

TABLE OF CONTENTS

- 01 Message from the Administrator Fountain of Youth Clubhouse Food
- 02 Menu
- 03 Fountain of Youth Clubhouse Activities Calendar
- 04 Employee Recognition
- 05 Bee Weller's Buzz on Health

LIVE BETTER,
Longer

A Message From the Administrator

February is often called the Month of Love, and at Aging With Grace, we are taking that to heart. Whether it's caring for our neighbors or celebrating our closest friendships, this month is all about connection.

Lunch & Learn: Caring for Our Community

When: Tuesday, February 10 | 12:00 PM

In the spirit of looking out for one another, join us for a free lunch to learn about the LFUCG Paramedicine Program. Discover how this vital service provides specialized care and support to our Lexington community.

The True Love Banquet: February 13 | 1:00 PM

To celebrate the Month of Love, we are hosting our True Love Banquet! We invite our Fountain of Youth Clubhouse members to bring a guest of their choice for an afternoon of great food and even better company. It's our way of honoring the relationships that make our lives bright.

I can't wait to celebrate with you!---DG



Aging With Grace

Your Best Independent Life Club



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
2 Cereal Bar, Fruit Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese	3 Muffin, Fruit Surf & Turf with steak & shrimp, red potato mash, & fajita veggies	4 Flavored Grits, Fruit Chicken Breast Taco Salad Springmix, corn and black beans, fajita mix, red salsa	5 Cereal, Fruit Local Steak, sweet potato mash, & organic green beans	6 Muffin, Fruit Korean Bowl with steak, brown rice, fresh carrots & cucumbers
9 Flavored Grits, Fruit Chicken Pesto with shredded cheese, grape tomatoes, & fruit salad	10 Cereal, Fruit Local Steak, sweet potato mash, & organic green beans	11 Boiled Eggs, Toast Chicken Taco Salad, corn and black bean fajita mix, red salsa	12 Cereal Bar, Fruit Fiesta Bowl with chicken or steak, brown rice, black beans, fajita veggies, shredded cheese	13 Granola Bar, Fruit Chicken Breast Meal, red potato mash, veggie power fajitas
16 Muffin, Fruit Chicken Breast Meal, red potato mash, veggie power fajitas	17 Oatmeal, Fruit Surf & Turf with steak & shrimp, red potato mash, & fajita veggies	18 Cereal Bar, Fruit Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese	19 Flavored Grits, Fruit Korean Bowl with ground beef, brown rice, fresh carrots & cucumbers	20 Cereal, Fruit Local Steak, sweet potato mash, & organic green beans
23 Muffin, Fruit Korean Bowl with chicken breast, brown rice, fresh carrots & cucumbers	24 Flavored Grits, Fruit Local Steak, sweet potato mash, & organic green beans	25 Oatmeal, Fruit Chicken Breast Meal, red potato mash, veggie power slaw	26 Cereal Bar, Fruit Taco Salad Springmix, corn and black beans, fajita mix, red salsa	27 Muffin, Fruit Surf & Turf with steak & shrimp, red potato mash, & fajita veggies

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



CLUB HOUSE HOURS

Monday - Friday | 10am - 4pm
\$86/day or \$16/hour

COME DINE, LAUGH AND SOCIALIZE WITH US AT

THE FOUNTAIN OF YOUTH CLUBHOUSE



EXTREME WEATHER

Please check WKYT TV for delayed openings under BUSINESSES.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 <i>Weekends are by appointment only, please.</i>
2 Book Club Improve Energy Health Club Basketball	3 Natural Resource Club Improve Strength Glee Club Kickball	4 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	5 Art Club Improve Strength Gardening Club Mind/Body Games	6 L.O.V.E. Club Improve Balance Game Club Corn Hole	7 <i>Weekends are by appointment only, please.</i>	8 <i>Weekends are by appointment only, please.</i>
9 Book Club Improve Energy Health Club Basketball	10 Natural Resource Club Improve Strength Glee Club Kickball	11 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	12 Art Club Improve Strength Gardening Club Mind/Body Games	13 L.O.V.E. Club Improve Balance Game Club Corn Hole	14 <i>Weekends are by appointment only, please.</i>	15 <i>Weekends are by appointment only, please.</i>
16 President's Day! Clubhouse Closed	17 Natural Resource Club Improve Strength Glee Club Kickball	18 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	19 Art Club Improve Strength Gardening Club Mind/Body Games	20 L.O.V.E. Club Improve Balance Game Club Corn Hole	21 <i>Weekends are by appointment only, please.</i>	22 <i>Weekends are by appointment only, please.</i>
23 Book Club Improve Energy Health Club Basketball	24 Natural Resource Club Improve Strength Glee Club Kickball	25 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	26 Art Club Improve Strength Gardening Club Mind/Body Games	27 L.O.V.E. Club Improve Balance Game Club Corn Hole	28 <i>Weekends are by appointment only, please.</i>	

