

LIVE Longer,  
Better

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## A Message From the Administrator

Happy June!

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

Please join us on Tuesday, June 9, at 12:00 PM for a FREE healthy lunch and an informative session with me, DG Linton Gridley, Aging With Grace's owner and administrator. Learn from me about aging in place and what it takes to make a plan for aging in place, including a plan to ensure your wishes are honored if something happens to prevent you from speaking for yourself. Following the presentation, I will be available to answer any relevant questions. We look forward to seeing you there!


---DG




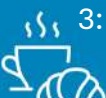
**Aging With Grace®**

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

## 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

James Smith III	Biloshytska Liudmyla	
Arsker Frazier	Linda Roberts	Tiffanie Abney
Robin Thompson	Ashley Warren	Summer Beaty
Destiny Brown	Brittney Reidenbaugh	Alexus Brock
Anaisy Aguiar Delgado	Jessica Connely	Melissa Chasteen
Lois Mougazi Bazouzi	Stephany Gonzalez	Elizabeth Colvin
Christine Thomas	Hannah Smith	Angela Eads
Allanda Stevens	Jerricka Jackmon	Miranda Feedback
Colby Floyd	Annika Blethen	Marsha Ford-Warren
Amy Guynn	Annie Smith	Hanna Fowler
Indiana Dingman	Emilee Dykes	Holly Heighton
Alexis Courtney	Hannah Wilburn	Ruby Perez Dominguez
Kimberly Gallagher	Joshua Wise	Daryl Rice
Rebekkah Orbach	Amy Erb	
Martha McCann	Avery Bast	
Denetta McCann	Emily Browning	
Monroe Beck		

# Congratulations!



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

**Linda Roberts**

1. What is your favorite food?
  - o My favorite foods are steak & chicken.
2. What do you like to do in your free time?
  - o Spend time with my children & grandchildren.
3. If you could go anywhere, where would you go on vacation?
  - o I am a pretty simple person, so I love going to Panama City Beach.
4. Share an interesting fact that most people don't know about you.
  - o My clients say I am happy go lucky and friendly!
5. How long have you worked with Aging With Grace?
  - o I am going on 3 short years and have loved it!!
6. What do you like best about your job?
  - o I love helping and being there for my clients & the awesome staff!
7. What is something that Aging With Grace does well?
  - o They really care for their clients & employees.

## JUNE IS ALZHEIMER'S AND BRAIN AWARENESS MONTH

Dementia is not a normal part of aging. It is a group of distinct medical conditions—such as Alzheimer's disease—caused by physical changes in the brain.

Equating dementia to normal aging is the root of dangerous stigma that discourages people from seeking early, life-changing medical interventions and support.

### The Core Problem: A Pervasive Myth

Despite medical consensus, global studies show that roughly two-thirds of the general public—and even many healthcare professionals—incorrectly believe dementia is an inevitable consequence of growing older. This misconception creates severe barriers to care:

- **Delayed Diagnosis:** People dismiss early warning signs (like struggling to find words or getting lost) as "just getting older," avoiding doctor visits.
- **Isolation:** The myth fuels public stigma, leading friends and family to withdraw, or treat affected individuals as if they are no longer capable of participating in society.
- **Self-Stigma:** Individuals who internalize this myth may experience intense shame, guilt, and depression, causing them to hide their symptoms.

### Normal Aging vs. Dementia

While normal aging involves minor cognitive adjustments (e.g., occasional forgetfulness), dementia involves progressive, debilitating changes.

#### Normal Aging

- Occasionally forgetting names or appointments but remembering them later.
- Making occasional poor decisions or losing a single item.
- Needing help with new technology or complex tasks.
- Occasional difficulty finding the right word.

#### Dementia

- Consistently unable to recall recent events, conversations, or familiar names.
- Trouble managing finances, cooking meals, or driving safely.
- Difficulty completing basic, familiar daily tasks (e.g., dressing or bathing).
- Frequent pauses, confusion, and substitution of words.

### Why Stigma Reduction Matters

Dismantling this stigma is crucial for improving the quality of life for individuals and their caregivers. Early diagnosis allows access to treatments, support teams, and the ability to plan for the future while maintaining a high quality of life



**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!**



Listen on

Apple Podcasts &

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



***Aging With Grace***

Your Best Independent Life Club



*Tuesday, JUNE 9*

*12:00-1:00 pm*

*743 Allendale Drive*

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Join us for a **FREE** healthy and delicious lunch and informative session with DG Linton Gridley, Aging With Grace's owner and administrator. Learn how to plan for aging in place, even if you become unable to make decisions for yourself in the future.

*RSVP at 859 539 2147*

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