



ESTABLISHED 2010

Aging With Grace

LIVE BETTER, LONGER

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A message from the Administrator

Happy June! Ah, the month of June... The children are out of school, the pools are open, the weather is better, the outdoors are calling our name, and yet, we have work to do! I attended a Public Policy luncheon today, sponsored by the Lexington Chamber of Commerce. Speaker of the House of Representatives David W. Osborne and Senate President Robert Stivers were the presenters. They talked about the fact that child care assistance is needed to make Kentucky's workforce strong. They are enacting legislation to give more government childcare assistance so mothers can work more.. They didn't say when the assistance would be available, but they said soon.

If you have children at home who need care and supervision, I hope you have secured childcare for the summer. The Aging With Grace Company policy is for you to not bring your child with you to work. If that is a problem for you, please tell your supervisor, and your supervisor and her supervisor will work to find a solution. Your child's safety and well-being (and you and your client's safety and well being too!) is of the utmost importance to the Aging With Grace Company.

All of our policies are written with everyone's best health and quality of life in mind. Don't forget about our employee assistance program (800 252 4555), where you can call to get advice about childcare, and other matters. With warmer temperatures, we need to be mindful of dehydration and overheating. Older folks and children are particularly susceptible to dehydration and overheating. Be sure and keep bottled water in your car and keep hydrated yourself. Please do not take your client to a pool or swimming anywhere. A backyard blowup pool might be fun on a sunny day, but the risk and likelihood of an accident near water is just too great. How about a nice picnic lunch in a shady park instead? More accidents happen in summer than any other time of year. Be careful out there! Wishing you a safe and healthy month of June!





Come dine, laugh and socialize with us at
The Fountain of Youth
 Clubhouse

JUNE 2024



Breakfast and Lunch menu

Breakfast- 10am
 Lunch- 1pm

Special Dietary needs are met!

All meals are served with 8oz of water, your choice of milk, hot or cold tea and coffee!

MON	TUE	WED	THU	FRI
<p>3</p> <p>Oatmeal, Fruit</p> <p>Wendy's Hamburger, Fries, Fruit</p>	<p>4</p> <p>Cereal, Fruit</p> <p>Moe's Grill Steak, Veggies, Rice and Bean Bowl</p>	<p>5</p> <p>Flavored Grits, Fruit</p> <p>City Barbecue Turkey Sandwich, Potato Salad</p>	<p>6</p> <p>Muffin, Fruit</p> <p>Frisch's Chicken Breast Meal, Macaroni & Cheese, Baked Apples</p>	<p>7</p> <p>Cheese Stick, Fruit</p> <p>Chic-fil-A Chicken Nuggets, Mac & Cheese, Fruit</p>
<p>10</p> <p>Boiled Egg, Fruit</p> <p>Good Food's Co-Op Entree, Vegetable, Fruit</p>	<p>11</p> <p>Oatmeal, Fruit</p> <p>City Barbecue Pulled pork Sandwich, Corn Pudding</p>	<p>12</p> <p>Cereal Bar, Fruit</p> <p>Critchfield's Beef Pot Roast, Mashed Potatoes, Green Beans</p>	<p>13</p> <p>Cheese Stick, Fruit</p> <p>Chic-fil-A Chicken Nuggets, Mac & Cheese, Fruit</p>	<p>14</p> <p>Cereal, Fruit</p> <p>Subway Turkey Sub, Fruit, Chips</p>
<p>17</p> <p>Muffin, Fruit</p> <p>Wang Wang's Chicken Fried Rice, Egg Roll</p>	<p>18</p> <p>Oatmeal, Fruit</p> <p>Tzatziki's Grilled Chicken Platter, Greek Salad, Pita Chips</p>	<p>19</p> <p>Boiled Egg, Fruit</p> <p>Subway Ham Sub, Fruit, Chips</p>	<p>20</p> <p>Cereal Bar, Fruit</p> <p>Frisch's White Fish Dinner Sweet Potato Fries Cole Slaw</p>	<p>21</p> <p>Boiled Egg, Fruit</p> <p>Good Food's Co-Op Entree, Vegetable, Fruit</p>
<p>24</p> <p>Oatmeal, Fruit</p> <p>Wendy's Chili, Baked Potato</p>	<p>25</p> <p>Cereal, Fruit</p> <p>Subway Turkey Sub, Fruit, Chips</p>	<p>26</p> <p>Oatmeal, Fruit</p> <p>Critchfield's Chicken Tenders, Mashed Potatoes, Green Beans</p>	<p>27</p> <p>Muffins, Fruit</p> <p>Moe's Grill Chicken, Veggies, Rice, Bean Bowl</p>	<p>28</p> <p>Cheese Stick, Fruit</p> <p>Jet's Pizza, Tossed Salad</p>

