



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 12
December 2023

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Happy December !

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.	
				1 On a Mission Club Improve Strength S.O.M.E. Club Kickball	2/3 <u>WEEKENDS BY APPOINTMENT</u> Card Player's Club	Improvement: Exercise! 5 Bee Weller's Buzz on Health: Bladder Health Tips 5
4 Natural Resources Club Improve Energy Glee Club Basketball	5 On a Mission Club Improve Strength S.O.M.E. Club Kickball	6 Art Club Improve Strength Game Club Mind/Body Games	7 UK Fan Club Improve Mobility Book Club Balloon Volleyball	8 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	9/10 <u>WEEKENDS BY APPOINTMENT</u> Card Player's Club	Dinner Party Calendar Menu Calendar 3 Continental Breakfast Calendar Menu 2
11 Natural Resources Club Improve Energy Glee Club Basketball	12 On a Mission Club Improve Strength S.O.M.E. Club Kickball	13 Art Club Improve Strength Game Club Mind/Body Games	14 UK Fan Club Improve Mobility Book Club Balloon Volleyball	15 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	16/17 <u>WEEKENDS BY APPOINTMENT</u> Card Player's Club	Tea and a Tale Time Calendar Menu 4 Mission Statement and Values 6
18 Natural Resources Club Improve Energy Glee Club Basketball	19 On a Mission Club Improve Strength S.O.M.E. Club Kickball	20 Art Club Improve Strength Game Club Mind/Body Games Visit with Santa! 2-4 pm	21 UK Fan Club Improve Mobility Book Club Balloon Volleyball	22 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole	23/24 <u>WEEKENDS BY APPOINTMENT</u> Card Player's Club	Hours of Operation and Fees 6 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 <ul style="list-style-type: none"> ◆ Tours given at by appointment. ◆ Let us hear from you! We want to know what you think!
25 Natural Resources Club Improve Energy Glee Club Basketball	26 On a Mission Club Improve Strength S.O.M.E. Club Kickball	27 Art Club Improve Strength Game Club Mind/Body Games Balloon Volleyball	28 UK Fan Club Improve Mobility Book Club Balloon Volleyball	29 On a Mission Club Improve Strength S.O.M.E. Club Kickball	30/31 	

The Fountain of Youth Clubhouse is OPEN DAILY 10:00am to 4:00pm and other days and times by appointment. Spa treatments and Medical Interventions are scheduled during Club Meeting times.



VISIT WITH

Santa

Come see the magic and
get your photo with
Santa Claus!
Snacks and goodie
bags for everyone !

**743B ALLENDALE DR.
LEXINGTON**

December 20
2023

2-4 PM



Brought to you by:
Aging With Grace
& Reality One Group






Special Dietary needs are met!

December 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	38 Cinnamon Toast Fresh Fruit Mix	29 Hash Browns Boiled Eggs	30/31 Cereal 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!

Our Food Fare
comes from local
restaurants!

December 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!

December 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 Jello Cups and Fruit	30/31 Crackers and Cheese

All of our Food Fare meets dietary restrictions

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.

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

1. **Use the bathroom often and when needed.** Try to urinate at least once every 3 to 4 hours. Holding urine in your bladder for too long can weaken your bladder muscles and make a bladder infection more likely.
2. **Be in a relaxed position while urinating.** Relaxing the muscles around the bladder will make it easier to empty the bladder. For women, hovering over the toilet seat may make it hard to relax, so it is best to sit on the toilet seat.
3. **Take enough time to fully empty the bladder when urinating.** Rushing when you urinate may not allow you to fully empty the bladder. If urine stays in the bladder too long, it can make a bladder infection more likely.
4. **Wipe from front to back after using the toilet.** Women should wipe from front to back to keep gut bacteria from getting into the urethra. This step is most important after a bowel movement.
5. **Urinate after sex.** Sexual activity can move bacteria from the bowel or vaginal cavity to the urethral opening. Both women and men should urinate shortly after sex to lower the risk of infection.
6. **Do pelvic floor muscle exercises.** Pelvic floor exercises, also known as **Kegel exercises**, help hold urine in the bladder. Daily exercises can strengthen these muscles, which can help keep urine from leaking when you sneeze, cough, lift, laugh, or have a sudden urge to urinate. These exercises also may help avoid infections by strengthening the muscles that help empty the bladder.
7. **Wear cotton underwear and loose-fitting clothes.** Wearing loose, cotton clothing will help keep the area around the urethra dry. Tight-fitting pants and nylon underwear can trap moisture and help bacteria grow.
8. **Exercise regularly.** **Physical activity** can help prevent bladder problems as well as constipation.

Aging With Grace®

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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 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