



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 3

March 2023

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For more health tips and useful information



## Happy March !



### FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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>	<a href="#">29 UK Fan Club</a>  <a href="#">Improve Mobility</a>  <a href="#">Book Club</a>  <a href="#">Balloon Volleyball</a>	<a href="#">30 Art Club</a>  <a href="#">Improve Strength</a>  <a href="#">Game Club</a>  <a href="#">Mind/Body Games</a>	<a href="#">31 S.O.L.V.E. Club</a>  <a href="#">Improve Balance</a>  <a href="#">Gardening Club</a>  <a href="#">Corn Hole</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!



# March Continental Breakfast

10-10:30



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	<p>All meals are served with 8oz of milk, water, and choice of coffee or hot or cold tea.</p>	1 <i>Cinnamon Toast Fresh Fruit Mix</i>	2 <i>Yogurt Raisins</i>	3 <i>Hash Browns Boiled Eggs</i>	4/5 <i>Cereal Fruit Mix</i>
		6 <i>Pancakes Fresh Fruit</i>	7 <i>Blueberry Muffin Mixed Fruit</i>	8 <i>French Toast Fresh Fruit</i>	9 <i>Whole Wheat English Muffin Fruit</i>
13 <i>Oatmeal Fruit</i>	14 <i>Whole wheat Bagel Cream Cheese Oranges</i>	15 <i>Hash Browns Boiled Eggs</i>	16 <i>Oatmeal Fruit</i>	17 <i>Banana Muffin</i>	18/19 <i>Cereal Fruit Mix</i>
20 <i>Waffles Applesauce</i>	21 <i>Toast Fresh Pineapples</i>	22 <i>Cinnamon Toast Fresh Fruit Mix</i>	23 <i>Blueberry Muffin</i>	24 <i>Whole Wheat English Muffin Fruit</i>	25/26 <i>Cereal Fruit Mix</i>
27 <i>Whole Wheat English Muffin Fruit</i>	28 <i>Hash Browns Boiled Eggs</i>	29 <i>French Toast Fresh Fruit</i>	30 <i>Oatmeal Fruit</i>	31 <i>Whole Wheat English Muffin Fruit</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!



# March Dinner Party Menu

1:00 To 2:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.	
	<p>All meals are served with 8oz of milk, water, choice of coffee or hot or cold tea.</p>	<p><b>1</b> Cheese Burgers French Fries Lettuce, Tomato, Onions,</p>	<p><b>2</b> Marinara Meat Sauce and Spaghetti Caesar Salad Pineapple Fazoli's</p>	<p><b>3</b> Fish and Chips Fried Okra Hush Puppies  Captain D's</p>	<p><b>4/5</b> Italian Sub Fresh Fruit Chips</p>	
	<p><b>6</b> Hot Brown Broccoli Mixed Fruit  Critchfield's</p>	<p><b>7</b> Chicken Rice and Bean Bowl Chips and salsa  Moe's Grill</p>	<p><b>8</b> Entre' Kale Fruit  Good Foods Co-op</p>	<p><b>9</b> Chili House Salad Baked Potato  Wendy's</p>	<p><b>10</b> Stir Fry W/ Shrimp &amp; Veggies Peaches  Wong Wong's</p>	<p><b>11/12</b> Chicken Salad Sandwiches Apples Potato 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>18/19</b> Tuna Salad Sandwiches Mandarin Oranges Corn Chips</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>25/26</b> Egg Salad Sandwiches Jello and Fruit Cup Chex Mix</p>
	<p><b>27</b> Garlic Shrimp Pasta Salad Garlic Toast  Fazoli's</p>	<p><b>28</b> Pork Burrito Salad Chips and salsa  Moe's Grill</p>	<p><b>29</b> Stir Fry W/ Chicken &amp; Veggies Peaches  Wong Wong's</p>	<p><b>30</b> Vegetable Soup Turkey BLT Sandwich  Frische's</p>	<p><b>31</b> Pizza Tossed Salad Pineapple  La Rosa'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!