Check out the scheduled Activities and Clubs offered at
The Fountain of Youth Clubhouse



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JUNE 2024

Come dine, laugh and socialize with us at
The Fountain of Youth
Clubhouse



Activities Calendar

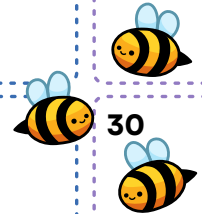
The Clubhouse is **OPEN:**
Monday- Friday
10am-4pm
\$73 per day
or
\$16 per hour

Now open on evenings and weekends for Event rental!

Call now to reserve your date!

During **extreme weather** please check local TV station **WKYT** for delayed openings under **BUSINESSES**

MON	TUE	WED	THU	FRI	SAT	SUN
3 Travel Club Improve Energy Health Club Basketball	4 Natural Resources Club Improve Strength Book Club Cards	5 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	6 Art Club Improve Strength Gardening Club Mind/ Body Games	7 Self Love Club Improve Balance Game Club Corn Hole	8	9
10 Travel Club Improve Energy Health Club Basketball	11 Natural Resources Club Improve Strength Book Club Cards	12 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	13 Art Club Improve Strength Gardening Club Mind/ Body Games	14 Self Love Club Improve Balance Game Club Corn Hole	Weekends by Appointment	
17 Travel Club Improve Energy Health Club Basketball	18 Natural Resources Club Improve Strength Book Club Cards	19 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	20 Art Club Improve Strength Gardening Club Mind/ Body Games	21 Self Love Club Improve Balance Game Club Corn Hole	22	23
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31 Travel Club Improve Energy Health Club Basketball						





Our Mission:

To Improve your Health and Quality of Life!

CONGRATULATIONS

TO THE WINNERS OF THIS MONTH'S CARE REWARD!

Annie Smith & Holly Heighton

OUTSTANDING EMPLOYEES WHO HAVE TRULY EMBODIED OUR CORE VALUES THIS MONTH

- | | |
|------------------|----------------------|
| Ashley Butler | Hannah Wilburn |
| Carly Beatty | Sharron Jennings |
| Jennifer Freeman | Destiny Brown |
| Heather Barker | Annie Smith |
| Indiana Dingman | Rita Durham |
| Ruby Perez | James Smith |
| Holly Heighton | Annika Blethen |
| Taylor Barnes | Avery Bast |
| Marsha Ford | Jasmine Wilson |
| Sasha Abel | Stella Harris |
| Sarah Ross | Zach Knauss |
| Jessica Padgett | Brittany Reidenbaugh |
| Ashley Warren | Sandra Marshall |
| Miranda Feedback | Oleksandra Vaschuk |
| Olea Davis | Robin Thompson |
| Terricka Jackmon | Starkeshia Ingram |
| Cheyenne Lopez | Colby Floyd |
| Kathy Fair | Allanda Stevens |
| Kayla Poole | Juan Rodriguez |
| | Martha McCann |

Our Core Values:

- C**ontinuous Improvement
- A**ppreciation and Gratitude
- R**eciprocity and Respect
- E**xceptional Integrity

We CARE!



