



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 9
September 2023

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Happy September !

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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

Self-Improvement: Why Self Defense for Seniors (Continued) 5

Bee Weller's Buzz on Health: A Check list for Good Health (Cont)) 5

Dinner Party Calendar Menu Calendar 3

Continental Breakfast Calendar Menu 2

Tea and a Tale Time Calendar Menu 4

Mission Statement and Values 6

Hours of Operation and Fees 6

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!

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

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.

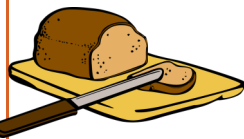


Come Join Us For Breakfast!



September Dinner Party Menu

1:00 To 2:00



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

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

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

Continued From Last Month

By Publisher | Last updated February 24, 2022

Cane Fu: A Growing Trend

Why not transform a common mobility aid into an effective tool for self-defense? A discipline known as "cane fu" teaches seniors to fight back against attackers using an ordinary walking stick. Defense experts point out that unlike weapons such as pepper spray or stun guns, a cane can be taken anywhere and is always ready for action. Often perceived as a symbol of weakness, a cane can instead be an excellent way to inflict pain and neutralize aggressors.

Some techniques include swinging the cane in circles, hooking an assailant's neck or foot, and striking the knee, nose, or throat. The video below, from Cane Masters International founder Mark Shuey, illustrates some basic methods of self-defense using a cane:

And this video, also from Mark Shuey, demonstrates cane self-defense techniques that can be used by an individual in a wheelchair:

If you're choosing a cane with an eye on self-defense, it's important to get the right kind. Any high-quality walking stick will work, but some are better designed for defending yourself from attackers. For instance, a cane with a wide crook

will allow you to hook or trap an assailant. Wooden canes are heavier than metal or fiberglass ones, which means they have more impact on an attacker; however, they also require more strength to wield. You'll want to make sure you choose a cane that you can handle comfortably.

Some canes are optimized for defensive use and are sometimes known as combat canes. Legal in all states (so long as they don't conceal another weapon such as a blade or firearm), such canes cost more than simple walking sticks but offer greater potential as self-defense tools. For example, a cane with a series of notches along the length of the shaft will concentrate the force of a strike on the raised area of each notch and cause considerably more pain when you strike an attacker.

Cane-fighting classes are becoming increasingly available through senior centers, retirement communities, and police departments. Some are offered free of charge. Ask around to see what the options are in your community.

Self-Defense Classes for Seniors

Taking a formal self-defense class offers plenty of advantages. For one thing, being part of a group can help you stay motivated. It's also easier to practice your techniques on real live people. Plus, you can get help from the instructor or your fellow students if you find that you're having difficulty.

Locate classes by contacting your local senior center, YMCA, public library, or police department. [Fullpower International](#) also offers workshops on self-defense for the elderly throughout a

handful of states.

In addition, check out martial arts schools in your area. Most offer self-defense classes (especially for women), and a growing number of them are gearing such classes toward the specific needs of seniors.

When considering any class, be sure to get answers to the following questions:

- What are the instructor's credentials? Does he or she have any experience with street attacks?
 - Can the techniques be adapted to students with physical challenges?
 - Does the program teach situational awareness as well as techniques for talking down an attacker?
 - How long is the training? (Unlike martial arts programs, which are meant to be ongoing, self-defense classes should be able to cover the basics in a fairly short amount of time.)
 - What is the cost? (Some organizations offer classes for free.)
- Is it possible to observe a class before deciding to participate in one?

Be Confident in Your Abilities

Self-defense for seniors can take many forms. Whether you choose to take up martial arts, learn cane fu, or take a basic self-defense class, you'll be better prepared to protect yourself from attacks and escape from aggressors.

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

(Continued From Last Month)

By Banner Health

Oct 18, 2021 Advise Me

For Seniors: A Checklist for Good Health

Continued From Last Month

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.

If you are [experiencing foot, ankle or heel pain](#), check out these articles for more information on how to keep a skip in your step:

9. Keep your medications or-

ganized and safe

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

Aging With Grace®

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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.

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**