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### *A Message From the Administrator*

Let's make September brain health awareness month! The Alzheimer's Association pays for research in hopes that someday we will live in a world without Alzheimer's and other kinds of dementia. September is the month to fundraise for the Walk to End Alzheimer's! The walk is on Sunday, October 20th, 2024 Event Opens at 1:30 PM - Ceremony at 2:30 PM - Walk at 3:00 PM Kentucky Horse Park (Alltech Arena)  
4089 Iron Works Pkwy  
Lexington, KY 40511

Please join our team! [https://act.alz.org/site/TR/Walk2024/KY-GreaterKentuckyandSouthernIndiana?pg=entry&fr\\_id=17641](https://act.alz.org/site/TR/Walk2024/KY-GreaterKentuckyandSouthernIndiana?pg=entry&fr_id=17641)

September is also the month of the Markesbury symposium Location:  
The Campbell House, 1375 S Broadway, Lexington, KY 40504

Event Category: Community Health Event

Sponsor: UK Sanders-Brown Center on Aging

Speaker: Dr. Lisa Barnes, Dr. Charles DeCarli, Dr. Shannon Macauley,  
Dr. Gregory Jicha, Pastor Leon Slatter, Mildred Bailey, & Chartorn  
Renfro



*Aging With Grace*

Your Best Independent Life Club



COME DINE, LAUGH AND SOCIALIZE WITH US AT

**THE FOUNTAIN OF  
YOUTH CLUB HOUSE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> Flavored Grits, Fruit</p> <p><u>City Barbecue</u> Turkey Sandwich, Potato Salad</p>	<p><b>3</b> Oatmeal, Fruit</p> <p><u>Tazikis</u> Grilled Chicken Salad, Pita Chips</p>	<p><b>4</b> Muffin, Fruit <u>Frisch's</u> Chicken Breast Meal, Macaroni &amp; Cheese, Baked Apples</p>	<p><b>5</b> Cereal, Fruit</p> <p><u>Subway</u> 6 Inch sub, Fruit, Chips</p>	<p><b>6</b> Granola Bar, Fruit</p> <p><u>Moe's Grill</u> Steak, Veggies, Rice Bean Bowl</p>
<p><b>9</b> Muffin, Fruit</p> <p><u>Good Food's Co-Op</u> Entree, Vegetable, Fruit</p>	<p><b>10</b> Flavored Grits, Fruit <u>Critchfields</u> Beef Pot Roast, Mashed Potatoes, Green Beans</p>	<p><b>11</b> Oatmeal, Fruit</p> <p><u>Chic-Fil-A</u> Chicken Nuggets, Mac &amp; Cheese, Fruit</p>	<p><b>12</b> Granola Bar, Fruit</p> <p><u>Wong Wong's</u> Chicken Fried Rice, Egg Roll</p>	<p><b>13</b> Cereal, Fruit</p> <p><u>Wendy's</u> Hamburger, Fries, Fruit</p>
<p><b>16</b> Flavored Grits, Fruit</p> <p><u>City Barbecue</u> Turkey Sandwich, Potato Salad</p>	<p><b>17</b> Oatmeal, Fruit</p> <p><u>Tazikis</u> Grilled Chicken Salad, Pita Chips</p>	<p><b>18</b> Muffin, Fruit <u>Frisch's</u> Chicken Breast Meal, Macaroni &amp; Cheese, Baked Apples</p>	<p><b>19</b> Cereal, Fruit</p> <p><u>Subway</u> 6 Inch sub, Fruit, Chips</p>	<p><b>20</b> Granola Bar, Fruit</p> <p><u>Moe's Grill</u> Steak, Veggies, Rice Bean Bowl</p>
<p><b>23</b> Muffin, Fruit</p> <p><u>Good Food's Co-Op</u> Entree, Vegetable, Fruit</p>	<p><b>24</b> Flavored Grits, Fruit <u>Critchfields</u> Beef Pot Roast, Mashed Potatoes, Green Beans</p>	<p><b>25</b> Oatmeal, Fruit</p> <p><u>Chic-Fil-A</u> Chicken Nuggets, Mac &amp; Cheese, Fruit</p>	<p><b>26</b> Granola Bar, Fruit</p> <p><u>Wong Wong's</u> Chicken Fried Rice, Egg Roll</p>	<p><b>27</b> Cereal, Fruit</p> <p><u>Wendy's</u> Hamburger, Fries, Fruit</p>
<p><b>30</b> Flavored Grits, Fruit</p> <p><u>City Barbecue</u> Turkey Sandwich, Potato Salad</p>				

ALL MEALS ARE SERVED WITH 8OZ OF WATER, YOUR CHOICE OF MILK, HOT OR COLD TEA AND COFFEE!

