



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 4

April 2023

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Happy April !



FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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



April Continental Breakfast

10-10:30



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



April Dinner Party Menu

1:00 To 2:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
3 <i>Stir Fry W/ Chicken & Veggies</i> <i>Peaches</i> <i>Wong Wong's</i>	4 <i>Garlic Shrimp Pasta Salad</i> <i>Garlic Toast</i> <i>Fazoli's</i>	5 <i>Cheese Burgers</i> <i>French Fries</i> <i>Lettuce, Tomato, Onions,</i>	6 <i>Marinara Meat Sauce and Spaghetti</i> <i>Caesar Salad</i> <i>Pineapple</i> <i>Fazoli's</i>	7 <i>Fish and Chips</i> <i>Fried Okra</i> <i>Hush Puppies</i> <i>Captain D's</i>	8/9 <i>Italian Sub</i> <i>Fresh Fruit</i> <i>Chips</i>
10 <i>Hot Brown</i> <i>Broccoli</i> <i>Mixed Fruit</i> <i>Critchfield's</i>	11 <i>Chicken Rice and Bean Bowl</i> <i>Chips and salsa</i> <i>Moe's Grill</i>	12 <i>Entre'</i> <i>Kale</i> <i>Fruit</i> <i>Good Foods Co-op</i>	13 <i>Chili</i> <i>House Salad</i> <i>Baked Potato</i> <i>Wendy's</i>	14 <i>Stir Fry W/ Shrimp & Veggies</i> <i>Peaches</i> <i>Wong Wong's</i>	15/16 <i>Chicken Salad</i> <i>Sandwiches</i> <i>Apples</i> <i>Potato Chips</i>
17 <i>Grilled Salmon</i> <i>Sweet Potato</i> <i>Broccoli</i> <i>Captain D's</i>	18 <i>Pizza</i> <i>Tossed Salad</i> <i>Pineapple</i> <i>La Rosa's</i>	19 <i>Beef Cube Steak</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Critchfield's</i>	20 <i>Fried Chicken</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Critchfield's</i>	21 <i>Bean Soup</i> <i>Salad</i> <i>Corn Bread</i> <i>Frische's</i>	22/23 <i>Tuna Salad</i> <i>Sandwiches</i> <i>Mandarin Oranges</i> <i>Corn Chips</i>
24 <i>Cranberry Pecan</i> <i>Chicken Salad</i> <i>Fruit</i> <i>Frische's</i>	25 <i>Meat Loaf</i> <i>Mac & Cheese</i> <i>Collard Greens</i> <i>Critchfield's</i>	26 <i>Fish and Chips</i> <i>Fried Okra</i> <i>Hush Puppies</i> <i>Captain D's</i>	27 <i>Chicken Livers</i> <i>Corn Medley</i> <i>Mandarin Oranges</i> <i>Critchfield's</i>	28 <i>Fried Catfish</i> <i>Carrot Medley</i> <i>Mashed Potatoes</i> <i>Critchfield's</i>	29/30 <i>Egg Salad</i> <i>Sandwiches</i> <i>Jello and Fruit Cup</i> <i>Chex Mix</i>

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!







April

Tea & A Tale Menu

3:30 To 4:00



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

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: Self-Defense for Seniors

Must-Know Info About How to Protect Yourself

Everyone deserves to feel secure. That's why self-defense for seniors is such an important topic. As people age, their bodies tend to get slower and weaker, which can make them vulnerable to attacks by criminals. Fortunately, there are a variety of good tactics that older adults can learn in order to protect themselves. The sad reality is that some people do prey on seniors. A [U.S. Department of Justice report](#) noted that between 2003 and 2013, 93 percent of all crimes against people over age 65 were property crimes such as burglary and theft. And even though seniors and the elderly experience lower rates of violent crime than those in other age groups, the report showed that over the same time period, the rate of violent crime against people over 65 increased by 27 percent. This article will help you understand

different types of self-defense training that are available (including martial arts and cane self-defense) and how such training can benefit your health and well-being. You'll learn about steps you can take to avoid becoming a target and discover basic techniques for defending yourself if you do end up in a dangerous situation. You'll also read about important factors to consider before turning to a firearm for your defense.

Benefits of Self-Defense Training

Age and physical limitations do not have to prevent you from learning how to protect yourself. Whether you study basic self-defense techniques or pursue advanced martial arts training, knowing that you're capable of defending yourself can be a great confidence booster. And when you feel (and look) confident, you show the world that you are not weak or vulnerable. That can potentially deter would-be aggressors and keep you

from having to defend yourself at all. Self-defense training teaches you how to stay aware of your surroundings and focus on your safety. You will learn to recognize where potential attackers could be lurking and where you could go to escape. You will also learn how to prepare for the unexpected and how to quickly disable an assailant if necessary. With practice, you can develop the reactions that are required to protect yourself in an emergency.

Such training also brings a host of physical benefits: You can improve your balance, coordination, stamina, strength, and flexibility. Even if you never have to use the techniques you learn in class, the exercise you get through self-defense training can have a positive impact on your overall health.

To Be Continued Next Month

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

Continued From Last Month

60 Ways To Live Longer, Stronger and Better.

Clean Up Your Environment

51. Store leftovers in glass containers instead of plastic. Plastics often contain harmful chemicals like BPA and phthalates that can seep into food and may negatively impact your health.

52. Opt for fragrance-free products. If your household cleaner or air freshener says "fragrance," you might want to toss it. If the ingredients are not disclosed, the product likely contains harmful chemicals that are carcinogenic. Also, to improve the overall health of your air, invest in a HEPA filter.

53. Bring plants into your home. [Plants](#) not only look beautiful, but many of them, such as bamboo palm and English ivy, can improve air quality.

54. Choose organic fruits and vegetables when possible. By opting for organic produce, you're reducing your exposure to pesticides. [Organic](#)

[foods](#) may also be more nutritious than their conventional counterparts.

Get Your Gut in Shape

55. Try natural constipation treatments. OTC laxatives can interfere with how you absorb nutrients, an issue of rising importance as you age. Look for ways to add more fiber to your diet, as well as foods that are natural laxatives: Kiwi, prunes and rhubarb are all good options.

56. Lay off the artificially sweetened gum. For some, foods sweetened with sucralose or fructose, like sugar-free mints or candies, will cause problems with abdominal pain and cramping, bloating, gas or diarrhea.

57. Do some diaphragmatic breathing. Stress or anxiety can amplify problems in your GI tract. Work on taking deep breaths that expand your abdomen. This activates the autonomic nervous system and makes your GI tract less sensitive to various stimuli.

58. Place a step stool in front of the commode. The idea is to get your knees

above your hips so that you're in more of a squatting position. This straightens out the lower part of your colon so you can pass stools more easily.

Stay Flexible and Improve Your Posture

59. Do an hourly posture check. Sit or stand up tall with your feet flat on the floor. Look straight ahead, bring your shoulders back and down, and slightly tuck in your chin. Hold this position for a count of five. Repeat this several times throughout the day. Doing so will get you used to maintaining a [healthier, upright posture](#).

60. Change how you carry stuff. The goal is to balance the weight evenly to both sides of your body. When carrying bags in your hands, it's best to have a similar amount of weight on both sides; this will allow you to maintain an upright posture. If you're using a backpack, put on both arm straps to spread the burden equally. You should avoid slinging a heavy bag over just one shoulder. If you are leaning over to the side or bent forward, you are carrying too much of a load.

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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