

LIVE Longer,  
Better

# TABLE OF CONTENTS

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

## A Message From the Administrator

Happy May!

We are excited to continue our monthly Lunch and Learn series at the Fountain of Youth Clubhouse.

Please join us on Tuesday, May 12th at 12:00 PM for a healthy lunch and an informative session focused on Social Security and Retirement Planning. We are pleased to welcome financial planners Emily Nelson and Joe Fusco from Alpha Financial, who will be leading the discussion.

Following the presentation, Emily and Joe will remain on-site to meet with staff members for yearly reviews of employee retirement accounts. We look forward to seeing everyone there!


---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

MAY 2026  
**Food Fare Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><b>1 Muffin, Fruit</b></p> <p>Korean Bowl with steak, brown rice, fresh carrots &amp; cucumbers</p> <p>Tuna Pouches</p>
<p><b>4 Flavored Grits, Fruit</b></p> <p>Chicken Pesto with shredded cheese, grape tomatoes, &amp; fruit salad</p> <p>Cheese Cubes and Crackers</p>	<p><b>5 Cereal, Fruit</b></p> <p>Local Steak, sweet potato mash, &amp; organic green beans</p> <p>Boiled Eggs &amp; Pickles</p>	<p><b>6 Boiled Eggs, Toast</b></p> <p>Chicken Taco Salad, corn and black bean fajita mix, red salsa</p> <p>Savory Snack Mix</p>	<p><b>7 Cereal Bar, Fruit</b></p> <p>Fiesta Bowl with chicken or steak, brown rice, black beans, fajita veggies, shredded cheese</p> <p>Apple Slices &amp; Peanut Butter</p>	<p><b>8 Granola Bar, Fruit</b></p> <p>Chicken Breast Meal, red potato mash, veggie power fajitas</p> <p>Soft Protein Cookie</p>
<p><b>11 Muffin, Fruit</b></p> <p>Chicken Breast Meal, red potato mash, veggie power fajitas</p> <p>Protein Bars</p>	<p><b>12 Oatmeal, Fruit</b></p> <p>Surf &amp; Turf with steak &amp; shrimp, red potato mash, &amp; fajita veggies</p> <p>Apple Slices &amp; Peanut Butter</p>	<p><b>13 Cereal Bar, Fruit</b></p> <p>Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese</p> <p>Protein Pudding</p>	<p><b>14 Flavored Grits, Fruit</b></p> <p>Korean Bowl with ground beef, brown rice, fresh carrots &amp; cucumbers</p> <p>Cheese Cubes and Crackers</p>	<p><b>15 Cereal, Fruit</b></p> <p>Local Steak, sweet potato mash, &amp; organic green beans</p> <p>Shelled Edamame &amp; Rice Crackers</p>
<p><b>18 Muffin, Fruit</b></p> <p>Korean Bowl with chicken breast, brown rice, fresh carrots &amp; cucumbers</p> <p>Protein Cookies</p>	<p><b>19 Flavored Grits, Fruit</b></p> <p>Local Steak, sweet potato mash, &amp; organic green beans</p> <p>Cheese Cubes and Crackers</p>	<p><b>20 Oatmeal, Fruit</b></p> <p>Chicken Breast Meal, red potato mash, veggie power slaw</p> <p>Chicken Salad Sandwiches</p>	<p><b>21 Cereal Bar, Fruit</b></p> <p>Taco Salad Springmix, corn and black beans, fajita mix, red salsa</p> <p>Cottage Cheese and Peaches</p>	<p><b>22 Muffin, Fruit</b></p> <p>Surf &amp; Turf with steak &amp; shrimp, red potato mash, &amp; fajita veggies</p> <p>Savory Snack Mix</p>
<p><b>25 Cereal, Fruit</b></p> <p>Local Steak, sweet potato mash, &amp; organic green beans</p> <p>Greek Yogurt and Berries</p>	<p><b>26 Boiled Eggs, Toast</b></p> <p>Chicken Taco Salad, corn and black bean fajita mix, red salsa</p> <p>Celery &amp; Peanut Butter</p>	<p><b>27 Muffin, Fruit</b></p> <p>Surf &amp; Turf with steak &amp; shrimp, red potato mash, &amp; fajita veggies</p> <p>Tuna Salad Sandwiches</p>	<p><b>28 Cereal Bar, Fruit</b></p> <p>Fiesta Bowl with chicken or beef, brown rice, black beans, fajita veggies, shredded cheese</p> <p>Cottage Cheese and Peaches</p>	<p><b>29 Flavored Grits, Fruit</b></p> <p>Chicken Breast Taco Salad Springmix, corn and black beans, fajita mix, red salsa</p> <p>Cheese Cubes and Crackers</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 L.O.V.E. Club Improve Balance Game Club Corn Hole	2 <i>Weekends are by appointment only, please.</i>	3 <i>Weekends are by appointment only, please.</i>
4 Book Club Improve Energy Health Club Basketball	5 Natural Resource Club Improve Strength Glee Club Kickball	6 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	7 Art Club Improve Strength Gardening Club Mind/Body Games	8 L.O.V.E. Club Improve Balance Game Club Corn Hole	9 <i>Weekends are by appointment only, please.</i>	10 <i>Weekends are by appointment only, please.</i>
11 Book Club Improve Energy Health Club Basketball	12 Natural Resource Club Improve Strength Glee Club Kickball	13 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	14 Art Club Improve Strength Gardening Club Mind/Body Games	15 L.O.V.E. Club Improve Balance Game Club Corn Hole	16 <i>Weekends are by appointment only, please.</i>	17 <i>Weekends are by appointment only, please.</i>
18 Book Club Improve Energy Health Club Basketball	19 Natural Resource Club Improve Strength Glee Club Kickball	20 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	21 Art Club Improve Strength Gardening Club Mind/Body Games	22 L.O.V.E. Club Improve Balance Game Club Corn Hole	23 <i>Weekends are by appointment only, please.</i>	24 <i>Weekends are by appointment only, please.</i>
25 Book Club Improve Energy Health Club Basketball	26 Natural Resource Club Improve Strength Glee Club Kickball	27 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	28 Art Club Improve Strength Gardening Club Mind/Body Games	29 L.O.V.E. Club Improve Balance Game Club Corn Hole	30 <i>Weekends are by appointment only, please.</i>	31 <i>Weekends are by appointment only, please.</i>

