



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 7  
July 2023

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For more health  
tips and useful  
information



## Happy July !

### FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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

# July Continental Breakfast

10-10:30

YUM



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

## Breakfast...A Time to Contemplate

Breakfast at Aging With Grace 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 of our 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 we drink our beverages.

We love to find easy listening 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.




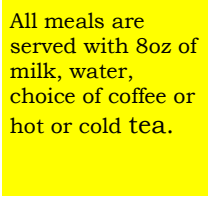

Come Join Us For  
Breakfast!

Our Food Fare  
comes from local  
restaurants!

# July Dinner Party Menu

1:00 To 2:00



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

## 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!**

# July Tea & A Tale Time Menu

3:30 To 4:00

YUM!



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

## 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

### Basic Techniques to Fend Off an Attack

Even if you do your best to prevent becoming a target of crime, you still might end up in a dangerous situation. So it's important to know how to stay safe and defend yourself. Always remember that self-preservation is the ultimate goal. So if a thief demands your money or personal property, especially if he or she is wielding a weapon, give it to him or her.

Nothing in your pockets or purse is worth more than your life. If you have no easy way to escape, it's far better to just give the mugger what he or she wants so that he or she will leave you alone. If you're able to do so, keep a safe distance from the thief by tossing your valuables in his or her direction rather than handing them over at close range. Sometimes, however, a physical confrontation is unavoidable. You typically have just a few seconds to make a move, so you need to be prepared. These tips can help you better protect yourself if you end up in such a situation:

Make noise. Shout, blow a whistle, or activate a

personal alarm. Emergency whistles or alarms that fit in your pocket or attach to your keychain can be effective ways of scaring off attackers who are seeking easy prey. (Some personal alarms are so loud that they can be heard up to 300 feet away.) Such devices can also let bystanders know that you need help.

Use whatever you have on hand. It could be anything from car keys to canned goods. Throw dirt in the attacker's eyes if possible. Swinging a cane at an assailant can also be very effective; in fact, there is an entire discipline devoted to [cane self-defense for seniors](#).

Pepper spray causes extremely painful burning of the eyes and nose and will temporarily blind your attacker. Some pepper sprays also contain UV dyes that will mark the attacker even if he or she tries to wash it off, which is useful if police later need to confirm that the person was involved in the incident. All states allow pepper spray to be used for self-defense, but some states and cities restrict a spray's size or strength, so be sure to check the regulations in your area.

Stun guns are non-lethal tools that use a high-voltage charge to immobilize an assailant. Many are designed to look like cameras, cell phones, flashlights, or other ordinary items, and they can be easily carried in a pocket or handbag. They are

legal to own in most states, but some states require permits or place other restrictions on their use. In a few states (and cities), stun guns are illegal. It's important to research the laws that apply where you live. A firearm can also be an effective weapon, but you need to be extremely cautious about using one. Learn more about [factors to consider before getting a gun](#).

Aim for the most vulnerable areas. Even if your attacker is bigger and stronger than you, he or she still has weak areas that you can exploit. Sensitive pressure points include the eyes, nose, neck, groin, and knees. The one you should target depends on how agile you are, how close the attacker is, and what position he or she is in relative to you. For instance, if he or she is a leg's length away from you, try kicking the side of his or her knee (or whacking it with a cane). That will throw him or her off balance and may allow you to escape. You might also choose to kick or knee the attacker in the groin. If the assailant is very close, the best move is to jab your fingers, knuckles, or keys into his or her eyes. It doesn't take much pressure on the eyes to cause extreme pain, and it may incapacitate your attacker long enough for you to get away. If your arms are pinned down, try stomping on the assailant's foot as hard as you can. That might make him or her release at least one of your arms, and then you can go for the eyes.

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

(Continued From Last Month)

By Banner Health

Oct 18, 2021 Advise Me

### For Seniors: A Checklist for Good Health

#### 4. Don't let joint pain slow you down

Aging gracefully can sometimes be a pain ... in [your joints](#), that is. Whether from disease or injury, any damage can interfere with your [movement](#) and take a toll on your entire body. Here is some additional information on ways to reduce symptoms and manage your pain:

[Nine Tips for Safe Pain Management](#)  
[Four Ways to Feel Hip at Every Age](#)  
[Five Reasons Why Your Spine Loves Yoga](#)

If pain management is not doing the trick, it may be time for a [joint replacement](#). Learn more about [hip](#), [knee](#), [shoulder](#) and [other joint replacements](#) at [bannerhealth.com](#).

#### 5. Eat a heart healthy diet

Taking care of your heart should be a top priority for everyone. The good news is there are [some easy ways](#) to keep your heart ticking for years to come. Eating a heart healthy diet is an important first step. Not sure where to start? [Reducing Cholesterol with Healthy Eating](#)  
[Get "the Skinny" on Fats: The Good, the Bad and the Worst for You](#)  
[Cooking with Oils: What You Need to Know](#)  
[7 Ways to Lower Your Sodium Intake](#)  
Even if you've had a heart attack, it's never too late to make healthy lifestyle changes and improve your heart health—while improving your overall health. For more information, check out "[8 Ways to Improve Your Health After a Heart](#)

[Attack](#)".

#### 6. Take care of your eyes

People see primary care doctors, the dentist and even mental health specialists on a regular basis. But are you taking [proper care of your eyes](#), especially if you don't already use corrective lenses? It's important to have your eyes checked regularly to prevent eye diseases such as age-related macular degeneration, [cataracts](#), [glaucoma](#), low vision and even dry eyes. Set up an appointment now for a [routine eye exam](#).

Whether you're at work, home or outdoors, there are also preventive measures you can take to protect your eyes. Wearing sunglasses, even on a cloudy day, is one of the most important ways to protect your eyes from ultraviolet rays and avoid lasting damage to your cornea. Yes, [your eyes can get sunburned](#) too!

(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.**

### **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



LIVE  
BETTER,  
LONGER!

**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