

LIVE Longer,  
Better

# TABLE OF CONTENTS

- 01 | Message from the Administrator
- 02 | Fountain of Youth Clubhouse® Food Fare
- 03 | Fountain of Youth Clubhouse® Activities Calendar
- 04 | Employee Recognition
- 05 | Bee Weller's Buzz on Health--July is Disability Pride Month
- 06 | Advertise With Us!

## A Message From the Administrator

Happy July!

We are excited to continue our monthly Lunch and Learn series at the Fountain of Youth Clubhouse on the 2<sup>nd</sup> Tuesday of every month.

Please join us on Tuesday, July 14th at 12:00 PM for a FREE healthy lunch and an informative session with Janean Newcomer from the University of Kentucky Federal Credit Union. Janean will be addressing the problem of scams and fraud aimed at seniors and what they can do about it. Following the presentation, Janean will be available to answer any relevant questions. We look forward to seeing you 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**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1 Muffin, Fruit</b> Fiesta Bowl with Chicken brown rice, fajita veggies, corn, cheese, cilantro, jalapeños, and red and green sauces <b>Tuna Pouches</b>	<b>2 Cereal Bar, Fruit</b> Surf and Turf Seasoned Steak and Shrimp served with mashed potatoes and green beans <b>Cottage Cheese and Peaches</b>	<b>3 Muffin, Fruit</b> Closed in Observance of July 4th <b>Tuna Pouches</b>
<b>6 Flavored Grits, Fruit</b> Veggie Wrap An array of fresh vegetables wrapped in a tortilla and served with avocado lime dressing <b>Cheese Cubes and Crackers</b>	<b>7 Cereal, Fruit</b> Mediterranean Steak Salad Steak served on a bed of greens, tomatoes, garbanzo beans, feta, veggies and Greek dressing <b>Boiled Eggs &amp; Pickles</b>	<b>8 Boiled Eggs, Toast</b> Honey Ginger Chicken Chicken Breast with served with honey ginger sauce, white rice and mixed bell peppers <b>Savory Snack Mix</b>	<b>9 Granola Bar, Fruit</b> Cherry BBQ Steak Bowl Tender steak served with cherry BBQ sauce, red potatoes and brussel sprouts <b>Apple Slices &amp; Peanut Butter</b>	<b>10 Cereal Bar, Fruit</b> Buffalo Chicken Cheese Dip buffalo chicken, white rice, cauliflower, and cheese on top, plus extra buffalo sauce to pour <b>Soft Protein Cookie</b>
<b>13 Muffin, Fruit</b> Garlic Herb Salmon Tender salmon seasoned with garlic herbs served with brown rice and fresh yellow squash <b>Protein Bars</b>	<b>14 Oatmeal, Fruit</b> Beef Teriyaki Tender grilled steak with Teriyaki sauce served with white rice and green beans <b>Apple Slices &amp; Peanut Butter</b>	<b>15 Cereal Bar, Fruit</b> Taco Salad Seasoned ground beef on a bed of spring mix, corn, black beans, fajita mix, jalapeños, green and red salsa <b>Protein Pudding</b>	<b>16 Flavored Grits, Fruit</b> Steak Bowl Chunky rub seasoned Steak served with mashed potatoes and corn <b>Cheese Cubes and Crackers</b>	<b>17 Cereal, Fruit</b> Shepherd's Pie beef simmered with a mix of fresh vegetables, herbs, with mashed sweet potatoes <b>Shelled Edamame &amp; Rice Crackers</b>
<b>20 Muffin, Fruit</b> Mediterranean Chicken Salad Chicken served on a bed of greens tomatoes, garbanzo beans, feta, veggies and Greek dressing <b>Protein Cookies</b>	<b>21 Flavored Grits, Fruit</b> Steak Quesidilla Steak, veggies, beans and cheese folded in a tortilla served with salsa and sour cream <b>Cheese Cubes and Crackers</b>	<b>22 Oatmeal, Fruit</b> Korean Beef Steak, white rice, fresh cucumber, shaved carrots, and garnished with green onion and sesame seeds and Korean Sauce <b>Chicken Salad Sandwiches</b>	<b>23 Cereal Bar, Fruit</b> Shrimp Bowl Garlic and herb shrimp served with white rice and mixed veggies <b>Cottage Cheese and Peaches</b>	<b>24 Muffin, Fruit</b> Spinach and Cheese Burger Burger topped with spinach and cheese and served with fried potatoes <b>Savory Snack Mix</b>
<b>27 Cereal, Fruit</b> Fried Chicken Healthy fried chicken breasts served with mashed potatoes and corn <b>Greek Yogurt and Berries</b>	<b>28 Boiled Eggs, Toast</b> Steak Wrap Steak, spring mix, and peppers wrapped in a tortilla with avocado lime dressing <b>Celery &amp; Peanut Butter</b>	<b>29 Cereal, Fruit</b> Chicken Teriyaki Chicken breast service with white rice, mixed vegetables and teriyaki sauce <b>Greek Yogurt and Berries</b>	<b>30 Boiled Eggs, Toast</b> Surf and Turf Seasoned Steak and Shrimp served with red potatoes and green beans <b>Celery &amp; Peanut Butter</b>	<b>31 Muffin, Fruit</b> Chicken Quesadilla Chicken, veggies, beans and cheese folded in a tortilla served with salsa and sour cream <b>Cottage Cheese and Peaches</b>

