



Established 2010

Aging With Grace®

The Official Fountain of Youth Clubhouse Newsletter

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

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May 2023

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Happy May !



FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
<p><u>1 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>2 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>3 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>4 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>5 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>6/7 WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>8 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>9 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>10 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>11 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>12 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>13/14 WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>15 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>16 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>17 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>18 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>19 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>20/21 WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>22 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>23 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>24 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>25 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>26 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>27/28 WEEKENDS BY APPOINTMENT</u></p> <p><u>Card Player's Club</u></p>
<p><u>29 Natural Resources Club</u></p> <p><u>Improve Energy</u></p> <p><u>Glee Club</u></p> <p><u>Basketball</u></p>	<p><u>30 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>31 UK Fan Club</u></p> <p><u>Improve Mobility</u></p> <p><u>Book Club</u></p> <p><u>Balloon Volleyball</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!

Special Dietary needs are met!

May Continental Breakfast

10-10:30

YUM



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
1 Cinnamon Toast Fresh Fruit Mix	2 Oatmeal Fruit	3 Blueberry Muffin Apple sauce	4 Yogurt Raisins	5 Hash Browns Boiled Eggs	6/7 Cereal Fruit Mix
8 Pancakes Fresh Fruit	9 Blueberry Muffin Mixed Fruit	10 French Toast Fresh Fruit	11 Whole Wheat English Muffin Fruit	12 Flavored Grits	13/14 Cereal Fruit Mix
15 Oatmeal Fruit	16 Whole wheat Bagel Cream Cheese Oranges	17 Hash Browns Boiled Eggs	18 Oatmeal Fruit	19 Banana Muffin	20/21 Cereal Fruit Mix
22 Waffles Applesauce	23 Toast Fresh Pineapples	24 Cinnamon Toast Fresh Fruit Mix	25 Blueberry Muffin	26 Whole Wheat English Muffin Fruit	27/28 Cereal Fruit Mix
29 Oatmeal Fruit	30 Pancakes Fresh Fruit	31 Yogurt Raisins			

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!



May Dinner Party Menu



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
1 <i>Stir Fry W/ Chicken & Veggies</i> <i>Peaches</i> <i>Wong Wong's</i>	2 <i>Garlic Shrimp Pasta</i> <i>Salad</i> <i>Garlic Toast</i> <i>Fazoli's</i>	3 <i>Cheese Burgers</i> <i>French Fries</i> <i>Lettuce, Tomato, Onions,</i> <i>Frische's</i>	4 <i>Marinara Meat Sauce and Spaghetti</i> <i>Caesar Salad</i> <i>Pineapple</i> <i>Fazoli's</i>	5 <i>Fish and Chips</i> <i>Fried Okra</i> <i>Hush Puppies</i> <i>Captain D's</i>	6/7 <i>Italian Sub</i> <i>Fresh Fruit</i> <i>Chips</i>
8 <i>Hot Brown</i> <i>Broccoli</i> <i>Mixed Fruit</i> <i>Critchfield's</i>	9 <i>Chicken Rice and Bean Bowl</i> <i>Chips and salsa</i> <i>Moe's Grill</i>	10 <i>Entre'</i> <i>Kale</i> <i>Fruit</i> <i>Good Foods Co-op</i>	11 <i>Chili</i> <i>House Salad</i> <i>Baked Potato</i> <i>Wendy's</i>	12 <i>Stir Fry W/ Shrimp & Veggies</i> <i>Peaches</i> <i>Wong Wong's</i>	13/14 <i>Chicken Salad</i> <i>Sandwiches</i> <i>Apples</i> <i>Potato Chips</i>
15 <i>Grilled Salmon</i> <i>Sweet Potato</i> <i>Broccoli</i> <i>Captain D's</i>	16 <i>Pizza</i> <i>Tossed Salad</i> <i>Pineapple</i> <i>La Rosa's</i>	17 <i>Beef Cube Steak</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Critchfield's</i>	18 <i>Fried Chicken</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Critchfield's</i>	19 <i>Bean Soup</i> <i>Salad</i> <i>Corn Bread</i> <i>Frische's</i>	20/21 <i>Tuna Salad</i> <i>Sandwiches</i> <i>Mandarin Oranges</i> <i>Corn Chips</i>
22 <i>Cranberry Pecan</i> <i>Chicken Salad</i> <i>Fruit</i> <i>Frische's</i>	23 <i>Meat Loaf</i> <i>Mac & Cheese</i> <i>Collard Greens</i> <i>Critchfield's</i>	24 <i>Fish and Chips</i> <i>Fried Okra</i> <i>Hush Puppies</i> <i>Captain D's</i>	25 <i>Chicken Livers</i> <i>Corn Medley</i> <i>Mandarin Oranges</i> <i>Critchfield's</i>	26 <i>Fried Catfish</i> <i>Carrot Medley</i> <i>Mashed Potatoes</i> <i>Critchfield's</i>	27/28 <i>Egg Salad</i> <i>Sandwiches</i> <i>Jello and Fruit Cup</i> <i>Chex Mix</i>
29 <i>Chicken Rice and Bean Bowl</i> <i>Chips and salsa</i> <i>Moe's Grill</i>	30 <i>Chicken Salad</i> <i>Sandwiches</i> <i>Apples</i> <i>Potato Chips</i> <i>Chicken Sslsd</i>	31 <i>Bean Soup</i> <i>Salad</i> <i>Corn Bread</i> <i>Frisch's</i>			<div style="background-color: yellow; padding: 5px;"> All meals are served with 8oz of milk, water, choice of coffee or hot or cold tea. </div>

