

LIVE BETTER,
Longer

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A Message From the Administrator

Happy March, Everyone!

Spring is on the way, and we're blooming with excitement! Join us for a Lunch & Learn on the second Tuesday of the month (March 10) at noon to discuss real estate concerns for people 50+. Space is limited, so please call Adam at 859-407-8229 to reserve your seat today.

Let's make this March our healthiest and happiest one yet!

--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
<p>2</p> <p>Cereal Bar, Fruit</p> <p>Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese</p>	<p>3</p> <p>Muffin, Fruit</p> <p>Surf & Turf with steak & shrimp, red potato mash, & fajita veggies</p>	<p>4</p> <p>Flavored Grits, Fruit</p> <p>Chicken Breast Taco Salad Springmix, corn and black beans, fajita mix, red salsa</p>	<p>5</p> <p>Cereal, Fruit</p> <p>Local Steak, sweet potato mash, & organic green beans</p>	<p>6</p> <p>Muffin, Fruit</p> <p>Korean Bowl with steak, brown rice, fresh carrots & cucumbers</p>
<p>9</p> <p>Flavored Grits, Fruit</p> <p>Chicken Pesto with shredded cheese, grape tomatoes, & fruit salad</p>	<p>10</p> <p>Cereal, Fruit</p> <p>Local Steak, sweet potato mash, & organic green beans</p>	<p>11</p> <p>Boiled Eggs, Toast</p> <p>Chicken Taco Salad, corn and black bean fajita mix, red salsa</p>	<p>12</p> <p>Cereal Bar, Fruit</p> <p>Fiesta Bowl with chicken or steak, brown rice, black beans, fajita veggies, shredded cheese</p>	<p>13</p> <p>Granola Bar, Fruit</p> <p>Chicken Breast Meal, red potato mash, veggie power fajitas</p>
<p>16</p> <p>Muffin, Fruit</p> <p>Chicken Breast Meal, red potato mash, veggie power fajitas</p>	<p>17</p> <p>Oatmeal, Fruit</p> <p>Surf & Turf with steak & shrimp, red potato mash, & fajita veggies</p>	<p>18</p> <p>Cereal Bar, Fruit</p> <p>Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese</p>	<p>19</p> <p>Flavored Grits, Fruit</p> <p>Korean Bowl with ground beef, brown rice, fresh carrots & cucumbers</p>	<p>20</p> <p>Cereal, Fruit</p> <p>Local Steak, sweet potato mash, & organic green beans</p>
<p>23</p> <p>Muffin, Fruit</p> <p>Korean Bowl with chicken breast, brown rice, fresh carrots & cucumbers</p>	<p>24</p> <p>Flavored Grits, Fruit</p> <p>Local Steak, sweet potato mash, & organic green beans</p>	<p>25</p> <p>Oatmeal, Fruit</p> <p>Chicken Breast Meal, red potato mash, veggie power slaw</p>	<p>26</p> <p>Cereal Bar, Fruit</p> <p>Taco Salad Springmix, corn and black beans, fajita mix, red salsa</p>	<p>27</p> <p>Muffin, Fruit</p> <p>Surf & Turf with steak & shrimp, red potato mash, & fajita veggies</p>
<p>30</p> <p>Cereal, Fruit</p> <p>Local Steak, sweet potato mash, & organic green beans</p>	<p>31</p> <p>Boiled Eggs, Toast</p> <p>Chicken Taco Salad, corn and black bean fajita mix, red salsa</p>			

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

March 2026
Breakfast & Lunch Menu



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
<p>2</p> <p>Book Club Improve Energy Health Club Basketball</p>	<p>3</p> <p>Natural Resource Club Improve Strength Glee Club Kickball</p>	<p>4</p> <p>S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball</p>	<p>5</p> <p>Art Club Improve Strength Gardening Club Mind/Body Games</p>	<p>6</p> <p>L.O.V.E. Club Improve Balance Game Club Corn Hole</p>	<p>7</p> <p><i>Weekends are by appointment only, please.</i></p>	<p>8</p> <p><i>Weekends are by appointment only, please.</i></p>
<p>9</p> <p>Book Club Improve Energy Health Club Basketball</p>	<p>10</p> <p>Natural Resource Club Improve Strength Glee Club Kickball</p>	<p>11</p> <p>S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball</p>	<p>12</p> <p>Art Club Improve Strength Gardening Club Mind/Body Games</p>	<p>13</p> <p>L.O.V.E. Club Improve Balance Game Club Corn Hole</p>	<p>14</p> <p><i>Weekends are by appointment only, please.</i></p>	<p>15</p> <p><i>Weekends are by appointment only, please.</i></p>
<p>16</p> <p>Book Club Improve Energy Health Club Basketball</p>	<p>17</p> <p>Natural Resource Club Improve Strength Glee Club Kickball</p>	<p>18</p> <p>S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball</p>	<p>19</p> <p>Art Club Improve Strength Gardening Club Mind/Body Games</p>	<p>20</p> <p>L.O.V.E. Club Improve Balance Game Club Corn Hole</p>	<p>21</p> <p><i>Weekends are by appointment only, please.</i></p>	<p>22</p> <p><i>Weekends are by appointment only, please.</i></p>
<p>23</p> <p>Book Club Improve Energy Health Club Basketball</p>	<p>24</p> <p>Natural Resource Club Improve Strength Glee Club Kickball</p>	<p>25</p> <p>S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball</p>	<p>26</p> <p>Art Club Improve Strength Gardening Club Mind/Body Games</p>	<p>27</p> <p>L.O.V.E. Club Improve Balance Game Club Corn Hole</p>	<p>28</p> <p><i>Weekends are by appointment only, please.</i></p>	<p>29</p> <p><i>Weekends are by appointment only, please.</i></p>
<p>30</p> <p>Book Club Improve Energy Health Club Basketball</p>	<p>31</p> <p>Natural Resource Club Improve Strength Glee Club Kickball</p>					

