VOLUME 13 ISSUE 11

LIVE Longer, Better

Aging With Grace Newsletter

ESTABLISHED 2010

November 2026

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A Message From the Founder

Happy November!

We are excited to WELCOME TRACY HUDSON RN as our NEW ADMINISTRATOR!!! Tracy will be posting here instead of me (DG) next month. Don't forget our monthly Lunch and Learn series at the Fountain of Youth Clubhouse on the 2nd Tuesday of every month.

Please join us on Tuesday, November 10 at 12:00 PM for a FREE healthy lunch and an informative session on Guardianship and Conservatorship. Ned Sheehy, Executive Director of the Kentucky Guardianship Association, will be available to answer any relevant questions. We look forward to seeing you there!

Aging With Grace®

Your Best Independent Life Club

November 2026 Food Fare Menu

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
2 Vegetable Omelet, Hashbrown Casserole, Diced Peaches, Bread & Butter, Orange Juice Pork Tenderloin, Green Beans Cheesy Quinoa, Orange Juice Cheez-Its Crackers, Apple Juice	3 Ham & Cheese Frittata,Buttermilk Pancakes, Oatmeal, Diced Pear Cup Chicken Breast Parm, Spinach, Pasta Alfredo, Fruit Cup Dole Mandarin Oranges, milk	4 Breakfast Burrito,Sweet Potato Hash, Orange Juice Chef Salad, Wheat Crackers, Chocolate Oatmeal Bar, Grapes Goldfish Colors Whole Grain Peach Yogurt	5 Southwest Omelet, Black Beans & Corn, Pineapple tidbits, Corn Muffin Pot Roast, Mashed Potatoes Green Beans, Diced Pear Cup Choc Chip Oat Bar Dole Pineapple, Chocolate Milk	6 Scrambled Eggs, Turkey Sausage, Biscuit, Oatmeal, Peaches & Granola BBQ Meatloaf, Mashed Potatoes, Broccoli & Cheese, Oatmeal Cookie, Applesauce Graham Crackers, Orange Juice
9 Cinnamon French Toast, Fruit Compote, Turkey sausage, Pears, Orange Juice Spaghetti & Meat Sauce Broccoli Florets, Breadstick Grape Juice Pita Chips, Grape Juice	10 Hashbrown Egg Strata Raisin Bran Cereal, Bread BBQ Pulled Pork Sandwich Seasoned Black Beans Brussels Sprouts, Fruit Cup Diced Pears, milk	11 Cheesy Scrambled Eggs Turkey Sausage, Roasted Apples Oatmeal, Strawberry Nutri grain Chicken Bacon Mac, Broccoli, Pineapple Cup, Chocolate Milk Cheddar Sun Chips, Peach Yogurt	12 Denver Omelet, Cheerios Cereal, Roasted Potatoes Apple Crumble Cheeseburger, Potato Wedges Green Beans, Applesauce Dole Tropical Fruit, Chocolate Milk	13 Hearty Breakfast Bowl, Orange Juice, Oatmeal,Sausage Biscuit Hearty Beef Stew, Apple Crumble, Bread & Butter Chocolate Caramel Chex Mix, Fruit Punch
16 Bacon, Egg & Cheese English Muffin, Home Fries Oatmeal,Orange Juice Beef Ravioli Marinara Roasted Broccoli, Italian White Beans, Tropical Fruit Cup Pretzels, Orange Juice	17 Cheese & Bacon Omelet Italian Beans, Diced Pears Bread & Butter Fried Chicken, Mashed Potatoes Green Beans, Oatmeal Cookie Applesauce, milk	18 Pork & Egg Hash, Raisin Bran Cereal, Tropical Fruit Orange Juice Chef Salad, Wheat Crackers Chocolate Oatmeal Bar, Grapes Cheerios Bowlpak, Milk	19 Turkey & Cheese Frittata, Home Fries, Seasoned Greens Wheat Bread Chicken Breast Marsala, Mashed Potatoes, Peas & Onions, Mandarin Orange Cup Goldfish Pretzels, Applejuice	20 Vegetable Omelet, Hashbrown Casserole, Diced Peaches, Bread & Butter, Orange Juice Sweet & Sour Pork, Rice, Asian Fry Vegetables, Applesauce
23 Ham & Cheese Frittata,Buttermilk Pancakes, Oatmeal, Diced Pear Cup BBQ Chicken Breast, Baked Pork & Beans, Cabbage & Apple Slaw, Peach Cup String Cheese, Grape Juice	24 Breakfast Burrito,Sweet Potato Hash, Orange Juice Chili w/ Beans, Baked Potato, Oyster Crackers, Grape Juice Strawberry Applesauce, Milk	25 Southwest Omelet, Black Beans & Corn, Pineapple tidbits, Corn Muffin Roast Turkey & Gravy, Stuffing, Mashed Potatoes, Green Beans & Corn, Diced Pear Cup Wheat Crackers, Peach Yogurt	26 **Closed** **HAPPY THANKSGIVING**	27 **Closed**
30 Scrambled Eggs, Turkey Sausage, Biscuit, Oatmeal, Peaches & Granola Lasagna, Parmesan Broccoli, Tropical Fruit Cup, Oatmeal Cookie Dole Mandarin Oranges, Milk				