Not Just a Dinner Party...Did You Know...?

We have a special Dinner Party routine that begins at one. 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 one day several years ago, while we were eating, one of our members requested a video tour of Paris, her favorite city. 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'.

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!



May Tea & A Tale Time Menu

3:30 To 4:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
<i>1 Apples and Peanut Butter</i>	<i>2 Bananas and PB</i>	<i>3 Snack Paks w/ Cold Cuts</i>	<i>4 Bananas Boiled Eggs</i>	<i>5 Trail Mix Cookies Applesauce</i>	<i>6/7 Chips & Dips</i>
<i>8 Fruit Cups and Peanut Butter Crackers</i>	<i>9 Healthy Chips and Cheese Sticks</i>	<i>10 Cheese and Pretzel Packs</i>	<i>11 Jello Cups and Fruit</i>	<i>12 Chex Mix W/ Nuts</i>	<i>13/14 Crackers and Cheese</i>
<i>15 Jello Cups and Fruit</i>	<i>16 Peanut Butter and Crackers</i>	<i>17 Boiled Eggs and crackers</i>	<i>18 Apples and Peanut Butter</i>	<i>19 Cheese Sticks and Crackers</i>	<i>20/21 Fruit Mix Cups Peanut Butter Crackers</i>
<i>22 Cheese, Crackers Applesauce</i>	<i>23 Healthy Chips and Oranges</i>	<i>24 Bananas and Jello</i>	<i>25 Popcorn and Fruit Cup</i>	<i>26 Raisin Boxes & Peanut Packs</i>	<i>27/28 Cheese & Crackers</i>
<i>29 Peanut Butter and Crackers</i>	<i>30 Bananas Boiled Eggs</i>	<i>31 Trail Mix Cookies Applesauce</i>		Served with 8oz of water, choice of cof- fee or hot or cold tea.	

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

Self-Defense for Seniors: Must-Know Info About How to Protect Yourself

Safety Tips: How to Avoid Being Targeted

Prevention should always be your primary objective. After all, the best way to stay safe is to not get into dicey situations in the first place.

Did you know that your body language and mannerisms can give off signals that make you more likely to be a target for criminals? In [one famous study](#), researchers recorded more than 60 people walking along a busy New York City street. Then, they showed the video to a group of prison inmates who had been convicted of assaulting strangers. The prisoners were asked to identify the people on the video who would make the most desirable targets. The inmates were remarkably consistent in their choices. It turned out that age, size, and gender were not the deciding factors. Instead, the criminals selected victims who dragged their feet and moved awkwardly, who were slumped over, and who kept their eyes on the ground. Those people were perceived as being easy to overpower.

