

LIVE Longer,
Better

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Spring is in the Air!

A Message From the Administrator

Happy April! As the flowers begin to bloom, we are energized and ready to continue providing the essential services that help our community thrive. It is a joy to see the season change, and we have some wonderful opportunities for us to grow together this month.

Mark Your Calendars:

- **Lunch & Learn:** Join us on Tuesday, April 14th at 12:00 PM. This month, we are diving into Ageless Grace, a fantastic program designed to keep us fit, healthy, and moving with ease!
- **Health Fair:** We are also looking forward to our Health Fair at the end of the month. It's a great chance to connect, check in on your wellness, and meet with various providers.


Thank you to our dedicated employees and our wonderful clients for making this organization so special. Let's make it a vibrant April!--DG





Aging With Grace

Your Best Independent Life Club

COME DINE, LAUGH AND
SOCIALIZE WITH US AT
**THE FOUNTAIN
OF YOUTH
CLUBHOUSE**

10 AM

Continental
Breakfast

1 PM

Dinner
Party

3:15 PM

Tea & A Tale
Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Flavored Grits, Fruit</p> <p>Chicken Breast Taco Salad Springmix, corn and black beans, fajita mix, red salsa</p> <p>Cheese Cubes and Crackers</p>	<p>2 Cereal, Fruit</p> <p>Local Steak, sweet potato mash, & organic green beans</p> <p>Cottage Cheese and Peaches</p>	<p>3 Muffin, Fruit</p> <p>Korean Bowl with steak, brown rice, fresh carrots & cucumbers</p> <p>Tuna Pouches</p>
<p>6 Flavored Grits, Fruit</p> <p>Chicken Pesto with shredded cheese, grape tomatoes, & fruit salad</p> <p>Cheese Cubes and Crackers</p>	<p>7 Cereal, Fruit</p> <p>Local Steak, sweet potato mash, & organic green beans</p> <p>Boiled Eggs & Pickles</p>	<p>8 Boiled Eggs, Toast</p> <p>Chicken Taco Salad, corn and black bean fajita mix, red salsa</p> <p>Savory Snack Mix</p>	<p>9 Cereal Bar, Fruit</p> <p>Fiesta Bowl with chicken or steak, brown rice, black beans, fajita veggies, shredded cheese</p> <p>Apple Slices & Peanut Butter</p>	<p>10 Granola Bar, Fruit</p> <p>Chicken Breast Meal, red potato mash, veggie power fajitas</p> <p>Soft Protein Cookie</p>
<p>13 Muffin, Fruit</p> <p>Chicken Breast Meal, red potato mash, veggie power fajitas</p> <p>Protein Bars</p>	<p>14 Oatmeal, Fruit</p> <p>Surf & Turf with steak & shrimp, red potato mash, & fajita veggies</p> <p>Apple Slices & Peanut Butter</p>	<p>15 Cereal Bar, Fruit</p> <p>Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese</p> <p>Protein Pudding</p>	<p>16 Flavored Grits, Fruit</p> <p>Korean Bowl with ground beef, brown rice, fresh carrots & cucumbers</p> <p>Cheese Cubes and Crackers</p>	<p>17 Cereal, Fruit</p> <p>Local Steak, sweet potato mash, & organic green beans</p> <p>Shelled Edamame & Rice Crackers</p>
<p>20 Muffin, Fruit</p> <p>Korean Bowl with chicken breast, brown rice, fresh carrots & cucumbers</p> <p>Protein Cookies</p>	<p>21 Flavored Grits, Fruit</p> <p>Local Steak, sweet potato mash, & organic green beans</p> <p>Cheese Cubes and Crackers</p>	<p>22 Oatmeal, Fruit</p> <p>Chicken Breast Meal, red potato mash, veggie power slaw</p> <p>Chicken Salad Sandwiches</p>	<p>23 Cereal Bar, Fruit</p> <p>Taco Salad Springmix, corn and black beans, fajita mix, red salsa</p> <p>Cottage Cheese and Peaches</p>	<p>24 Muffin, Fruit</p> <p>Surf & Turf with steak & shrimp, red potato mash, & fajita veggies</p> <p>Savory Snack Mix</p>
<p>27 Cereal, Fruit</p> <p>Local Steak, sweet potato mash, & organic green beans</p> <p>Greek Yogurt and Berries</p>	<p>28 Boiled Eggs, Toast</p> <p>Chicken Taco Salad, corn and black bean fajita mix, red salsa</p> <p>Celery & Peanut Butter</p>	<p>29 Muffin, Fruit</p> <p>Surf & Turf with steak & shrimp, red potato mash, & fajita veggies</p> <p>Tuna Salad Sandwiches</p>	<p>30 Cereal Bar, Fruit</p> <p>Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese</p> <p>Cottage Cheese and Peaches</p>	