Our Mission:

Improve your health & quality of life!

Our Core Values:

Continuous Improvement

Appreciation & Gratitude

Reciprocity & Respect

Exceptional Integrity

OUTSTANDING EMPLOYEES

Who Have Truly Embodied Our Core Values This Month

Taylor Barnes	Summer Beaty
Brittney Reidenbaugh	Stephanie Brewer
Hannah Smith	Alexus Brock
Jerricka Jackmon	Melissa Chasteen
Annika Blethen	Angela Eads
Rachel Sylvester	Holly Heighton
Stephanie Price	Ruby Perez Dominguez
Ashley Butler	Kayla Poole
Annie Smith	Daryl Rice
Terricka Jackmon	Linda Roberts
James Smith III	Deborah Stroud
Arsker Frazier	Ashley Warren
Carina Cruz Frias	Martha McCann
Amy Erb	Penny Ware
Anaisy Aguiar Delgado	Sandra Marshall
Joshua Wise	Colby Floyd
Stephany Gonzalez	Allanda Stevens
Liudmyla Biloshytska	Rebekkah Orbach
Lundyn Evans	

Congratulations!



**MARCH
I. C.A.R.E.
REWARD
DRAWING!**

Summer Beaty

1. What is your favorite food?
 - *Chicken Wings*
2. What do you like to do in your free time?
 - *Exercise*
3. If you could go anywhere, where would you go on vacation?
 - *Thailand*
4. Share an interesting fact that most people don't know about you.
 - *I use to race cars when I was a kid.*
5. How long have you worked with Aging With Grace?
 - *9 months*
6. What do you like best about your job?
 - *My client. Being able to help her is rewarding.*
7. What is something that Aging With Grace does well?
 - *The people within the company care about their clients & employees.*

Understanding Lichen Sclerosus

Lichen sclerosus (pronounced LIE-kun skluh-ROW-sus) is a chronic, inflammatory skin condition that primarily affects the genital and anal areas. While it can occur in anyone, it is most frequently diagnosed in postmenopausal women. It is not contagious and cannot be spread through sexual contact.

Symptoms and Appearance

The condition often begins as small, white, shiny spots that eventually grow into larger patches. As it progresses, the skin can become:

- **Thin and "Crinkled":** The skin often looks like parchment or tissue paper.
- **Highly Itchy:** Persistent, intense itching is the most common symptom.
- **Fragile:** Because the skin becomes so thin, it tears easily, leading to painful sores, bleeding, or bruising (which often appears as bright red or purple spots).
- **Scarred:** If left untreated, scarring can cause the vaginal opening to narrow or the foreskin on a penis to tighten, making urination or sexual intercourse very painful.



Possible Causes

The cause is currently unknown, but researchers believe it is likely a combination of factors:

- **Autoimmune Response:** The most widely accepted theory is that it is an autoimmune disorder where the body's immune system mistakenly attacks healthy skin cells.
- **Genetics:** Some people may be genetically predisposed to the condition.
- **Hormonal Changes:** Its prevalence in postmenopausal women and prepubescent girls suggests that hormone levels may play a role.

Diagnosis and Treatment

Because the symptoms can mimic other conditions like yeast infections or eczema, a definitive diagnosis often requires a physical exam by a specialist (dermatologist or gynecologist) and sometimes a skin biopsy.

While there is currently no cure, lichen sclerosus can be managed effectively:

- **Topical Steroids:** High-potency steroid ointments (like clobetasol) are the "gold standard" for treatment. They reduce inflammation and prevent further scarring.
- **Maintenance:** Once symptoms are under control, patients often use the ointment once or twice a week to prevent flare-ups.
- **Monitoring:** Regular check-ups are essential because untreated lichen sclerosus slightly increases the risk of developing a type of skin cancer called squamous cell carcinoma.



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!**