

ESTABLISHED 2010

Aging With Grace



LIVE BETTER, LONGER

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A message from the Administrator

Hello Everyone! Big things are happening this month! Back to school is probably the biggest thing. The annual Kentucky Association of Adult Day Health Care Centers and Home Care Conference is this month as well. The Aging With Company will be represented there to learn about the latest and greatest so we can be the best we can be! One of our core values is continuous improvement and getting an education in any form is a great way to improve ourselves. I also would like for you to save the date for the Walk to End Alzheimer's. Please join the Aging With Grace Company on Sunday, October 20, at 1:30 at the Kentucky Horse Park Alltech Arena. In the meantime, you can join our team online at ACT.ALZ.ORG and join in on our fundraising efforts. Just click on the find a team link and search for Aging With Grace. Stay tuned for more information to come!





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

August 2024

Breakfast and Lunch menu

Breakfast- 10am
 Lunch- 1pm

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

MON	TUE	WED	THU	FRI
			1 Oatmeal, Fruit <u>Tzatziki's</u> Grilled Chicken Platter, Greek Salad, Pita Chips	2 Muffin, Fruit <u>Frisch's</u> Chicken Breast Meal, Macaroni & Cheese, Baked Apples
5 Oatmeal, Fruit <u>Good Food's Co-Op</u> Entree, Vegetable, Fruit	6 Cheese Stick, Fruit <u>Chic-fil-A</u> Chicken Nuggets, Mac & Cheese, Fruit	7 Cereal Bar, Fruit <u>Critchfield's</u> Beef Pot Roast, Mashed Potatoes, Green Beans	8 Oatmeal, Fruit <u>Wendy's</u> Hamburger, Fries, Fruit	9 Cereal, Fruit <u>Moe's Grill</u> Steak, Veggies, Rice and Bean Bowl
12 Flavored Grits, Fruit <u>City Barbecue</u> Turkey Sandwich, Potato Salad	13 Cereal, Fruit <u>Subway</u> 6 inch Sub, Fruit, Chips	14 Muffin, Fruit <u>Wong Wong's</u> Chicken Fried Rice, Egg Roll	15 Muffin, Fruit <u>Frisch's</u> Chicken Breast Meal, Macaroni & Cheese, Baked Apples	16 Oatmeal, Fruit <u>Tzatziki's</u> Grilled Chicken Platter, Greek Salad, Pita Chips
19 Oatmeal, Fruit <u>Good Food's Co-Op</u> Entree, Vegetable, Fruit	20 Cheese Stick, Fruit <u>Chic-fil-A</u> Chicken Nuggets, Mac & Cheese, Fruit	21 Cereal Bar, Fruit <u>Critchfield's</u> Beef Pot Roast, Mashed Potatoes, Green Beans	22 Oatmeal, Fruit <u>Wendy's</u> Hamburger, Fries, Fruit	23 Cereal, Fruit <u>Moe's Grill</u> Steak, Veggies, Rice and Bean Bowl
26 Muffin, Fruit <u>Wong Wong's</u> Chicken Fried Rice, Egg Roll	27 Muffin, Fruit <u>Frisch's</u> Chicken Breast Meal, Macaroni & Cheese, Baked Apples	28 Cereal, Fruit <u>Subway</u> 6 inch Sub, Fruit, Chips	29 Muffin, Fruit <u>Frisch's</u> Chicken Breast Meal, Macaroni & Cheese, Baked Apples	30 Oatmeal, Fruit <u>Good Food's Co-Op</u> Entree, Vegetable, Fruit



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

Activities Calendar

LIVE BETTER, LONGER

August 2024

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Art Club Improve Strength Gardening Club Mind/ Body Games	2 Self Love Club Improve Balance Game Club Corn Hole	3	4
5 Travel Club Improve Energy Health Club Basketball	6 Natural Resources Club Improve Strength Book Club Cards	7 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	8 Art Club Improve Strength Gardening Club Mind/ Body Games	9 Self Love Club Improve Balance Game Club Corn Hole	Weekends by Appointment	
10	11	12 Travel Club Improve Energy Health Club Basketball	13 Natural Resources Club Improve Strength Book Club Cards	14 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	15 Art Club Improve Strength Gardening Club Mind/ Body Games	16 Self Love Club Improve Balance Game Club Corn Hole
17	18	19 Travel Club Improve Energy Health Club Basketball	20 Natural Resources Club Improve Strength Book Club Cards	21 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	22 Art Club Improve Strength Gardening Club Mind/ Body Games	23 Self Love Club Improve Balance Game Club Corn Hole
24	25	26 Travel Club Improve Energy Health Club Basketball	27 Natural Resources Club Improve Strength Book Club Cards	28 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	29 Art Club Improve Strength Gardening Club Mind/ Body Games	30 Self Love Club Improve Balance Game Club Corn Hole
31						

Now open on
evenings and
weekends for
Event rental!
**Call now to
reserve your
date!**

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

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

Our Mission:

To Improve your
Health and Quality
of Life!

