

ESTABLISHED 2010

Aging With Grace



A message from the Administrator

May is the month for flowers! Think of the Aging With Grace company as a flower with four stems... four branches. The AT HOME HEALTH & HELP stem/branch has two flowers on it. One is the Home and Community Based Waiver Attendant Care services. The other flower is private pay and long-term care insurance and Veterans benefits. Another stem/branch has the FOUNTAIN of YOUTH CLUBHOUSE flower. The FOUNTAIN of YOUTH CLUBHOUSE can be paid for with the HCB waiver, private pay, Long-term care insurance, and Veterans benefits. The third branch has two flowers: INDEPENDENCE CONSULTATIONS for private pay, and CASE MANAGEMENT for Medicaid HCB Waiver. The fourth stem has one flower: HOME IMPROVEMENT which can be paid for with the HCB waiver up to \$3020 a year or with private pay. The Aging With Grace company flower is growing and flourishing, thanks to your help!

LIVE BETTER, LONGER

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*Take Care and
Nurture Yourself!
Aging With Grace 50+
Can Help!*





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

May 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
Check out the scheduled Activities and Clubs offered at <u>The Fountain of Youth Clubhouse</u>		1 Oatmeal, Fruit <u>Wendy's</u> Chili, Baked Potato	2 Cereal, Fruit <u>Subway</u> Turkey Sub, Fruit, Chips	3 Flavored Grits, Fruit <u>Critchfield's</u> Beef Pot Roast, Mashed Potatoes, Green Beans
6 Muffins, Fruit <u>Moe's Grill</u> Chicken, Veggies, Rice, Bean Bowl	7 Cheese Stick, Fruit <u>Jet's</u> Pizza, Tossed Salad	8 Oatmeal, Fruit <u>Critchfield's</u> Chicken Tenders, Mashed Potatoes, Green Beans	9 Muffin, Fruit cup <u>Wang Wang's</u> Roast Pork with Chinese Vegetables	10 Cereal Bar, Fruit <u>Frisch's</u> White Fish Dinner, Sweet Potato Fries, Cole Slaw
13 Waffle, Fruit cup <u>Tzatziki's</u> Grilled Chicken Platter, Greek Salad, Pita Chips	14 Boiled Egg, Fruit <u>Subway</u> Ham Sub, Fruit, Chips	15 Oatmeal, Fruit <u>Wendy's</u> Hamburger, Fries, Fruit	16 Cereal, Fruit <u>Moe's Grill</u> Steak, Veggies, Rice and Bean Bowl	17 Flavored Grits, Fruit <u>City Barbecue</u> Turkey Sandwich, Potato Salad
20 Muffin, Fruit <u>Frisch's</u> Chicken Breast Meal, Macaroni & Cheese, Baked Apples	21 Cheese Stick, Fruit <u>Chic-fil-A</u> Chicken Nuggets, Mac & Cheese, Fruit	22 Cereal Bar, Fruit <u>Critchfield's</u> Beef Pot Roast, Mashed Potatoes, Green Beans	23 Oatmeal, Fruit <u>City Barbecue</u> Pulled pork Sandwich, Corn Pudding	24 Waffle, Fruit <u>Good Food's Co-Op</u> Entree, Vegetable, Fruit
27 Muffin, Fruit <u>Wang Wang's</u> Chicken Fried Rice, Egg Roll	28 Oatmeal, Fruit <u>Tzatziki's</u> Grilled Chicken Platter, Greek Salad, Pita Chips	29 Cereal, Fruit <u>Subway</u> Turkey Sub, Fruit, Chips	30 Waffle, Fruit <u>Frisch's</u> White Fish Dinner, Sweet Potato Fries, Cole Slaw	31 Boiled Egg, Fruit <u>Good Food's Co-Op</u> Entree, Vegetable, Fruit



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May 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
		1 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	2 Art Club Improve Strength Gardening Club Mind/ Body Games	3 Self Love Club Improve Balance Game Club Corn Hole	4	5
6 Travel Club Improve Energy Health Club Basketball	7 Natural Resources Club Improve Strength Book Club Cards	8 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	9 Art Club Improve Strength Gardening Club Mind/ Body Games	10 Self Love Club Improve Balance Game Club Corn Hole	Weekends by Appointment	
13 Travel Club Improve Energy Health Club Basketball	14 Natural Resources Club Improve Strength Book Club Cards	15 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	16 Art Club Improve Strength Gardening Club Mind/ Body Games	17 Self Love Club Improve Balance Game Club Corn Hole		
20 Travel Club Improve Energy Health Club Basketball	21 Natural Resources Club Improve Strength Book Club Cards	22 Lunch and Learn Afford & Neora	23 Art Club Improve Strength Gardening Club Mind/ Body Games	24 Self Love Club Improve Balance Game Club Corn Hole	25 Senior Prom 6-8 PM	26
27 Travel Club Improve Energy Health Club Basketball	28 Natural Resources Club Improve Strength Book Club Cards	29 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	30 Art Club Improve Strength Gardening Club Mind/ Body Games	31 Self Love Club Improve Balance Game Club Corn Hole		



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

Annika Blethen
Rita Durham
Devante Frazier
Linda Roberts
Lori Walker
Ashley Warren
Amanda Hisle
Sharon Jennings
Annie Smith
James Smith
Sandra Marshall
Martha McCann
Asaad Alshaferi
Norkeysha Lewis
Avery Bast

Destiny Brown
Kayla Poole
Juan Rodriguez
Holly Heighton
Oleksandra Vaschuk
Allanda Stevens
Joquetta Parish
Jennifer Ashcraft
Kathy Fair
Miranda Feeback
Marsha Ford
Terricka Jackmon
Cheyanne Lopez

To our Employees

Thank you for
living our values!

Our Core Values:

Continuous Improvement
Appreciation and Gratitude
Reciprocity and Respect
Exceptional Integrity

We CARE!

30 Day Kindness Challenge

Find the phrase hidden inside the image



89% of relationships improve if you pick a person with whom you want a better relationship; then for 30 days:

Say nothing negative about that person - either to them or about them to anyone else.

Each day find one positive thing you can praise or affirm about that person and tell them and tell someone else.

Each day, do one small act of kindness or generosity for them.

E
K
G
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M
S

Fa πce

5:00 PM
5:00 PM

		6				5		8
1		2	3	8				4
			2			1	9	
				6	3		4	5
	6	3	4		5	8	7	
5	4		9	2				
	8	7			4			
2				9	8	4		7
4		9				3		

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!

Aging With Grace

Presents
The Senior Prom

Dancing for Parkinson's

Join us for Dancing, Refreshments, and a Great Cause!
No charge, donations encouraged

Featuring

**Matt Gerwin and
Jump the Curb**

Saturday May 18th, 2024
6-8pm

743 Allendale Drive
Lexington, Ky 40503

RSVP: 859-407-8229

advocate@agingwithgraceinfo.org

