



Established 2010

Aging With Grace®

The Official Fountain of Youth Clubhouse Newsletter

Volume 11, Issue 3

March 2024



Happy March !

FOUNTAIN OF YOUTH CLUBHOUSE ACTIVITY CALENDAR

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

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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!

March 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 Oatmeal Fruit Cup	2/3 Cereal Fruit Mix
4 Flavored Grits Cheese Whiz	5 Blueberry Muffin Mixed Fruit	6 Cheese Sticks Mandarin Oranges	7 Oatmeal Fruit Cup	8 Blueberry Muffin Mixed Fruit	9/10 Cereal Fruit Mix
11 Oatmeal Fruit Cup	12 Whole Wheat Muffin Mandarin Oranges	13 Banana Peanut Butter	14 Oatmeal Fruit Cup	15 Whole Wheat Muffin Banana	16/17 Cereal Fruit Mix 
18 Instant Grits Applesauce	19 Banana Muffin Pineapple Cup	20 Cheerios Cereal Fruit Cup	21 Instant Grits Cheese Whiz	22 Banana Muffin Peanut Butter	23/24 Cereal Fruit Mix
25 Oatmeal Fruit	26 Cheerios Fresh Fruit	27 Walnuts Raisins	28 Instant Grits Fresh Fruit Mix	29 Cheerios Pineapple Cups	30/31 Cereal 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.

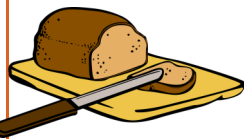


Come Join Us For Breakfast!



March 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 Chili House Salad Baked Potato Wendy's</p>	<p>2/3 Italian Sub Fresh Fruit Chips</p>
<p>4 Hot Brown Broccoli Mixed Fruit Critchfield's</p>	<p>5 Pork, Veggies, Rice and Bean Bowl Chips and salsa Moe's Grill</p>	<p>6 Beef Pot Roast Mashed Potatoes Green Beans Critchfield's</p>	<p>7 Chicken Parmesan Side Salad Frische's</p>	<p>8 Stir Fry W/ Shrimp & Veggies Peaches Wong Wong's</p>	<p>9/10 Chicken Salad Sandwiches Apples Potato Chips</p>
<p>11 Grilled Salmon Sweet Potato Broccoli Captain D's</p>	<p>12 Pizza Tossed Salad Pineapple Jet's</p>	<p>13 Entree Vegetable Fruit Good Foods Co-op</p>	<p>14 Fried Chicken Mashed Potatoes Green Beans Critchfield's</p>	<p>15 Vegetable Soup Macaroni and Cheese Fruit Cup Frische's</p>	<p>16/17 Tuna Salad Sandwiches Mandarin O. Corn Chips</p> 
<p>18 Chef Salad Dressing Crackers Frische's</p>	<p>19 Entrée Vegetable Fruit Good Foods Co-op</p>	<p>20 Chicken Livers Mixed Veggies Fruit Critchfield's</p>	<p>21 Fish and Chips Fruit Cup Frische's</p>	<p>22 Grilled Chicken Broccoli Fruit Frische's</p>	<p>23/24 Egg Salad Sandwiches Jello and Fruit Cup Chex Mix</p>
<p>25 Fried Chicken Carrot Medley Mashed Potatoes Critchfield's</p>	<p>26 Country Fried Steak Collard Greens Potato Salad Critchfield's</p>	<p>27 Oven Roasted Turkey and Ham No Bready Bowls Subway on Waller</p>	<p>28 Chicken, Veggies, Rice and Bean Bowl Chips and salsa Moe's Grill</p>	<p>29 Catfish Macaroni Salad Green Beans Critchfield's</p>	<p>30/31 Italian Sub Fresh Fruit Chips</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!

March Tea & A Tale Time Menu

3:30 To 4:00



Mon	Tue	Wed	Thu	Fri	Sat./Sun.
			Served with 8oz of water, choice of coffee or hot or cold tea.	1 <i>Cheese Whiz and Crackers</i> <i>Fruit Cup</i>	2/3 <i>Chips & Dips</i>
4 <i>Fruit Cups and Peanut Butter Crackers</i>	5 <i>Tuna Salad w/ Crackers Snack Kit</i>	6 <i>Bananas and Peanuts</i>	7 <i>Applesauce and Halva</i>	8 <i>Chex Mix W/ Nuts</i>	9/10 <i>Crackers and Cheese Whiz</i>
11 <i>Tuna Salad w/ Crackers Snack Kit</i>	12 <i>Peanut Butter and Crackers</i>	13 <i>Trail Mix</i>	14 <i>Jello Pudding Cups and Fruit</i>	15 <i>Peanut Butter and Crackers</i>	16/17 <i>Fruit Mix Cups</i> <i>Peanut Butter Crackers</i>
18 <i>Cheese, Crackers Applesauce</i>	19 <i>Healthy Chips and Oranges</i>	22 <i>Fruit Mix Cups</i> <i>Peanut Butter Crackers</i>	21 <i>Tuna Salad w/ Crackers Snack Kit</i>	22 <i>Halva</i> <i>Fruit Cups</i>	23/24 <i>Popcorn and Fruit Cup</i>
25 <i>Raisin Boxes & Peanut Packs</i>	26 <i>Bananas</i> <i>Trail Mix</i>	27 <i>Cheese Whiz & Crackers</i> <i>Fruit Cups</i>	28 <i>Peanut Butter and Crackers</i>	29 <i>Fruit Mix Cups</i> <i>Peanut Butter Crackers</i>	30/31 <i>Trail Mix</i>

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: Alone Time vs. Loneliness: What's a Good Balance?