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 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	2 Art Club Improve Strength Gardening Club Mind/Body Games	3 L.O.V.E. Club Improve Balance Game Club Corn Hole	4 <i>Weekends are by appointment only, please.</i>	5 <i>Weekends are by appointment only, please.</i>
6 Book Club Improve Energy Health Club Basketball	7 Natural Resource Club Improve Strength Glee Club Kickball	8 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	9 Art Club Improve Strength Gardening Club Mind/Body Games	10 L.O.V.E. Club Improve Balance Game Club Corn Hole	11 <i>Weekends are by appointment only, please.</i>	12 <i>Weekends are by appointment only, please.</i>
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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

Liudmyla Biloshytska
Rebekkah Orbach
Indiana Dingman
Sandra Marshall
Martha McCann
Colby Floyd
Allanda Stevens
Tiffanie Abney
Summer Beaty
Alexus Brock
Elizabeth Colvin
Angela Eads
Holly Heighton
Sasha O'Bryan
Ruby Perez Dominguez
Kayla Poole
Mackenzie Powell
Amy Erb
Anaisy Aguiar Delgado
Joshua Wise
Stephany Gonzalez

Linda Roberts
Deborah Stroud
Ashley Warren
Daryl Rice
Carol Jones
Jennifer Freeman
Brittney Reidenbaugh
Connelly Jessica
Hannah Smith
Jerricka Jackmon
Annika Blethen
Annie Smith
Emilee Dykes
Hannah Wilburn
Stephanie Price
Ashley Butler
Susan Miller
Avery Bast
Terricka Jackmon
James Smith III
Arsker Frazier

Congratulations!



Anaisy Aguiar Delgado

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

1. What is your favorite food?
 - Cuban food
2. What do you like to do in your free time?
 - Watch drama movies
3. If you could go anywhere, where would you go on vacation?
 - I'd like to take my family to Disney World
4. Share an interesting fact that most people don't know about you.
 - I love to dance
5. How long have you worked with Aging With Grace?
 - Over two years
6. What do you like best about your job?
 - Working with the elderly to make them feel wanted and loved
7. What is something that Aging With Grace does well?
 - Being able to work with a good team and seeing how attentive they are with me, even with my language barrier.

3 Safe Driving Tips for Older Adults

Changes that happen with age may affect your driving. However, there may be steps you can take to help stay safe on the road.



Take care of your vision and hearing:
Schedule routine eye and ear exams.



Know your limits:
If you are concerned about driving in bad weather or at night, try waiting until another time or using transit or ridesharing services.



Exercise:
Staying strong and flexible can lengthen your driving years.

For a full list of safe driving tips for older adults, visit:
www.nia.nih.gov/health/older-drivers.



How to check and improve your driving skills

Are you concerned that your driving skills are declining or could be improved?

Consider the following:

- Have your driving skills checked by a driving rehabilitation specialist, occupational therapist, or other trained professional. The American Occupational Therapy Association maintains a national database of driving specialists, or you can ask your state's Department of Motor Vehicles or your doctor to recommend someone who can test your driving skills. Note that there may be fees associated with these types of assessments.
- The American Automobile Association's (AAA) RoadWise Driver Course is designed to help older adults adjust to age-related physical changes to extend their safe driving career.
- Try an online self-assessment, such as one from the National Highway Traffic Safety Administration, <https://www.nhtsa.gov/older-drivers/driving-safely-while-aging-gracefully> to gauge your abilities.
- Ask your family and friends for feedback about your driving, including any concerns.
- Take a driver safety course. Some car insurance companies may even lower your bill when you complete this type of class. Organizations such as AARP or your car insurance company can help you find a nearby resource.



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!**