To our Employees

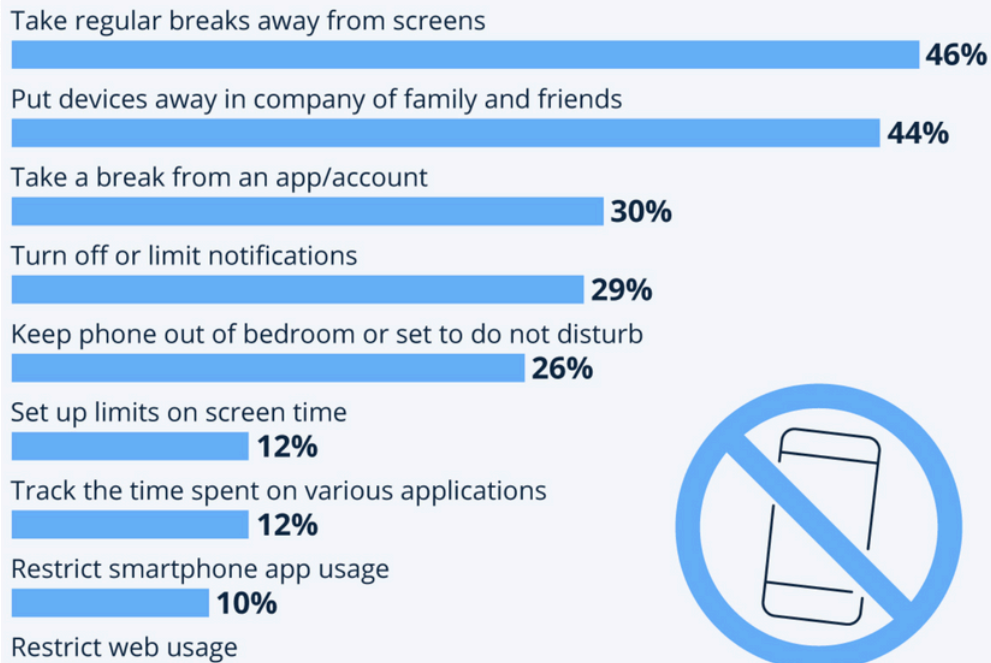
Thank you for living our values!

Your paragraph text



30 Day Screen time Challenge

Share of respondents who have put the following measures in place to manage/limit their screen time



Negative Effects of Too Much Screen Time:

Insomnia and Poor Sleep - Light from screens signals your brain to stay awake, and that constant input throughout the day can make it difficult to unwind at night. If you have persistent sleep issues, you may benefit from a sleep study at a sleep center.

Eye Strain and Headaches - Too much time spent looking at screens can cause fatigue or discomfort in your eyes as well as dimmed vision. Glare on screens and the brightness of the display can place further strain on your eyes. Eventually, this strain can lead to headaches.

Addictive Behaviors - Social media and smartphones have been around for less than 20 years and the impacts they have on humans are still being discovered. Recent studies have uncovered that people can develop addictive behaviors with smartphones and social media, including thinking about the device or platform constantly and craving using it, using their smartphone or social media apps to cope or modify their mood, and experiencing symptoms of withdrawal when they are unable to access their phone or apps. If these behaviors progress to interfere with everyday life, it is cause for concern.

Neck, Shoulder and Back Pain - Time spent sitting at desk typing or holding a phone and looking down, places strain on the neck, shoulders and back. When these positions are held for extended amounts of time, it can lead to pain and sometimes more severe musculoskeletal issues.

Changes in Cognition - We know that too much screen time is not good for children's developing brains, but what impacts does too much screen time have on adult brains? A 2020 study found that people who have been diagnosed with smartphone addiction had problems with the part of their brain responsible for transmitting messages and poorer cognitive performance.

Reduced Physical Activity Levels - Time spent on screens is time that people in past generations would spend being physically active—taking walks, working in a garden, playing sports, working on projects, etc. A sedentary lifestyle is directly linked to an increased risk of obesity and other physical health problems.

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Aging With Grace

Your Best Independent Life Club

Contact us

859-539-2147

Visit us

The Fountain of Youth Clubhouse

743 B Allendale Dr, Lexington, KY 40503

or online

www.agingwithgraceinfo.org

Schedule your tour TODAY!