

ESTABLISHED 2010

# Aging With Grace

## 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!

# LIVE BETTER, LONGER

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

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





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# LIVE BETTER, LONGER

# JUNE 2024

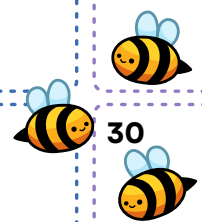
## Activities Calendar

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
<b>3</b> Travel Club Improve Energy Health Club Basketball	<b>4</b> Natural Resources Club Improve Strength Book Club Cards	<b>5</b> On a Mission Club Improve Mobility Craft Club Balloon Volleyball	<b>6</b> Art Club Improve Strength Gardening Club Mind/ Body Games	<b>7</b> Self Love Club Improve Balance Game Club Corn Hole	<b>Weekends by Appointment</b>	
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<b>31</b> 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  
Carly Beatty  
Jennifer Freeman  
Heather Barker  
Indiana Dingman  
Ruby Perez  
Holly Heighton  
Taylor Barnes  
Marsha Ford  
Sasha Abel  
Sarah Ross  
Jessica Padgett  
Ashley Warren  
Miranda Feedback  
Olea Davis  
Terricka Jackmon  
Cheyanne Lopez  
Kathy Fair  
Kayla Poole

Hannah Wilburn  
Sharron Jennings  
Destiny Brown  
Annie Smith  
Rita Durham  
James Smith  
Annika Blethen  
Avery Bast  
Jasmine Wilson  
Stella Harris  
Zach Knauss  
Brittany Reidenbaugh  
Sandra Marshall  
Oleksandra Vaschuk  
Robin Thompson  
Starkeshia Ingram  
Colby Floyd  
Allanda Stevens  
Juan Rodriguez  
Martha McCann

### To our Employees

Thank you for  
living our values!

## Our Core Values:

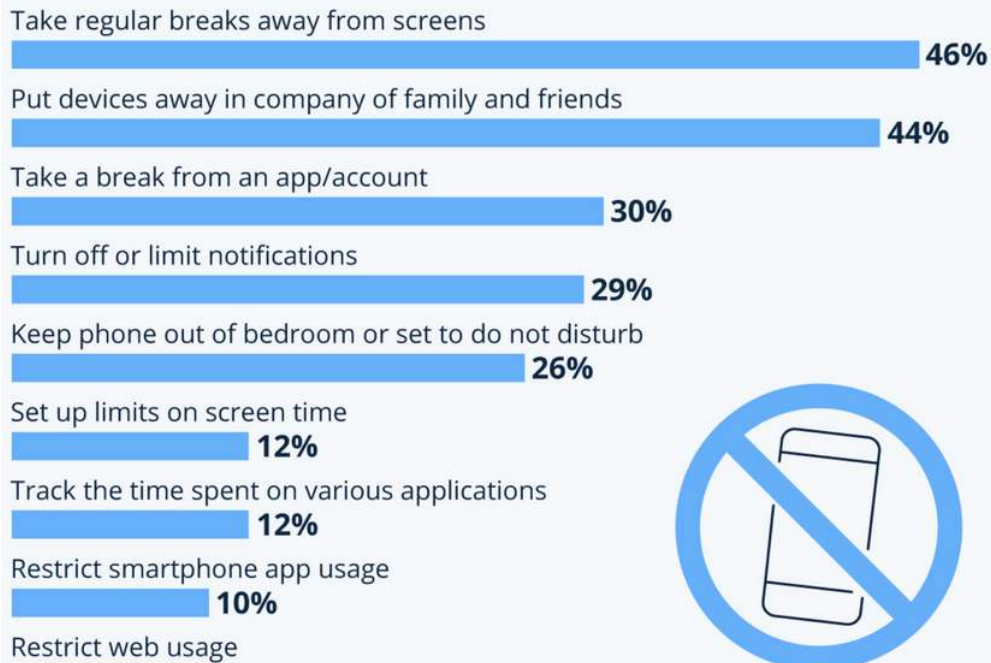
- C**ontinuous Improvement
- A**ppreciation and Gratitude
- R**eciprocity and Respect
- E**xceptional Integrity

**We CARE!**

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.

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

**Schedule your tour TODAY!**