



Established 2010

# Aging With Grace®

*The Official Fountain of Youth Clubhouse Newsletter*

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

Volume 10, Issue 2

February 2023

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For more health tips and useful information



## Happy February !

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

### Inside this issue:

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

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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!

Special Dietary needs are met!

# February Continental Breakfast

10-10:30

YUM



Mon

Tue

Wed

Thu

Fri

Sat./Sun.

All of our Food Fare meets dietary restrictions

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

6  
Pancakes  
Fresh Fruit

7  
Blueberry Muffin  
Mixed Fruit

8  
French Toast  
Fresh Fruit

9  
Whole Wheat English Muffin  
Fruit

10  
Flavored Grits

11/12  
Cereal  
Fruit Mix

13  
Oatmeal  
Fruit

14  
Whole wheat Bagel  
Cream Cheese  
Oranges

15  
Hash Browns  
Boiled Eggs

16  
Oatmeal  
Fruit

17  
Banana Muffin

18/19  
Cereal  
Fruit Mix

20  
Waffles  
Applesauce

21  
Toast  
Fresh Pineapples

22  
Cinnamon Toast  
Fresh Fruit Mix

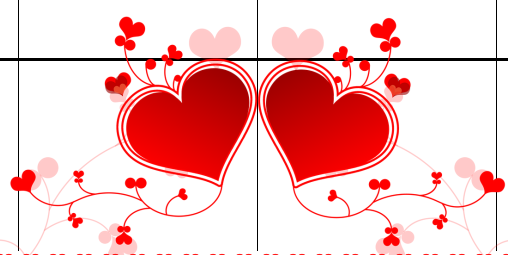
23  
Blueberry Muffin

24  
Whole Wheat English Muffin  
Fruit

25/26  
Cereal  
Fruit Mix

27  
Whole Wheat English Muffin  
Fruit

28  
Hash Browns  
Boiled Eggs



## 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!



# February Dinner Party Menu

1:00 To 2:00



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



# February 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.	1 <i>Snack Paks w/ Cold Cuts</i>	2 <i>Bananas Boiled Eggs</i>	3 <i>Trail Mix Cookies Applesauce</i>	4/5 <i>Chips &amp; Dips</i>	
	6 <i>Fruit Cups and Peanut Butter Crackers</i>	7 <i>Healthy Chips and Cheese Sticks</i>	8 <i>Cheese and Pretzel Packs</i>	9 <i>Jello Cups and Fruit</i>	10 <i>Chex Mix W/ Nuts</i>	11/12 <i>Crackers and Cheese</i>
	13 <i>Jello Cups and Fruit</i>	14 <i>Peanut Butter and Crackers</i>	15 <i>Boiled Eggs and crackers</i>	16 <i>Apples and P'Nut Butter</i>	17 <i>Cheese Sticks and Crackers</i>	18/19 <i>Fruit Mix Cups Peanut Butter Crackers</i>
	20 <i>Cheese, Crackers Applesauce</i>	21 <i>Healthy Chips and Oranges</i>	22 <i>Bananas and Jello</i>	23 <i>Popcorn and Fruit Cup</i>	24 <i>Raisin Boxes &amp; Peanut Packs</i>	25/26 <i>Cheese &amp; Crack- ers</i>
	27 <i>Bananas and PB</i>	28 <i>Peanut Butter and Jelly Sandwiches</i>	<p><i>Be Mine Valentine</i></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

# Self-Improvement: New Year's Resolutions for Health (Continued)

## 10 New Year's Resolutions Seniors Must Make for Healthier Living

by Vince Baiera

(Continued From Last Month)

### Home Renovation

If your home isn't aging-ready, home renovation could be an essential resolution to make for you and your loved one's safety. Here are some home renovation targets that you can set for the new year:

Prevent slips and falls in the bathroom. Install and use a [safe bathtub step stool](#).  
Install railings and grab bars along stairs.

Make sure all areas of the house are well-lit. Inspect thresholds and fix them if broken.  
Widen doorways, install ramps for wheelchair access.

### Healthy Lifestyle

This is the most popular New Year's resolution for seniors and probably the toughest to achieve as well. But the secret to meeting these goals lies in making small changes every day. Here are some of the ways to ensure your health stays in top shape in the new year:

1. **Eat better:** The USDA's Choose My Plate program can help you make good

choices. However, before you make any changes to your diet, consult your Healthcare provider/physician for guidance.

**Look for the rule of 5 - include these five things in your weekly menu:**

- Eat more fruits
- Eat vegetables for fiber and nutrients
- Replace processed food with whole grains
- Include heart-healthy fish like salmon, tuna or shrimp twice a week and stick to lean meat like chicken or turkey.
- Choose two servings daily of low-fat dairy and healthy fats such as olive oil or canola oil instead of butter and lard.