Alone Time vs. Loneliness: What's a Good Balance?

Written by [Kathleen Doherty](#)
Being Alone and Loneliness

Time spent alone and loneliness are two different phenomena. Mehl and his colleagues found a “robust but small” link between loneliness and time spent alone. They analyzed data from 426 people, ages 24 to 90, who wore a smartphone app that recorded social activity in everyday life. The app records, with the people's permission, the sounds they make for 30 seconds every 12 minutes. The app helped the researchers analyze time spent alone vs. time interacting with others. Each person also completed a validated measure of loneliness.

Overall, the people in the study spent 66% of their time alone. But there was a wide variation on time spent alone, which surprised Alex F. Danvers, PhD, the study's co-lead author. Some spent 90% of their time alone, some 10%,

older single adults were most likely to spend time alone.

While the relationship is not linear, and varies by age and other things, solitary time does not closely correlate with loneliness until a person spends 75% of their time alone, the researchers found.

But for older adults, loneliness set in when they spent much less time alone than 75%.

“For those 65 and older, there is a clear, a very strong association [between alone time and loneliness],” Mehl said

While the research is ongoing, Danvers concluded that “as long as you aren't spending a huge portion of your day alone, even just having a few hours [of interaction] is probably enough if you want to avoid being lonely.”

Solitude and Socializing

There's no evidence for a one-size-fits-all optimal balance between solitude and social time.

Solitude time can both benefit and harm well-being, Nguyen said in an interview. “Brief solitude can downregulate strong emotions and promote rest and relaxation,” she said. But it can also backfire. For instance, when people are alone and experiencing negative emotions, “I would think they would want to get out of that state,” she said. But they found that some wanted to continue in that state. And that might eventually lead to too much negative thinking and rumination, and increase the odds of loneliness, she said.

She concluded that “the balance is less about the amount of time than about how you spend it.” Activities such as gardening, walking, and reading may inspire people to see time alone as a way to gain rest and relaxation.

Bee Weller's Buzz on Health: Unexpected Heart Attack Triggers

Lack of Sleep

You'll feel grumpy and tired if you don't get enough sleep on a regular basis, but it can raise your risk of a heart attack, too. In one study, researchers found that people who usually slept fewer than 6 hours a night were twice as likely to have a heart attack as those who slept 6 to 8. Doctors aren't sure exactly why this is, but they do know that losing sleep can raise your blood pressure and lead to inflammation. Neither of those is good for your heart.

Migraine Headaches

People who get these are more likely to have a heart attack later in life than those who don't. And ones that include auras -- strange sights, sounds, or feelings that start before the headache hits -- seem to have a stronger link to heart problems.

Cold Weather

It's a shock to the system. Being outside in the winter months can cause your arteries to narrow, making it harder for blood to reach your heart. On top of that, your heart has to work harder to keep your body warm.

Air Pollution and Car Exhaust

Heart attacks are more common when air pollution levels are high. People who breathe dirty air on a regular basis are more

likely to have clogged arteries and heart disease. Sitting in traffic may be especially dangerous, because it can combine car fumes with anger or frustration.

A Big, Heavy Meal

Think twice before going back for seconds or thirds -- it may hurt more than your waistline. When you eat large amounts of food in one sitting, it leads to higher levels of the stress hormone norepinephrine in your body. That can raise your blood pressure and heart rate, and it may trigger heart attacks in some people. Very fatty meals can also cause a sudden jump in a kind of fat in your blood, and that may temporarily damage some blood vessels as well.

A Cold or the Flu

When your immune system fights off a bug, it can cause inflammation that can damage your heart and arteries. In one study, people with respiratory infections were twice as likely to have a heart attack. But their risk level went back to normal after they'd been clear of the infection a few weeks. Heart attack rates are also higher during flu outbreaks

Asthma

Your chances of having a heart attack go up about 70% if you have this lung disease. Even if you use an inhaler to keep it under control,

your risk is still higher than normal. Because of your asthma, you also may tend to ignore chest tightness, which can be an early sign of a heart attack. Doctors don't know if breathing problems trigger heart attacks or if they simply have a common cause: inflammation.

Alcohol

A drink a day seems to help protect your heart against disease, but heavy drinking may do just the opposite. Over time, that can raise your blood pressure, increase certain kinds of bad cholesterol, and lead to weight gain -- all of which can hurt your heart. There also can be short-term consequences: A single night of binge drinking can raise your risk of heart attack over the next week, according to one study

Coffee

Just like alcohol, coffee has its pluses and minuses. Caffeine makes your blood pressure go up for a short time, and that can trigger an attack, especially if you don't drink it regularly or are at risk for other reasons. Overall, though, drinking one to two cups a day does not seem to be harmful.

Aging With Grace®

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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**