## Our Mission:

Improve your health & quality of life!

## Our Core Values:

**C**ontinuous Improvement

**A**ppreciation & Gratitude

**R**eciprocity & Respect

**E**xceptional Integrity

## OUTSTANDING EMPLOYEES

Who Have Truly Embodied Our Core Values This Month

Allanda Stevens	Kimberly Smith	Amy Erb
Martha McCann	Deborah Stroud	Joshua Wise
Sandra Marshall	Brittney Reidenbaugh	Stephany Gonzalez
Colby Floyd	Jessica Connely	Amy Guynn
Amanda Hisle	Christine Workman	Ashley Butler
Indiana Dingman	Hannah Smith	Avery Bast
Rebekkah Orbach	Jerricka Jackmon	Terricka Jackmon
Beck Monroe	Annika Blethen	James Smith III
Denetta McCann	Hanna Fowler	Arsker Frazier
Summer Beaty	Jennifer Freeman	Robin Thompson
Alexus Brock	Ruby Perez Dominguez	Emily Browning
Elizabeth Colvin	Mackenzie Powell	Annie Smith
Angela Eads	Daryl Rice	Emilee Dykes
Rachel Sylvester	Linda Roberts	Hannah Wilburn
Kayla McIntosh	Holly Heighton	Rachael Baker
Ashley Warren		

# Congratulations!



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

**Robin Thompson**

1. What is your favorite food?
  - o Seafood
2. What do you like to do in your free time?
  - o Watch TV and take walks in the park
3. If you could go anywhere, where would you go on vacation?
  - o First Las Vegas, then the Bahamas
4. Share an interesting fact that most people don't know about you.
  - o I love to fish and I like dogs
5. How long have you worked with Aging With Grace?
  - o Three
6. What do you like best about your job?
  - o Taking care of others and providing for their needs
7. What is something that Aging With Grace does well?
  - o They provide the quality and needs for a person's life

## Feeling Safe

1. **Remember your own self-care skills.** As adults, we do have some power and have often learned skills that help us feel calm and safe, whether it's mindfulness, a grounding object or turning off the TV. Start by implementing these boundaries.
  2. **Grieve.** This is an important step that shouldn't be overlooked. It's okay to grieve for what you thought was going to happen. Allow yourself time to be sad or cry until you can reach some level of acceptance from which you can take the next step.
  3. **Surround yourself with the people who make you feel supported and safe.** Make it a point to see and speak with the people who make you feel seen, heard, and supported. Go for coffee with a friend, go for a walk with a neighbor or arrange a family dinner. Healthy relationships matter. If you do not feel safe around someone, do what you have to do to get away from them.
  4. **Help the greater good.** Fight fear and anger with kindness, whether small acts or large ones. Consider volunteering your time for a great organization that needs support.
  5. **Be a safe space and be in a safe space.** Choose to be a safe space for those around you. Show those who may feel powerless or bullied that you stand in solidarity with them. If you do not feel safe in your home or workplace, or in other spaces you occupy, do what you have to do to get to a safe space.
  6. **Smile and honor those who just want to be loved.** I am encouraging everyone to smile at the stranger you pass on the street. Be kind and respectful to all human beings no matter their race, religion, gender, sexuality, culture, political beliefs or anything else. The reality is, we all have common ground; most people just want to be loved, accepted and safe.
  7. **Keep a gratitude journal.** If you don't have one, now is a great time to start one. What can you be grateful for today? Look around the room ... Your pet? Your home? Your family members? Your nutritious meal? Your health? It's an important time to pinpoint what's positive. A great, free journal app for iPhone is called Notes to Self.
  8. **Remember that NO means NO.** Even if the state of the world feels out of control, remember that you are in charge of your body and your space. Remember no one gets to touch your body without your permission! There are people who will hear you and believe you if such an awful act has happened to you!
- It matters that you feel safe in your heart, in your space and in your community. Let's take the focus off anger to see what that anger is covering up. That way, we can figure out what we all really need. I believe it starts with decency, intelligence, kindness and consciousness.



*Aging With Grace*

Your Best Independent Life Club

Contact Us

859-539-2147

[www.agingwithgraceinfo.org](http://www.agingwithgraceinfo.org)

Visit Us

The Fountain of  
Youth Clubhouse

743 B Allendale Dr, Lexington, KY 40503

**SCHEDULE  
YOUR  
TOUR TODAY!**