

January 2025

Aging With Grace Newsletter

ESTABLISHED 2010

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LIVE
BETTER,
Longer!

VOLUME 12, ISSUE 1

A Message From the Administrator

Happy New Year! 2025 is going to be amazing! When I looked back on 2024 and saw all the changes we have gone through as a company, and the triumphs we have achieved, I was truly amazed. My word for this year is DISCIPLINE. I want to accomplish some big things, both personally and professionally, and that will require the disciplining of myself and others. Discipline is not a bad thing. It is necessary to accomplish good. What about you? What is your word for 2025? I hope you accomplish it and have a great year ahead!



Aging With Grace

Your Best Independent Life Club

January 2025

Breakfast & Lunch Menu



BREAKFAST
10 AM

COME DINE, LAUGH AND SOCIALIZE WITH US AT THE FOUNTAIN OF YOUTH CLUB HOUSE



LUNCH
1 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Oatmeal, Fruit Good Food's Co-Op Entree, Vegetable, Fruit	2 Muffin, Fruit Freddy's Hamburger, Fries, Fruit	3 Muffin, Fruit Fazolli's Pasta Entree, Vegetable, Fruit
6 Flavored Grits, Fruit Tazikis Grilled Chicken Salad, Pita Chips	7 Cereal, Fruit Good Foods Coop Entree, Vegetable, Fruit	8 Muffin, Fruit Frisch's Chicken Breast Meal, Macaroni & Cheese, Baked Apples	9 Cereal Bar, Fruit City Barbeque Pulled Pork Sandwich, Green Beans, Fruit	10 Granola Bar, Fruit Moe's Grill Steak, Veggies, Rice Bean Bowl
13 Muffin, Fruit Good Food's Co-Op Entree, Vegetable, Fruit	14 Oatmeal, Fruit Chic-Fil-A Chicken Nuggets, Mac & Cheese, Fruit	15 Flavored Grits, Fruit Critchfields Beef Pot Roast, Mashed Potatoes, Salad	16 Granola Bar, Fruit Wong Wong's Chicken Stir-Fry, Egg Roll	17 Cereal, Fruit Wendy's Chili, Baked Potato, Fruit
20 Muffin, Fruit Waffle House Eggs, Bacon, Waffle Fruit	21 Flavored Grits, Fruit City Barbecue Turkey Sandwich, Potato Salad	22 Oatmeal, Fruit Gyroz Eatery Chicken Kabob, Salad, Rice, Hummus	23 Cereal Bar, Fruit Critchfields Meat Loaf, Mashed Potatoes, Green Beans	24 Muffin, Fruit Fazolli's Pasta Entree, Vegetable, Fruit
27 Muffin, Fruit Critchfields Fish Basket, Cole Slaw, Fries	28 Cereal, Fruit Good Food's Co-Op Entree, Vegetable, Fruit	29 Oatmeal, Fruit Subway 6 Inch sub, Fruit, Chips	30 Muffin, Fruit Tazikis Grilled Chicken Salad, Pita Chips	31 Oatmeal, Fruit Critchfields Fried Chicken, Salad, Fruit

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

January 2025

Activities Calendar



CLUB HOUSE HOURS

Monday - Friday | 10am - 4pm

\$82/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 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 Resource Club Improve Strength Book Club Kickball	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	11	12
13 Travel Club Improve Energy Health Club Basketball	14 Natural Resource Club Improve Strength Book Club Kickball	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	18	WEEKENDS BY APPOINTMENT ONLY
20 Travel Club Improve Energy Health Club Basketball	21 Natural Resource Club Improve Strength Book Club C	22 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	23 Art Club Improve Strength Gardening Club Mind/Body Games	24 Self Love Club Improve Balance Game Club Corn Hole	25	
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Our Core Values:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

OUTSTANDING EMPLOYEES

**WHO HAVE TRULY EMBODIED
OUR CORE VALUES THIS MONTH**

Brittney Reidenbaugh	Deborah Stroud
Jerricka Jackmon	Ruby Perez
Annika Blethen	Asley Center
Sarah Brown	Jennifer Freeman
Kaitlyn Workman	Kayla Pool
Hannah Wilburn	Alicia Aulick
Racheal Couch	Pamela Johnson
Renasul Robinson	Racheal Baker
Ayries Manuel	Ashley Warren
Stephanie Gonzalez	Carol Jones
Avery Bast	Linda Roberts
Emilee Dykes	Mirianda Feedback
Amanda Hisle	Anaisy Delado
Joshua Wise	Cheyanne Lopez
Asaad Alshaferi	Indiana Dingman
Oleksandra Vaschuk	Joquetta Parrish
Penny Ware	Maria Garcia
Kimberly Gallagher	Kathy Cromer
Ashley Butler	Martha McCann
Melinda Grisby	

Our Mission:

To Improve your Health and Quality of Life!

Congratulations!

**TO THE WINNERS OF THIS
MONTH'S CARE REWARD!**



Brittany Reidenbaugh

1. What's your favorite food/meal?
Seafood/Japanese Food
2. If you could go anywhere, where would you go for vacation? Hawaii or New York
3. Share a fun fact, something most people wouldn't know about you. I love making my own music/beats..
4. How long have you been working for Aging with Grace? 8 Months
5. What you like best about your job? I truly love everything about my job. Taking care of people and making them happy. Everyday is so rewarding! I have a lot of love to give, so I love that I am able to do that! And I love how Wonderful y'all treat your employees!!!!
6. What do you like to do in your spare time? Anything with my kiddos!

Cheyanne Lopez

1. What is your favorite food? Steak and Shrimp
2. What do you like to do in your free time? Go on trips/outings with my kids.
3. If you could go anywhere, where would you go for vacation ? Bora Bora
- 4.. Share a fun fact that most people would not know.
I'm the worst helicopter mom.
5. How long have you been working for Aging with Grace?
3.5 years
6. What do you like best about your job? I love being able to have a flexible schedule that allows me to have plenty of time with my kids but also allows my client to age with dignity in their home. I also love how much our bosses truly care about us!



Longer life

One study found that people with a positive attitude toward aging lived almost eight years longer than those without.

Reduced risk of dementia

A study found that older adults with positive age beliefs were nearly 50% less likely to develop dementia than those with negative age beliefs.

Better health

Positive thinking can lead to:

- Lower rates of depression
- Lower levels of distress and pain
- Greater resistance to illnesses
- Better psychological and physical well-being

Some attitudes that can help promote a positive mindset while aging include:

- Being adaptable and embracing change
- Having a sense of humor
- Being determined
- Staying optimistic
- Wanting to maintain social relationships
- Learning to live with limitations
- Being aware of the need to make the most of what you have

Some ways to cultivate a positive attitude include:

- Practicing gratitude by writing down five things you're thankful for each day in a gratitude journal
- Cultivating mindfulness by training your mind to focus on the present moment



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

SCHEDULE YOUR TOUR TODAY!