



Established 2010

Aging With Grace®

The Official Fountain of Youth Clubhouse Newsletter

Volume 11, Issue 2
February 2024



Happy February !

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT./SUN. |
|--|---|--|--|--|--|
| | | | 1 Art Club Improve Strength Game Club Mind/Body Games | 2 On a Mission Club Improve Strength S.O.M.E. Club Kickball | 3/4 <u>WEEKENDS BY APPOINTMENT</u> Card Player's Club |
| 5 Natural Resources Club Improve Energy Glee Club Basketball | 6 On a Mission Club Improve Strength S.O.M.E. Club Kickball | 7 UK Fan Club Improve Mobility Book Club Balloon Volleyball | 8 Art Club Improve Strength Game Club Mind/Body Games | 9 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole | 10/11 <u>WEEKENDS BY APPOINTMENT</u> Card Player's Club |
| 12 Natural Resources Club Improve Energy Glee Club Basketball | 13 On a Mission Club Improve Strength S.O.M.E. Club Kickball | 14 UK Fan Club  Improve Mobility Book Club Balloon Volleyball | 15 Art Club Improve Strength Game Club Mind/Body Games | 16 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole | 17/18 <u>WEEKENDS BY APPOINTMENT</u> Card Player's Club |
| 19 Natural Resources Club Improve Energy Glee Club Basketball | 20 On a Mission Club Improve Strength S.O.M.E. Club Kickball | 21 UK Fan Club Improve Mobility Book Club Balloon Volleyball | 22 Art Club Improve Strength Game Club Mind/Body Games | 23 S.O.L.V.E. Club Improve Balance Gardening Club Corn Hole | 24/25 <u>WEEKENDS BY APPOINTMENT</u> Card Player's Club |
| 26 Natural Resources Club Improve Energy Glee Club Basketball | 27 On a Mission Club Improve Strength S.O.M.E. Club Kickball | 28 UK Fan Club Improve Mobility Book Club Balloon Volleyball | 29 Natural Resources Club Improve Energy Glee Club Basketball | | |

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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!




Special
Dietary needs
are met!

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

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.

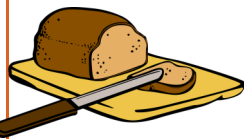



Come Join Us For Breakfast!



February Dinner Party Menu

1:00 To 2:00



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

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!

February Tea & A Tale Time Menu

3:30 To 4:00



| Mon | Tue | Wed | Thu | Fri | Sat./Sun. |
|---|--|--|---|--|---|
| | | | <i>1</i> Fruit Mix Cups Peanut Butter Crackers | <i>2</i> Cheese Sticks and Crackers | <i>3/4</i> Chips & Dips |
| <i>5</i> Fruit Cups and Peanut Butter Crackers | <i>6</i> Healthy Chips and Cheese Sticks | <i>7</i> Cheese and Pretzel Packs | <i>8</i> Jello Cups and Fruit | <i>9</i> Chex Mix W/ Nuts | <i>10/11</i> Crackers and Cheese |
| <i>12</i> Jello Cups and Fruit | <i>13</i> Peanut Butter and Crackers | | <i>15</i> Jello Cups and Fruit | <i>16</i> Peanut Butter and Crackers | <i>17/18</i> Fruit Mix Cups Peanut Butter Crackers |
| <i>19</i> Cheese, Crackers Applesauce | <i>20</i> Healthy Chips and Oranges | <i>21</i> Fruit Mix Cups Peanut Butter Crackers | <i>22</i> Cheese, Crackers Applesauce | <i>23</i> Healthy Chips and Oranges | <i>24/25</i> Popcorn and Fruit Cup |
| <i>26</i> Raisin Boxes & Pea- nut Packs | <i>27</i> Bananas Boiled Eggs | <i>28</i> Cheese & Crackers | <i>29</i> Peanut Butter and Crackers | 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: How to Boost your Metabolism

How to Boost Your Metabolism With Exercise

Medically Reviewed by [Tyler Wheeler, MD](#) on July 18, 2023
Written by [Stephanie Watson](#)

Your next workout could set you up for a speedier [metabolism](#). Your [metabolism](#) includes all the things your body does to turn food into energy and keep you going. Some people have a faster [metabolism](#) than others.

Some things that affect whether your [metabolism](#) is speedy or sluggish include things you don't control, like your age, sex, and genes. Sometimes a sluggish thyroid could decrease your metabolism. But once you find out that it is normal, speeding it up is up to you. Focus on what really does make a

difference: exercise. Muscle cells need a lot of energy, which means they burn a lot of calories. In fact, they burn more calories than fat cells, even when you're not exercising. So the time you spend working out reaps benefits long after you stop [sweating](#). Exercise becomes even more important as you get older. You naturally lose muscle mass with age, which slows down your metabolism. [Working out](#) can stop that slide.

It's simple. You need to challenge your muscles often in these two ways:

1. Amp up your workout. Any kind of [aerobic exercise](#), whether you're running or doing Zumba, burns calories. Make it more intense, and your body will burn more calories.

Try intervals. You can do them with any type of cardio. The basic idea is to switch back and forth between higher and lower intensity. You make it really challenging, and then back down your pace, and repeat.

For example, do as many jumping jacks as you can for 1 minute, and then walk in place for 2 minutes. Repeat for 15 minutes.

2. Lift weights. Because muscle uses more calories than fat, strengthening your muscles will make you into a more efficient calorie-burning machine, even when you're at rest. You'll be doing more than just helping your metabolism. Your [heart](#), bones, and even your mood will benefit. It's a win all around.

Bee Weller's Buzz on Health: 5 Ways to Relieve Sinus Pain

5 Ways to Relieve Sinus Pain

Medically Reviewed by [Neha Pathak, MD](#) on July 09, 2023

A cold makes it hard to breathe. When your sinuses get blocked, you might hurt too, especially around your forehead, eyes, cheeks, and nose. The pain might get worse when you touch your face or hold your head down.

Sometimes bacteria in blocked sinuses can lead to an infection known as bacterial sinusitis. Sinusitis from a bacterial infection might cause pain longer than the week of a typical cold. Your doctor may give you antibiotics and other medications to help you feel better. Whether your sinus pain is caused by a cold or a bacterial infection, here's how you can relieve it:

1. Try a saline nose spray. Ask

your doctor or pharmacist to suggest a plain saline spray. Saline mist will ease sinus swelling and help break up the mucus that's clogging your nose. You can use it up to six times a day without worrying about side effects. You can also make your own saline nasal spray. Ask your doctor or pharmacist how, and be sure that the water you use is distilled or has been boiled, not straight from a tap.

2. Use a humidifier. Stuffy sinuses respond well to moist air. Using a humidifier, especially when you sleep at night, will help keep your sinuses open and relieve the pressure. You can also try sitting in a steamy bathroom after a hot shower or inhaling the steam from a pan of hot (not boiling) water for faster relief.

3. Apply a warm compress. Ease

swelling and throbbing with a warm, wet washcloth across your forehead, eyes, and cheeks.

4. Use an over-the-counter (OTC) decongestant nose spray. These ease congestion and provide relief, especially early in a cold. You can get them as a nasal spray, liquid, or pill. If you use a decongestant nasal spray, don't use it for more than 3 days. If you use it for longer, it can make your stuffiness worse, not better.

5. Take OTC pain relievers. Acetaminophen, ibuprofen, or naproxen can relieve sinus pain. But never give a child or teenager aspirin for pain. It can be dangerous.

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 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**