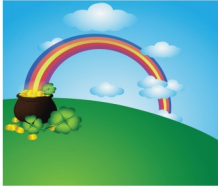




# March Tea & A Tale Time Menu

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 Snack Paks w/ Cold Cuts	2 Bananas Boiled Eggs	3 Trail Mix Cookies Applesauce	4/5 Chips & Dips
6 Fruit Cups and Peanut Butter Crackers	7 Healthy Chips and Cheese Sticks	8 Cheese and Pretzel Packs	9 Jello Cups and Fruit	10 Chex Mix W/ Nuts	11/12 Crackers and Cheese
13 Jello Cups and Fruit	14 Peanut Butter and Crackers	15 Boiled Eggs and crackers	16 Apples and Peanut Butter	17 Cheese Sticks and Crackers	18/19 Fruit Mix Cups Peanut Butter Crackers
20 Cheese, Crackers Applesauce	21 Healthy Chips and Oranges	22 Bananas and Jello	23 Popcorn and Fruit Cup	24 Raisin Boxes & Peanut Packs	25/26 Cheese & Crackers
27 Bananas and PB	28 Peanut Butter and Jelly Sandwiches	29 Trail Mix Cookies Applesauce	30 Cheese and Pretzel Packs	31 Apples and Peanut Butter	

## 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)

### Getting Insurances and Applying for Senior Benefits

If you haven't already thought about your medical finances, now is the time to do it. A new year's resolution to getting the proper insurance and senior benefits is essential. No matter how financially stable you may be right now, insurance ensures you don't eat into your savings. Several resources online that offer help and support, or you may contact your nearest Area Agency on Aging for guidance.

### Active Social Life

Resolve to break the isolation. Minor changes to your social routine can prevent loneliness without overwhelming you.

Don't overbook with many activities right away. Start with small outings like visiting your local library once a week. Attend a community event or volunteer in a local activity. Socialization is vital for your mental and physical well-being, and there are many like-minded people out there looking for the same social connections as you. Be positive!

### Planning Ahead

If you are nearing 60, the apprehension of living as a senior may weigh you down. However, to know what aging entails, make sure you research the needs of the elderly and start planning every month. These plans could include home repairs, financial safety net, applying for senior benefits from federal agencies, etc. Also, evaluate if you would prefer aging in place or living in senior communities, the costs involved and the advantages of each.

### Maintain Your Purpose in Life as You Age

As mentioned before, a sense of purpose encourages you to look at the days ahead with positivity. Find that purpose. It could be anything from tending to your garden, starting your own business or spiritual pursuit. Let it be something you think about every day for at least 10 minutes. You can build on this by maintaining a journal to log in your thoughts or record your ideas.

### Final Thoughts

The year that's ending leaves us with thoughts to ponder. The one that is to come brings with it new beginnings. New Year's resolutions for seniors give goals to look forward to. Once you've accomplished a goal, take pride in the work you've done. Small steps will build your self-esteem and your confidence and improve your life.

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

### Continued From Last Month

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

#### Become More Resilient

**41. Spend 20 minutes among the trees.** That's exactly how much time you need in nature to reduce your level of stress hormones significantly, according to a 2019 study. Additional time reduces it more, but not dramatically, researchers found.

**42. Ask what you can do to help.** Make a habit of [asking others if you can be of service](#). The more connected you are with your community, the more support you will receive during difficult times.

**43. Keep a "no regrets checklist."** Write down a list of all the things you've had to put off over the years because of work or raising a family. Then make a timeline for how you'll revisit these goals. Regret is largely avoidable with a little reflection and mindful focus.

**44. Journal a little each day.** Keeping

a [daily gratitude journal](#) in which you can count your blessings will help you keep perspective when hard times hit. At the end of each day, write down three or four things you feel proud of, positive traits you learned about yourself or positive actions you took toward nurturing yourself that day.

#### Take Care of Your Skin

**45. Apply SPF 30 sunscreen every day.** Even on rainy winter days. Don't forget areas such as your ears, the tops of your feet and the back of your neck. Once you begin a skin protection routine, it allows your skin to start repairing itself.

**46. Use a sunblocking lip balm every day.** Lipstick protects women against skin cancer of the lip, which is why it's seen far more commonly in men. If you don't wear lipstick, use an SPF lip balm.

**47. Be a morning (or evening) person.** The risk of skin damage is highest between 10 a.m. and 4 p.m. Scheduling your outdoor time at 9 a.m. or 5 p.m. instead of noon can significantly lessen skin damage over time.

**48. Take time to appreciate your partner's skin.** And while doing so, look out for changes in his or her moles. People often notice skin cancer because of a spot that doesn't look quite right. Be familiar with your own moles and get a screening if you notice suspicious changes in shape, texture, color or size.

#### Cut Back On Your Vices

**49. Put your TV in a time-out.** Be mindful of exactly what content you consume — and choose a specific show or film to watch. When it's over, turn the TV off and go for a walk or take a bath to give your mind a break. With the end of the pandemic should come the end of long TV binges.

**50. Make online shopping less impulse driven.** Delete your credit card information from websites on which [you regularly shop](#). Having to grab your wallet to pay for an impulse purchase adds an extra step that gives you more time to consider whether the item is actually necessary.

### To Be Continued Next Month

## 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**