a sound machine. Snoring partners, traffic and other ambient noise can cause you to wake during the night and experience more daytime sleepiness and fatigue. A source of white noise, like a

fan, can help modulate that problem.

11. Enjoy some chamomile tea at bedtime. In a randomized, double-blind study from the University of Michigan, those taking a chamomile extract twice a day zonked out 16 minutes faster, on average.

Pump Up Your Heart Health

12. Brush and floss regularly. Swollen or bleeding gums caused by bad oral health may lead to microorganisms traveling into the bloodstream, which could cause inflammation and heart damage. Older adults who skimped on oral hygiene were 20 to 35 percent more likely to die during a 17-year study done by University of Southern California researchers.

13. Try doing 10 minutes of resistance training every morning. That adds up to a truly healthy week of muscle strengthening. In research published in 2017 in the Journal of the American Heart Association, women (average age 62) who did just 20 to 59 minutes of [muscle-strengthening exercises](#) each week were 29 percent less likely to die during the 12-year study than those who did none. Low muscle strength is associated with an elevated risk of death in people 50 and older, regardless

of general health levels. Even cardio exercise doesn't appear to protect you if you allow your strength levels to deteriorate.

14. Be an avocado sneak. Replace half the butter in your baking recipes with [mashed avocado](#), and sneak this source of healthy monounsaturated fatty acids (MUFAs) into smoothies and spreads whenever you can. Replacing saturated fats with MUFAs can help lower LDL (bad) cholesterol.

15. Walk off your cravings. Smoking puts you at a higher risk for heart disease and stroke. When a craving hits, try lacing up your shoes and heading out for a quick walk and breath of fresh air. Who knows? You might just want to keep going!

16. Put a banana on it. A diet rich in potassium can help offset some of sodium's harmful effects on blood pressure. Add bananas to everything from breakfast cereal to nighttime desserts to PB&J sandwiches. While you're at it, squeeze in more sweet potatoes, tomatoes and oranges.

To Be Continued Next Month

Special
Dietary needs

December Continental Breakfast

10-10:30

YUM



Mon

Tue

Wed

Thu

Fri

Sat./Sun.



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

1
Yogurt
Raisins

2
Hash Browns
Boiled Eggs

3/4
Cereal
Fruit Mix

5
Pancakes
Fresh Fruit

6
Blueberry Muffin
Mixed Fruit

7
French Toast
Fresh Fruit

8
Whole Wheat English
Muffin
Fruit

9
Flavored Grits

10/11
Cereal
Fruit Mix

12
Oatmeal
Fruit

13
Whole wheat Bagel
Cream Cheese
Oranges

14
Hash Browns
Boiled Eggs

15
Oatmeal
Fruit

16
Banana Muffin

17/18
Cereal
Fruit Mix

19
Waffles
Applesauce

20
Toast
Fresh Pineapples

21
Cinnamon Toast
Fresh Fruit Mix

22
Blueberry Muffin

23
Whole Wheat English
Muffin
Fruit

24/25
Cereal
Fruit Mix

26
Whole Wheat Eng-
lish Muffin
Fruit

27
Hash Browns
Boiled Eggs

28
Pancakes
Fresh Fruit

29
Cinnamon Toast
Fresh Fruit Mix

30
Oatmeal
Applesauce

31/1
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





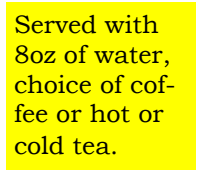
front of them as soon as they come in and throughout the day. We love our members and know that it is good for them to drink enough water.

Please Come Join Us!

December Tea & A Tale Time Menu

3:30 To 4:00

YUM!

Mon	Tue	Wed	Thu	Fri	Sat./Sun.
			<i>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 Fruit Cup	<i>23</i> Raisin Boxes & Peanut Packs	<i>24/25</i> Cheese & Crack- ers
<i>26</i> Bananas and PB	<i>27</i> Peanut Butter and Jelly Sandwiches	<i>28</i> Pudding Cups Nuts	<i>29</i> Cheese Sticks and Crackers	<i>30</i> Snack Paks w/ Cold Cuts	<i>31/1</i> Jello Cups and Fruit

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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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**