



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 8
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Happy August !

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
	<u>1 On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	<u>2 UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	<u>3 Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>	<u>4 S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u>	<u>5/6 WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u>
<u>7 Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	<u>8 On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	<u>9 UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	<u>10 Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>	<u>11 S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u>	<u>12/13 WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u>
<u>14 Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	<u>15 On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	<u>16 UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	<u>17 Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>	<u>18 S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u>	<u>19/20 WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u>
<u>21 Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	<u>22 On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	<u>23 UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	<u>24 Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>	<u>25 S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u>	<u>26/27 WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u>
<u>28 Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	<u>29 On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	<u>30 UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	<u>31 Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</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!



Special Dietary needs are met!

August Continental Breakfast

10-10:30

YUM



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
	1 Hash Browns Boiled Eggs	2 Banana Muffin	3 Toast Fresh Pineapples	4 Oatmeal Fruit	5/6 Cereal Fruit Mix
7 Pancakes Fresh Fruit	8 Blueberry Muffin Mixed Fruit	9 French Toast Fresh Fruit	10 Whole Wheat English Muffin Fruit	11 Flavored Grits	12/13 Cereal Fruit Mix
14 Oatmeal Fruit	15 Whole wheat Bagel Cream Cheese Oranges	16 Hash Browns Boiled Eggs	17 Oatmeal Fruit	18 Banana Muffin	19/20 Cereal Fruit Mix
21 Waffles Applesauce	22 Toast Fresh Pineapples	23 Cinnamon Toast Fresh Fruit Mix	24 Blueberry Muffin	25 Whole Wheat English Muffin Fruit	26/27 Cereal Fruit Mix
28 Oatmeal Fruit	29 Pancakes Fresh Fruit	30 Yogurt Raisins	31 Cinnamon Toast Fresh Fruit Mix		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 individualized clipboards for each member. Some members prefer to work a crossword or a word search. Still others like adult coloring or reading a morning inspirational. Some like their smartphone. 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 all of us to drink enough water.

Come Join Us For Breakfast!



August Dinner Party Menu

1:00 To 2:00



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

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

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

Martial Arts for Seniors of All Ability Levels

Studying martial arts regularly can be an empowering way for seniors to learn how to defend themselves. It can also help boost their stamina, coordination, range of motion, and mental acuity. In addition, students learn respect and self-discipline. This type of training allows people of all ages and ability levels to realize their maximum potential.

There are hundreds of martial arts, which means it can be difficult to choose the most appropriate one. The best martial art for seniors is the one that aligns with their capabilities. So before beginning any training regimen, be sure to assess your physical abilities. You don't want to overdo things and injure yourself. It's important to begin slowly, then gradually build up your skill level. (If you have some sort of physical limitation, talk to the instructor. He or she should be able to adapt the exercises and techniques to suit your needs.)

It's often said that tai chi is the best martial art

for beginners because it involves slow, gentle movements with low impact. Most [tai chi for seniors classes](#) focus on health and meditation as opposed to self-defense, but they can show you how to move your body and can act as a good bridge to other disciplines.

Here are a few types of defensive martial arts that may be good options for seniors:

Judo Judo focuses on using an adversary's strength against him or her. It lets you disable an opponent by throwing him or her to the ground, then subduing him or her through pins, holds, and locks. You need a certain amount of dexterity, since the throwing and grappling can be demanding. Some instructors can adapt their classes so that seniors avoid moves that are too strenuous or uncomfortable.

Aikido Aikido is ideal for older adults as well as people with disabilities. Like judo, aikido is based on turning an attacker's strength and power against him or her. By redirecting the force of an attack, a less physically equipped adult can overcome a younger and stronger opponent. Aikido does not generally involve punches and kicks. It can also teach you how to fall properly in order to avoid getting injured.

Jiu-Jitsu Another soft art based on defending oneself against a more powerful opponent,

jiu-jitsu concentrates on manipulation and balance rather than counterforce. While it does incorporate some striking, most of its movements involve throws and joint locks. You will be taught how to dodge attacks and escape from holds. It's about leverage and technique as opposed to size and strength.

Wing Chun This form of kung fu uses open-handed strikes and low kicks. Because it focuses on precision and posture rather than raw power, wing chun can be excellent training for older adults. It's a low-impact activity that does not involve jumping or acrobatics, so it's easier on the knees than some other forms of martial arts.

Krav Maga techniques are highly Many people believe that Krav Maga is the best martial art for self-defense. Developed by the Israeli military, Krav Maga is really more of a street combat system than a martial art. There are no sporting applications; the whole focus is on surviving an attack. You learn to neutralize an assailant quickly using simple, natural movements (including groin kicks and eye gouges, which are not permitted in other types of martial arts). The efficient and can be used by people of any age, since they do not rely on strength, speed, or flexibility.

(Continued Next Month)

Bee Weller's Buzz on Health: Checklist for Good Health

(Continued From Last Month)

By Banner Health

Oct 18, 2021 Advise Me

For Seniors: A Checklist for Good Health

7. Make sure your hearing is loud and clear

Have you noticed that sometimes it's hard to understand what people are saying even though you can hear them? Does your partner complain that you have the TV volume up too high? Do you have a persistent ringing in your ears? If so, you might be [experiencing hearing loss](#), or a related condition called [tinnitus](#).

Don't let hearing loss interfere with your day-to-day activities. Make an appointment with your health care provider today to see if [hearing aids may be right for you](#).

8. Keep a skip in your step

Your feet and ankles are put under constant pressure making them susceptible, in some instances, to inflammation, pain and limited movement and flexibility. Taking care of your feet and [wearing appropriate footwear](#) is important to maintaining an active lifestyle.

9. Keep your medications organized and safe

Especially as we age, you might need to take different medications to manage dif-

ferent health conditions. It's important to review your medications regularly with your pharmacist and your health care provider to make sure everything is necessary and to identify possible interactions.

10. Get your beauty rest

Why does restful sleep get more elusive the older we get? Studies have shown that 50% of Americans over the age of 65 [suffer from sleep problems](#); and as we age, losing sleep at night can also lead to other health concerns, like an increased [risk of falling](#) and daytime fatigue.

Read Next Month on Tips for a more restful Sleep

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.

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. Continuous improvement of our employees, processes, and delivery of home and community based services.
2. Appreciation and gratitude for our members and each other.
3. Reciprocity and Respect. Do unto others as you would have them do unto you.
4. Exceptional integrity even when no one is watching.

We are Kentucky State Licensed as an Adult Day Health Care Center with Nursing Services.

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