



Established 2010

Aging With Grace®

The Official Fountain of Youth Clubhouse Newsletter

Filled with monthly activities, menus, health tips and fun facts!

Volume 11, Issue 1
January 2024

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tips and useful
information



Happy January !

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. / SUN.	
1 Travel Club Improve Energy Health Club Basketball	2 Natural Resources Club Improve Strength Book Club Bingo	3 On a Mission Club Improve Mobility Crafting Club Balloon Volleyball	4 Art Club Improve Strength Gardening Club Mind/Body Games	5 Self Love Club Improve Balance Game Club Corn Hole	6/7 <u>WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u>	
8 Travel Club Improve Energy Health Club Basketball	9 Natural Resources Club Improve Strength Book Club Bingo	10 On a Mission Club Improve Mobility Crafting Club Balloon Volleyball	11 Art Club Improve Strength Gardening Club Mind/Body Games	12 Self Love Club Improve Balance Game Club Corn Hole	13/14 <u>WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u>	
15 Travel Club Improve Energy Health Club Basketball	16 Natural Resources Club Improve Strength Book Club Bingo	17 On a Mission Club Improve Mobility Crafting Club Balloon Volleyball	18 Art Club Improve Strength Gardening Club Mind/Body Games	19 Self Love Club Improve Balance Game Club Corn Hole	20/21 <u>WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u>	
22 Travel Club Improve Energy Health Club Basketball	23 Natural Resources Club Improve Strength Book Club Bingo	24 On a Mission Club Improve Mobility Crafting Club Balloon Volleyball	25 Art Club Improve Strength Gardening Club Mind/Body Games	26 Self Love Club Improve Balance Game Club Corn Hole	27/28 <u>WEEKENDS BY APPOINTMENT</u> <u>Card Player's Club</u>	
29 Travel Club Improve Energy Health Club Basketball	30 Natural Resources Club Improve Strength Book Club Bingo	31 On a Mission Club Improve Mobility Crafting Club Balloon Volleyball Balloon Volleyball				

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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!*

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.

4:00pm and other days and times by ap-


Special
Dietary needs
are met!

January Continental Breakfast

10-10:30

YUM



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



January Dinner Party Menu

1:00 To 2:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
1 <i>Stir Fry W/ Shrimp & Veggies</i> <i>Peaches</i> <i>Wong Wong's</i>	2 <i>Chili</i> <i>House Salad</i> <i>Baked Potato</i> <i>Wendy's</i>	3 <i>Beef Cube Steak</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Critchfield's</i>	4 <i>Grilled Salmon</i> <i>Sweet Potato</i> <i>Broccoli</i> <i>Captain D's</i>	5 <i>Chicken Rice and Bean Bowl</i> <i>Chips and salsa</i> <i>Moe's Grill</i>	6/7 <i>Italian Sub</i> <i>Fresh Fruit</i> <i>Chips</i>
8 <i>Hot Brown</i> <i>Broccoli</i> <i>Mixed Fruit</i> <i>Critchfield's</i>	9 <i>Chicken Rice and Bean Bowl</i> <i>Chips and salsa</i> <i>Moe's Grill</i>	10 <i>Entre'</i> <i>Kale</i> <i>Fruit</i> <i>Good Foods Co-op</i>	11 <i>Chili</i> <i>House Salad</i> <i>Baked Potato</i> <i>Wendy's</i>	12 <i>Stir Fry W/ Shrimp & Veggies</i> <i>Peaches</i> <i>Wong Wong's</i>	13/14 <i>Chicken Salad</i> <i>Sandwiches</i> <i>Apples</i> <i>Potato Chips</i>
15 <i>Grilled Salmon</i> <i>Sweet Potato</i> <i>Broccoli</i> <i>Captain D's</i>	16 <i>Pizza</i> <i>Tossed Salad</i> <i>Pineapple</i> <i>La Rosa's</i>	17 <i>Beef Cube Steak</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Critchfield's</i>	18 <i>Fried Chicken</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Critchfield's</i>	19 <i>Bean Soup</i> <i>Salad</i> <i>Corn Bread</i> <i>Frische's</i>	20/21 <i>Tuna Salad</i> <i>Sandwiches</i> <i>Mandarin Oranges</i> <i>Corn Chips</i>
22 <i>Cranberry Pecan</i> <i>Chicken Salad</i> <i>Fruit</i> <i>Frische's</i>	23 <i>Meat Loaf</i> <i>Mac & Cheese</i> <i>Collard Greens</i> <i>Critchfield's</i>	24 <i>Fish and Chips</i> <i>Fried Okra</i> <i>Hush Puppies</i> <i>Captain D's</i>	25 <i>Chicken Livers</i> <i>Corn Medley</i> <i>Mandarin Oranges</i> <i>Critchfield's</i>	26 <i>Fried Catfish</i> <i>Carrot Medley</i> <i>Mashed Potatoes</i> <i>Critchfield's</i>	27/28 <i>Egg Salad</i> <i>Sandwiches</i> <i>Jello and Fruit Cup</i> <i>Chex Mix</i>
29 <i>Chicken Rice and Bean Bowl</i> <i>Chips and salsa</i> <i>Moe's Grill</i>	30 <i>Chicken Salad</i> <i>Sandwiches</i> <i>Apples</i> <i>Potato Chips</i> <i>Panera's</i>	31 <i>Bean Soup</i> <i>Salad</i> <i>Corn Bread</i> <i>Frische's</i>			

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!

January Tea & A Tale Time Menu

3:30 To 4:00



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

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: Cozy Cardio

Instead of exercise that feels punishing, cozy cardio is a kinder, gentler means to the end, putting as much emphasis on self-care and enjoyment as on getting your heart rate up. Cozy Cardio — a.k.a. aerobic exercise — is meant to be at least moderate-intensity exercise involving larger muscle groups that's done over extended periods to improve your overall cardiovascular system.

