



Established 2010

# Aging With Grace®

*The Official Fountain of Youth Clubhouse Newsletter*

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

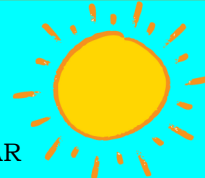
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June 2023

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# Happy June !



## FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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

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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!



# June Continental Breakfast

10-10:30



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
			<b>1</b> Yogurt Raisins	<b>2</b> Hash Browns Boiled Eggs	<b>3/4</b> Cereal Fruit Mix
<b>5</b> Pancakes Fresh Fruit	<b>6</b> Blueberry Muffin Mixed Fruit	<b>7</b> French Toast Fresh Fruit	<b>8</b> Whole Wheat English Muffin Fruit	<b>9</b> Flavored Grits	<b>10/11</b> Cereal Fruit Mix
<b>12</b> Oatmeal Fruit	<b>13</b> Whole wheat Bagel Cream Cheese Oranges	<b>14</b> Hash Browns Boiled Eggs	<b>15</b> Oatmeal Fruit	<b>16</b> Banana Muffin	<b>17/18</b> Cereal Fruit Mix
<b>19</b> Waffles Applesauce	<b>20</b> Toast Fresh Pineapples	<b>21</b> Cinnamon Toast Fresh Fruit Mix	<b>22</b> Blueberry Muffin	<b>23</b> Whole Wheat English Muffin Fruit	<b>24/25</b> Cereal Fruit Mix
<b>26</b> Oatmeal Fruit	<b>27</b> Pancakes Fresh Fruit	<b>28</b> Yogurt Raisins	<b>29</b> Cinnamon Toast Fresh Fruit Mix	<b>30</b> Oatmeal Fruit	All meals are coffee or hot or served with 8oz of milk, water, and choice of cold tea.

## 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.

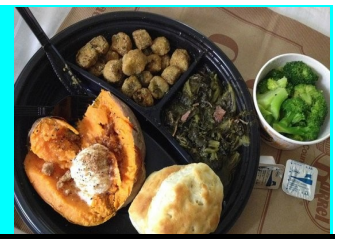
We love to find good music (usually oldies but goodies) to listen to as we slowly wake up each morning. Not every member who comes in the morning eats with us, but we always encourage the consumption of liquids and make sure each member has bottled water in front of them as

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!**



# June Dinner Party Menu



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

## 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!



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

## 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

By Publisher | Last updated February 24, 2022

### 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 ad-

vantage 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: 60 Ways To Live Longer

By [Banner Health](#)  
Oct 18, 2021 [ADVISE ME](#)

### For Seniors: A Checklist for Good Health

Staying healthy is important at any age, but for seniors, it is even more important for living a long, happy and active life. Here is a quick checklist to help maintain good health as you age.

#### 1. Don't forget your well visits and recommended screenings

Studies show that about 10% fewer adults have annual contact with a medical professional when compared to kids. Although this may not be surprising, wellness visits are extremely important. Today's wellness exams go beyond the standard physical, allowing doctors to identify preventive measures that will keep you healthier and save you money.

For more information on what to expect from an adult well visit, check out the following:

[Well Visits Are Just as Important for Adults](#)

#### [What Is an Annual Wellness Exam?](#)

In addition to your annual well visit, don't forget the recommended health screenings for [prostate cancer](#), [colon cancer](#) and [breast cancer](#).

#### 2. Exercise and stay active

As you get older, it can be easy to find excuses to let yourself slow down.

However, [exercise is vitally important for seniors](#). "Exercise improves your quality of life, meaning everything from how much activity we can do, to [what kind of mood](#) we're in," said Kristina Balanguie, MD, a geriatrician at [Banner - University Medical Center Phoenix](#).

No matter your fitness level, here are just a few ways to exercise and stay active:

[Tai Chi: The Perfect Low-Impact Activity for Seniors?](#)

[Walk Your Way to Better Health with These Tips](#)

[Swim, Swim, Swim for Your Joints and Heart](#)

#### [How to Keep Your Muscles Strong as You Get Older](#)

And don't forget, [keeping your mind active](#) is as important as exercising your muscles and joints. Keep your mind engaged by taking classes, learning new skills and hobbies, playing games or reading, and most importantly, keeping up your social relationships with friends and family.

#### 3. Maintain strong bones

Most of us really don't think about our bones until one breaks. However, [bone health](#), like other aspects of your health, needs to be worked on for years. The good news is that it's never too late to take care of your bones and slow bone loss. Check out this article for "[5 Tips for Keeping Your Bones Strong](#)".

Want to know more about your risk for [osteoporosis](#)? Talk to your doctor about a [DEXA bone density scan](#). It is a common screening test for women over 65 and can help predict your risk of fractures or osteoporosis.

**Continued Next Month**



## Aging With Grace®

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We're On the  
Web  
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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**