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LIVE
BETTER,
Longer!

A Message From the Administrator

March is upon us, a month that traditionally signals renewal and growth. As the days lengthen and the first signs of spring emerge, I'm filled with optimism for the opportunities ahead. For our clients (members), we're committed to continuing to provide the highest level of service and support. This month, we're focusing on our new and improved Guidebook for our At Home Health Help members. We value your membership and are always looking for ways to enhance your experience with us. Please don't hesitate to reach out with any feedback or questions.

To our employees, your dedication and hard work are the driving force behind our success. As we move into this new season, I encourage you to embrace the spirit of growth and innovation. Take advantage of our Employee Assistance Program. Just go to theEAP.com or call 800 252 4555 to explore what they can do to improve your health and quality of life. Your contributions are invaluable, and I'm excited to see what we can accomplish together.

Happy Spring!



Aging With Grace

Your Best Independent Life Club

March 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
<p>3 Muffin, Fruit <u>Critchfields</u> Fish Basket, Cole Slaw, Fries</p>	<p>4 Cereal, Fruit <u>Good Food's Co-Op</u> Entree, Vegetable, Fruit</p>	<p>5 Oatmeal, Fruit Subway 6 Inch sub, Fruit, Chips</p>	<p>6 Muffin, Fruit Dad's Potato Soup and Rachel Chicken Sandwich, fruit</p>	<p>7 Muffin, Fruit <u>Fazolis</u> Pasta Entree, Vegetable, Fruit</p>
<p>10 Flavored Grits, Fruit <u>Tazikis</u> Grilled Chicken Salad, Pita Chips</p>	<p>11 Cereal, Fruit <u>Good Foods Coop</u> Entree, Vegetable, Fruit</p>	<p>12 Oatmeal, Fruit South-of-Wrigley Frankfurter, bun sauer kraut, Fruit</p>	<p>13 Cereal Bar, Fruit <u>City Barbeque</u> Pulled Pork Sandwich, Green Beans, Fruit</p>	<p>14 Granola Bar, Fruit Moe's Grill Steak, Veggies, Rice Bean Bowl</p>
<p>17 Muffin, Fruit <u>Good Food's Co-Op</u> Entree, Vegetable, Fruit</p>	<p>18 Oatmeal, Fruit Chic-Fil-A Chicken Nuggets, Mac & Cheese, Fruit</p>	<p>19 Flavored Grits, Fruit <u>Critchfields</u> Beef Pot Roast, Mashed Potatoes, Salad</p>	<p>20 Granola Bar, Fruit <u>Wong Wong's</u> Chicken Stir-Fry, Egg Roll</p>	<p>21 Cereal, Fruit Wendy's Chili, Baked Potato, Fruit</p>
<p>24 Muffin, Fruit Waffle House Eggs, Bacon, Waffle Fruit</p>	<p>25 Flavored Grits, Fruit <u>City Barbecue</u> Turkey Sandwich, Potato Salad, fruit</p>	<p>26 Oatmeal, Fruit <u>Gyroz Eatery</u> Chicken Kabob, Salad, Rice, Hummus</p>	<p>27 Cereal Bar, Fruit <u>Critchfields</u> Meat Loaf, Mashed Potatoes, Green Beans</p>	<p>28 Muffin, Fruit DVS Kitchen Basil-Chicken Sandwich, Chips, Fruit</p>
<p>31 Cereal, Fruit Dad's Potato Soup and Rachel Chicken Sandwich, fruit</p>				

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



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	2
3 Travel Club Improve Energy Health Club Basketball	4 Natural Resource Club Improve Strength Book Club Kickball	5 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	6 Art Club Improve Strength Gardening Club Mind/Body Games	7 Self Love Club Improve Balance Game Club Corn Hole	8	9
10 Travel Club Improve Energy Health Club Basketball	11 Natural Resource Club Improve Strength Book Club Kickball	12 On a Mission Club Improve Mobility Craft Club Balloon Volleyball	13 Art Club Improve Strength Gardening Club Mind/Body Games	14 Self Love Club Improve Balance Game Club Corn Hole	15	WEEKENDS BY APPOINTMENT ONLY
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Our Core Values: Our Mission:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

Improve your Health and Quality of Life!

Congratulations!

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



Martha McCann

1. What's your favorite food/meal?
Steak/Rib combo from Texas Roadhouse with loaded baked potato and a Caesar Salad
2. If you could go anywhere, where would you go for vacation? Las Vegas
- 3 Share a fun fact, something most people wouldn't know about you. I love to shoot pool. I use to play in a league.
4. How long have you been working for Aging with Grace? 3 years
5. What do you like best about your job? I love taking care of my client and making him smile. If I can make him smile daily, then I know he is okay and then I.m okay.
6. What do you like to do in your spare time? Bowl, play bingo or read.

Jennifer Freeman

1. What is your favorite food? Chicken Caesar Salads
2. What do you like to do in your free time? I like to Sew and Craft
3. If you could go anywhere, where would you go for vacation ?
Arizona
- 4.. Share a fun fact that most people would not know.
I am terrified of public speaking!!
5. How long have you been working for Aging with Grace?
4 Years
6. What do you like best about your job? I love working with people and assisting them one on one, and assisting them with activities.
7. What is a Good Quaililty about AWG? The Supervisors are very easy to work with!!!



OUTSTANDING EMPLOYEES WHO HAVE TRULY EMBODIED OUR CORE VALUES THIS MONTH

Sarah Steele	Martha McCann
Annika Blethen	Asaad Alshaferi
Sarah Brown	Oleksandra V.
Kaitlyn Workman	Penny Ware
Hannah Wilburn	Kimberly Gallagher
Racheal Couch	Robin Thompson
Amy Erb	Sandra Marshall
Ayries Manuel	Renee Furnish
Stephanie	Kathy Cromer
Gonzalez	Colby Floyd
Avery Bast	Ashley Butler
Emilee Dykes	Racheal Baker
Terricka Jackmon	Ashley warren
Joshua Wise	Miranda Feedback
Holly Heighton	Daryl Rice
Deborah Stroud	Jennifer Freeman
Destiny Nichols	Carol Jones
Linda Roberts	Tammy Beltz

**MARCH IS NATIONAL NUTRITION AWARENESS MONTH
NATIONAL COLORECTAL CANCER AND NATIONAL
BRAIN INJURY AWARENESS MONTH.
THIS MONTH ALL ARE ENCOURAGED TO MAKE
INFORMED FOOD CHOICES AND DEVELOP SOUND
EATING HABITS THAT YOU CAN FOLLOW ALL
YEAR LONG!**

**"I FIND THE HARDER I WORK
THE MORE LUCK
I SEEM TO HAVE"**

THOMAS JEFFERSON

**THIS MONTH, WE'RE ALSO CELEBRATING THE WINNERS OF OUR
EMPLOYEE RECOGNITION PROGRAM. BE SURE AND LOOK ON PAGE 4
FOR MARCH'S WINNERS!**

**AS WE "SPRING FORWARD" AND ADJUST TO DAYLIGHT SAVING
TIME (SUNDAY, MARCH 9), LET'S REMEMBER TO PRIORITIZE
BALANCE AND WELL-BEING. TAKE TIME TO ENJOY THE
CHANGING SEASON AND RECHARGE!**



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!