If you can exhibit confidence and self-assurance, a potential attacker may decide you're not the easy mark he or she was hoping for. To avoid appearing vulnerable, try following these tips:

- **Be alert and aware of your surroundings.** Developing the habit of scanning the area around you will help you spot potential threats and allow you to avoid them.
- **Stand straight and keep your chin up and your shoulders back.** A hunched posture and a lowered gaze will make you seem fearful and timid.
- **Walk smoothly and fluidly to convey confidence.** If possible, keep the same pace as the pedestrians around you.
- **Make brief eye contact with the people around you** to demonstrate that you are aware of them (but don't stare or act aggressively). If a potential assailant knows you have seen him or her, the advantage of surprise disappears.
- **Don't talk on your phone or stare at a map while out walking.** Doing so indicates that you aren't paying attention to what's going on around you. Plan your route before you leave your home, hotel, or other point of origin; if you need assistance, step into a store and ask a clerk to help you.
- **Don't let a potential attacker distract you.** If a stranger asks you for the time, don't stop and look down at your watch. Instead, keep walking and raise your watch up to your eye level in order to keep the person in your line of sight.
- **Stick to well-lit and populated areas at night.** It's also a good idea to keep a mini flashlight and whistle on your key ring and keep the keys in your hand (with one key sticking out between your fingers) while you're walking.
- **Don't draw attention to yourself.** Keep valuables out of sight and don't wear expensive clothes or flashy jewelry. If you use a purse, carry it close to you and don't let it dangle too far from your body. You might even want to conceal your purse under your jacket or coat.

To Be Continued Next Month

Bee Weller's Buzz on Health: Sleep—National Institute on Aging

Sleep and Aging

Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. But, older people tend to go to sleep earlier and get up earlier than they did when they were younger.

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in [pain](#) can make it hard to sleep. Some [medicines](#) can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may:

- Be irritable
- Have [memory problems](#) or be forgetful
- Feel depressed
- Have more [falls](#) or accidents

Get a Good Night's Sleep

[Read and share this infographic](#) to get tips on how to get a good night's sleep.

Being older doesn't mean you have to be [tired](#) all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

- **Follow a regular sleep schedule.** Go to sleep and get up at the same time each day, even on weekends or when you are traveling.

- **Avoid napping in the late afternoon or evening**, if you can. Naps may keep you awake at night.
- **Develop a bedtime routine.** Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.
- **Try not to watch television or use your computer, cell phone, or tablet in the bedroom.** The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.
- **Keep your bedroom at a comfortable temperature**, not too hot or too cold, and as quiet as possible.
- **Use low lighting in the evenings** and as you prepare for bed. **Exercise at regular times each day** but not within 3 hours of your bedtime.
- **Avoid eating large meals close to bedtime**—they can keep you awake.
- **Stay away from caffeine late in the day.** Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake. **Remember—alcohol won't help you sleep.** Even small amounts make it harder to stay asleep.

Insomnia Is Common in Older Adults

Insomnia is the most common sleep problem in adults age 60 and older. People with this condition have trouble falling asleep and staying asleep. Insomnia can last for days, months, and even years. Having trouble sleeping can mean you:

- Take a long time to fall asleep
 - Wake up many times in the night
 - Wake up early and are unable to get back to sleep
 - Wake up tired
- Feel very sleepy during the day

Often, being unable to sleep becomes a habit. Some people worry about not sleeping even before they get into bed. This may make it harder to fall asleep and stay asleep.

Some older adults who have trouble sleeping may use over-the-counter sleep aids. Others may use prescription medicines to help them sleep. These medicines may help when used for a short time. But remember, medicines aren't a cure for insomnia.

Developing healthy habits at bedtime may help you get a good night's sleep.

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



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:

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. **C**ontinuous improvement
2. **A**ppreciation and gratitude
3. **R**eciprocity and respect
4. **E**xceptional integrity

Days and Hours of Operation, Fees



**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.**

**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**

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