



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 10
October 2023

Like us on Facebook
Follow us on Twitter
For more health tips and useful information



Happy October !

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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

October Continental Breakfast

10-10:30

YUM



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



October Dinner Party Menu

1:00 To 2:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 Chili Baked Potato Fruit Cup Wendy's	3 Chicken Rice and Bean Bowl Chips and salsa Moe's Grill	4 Beef Pot Roast Green Beans Mashed Potatoes Critchfield's	5 Chicken Livers Vegetable Mac and Cheese Critchfield's	6 Fish Vegetable Casserole Brown Rice Good Foods Co-op	7/8 Italian Sub Fresh Fruit Chips
9 Hot Brown Broccoli Mixed Fruit Critchfield's	10 Meatball Sub Fruit HealthyChips Subway	11 Entre' Kale Fresh Fruit Good Foods Co-op	12 Grilled Chicken Tenders Cole Slaw Fruit Cup Chik Fil A	13 Stir Fry W/ Shrimp & Veggies Peaches Wong Wong's	14/15 Chicken Salad Sandwiches Apples Potato Chips
16 Grilled Salmon Sweet Potato Broccoli Captain D's	17 Pizza Tossed Salad Pineapple Cup La Rosa's	18 Vegetable Soup Grilled Cheese Frische's	19 Fried Chicken Mashed Potatoes Green Beans Critchfield's	20 Bean Soup Salad Corn Bread Frische's	21/22 Tuna Salad Sandwiches Mandarin Oranges Corn Chips
23 Cranberry Pecan Chicken Salad Fruit Frische's	24 Country Fried Steak Mashed Potatoes Broccoli Critchfield's	25 Tuna Salad Sandwiches Mandarin Oranges Corn Chips Panera's	26 Penne and Meat Sauce Salad Fazoli's	27 Fish Mac & Cheese Collard Greens Critchfield's	28/29 Cold Cut Sandwiches Jello and Fruit Cup Chex Mix
30 Grilled Chicken Rice Salad Taziki's	31 Egg Salad Sandwiches Apples Potato Chips Panera'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!

October Tea & A Tale Time Menu

3:30 To 4:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
2 <i>Cheese & Crackers</i>	3 <i>Peanut Butter and Crackers</i>	4 <i>Bananas Boiled Eggs</i>	5 <i>Trail Mix Cookies Cheese sticks</i>	6 <i>Pudding Cups and Crackers</i>	7/8 <i>Chips & Dips</i>
9 <i>Fruit Cups and Peanut Butter Crackers</i>	10 <i>Healthy Chips and Cheese Sticks</i>	11 <i>Cheese and Pretzel Packs</i>	12 <i>Jello Cups and Fruit</i>	13 <i>Chex Mix W/ Nuts</i>	14/15 <i>Crackers and Cheese</i>
16 <i>Jello Cups and Fruit</i>	17 <i>Peanut Butter and Crackers</i>	18 <i>Boiled Eggs and crackers</i>	19 <i>Jello Cups and Fruit</i>	20 <i>Peanut Butter and Crackers</i>	21/22 <i>Fruit Mix Cups Peanut Butter Crackers</i>
23 <i>Cheese, Crackers Applesauce</i>	24 <i>Healthy Chips and Oranges</i>	25 <i>Fruit Mix Cups Peanut Butter Crackers</i>	26 <i>Cheese, Crackers Applesauce</i>	27 <i>Healthy Chips and Oranges</i>	28/29 <i>Oatmeal Cookie and Fruit Cup</i>
30 <i>Raisin Boxes & Peanut Packs</i>	31 <i>Bananas Boiled Eggs</i>	Served with 8oz of water, choice of coffee 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: Building Muscle

Strength training is an excellent way to stay in shape in our later years.

As we age, our bodies naturally lose muscle mass and strength, making it more difficult to perform daily activities. Regular weightlifting for seniors helps counteract this natural decline by building and maintaining muscle mass and strength, in addition to numerous other physical and mental health benefits.

Let's explore the many benefits of strength training for older adults.

Can Seniors Lift Weights?

Yes, senior citizens can lift weights and benefit greatly from strength training. In fact, weight lifting after 50 years old is an excellent way to stay in shape, as well as prevent

common issues that occur from aging. Professional athletes and lifelong fitness enthusiasts work out well past that age, so why shouldn't you?

That said, if you're only starting to exercise or have been inactive for a period of time, it's important to start from the beginning. First and foremost, this means doing a routine checkup at the doctor's office and getting the "A-OK" for exercising. After that, it's important to get the right education and support before you attempt to exercise, especially if you plan on doing it on your own.

The internet is full of resources on proper exercising, hence why you're reading this. However, nothing beats first-hand experience.

If you're new to exercising or have

physical or mental conditions that can make it unsafe to do it alone, getting help is the correct approach. This means, for example, consulting and hiring a personal trainer, attending a public gym with staff at the ready to assist you, or joining group exercises where you'll always be under supervision and have a helping hand.

As we grow older, we tend to lose muscle mass. On top of that, our ability to gain and maintain muscles also goes down. There are several reasons for this. Firstly, we naturally produce fewer hormones essential for muscle mass, such as testosterone and growth hormone. Second, our metabolic system starts slowing down and our bodies become less efficient at absorbing and utilizing nutrients essential for muscle growth, such as proteins.

To Be Continued Next Month

Bee Weller's Buzz on Health: Seniors and Pets

Howard Cutler knows the joy that animals can bring to people. He has many fond childhood memories of his family's two beloved dogs and cats. After moving into a senior housing complex in Atlanta, Ga., Cutler acted on his love of animals and adopted a Shih Tzu named Ollie from a fellow resident who could no longer care for the dog. The pair was inseparable for seven years until advancing Parkinson's disease forced Cutler to move to an assisted living facility that didn't allow pets.

"He was my friend and my companion, and giving him up was very difficult for me," Cutler explains. As much as he wanted to

keep little Ollie, Cutler knew he needed to rehome his beloved pet. He began looking among his neighbors in the senior complex to find a new owner. "Ollie was loved by everyone there, but I was worried that I wouldn't find the right person."

Cutler was fortunate to find the perfect fit in his friend and neighbor Nancy Markovich. "Howard was heartsick that he had to give up Ollie," she recalls. "So, I offered to adopt the dog and promised to take good care of him."

Ollie's veterinarian, Dr. Duffy Jones, says pets provide much-needed comfort and companion-

ship to people of all ages, especially seniors. "The value that animals bring to people is amazing," he says. "I've seen older pet owners who are struggling financially choose not to feed themselves so they can feed their animals. Their pet is the reason they get up in the morning." But when aging pet owners like Cutler find themselves unable to care for their animals, rehoming is often the best course of action. "Most owners understand they're sick and their pet needs more care than they're able to provide".

To be 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.

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**