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 Closed in Observance of July 4th	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>
13 Book Club Improve Energy Health Club Basketball	14 Natural Resource Club Improve Strength Glee Club Kickball	15 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	16 Art Club Improve Strength Gardening Club Mind/Body Games	17 L.O.V.E. Club Improve Balance Game Club Corn Hole	18 <i>Weekends are by appointment only, please.</i>	19 <i>Weekends are by appointment only, please.</i>
20 Book Club Improve Energy Health Club Basketball	21 Natural Resource Club Improve Strength Glee Club Kickball	22 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	23 Art Club Improve Strength Gardening Club Mind/Body Games	24 L.O.V.E. Club Improve Balance Game Club Corn Hole	25 <i>Weekends are by appointment only, please.</i>	26 <i>Weekends are by appointment only, please.</i>
27 Book Club Improve Energy Health Club Basketball	28 Natural Resource Club Improve Strength Glee Club Kickball	29 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	30 Art Club Improve Strength Gardening Club Mind/Body Games	31 L.O.V.E. Club Improve Balance Game Club Corn Hole		

## Our Mission:

**I**mprove 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

Liudmyla Biloshytska	Deborah Stroud	Robin Thompson
Rebekkah Orbach	Daryl Rice	Amy Erb
Tiffanie Abney	Ashley Warren	Anaisy Aguiar Delgado
Summer Beaty	Brittney Reidenbaugh	Stephany Gonzalez
Alexus Brock	Jessica Connely	Margaret Aldridge
Melissa Chasteen	Christine Thomas	Martha McCann
Elizabeth Colvin	Hannah Smith	Bruce Sholts
Angela Eads	Jerricka Jackmon	Aracelli Vela-Sandoval
Miranda Feedback	Annika Blethen	Alexis Courtney
Hanna Fowler	Amanda Hisle	Emily Browning
Jennifer Freeman	Annie Smith	
Holly Heighton	Hannah Wilburn	
Kayla McIntosh	Destiny Brown	
Carol Jones	Avery Bast	
Sasha O'Bryan	James Smith III	
Joanna Patton	Arsker Frazier	
Linda Roberts	Lois Mougazi Bazouzi	

# Congratulations!



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

**Annie Smith**

1. What is your favorite food?
  - o *Cattfish and Salmon*
2. What do you like to do in your free time?
  - o *I like to read.*
3. If you could go anywhere, where would you go on vacation?
  - o *Hawaii.*
4. Share an interesting fact that most people don't know about you.
  - o *I love to cook!*
5. How long have you worked with Aging With Grace?
  - o *Six years.*
6. What do you like best about your job?
  - o *I like providing the best care to my clients.*
7. What is something that Aging With Grace does well?
  - o *Everyone at Aging With Grace is very friendly, helpful, and supportive*

## July is Disability Pride Month

Disability Pride Month is celebrated annually in July to honor the history, achievements, and experiences of the disability community, while also advocating for full inclusion and accessibility. It directly commemorates the historic signing of the Americans with Disabilities Act (ADA) on July 26, 1990.

### History and Meaning

Disability Pride Day first began in Boston in 1990 to celebrate the passing of the landmark ADA civil rights legislation. In July 2015, the celebration was officially expanded to a month-long observance to mark the 25th anniversary of the ADA.

The primary goals of the month are to:

- **Challenge stereotypes** and shift narratives away from seeing disability as a tragedy or something to be ashamed of.
- **Raise awareness** about ongoing issues such as systemic ableism.
- **Promote inclusion** and accessibility in all aspects of society.

### The Disability Pride Flag

The updated Disability Pride Flag features a charcoal background and five diagonal, colorful stripes (red, yellow, light blue, white, and green) that cut across the flag. The colors represent various types of disabilities:

- **Red:** Physical disabilities
- **Yellow:** Neurodivergence
- **Light Blue:** Psychiatric disabilities
- **White:** Invisible and undiagnosed disabilities
- **Green:** Sensory disabilities

### How to Get Involved

- **Educate yourself:** Read books written by disabled authors, watch documentaries about disability rights (like Crip Camp), or study up on the history of the disability rights movement.
- **Advocate for access:** Contact elected officials to support disability rights.
- **Support disabled voices:** Follow, support, and amplify the voices of disability rights activists and creators on social media.
- **Promote workplace inclusion:** Ensure employers are offering accessible environments and hiring practices.



**Aging With Grace**<sup>®</sup>

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!**



Listen on

Apple Podcasts &

<https://www.buzzsprout.com/1770592>



***Aging With Grace***<sup>®</sup>

Your Best Independent Life Club



**LUNCH &  
LEARN**



*Tuesday, July 14th*

*12:00-1:00 pm*

*Fountain of Youth Clubhouse* <sup>®</sup>

Join us for a healthy lunch and informative session on recognizing and preventing scams of personal and financial information. Presented by UK

Federal Credit Union

**Please RSVP by July 11th**

To place an ad here, please call or text DG 859 539 2147