# Activities Calendar



## CLUB HOUSE HOURS

Monday - Friday | 10am - 4pm

\$73/day or \$16/hour

COME DINE, LAUGH AND  
SOCIALIZE WITH US AT

## THE FOUNTAIN OF YOUTH CLUB HOUSE



## EXTREME WEATHER

Please check local TV for delayed openings under BUSINESSES.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 Travel Club Improve Energy Health Club Basketball	3 Natural Resource Club Improve Strength Book Club Cards	4 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	5 Art Club Improve Strength Gardening Club Mind/Body Games	6 Self Love Club Improve Balance Game Club Corn Hole	7	8
9 Travel Club Improve Energy Health Club Basketball	10 Natural Resource Club Improve Strength Book Club Cards	11 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	12 Art Club Improve Strength Gardening Club Mind/Body Games	13 Self Love Club Improve Balance Game Club Corn Hole	<p><b>WEEKENDS BY APPOINTMENT ONLY</b></p> <p>Now open on evenings and weekends for event rental!</p> <p>Call now to reserve your date!</p>	
16 Travel Club Improve Energy Health Club Basketball	17 Natural Resource Club Improve Strength Book Club Cards	18 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	19 Art Club Improve Strength Gardening Club Mind/Body Games	20 Self Love Club Improve Balance Game Club Corn Hole		
23/30 Travel Club Improve Energy Health Club Basketball	24 Natural Resource Club Improve Strength Book Club Cards	25 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	26 Art Club Improve Strength Gardening Club Mind/Body Games	27 Self Love Club Improve Balance Game Club Corn Hole		
					28	29



# Employee Recognition

## Our Core Values:

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

## OUTSTANDING EMPLOYEES WHO HAVE TRULY EMBODIED OUR CORE VALUES THIS MONTH

- |                    |                   |
|--------------------|-------------------|
| Martha McCann      | Kathy Fair        |
| Penny Ware         | Latosha Posey     |
| Oleksandra Vaschuk | Linda Roberts     |
| Leighann Cromer    | Terricka Jackmond |
| Ashley Butler      | Cheyenne Lopez    |
| Norkeysha Lewis    | Miranda Feedback  |
| Sandra Marshall    | Carol Jones       |
| Joquetta Parrish   | Kayla Poole       |
| Ashley Warren      | Ashley Centers    |
| Devante Frazier    | Heather Barker    |
| Bobbie Peters      | Jennifer Freeman  |

## Our Mission:

To Improve your Health and Quality of Life!



## Congratulations!

TO THE WINNERS OF THIS  
MONTH'S CARE REWARD!



**Kayla Poole**

1. What's your favorite food/meal? Steak and Shrimp Scampi!
2. What do you like to do in your free time? I Absolutely love helping the homeless and going hiking!!
3. Share a fun fact, something most people wouldn't know about you. I can read backwards & write with both hands!
4. How long have you been working for Aging with Grace? 1 year  
What you like best about your job? Getting to bring life back to the person I work for, seeing them happy and smiling makes everything worth it.

**Sandra Marshall**



1. What's your favorite food/meal? Chicken any type!
2. What do you like to do in your free time?  
In my free time I like to spend it with my kids and grandkids!
3. If you could go anywhere, where would you go for vacation?  
I want go to Clearwater Florida!
4. Share a fun fact, something most people wouldn't know about you. I love getting to know new people!
5. How long have you been working for Aging with Grace? 11 months!
6. What you like best about your job? Helping people who can't help themselves!

SEPTEMBER 2024

# Alzheimer's Awareness

## Reducing Risk of Alzheimer's Disease

Alzheimer's disease is not a normal part of aging, and scientists are working to understand its causes and develop effective treatments. More evidence is emerging that healthy behaviors can lower the risk for Alzheimer's. Eight risk factors for Alzheimer's disease are high blood pressure, physical inactivity, obesity, diabetes, depression, smoking, hearing loss, and binge drinking.

In addition, a University of Minnesota study attributed 41% of dementia cases to 12 modifiable lifestyle factors. Among the 12 lifestyle factors, obesity, high blood pressure, and lack of exercise contributed the most to risk of dementia. Reducing these modifiable risk factors could reduce dementia prevalence.

### How You Can Reduce Your Risk of Alzheimer's

You can help reduce your risk of Alzheimer's by making healthy lifestyle choices. Here's what you can do:

- **Prevent and manage high blood pressure.** Tens of millions of American adults have high blood pressure, and many do not have it under control.
- **Manage blood sugar.** Learn how to manage your blood sugar if you have diabetes.
- **Maintain a healthy weight.** Healthy eating and regular physical activity can help you maintain a healthy weight.
- **Be physically active.** Physical activity can improve thinking, reduce risk of depression and anxiety, and help you sleep better.
- **Quit smoking.** Quitting smoking now may help maintain brain health and can reduce your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Free Quitline: 1-800-QUIT-NOW (1-800-784-8669)
- **Avoid excessive drinking.** If you drink, do so in moderation.
- **Prevent and correct hearing loss.** Make sure to talk to a hearing care professional to treat and manage hearing loss.
- **Get enough sleep.** A third of American adults report that they usually get less sleep than the recommended amount. How much sleep do you need? It depends on your age.

If it seems overwhelming to make all these changes at once, try making them gradually. For example, getting an extra 30 minutes of sleep at night, getting an annual physical exam, or simply taking a walk every day may make a big difference to your cognitive health.



## *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

[www.agingwithgraceinfo.org](http://www.agingwithgraceinfo.org)

**SCHEDULE YOUR TOUR TODAY!**