



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 11
November 2023

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Happy November !

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
		<u>1 UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	<u>2 Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>	<u>3 On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	<u>4/5 WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u> Improvement: Exercise! 5 Bee Weller's Buzz on Health: Bladder Health Tips 5
	<u>6 Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	<u>7 On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	<u>8 UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	<u>9 Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>	<u>10 S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u>
<u>13 Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	<u>14 On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	<u>15 UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	<u>16 Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>	<u>17 S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u>	<u>18/19 WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u> Tea and a Tale Time Calendar Menu 4 Mission Statement and Values 6 Hours of Operation and Fees 6
<u>20 Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	<u>21 On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	<u>22 UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	<u>23 Art Club</u> <u>Improve Strength</u> <u>Game Club</u> <u>Mind/Body Games</u>	<u>24 S.O.L.V.E. Club</u> <u>Improve Balance</u> <u>Gardening Club</u> <u>Corn Hole</u>	<u>25/26 WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u> Special points of interest: <ul style="list-style-type: none"> ◆ 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!
<u>27 Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	<u>28 On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u>	<u>29 UK Fan Club</u> <u>Improve Mobility</u> <u>Book Club</u> <u>Balloon Volleyball</u>	<u>30 Natural Resources Club</u> <u>Improve Energy</u> <u>Glee Club</u> <u>Basketball</u>	<u>31 On a Mission Club</u> <u>Improve Strength</u> <u>S.O.M.E. Club</u> <u>Kickball</u> 	




Special
Dietary needs
are met!

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

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 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.


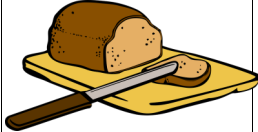
Come Join Us For Breakfast!



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

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

EXERCISE!

Today's seniors are more vital than ever before. And good exercise is just as important for them as it is for people in any other age group. In fact, a 2013 study in *Population Health Management* found that senior exercise programs helped improve the overall quality of life for those who regularly participated in them. Exercise was actually found to be more important than a healthy diet. Specifically, the study found that seniors who exercised regularly were more likely to have:

- Improved physical and mental health
- Increased energy
- Improved social interactions
- Slowing or reversal of overall declining health
- Fewer limitations with daily

- activities
- Lower risk of depression
- Fewer falls and injuries
- Lower rates of hospitalization
- Lower rates of chronic disease (or more manageable symptoms for those who are already affected by it)

So, as you can see, there are many great benefits to beginning a regular workout routine.

Types of Senior Exercise

Balance Exercises

- Standing on one foot
- Walking heel to toe
- Knee marching

Endurance Exercises

- **Indoors:** Use an elliptical machine or treadmill at home or in the gym, or attend dance or aquafit classes.

- **Outdoors:** Go for a brisk walk or jog, ride a bike, or go skating.

Muscle-Strengthening Exercises

- Bicep curl
- Lunges
- Straight leg raises

Remember to Eat healthy and nutritious food and drink lots of water. Take part in a variety of exercises and activities involving friends and family. Cut back your workouts or reduce their intensity if you're excessively sore afterwards. Enjoy life and Stay Positive!

Bee Weller's Buzz on Health: Tips to Help Adults Maintain a Healthy Bladder

Bladder health is a topic most people know little about. Unfortunately, many wait until symptoms begin to appear before taking action. We spoke with [David Ritsema](#), MD, a urologist at Banner Health Clinic in Northern Colorado. He offered a few tips to get ahead of bladder issues so that you can win your bladder battle or stop it before it even begins.

1. Need to go? Go!

Of course, it's perfectly normal to hold it sometimes. But a key part of maintaining a healthy bladder is listening to your urges. Try to urinate [every 3-4 hours](#). Holding urine for too long or too often can weaken muscles and increase your risk of bladder infection.

2. Be relaxed

Whether you're standing or sitting, the key to healthy urination is to relax. Hovering over the seat can make it hard for important muscles to release and puts undue stress on your body.

3. Avoiding the conversation could be dangerous

For men, speaking with a doctor about bladder health may feel embarrassing. But keep in mind, that there could be more at risk than just your pride. Dr. Ritsema explained that "some urinary issues can be a late sign of an [enlarged prostate](#). These symptoms may include incontinence, weak stream, straining, voiding at night and voiding shortly after just having gone. Putting off that uncomfortable conversation with your doctor or loved one could mean more serious conditions have time to develop and worsen."

4. Set your clock for Kegels

For women, even if you have minimal symptoms of poor bladder health now, you can make a preemptive strike and strengthen your pelvic floor. Dr. Ritsema emphasized that exercising those muscles can be done in a matter of minutes. In fact, by setting an alarm and doing Kegel exercises three times per day, you can strengthen these muscles significantly to improve your body's ability to hold urine. Kegels can be very helpful in maintaining bladder control.

(To be Continued)

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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 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. **C**ontinuous improvement of our employees, processes, and delivery of home and community based services.
2. **A**ppreciation and gratitude for our members and each other.
3. **R**eciprocity and Respect. Do unto others as you would have them do unto you.
4. **E**xceptional integrity even when no one is watching.

We are Kentucky State Licensed as an Adult Day Health Care Center with Nursing Services, and providers of the Medicaid Home and Community Based Services Waiver

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