Of the four types of exercise recommended by the National Institute on Aging — strength training, balance, flexibility and cardio — the latter is specifically intended to improve the health of your heart, lungs and circulatory system.

To make that happen, virtually every public health authority, from the American Heart Association to the Centers for Disease Control and Prevention (CDC), recommends logging 150 minutes per week of moderate-intensity activity.

"The best ways to determine if the intensity is moderate, regardless of age or fitness level, is whether the activity increases the heart rate, leads to sweating, or makes it difficult to carry on an active conversation or sing," Yancy says. According to the CDC, to qualify as moderate-intensity physical activity, your target heart rate should be between 64 and 76 percent of your maximum heart rate, something you can estimate by subtracting your age from 220. If

you're 50 years old, for example, your estimated maximum age-related heart rate would be 170 beats per minute (bpm). The 64- to 76-percent levels would be: 64 percent level: $170 \times 0.64 = 109$ bpm

76 percent level: $170 \times 0.76 = 129$

"A heart rate monitor can help you track your heart rate and make sure you're in the right zone for moderate-intensity exercise," "Cardio is named 'cardio' because it increases cardiovascular and cardiorespiratory fitness," says Yancy. "Cardio activity can strengthen the heart, so it works more efficiently when at rest, lowering blood pressure. Cardio activity also helps the blood vessels to be more elastic, which also [lowers blood pressure](#)."

That's important at any age, of course, but it's especially so for people over 50. For one thing, regular physical activity helps protect against cardiovascular disease, stroke, type 2 diabetes and some types of cancer. It also helps improve mental health and can lower your risk of developing dementia. A [study](#) published in 2022 in the journal *Circulation* found that adults who exercised at least 150 minutes per week had a substantially lower risk of death from all causes than those who didn't. That's not all. "Regular cardio activity — especially when it includes walking and jogging, and even more so if on different terrains — helps maintain [joint health](#) and may help maintain or improve bal-

ance, reducing the risk of falls and improving overall mobility," Young says. "After 50, the risk of [osteoporosis](#) rises, particularly in women. Weight-bearing cardio exercises, like walking or jogging, can help maintain bone density."

1. Pick an activity you enjoy. **Research shows that engaging in exercise you enjoy is key to sticking with it. "The great thing about performing healthy activities is that the more you do them, the more appealing they become,"** says Yancy.
2. Split up cardio sessions throughout the day. **Log multiple daily sessions — say, 15 minutes in the morning and 15 minutes in the evening, Young suggests. To make sure your sessions aren't too "cozy," he suggests using a fitness tracker or app to monitor your heart rate, distance, and calories burned during workouts.**
3. Avoid monotony. **Try different cardio activities such as swimming, cycling, dancing or rowing. "Variety will help keep workouts fresh," Young says. "Varying intensity (easier, harder) and duration (shorter, longer) is another way to add variety and avoid the staleness that often leads to boredom and burnout."**

Bee Weller's Buzz on Health: Should you Sleep With a fan On?

"Like many things when it comes to your sleep, it may come down to personal preference, health conditions and experience," says psychiatrist and sleep medicine specialist Chester Wu, MD, a medical reviewer with [Rise Science](#), who suggests using a [sleep tracker](#) to evaluate whether sleeping with a fan is helping or hurting your sleep. **Health benefits**

Cooler temperature means better sleep. Sleep is initiated by a natural drop in body temperature, says Dr. Wu.

"Research shows that a cooler room temperature — around 65 to 68°F, but as low as 60 — promotes more restorative sleep by helping to lower your body temperature," he explains. Dr. Wu adds that a fan can stave off excessive sweating, which can disrupt your sleep. This is **especially true if you are a woman in mid-life**. Due to the fluctuations in hormones, as many as [80%](#) of menopausal women suffer from [night sweats](#), which can make sleeping through the night an exercise in frustration. If you are missing out on a good night's sleep due to vasomotor symptoms, talk to your doctor about [solutions](#), including hormone treatments, but meanwhile, "a fan can help lower the room temperature and can create a breeze can help with vasomotor

symptoms in women experiencing menopause," says Natalie Dautovich, PhD, Environmental Fellow at the [National Sleep Foundation](#).

The noise can lull you to sleep. Whether it's cars honking, radios playing or owls hooting, there may be some kind of kerfuffle outside your windows keeping you awake. The soft hum of a fan can act as [white noise](#), masking the more sleep-disturbing sounds. Though Dr. Wu points out that for some people, the sound of the fan can actually backfire: "There is mixed evidence on the impact of white noise on sleep quality, however, indicating that personal preference plays a significant role. Some people may find this noise soothing, while others may find the same noise disruptive."

Side effects

It can irritate your allergies: If you're allergic to dust mites, pet dander or mold, there is the possibility that a fan may circulate those allergens around the room, causing you to snuffle and sneeze, especially if the fan is not cleaned regularly, says [Purvi Parikh, MD](#), an allergist at NYU Langone Health. "For animal dander and mold

spores, [HEPA air purifiers](#) are best to reduce allergen exposure at night," she says. "If you do use a fan, make sure to keep it clean so it doesn't accumulate allergens and blow them your way." She also recommends putting dust-mite proof covers on your mattress, box spring and pillows to reduce exposure and taking a long-acting antihistamine before bed.

It can dry out the air: In some cases, the movement of the air around the room may cause some dryness to your skin, eyes and mouth, says Dr. Wu. That could explain why you experience a sore throat, stuffy nose or cough when you use one.

Bottom line: In the end, a fan is just a fan — if it helps you sleep better, then it's good for you, if it doesn't, then you might as well skip it. It's a personal choice.

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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