Our Core Values:

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

OUTSTANDING EMPLOYEES WHO HAVE TRULY EMBODIED OUR CORE VALUES THIS MONTH

Annika Blethen	Latosha Posey
James Smith	Linda Roberts
Stella Harris	Terricka Jackmond
Zach Knauss	Cheyenne lopez
Brittany Reidenbaugh	Anaisy Delgado
Hannah Wilburn	Penny Ware
Renesul Robinson	Miranda Feeback
Renee Furnish	Allanda Stevens
Ayries Manuel	Ashley Butler
Melissa Price	Norkeysha Lewis
Srephanie Gonzalez	Oleksandra Vaschuk
Amy Erb	Leighann Cromer
Marsha Ford	Carly Beatty
Indiand Dingmond	Martha McCann
Ashley Warren	
Devante Frazier	
Kathy Fair	

CONGRATULATIONS

TO THE WINNERS OF THIS MONTH'S CARE REWARD!



James Smith

1. What's your favorite food/meal? Steak medium rare!
2. What do you like to do in your free time? Spending time with my family and friends. I have friends that have been in my life for over 40 yrs.
3. If you could go anywhere, where would you go for vacation? The Phillippines! They are an English speaking country. Filipinos are very friendly people! And the food is great! Sinigang soup! Yummy!
4. Share a fun fact, something most people wouldn't know about you. I once helped catch an alligator in Okeechobee! To eat for a cookout.
5. How long have you been working for Aging with Grace? 4 1/2 years
6. What you like best about your job? I love the diversity of the clients I've had the privelege to work with.



Devante Frazier

1. What's your favorite food/meal? A good southern meal ; mustard greens, cornbread, porkchops or fried chicken, mac& cheese and candied yams 😊
2. What do you like to do in your free time? I detail cars 🚗
3. If you could go anywhere, where would you go for vacation? Mississippi to spend time with my family 🏠
4. Share a fun fact, something most people wouldn't know about you. I am an open book 😊
5. How long have you been working for Aging with Grace? 4 Years
6. What you like best about your job? It give me an opportunity to show people I'm a good person while caring for them, I put my best foot forward to show them that AWG is a great place for comfort 🤝❤️

ALZHEIMER'S AWARENESS

Alzheimer's disease is a progressive condition, meaning that the symptoms get worse over time. Memory loss is a key feature, and this tends to be one of the first symptoms to develop. The symptoms appear gradually, over months or years. If they develop over hours or days, a person may require medical attention, as this could indicate a stroke.

Symptoms of Alzheimer's disease include:

- **Memory loss:** A person may have difficulty taking in new information and remembering information. This can lead to:
 - repeating questions or conversations
 - losing objects
 - forgetting about events or appointments
 - wandering or getting lost
- **Cognitive deficits:** A person may experience difficulty with reasoning, complex tasks, and judgment. This can lead to:
 - a reduced understanding of safety and risks
 - difficulty with money or paying bills
 - difficulty making decisions
 - difficulty completing tasks that have several stages, such as getting dressed
- **Problems with recognition:** A person may become less able to recognize faces or objects or less able to use basic tools. These issues are not due to problems with eyesight.
- **Problems with spatial awareness:** A person may have difficulty with their balance, trip over, or spill things more often, or they may have difficulty orienting clothing to their body when getting dressed.
- **Problems with speaking, reading, or writing:** A person may develop difficulties with thinking of common words, or they may make more speech, spelling, or writing errors.
- **Personality or behavior changes:** A person may experience changes in personality and behavior that include:
 - becoming upset, angry, or worried more often than before
 - a loss of interest in or motivation for activities they usually enjoy
 - a loss of empathy
 - compulsive, obsessive, or socially inappropriate behavior

In 2016, researchers published findings^{Trusted Source} suggesting that a change in the person's sense of humor might also be an early symptom of Alzheimer's.

LIVE BETTER, LONGER



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!