Our Core Values:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

OUTSTANDING EMPLOYEES

Who Have Truly Embodied Our Core Values This Month

Colby Floyd
Brittney Reidenbaugh
Hannah Smith
Jerricka Jackmon
Annika Blethen
Sarah Steele
Rachel Sylvester
Stephanie Price
Avery Bast
James Smith III
Arsker Frazier
Carina Cruz Frias
Amy Erb
Anaisy Aguiar Delgado
Stephany Gonzalez
Annie Smith
Liudmyla Biloshytska
Lundyn Evans
Maria Garcia

Stephanie Brewer
Alexus Brock
Melissa Chasteen
Elizabeth Colvin
Angela Eads
Marsha Ford-Warren
Holly Heighton
Carol Jones
Ruby Perez
Dominguez
Daryl Rice
Linda Roberts
Deborah Stroud
Ashley Warren
Allanda Stevens
Sandra Marshall
Martha McCann
Rebekkah Orbach

Our Mission:

Improve your health & quality of life!

Congratulations!



FEBRUARY
I. C.A.R.E.
REWARD
DRAWING!

Lundyn Evans

1. What is your favorite food?
 - Chik-Fil-A
2. What do you like to do in your free time?
 - Go to the gym and hangout with my girlfriends.
3. If you could go anywhere, where would you go on vacation?
 - Italy
4. Share an interesting fact that most people don't know about you.
 - I did cheer for most of my life!
5. How long have you worked with Aging With Grace?
 - One year
6. What do you like best about your job?
 - I like taking care of people and making connections with them.
7. What is something that Aging With Grace does well?
 - I've always felt welcomed. It feels like one big family.

Why is oral hygiene important?

Oral hygiene is preventative care. This means you can stop oral health problems — such as cavities, gum disease, bad breath (halitosis) and other issues — before they start by taking good care of your teeth and gums.

Oral health is also linked to whole-body health. For example, if an infection is present in your mouth, your bloodstream can carry the bacteria to other areas of your body, leading to other health concerns like heart disease and stroke. Keeping your teeth and gums healthy is an important part of long-lasting overall health.

How can I improve my oral hygiene?

Excellent oral hygiene protects your teeth and gums and keeps your smile beautiful. Here are some general oral hygiene instructions to keep your smile healthy:

- Brush your teeth at least twice a day. Use fluoride toothpaste and a soft-bristled toothbrush. (Medium or hard bristles can damage your gums and tooth enamel.) When you brush, place your toothbrush at a 45-degree angle toward your gums. This helps sweep away plaque and bacteria at the gum line. Be sure to brush all teeth surfaces, including the backs and sides.
- Floss once daily. You can't reach the spaces between your teeth with brushing alone. To clean these areas, you need dental floss. Take a piece of floss that's about 18 inches long. Wrap each end around your middle fingers. Using your thumbs and forefingers, guide the floss between two teeth. Wrap the floss snugly around one tooth in a C shape and clean it using about 10 up and down strokes. Next, wrap the floss around the other tooth and repeat. Continue this process on all of your teeth. If you have dexterity issues, you can also use interproximal brushes and dental picks to clean between your teeth.

A note about water flossers: While water flossers are excellent for removing large pieces of food and debris, they can't remove the biofilm from your teeth surfaces. So, if you use a water flosser, be sure to use traditional dental floss as well.)

- Brush your tongue. Your tongue holds bacteria like a sponge. Whenever you brush your teeth, don't forget to brush your tongue. You can use your toothbrush for this purpose. Or, you can purchase a tongue scraper in the oral health aisle.
- Use an antibacterial mouthwash every day. Antibacterial mouthwash helps keep harmful oral bacteria at bay. In addition to washing away food and debris, it also reduces plaque buildup. Be sure to choose an alcohol-free formula to prevent dry mouth.
- Visit your dentist regularly. Routine dental exams and cleanings are essential for good oral health. Many people do well with six-month visits. But, if you're prone to cavities, gum disease or other oral health problems, you may need more frequent appointments.
- Avoid smoking and other tobacco products. Smoking is a leading cause of gum disease and oral cancer. It's best to avoid these products altogether. If you currently smoke and would like to quit, ask your healthcare provider about treatment options that can help.

Remember, the best oral hygiene routine is one that you can practice consistently. Talk to your dentist about a personalized oral health regimen to meet your needs.

What are the advantages of good oral hygiene?

While your dentist may be able to repair teeth damaged by decay or gum disease, it's always preferable to stop problems before they start. This is where good oral hygiene comes in. Practicing good oral hygiene offers a wide range of benefits, including:

- Healthier teeth and gums.
- A beautiful smile.
- Fresher breath.
- A reduced need for dental work such as fillings, crowns, bridges, implants or dentures.
- A lowered risk of heart disease, stroke, diabetes and other health concerns.
- A reduced risk of oral cancer.

Additionally, preventative dental care is more affordable than restorative or emergency dental care. So, good oral hygiene can save you time, worry and money in the long run.



Aging With Grace

Your Best Independent Life Club

Contact Us

859-539-2147

www.agingwithgraceinfo.org

Visit Us

**The Fountain of
Youth Clubhouse**

743 B Allendale Dr, Lexington, KY 40503

**SCHEDULE
YOUR
TOUR TODAY!**