**2. Get moving:** Physical activity can be safe and healthy for older adults. The Centers for Disease Control and Prevention recommends 30 minutes of moderate exercise five days a week. You can start small and build up. Include both indoor and outdoor activities to boost your mood and confidence.

**3. Get enough sleep:** Sleeplessness increases with age as seniors become more and more sedentary. Make sure you get enough exercise and rest. Follow a regular sleep rou-

tine to feel refreshed after a nap or in the morning.

### Hobby Class

It's time to dust the easel you stowed away in the attic or pick up gardening tools to work your garden! Your retirement should encourage you to take up hobbies that you may have missed out on during your youth. Pursuing a hobby is an excellent goal for seniors. Reinvent your golden years by learning new activities like self-defense for seniors, music, or art to enrich the mind and body.

### Kick Bad Habits

This is another popular New year's resolution for seniors that's hard to achieve. But when you are better informed about the ill effects, it becomes easier to kick bad habits like smoking and excessive drinking.

**Smoking** - Smokers are twice as likely to develop heart disease as non-smokers. It is never too late to quit. It will reduce many health problems, help you breathe easier, have more energy, and sleep better.

**Excessive alcohol** - Drinking increases depression, interacts with your meds and adds to various health problems. Start by raising a small toast at this New Year's party. The recommended limit for older men is no more than 14 drinks per week



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

Continued From Last Month

### 60 Ways To Live Longer, Stronger and Better.

#### Get Back in Shape

**27. "Commute" even if you work from home.** For many of us, COVID means no commuting to and from the office — which means no moving, either. Use that gift of time for a walk, bike ride or jog. In a study, older women who averaged 4,400 steps per day (compared with just 2,700 steps) were 41 percent less likely to die during a follow-up of 4.3 years.

**28. Set a "stretch timer."** Use the timer to prompt you to stand up and get your blood flowing and [muscles moving once every hour](#). Your brain needs oxygen to be productive — so if that's how you can persuade yourself to get up and move, then do so!

**29. Take your phone calls standing or walking.** They're called "mobile phones" for a reason. Each time yours rings, stand up or go for a walk. It's an easy way to decrease the amount of time you are sedentary.

#### Set Boundaries with Technology

**30. Turn off all phone notifications.** Americans are already checking their phones an average of 96 times a day, according to research from 2019, so you're not going to miss anything.

**31. Establish no-phone zones,** starting with no phones at dinner and in the bedroom. One review of 290 studies by a Swedish university researcher that was published in 2018 found an association between frequent mobile phone use and depressive symptoms and sleep problems.

**32. When you wake up, don't reach for your phone.** Do something you love instead: Journal, stretch, make coffee or read one book chapter. Get an alarm clock so you won't need to rely on your phone to wake up.

**33. Go screen-free one day a week.** "My family and I have [turned off all screens](#) for one full day each week for 11 years, and we spend the day doing things we love. It's our favorite day of the week," says author Tiffany Shlain.

#### Improve Your Relationships

**34. Do the dishwasher boogie.** Pick a chore you both hate, and turn it into a nightly dance party. Dancing together in the kitchen or anywhere in your house will remind you of how much fun you both are.

**35. Make eye contact over dinner.** Hold each other's gaze for 60 seconds. It will help you find the grace, beauty or soul in each other's eyes!

**36. Give Friday night thanks.** Share three things you're grateful for every Friday night over dinner (or any other night of the week). This is a terrific habit that will give you a new perspective on your family members.

#### Conquer Loneliness

**37. Keep your list of loved ones close.** Write three to five names on a Post-it note and stick it on your fridge or near the computer, or post their photos. Typically, we're happier if we feel deeply connected to a few relationships we want to prioritize rather than trying to stay in touch with everyone.

**38. And make short, regular check-ins to loved ones.** A study showed that even [a few 10-minute phone](#) calls each week can reduce loneliness by 20 percent.

**39. Call one long-lost friend every week.** We often talk ourselves out of reaching out, thinking we'd be interrupting them or they won't welcome hearing from us. But being the one who initiates contact can be a great gift — and another way to cure loneliness. In a study published in 2020 in the journal *Heart*, male and female cardiac patients who reported feeling lonely were two and three times more likely to die, respectively, a year after their hospital discharge.

**40. Give little gifts.** A handwritten card, flowers, an act of service or a texted photo are examples of how we can bring joy to both ourselves and those who may be lonely or anxious.

#### To Be Continued Next Month

## Aging With Grace®

743 B Allendale Road  
Lexington, KY 40503

859 539 2147  
administrator@  
AgingWithGraceInfo.org

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 50+ 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:

**I**mprove our member's health and quality of life through home and community based services

### Our Values:

**C**ontinuous effort to be better as individuals, as employees, as a company

**A**ppreciation and gratitude for our members and each other

**R**eciprocity: do unto others as you would have them do unto you. Know that we are all growing older.

**E**xceptional integrity even when no one is watching

## Days and Hours of Operation, Fees



LIVE  
BETTER,  
LONGER!

**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