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

COME DINE, LAUGH AND SOCIALIZE WITH US AT

THE FOUNTAIN OF YOUTH CLUBHOUSE

CLUB HOUSE HOURS

Monday - Friday | 10am - 4pm
$86/day or $16/hour

EXTREME WEATHER

Please check WKYT TV for delayed openings under BUSINESSES.

November 2026 Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Book Club Improve Energy Health Club Basketball	3 Natural Resource Club Improve Strength Glee Club Kickball	4 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	5 Art Club Improve Strength Gardening Club Mind/Body Games	6 L.O.V.E. Club Improve Balance Game Club Corn Hole	7 *Weekends are by appointment only, please.*	8 *Weekends are by appointment only, please.*
9 Book Club Improve Energy Health Club Basketball	10 Natural Resource Club Improve Strength Glee Club Kickball	11 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	12 Art Club Improve Strength Gardening Club Mind/Body Games	13 L.O.V.E. Club Improve Balance Game Club Corn Hole	14 *Weekends are by appointment only, please.*	15 *Weekends are by appointment only, please.*
16 Book Club Improve Energy Health Club Basketball	17 Natural Resource Club Improve Strength Glee Club Kickball	18 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	19 Art Club Improve Strength Gardening Club Mind/Body Games	20 L.O.V.E. Club Improve Balance Game Club Corn Hole	21 *Weekends are by appointment only, please.*	22 *Weekends are by appointment only, please.*
23 Book Club Improve Energy Health Club Basketball	24 Natural Resource Club Improve Strength Glee Club Kickball	25 S.O.L.V.E. Club Improve Mobility Craft Club Balloon Volleyball	26 Happy Thanksgiving!	27 Closed for Holdiay	28 *Weekends are by appointment only, please.*	29 *Weekends are by appointment only, please.*
30 Book Club Improve Energy Health Club Basketball						

November 2026 Employee Recognition

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

Tracy Giles	Tiffanie Abney	Amy Guynn
Jessica Connely	Alexus Brock	Taylor Barnes
Hannah Smith	Melissa Chasteen	Anaisy Aguiar Delgado
Jerricka Jackmon	Miranda Feeback	Sherrie Schwartz
Annika Blethen	Summer Beaty	Rebekkah Orbach
Amanda Hisle	Hanna Fowler	Ava Anderson
Emilee Dykes	Kayla McIntosh	Makenzie Gambrell
Brittney Reidenbaugh	Jennifer Freeman	
Susan Miller	Joanna Patton	
Davante Frazier	Linda Roberts	
James Smith III	Daryl Rice	
Caleb King	Ashley Warren	
Robin Thompson	Sasha O'Bryan	
Amy Erb	Allanda Stevens	
Joshua Wise	Kimberly Gallagher	
Stephany Gonzalez	Martha McCann	
Christine Thomas	Sandra Marshall	

Congratulations!



NOVEMBER I. C.A.R.E. REWARD DRAWING WINNER:

Brittney Reidenbaugh

1. What is your favorite food?
   - *Seafood*
2. What do you like to do in your free time?
   - *Anything that involves my kiddos and family. We love to play games, watch movies, bake, cook, paint, shop, creek hunt, ride around, fish and just enjoy our time living our best lives together.*
3. If you could go anywhere, where would you go on vacation?
   - *.Hawaii, NewYork, Paris*
4. Share an interesting fact that most people don't know about you.
   - *A interesting fact that most people don't know about me is that I love trucks. Anything that involves trucks or working on them genuinely makes me happy.*
5. How long have you worked with Aging With Grace?
   - *2 years and 7 months*
6. What do you like best about your job?
   - *I absolutely love just being here to help people. My heart is full everyday knowing that I get to care for someone and help take the stress of them not always being able to do for themselves off their shoulders. I feel as if the Lord put me here to just love, take care of and help people. My job is super rewarding to me. My clients might need me, but I need them just as much!!*
7. What is something that Aging With Grace does well?
   - *How they care for their employees. They are always super understanding and fair. They treat us like family, not just someone who works for them!!!!*

November 2026
Bee Weller's Buzz on Health

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Breast Cancer Awareness: Early Detection Saves Lives

Breast cancer awareness is important all year long, especially as we get older. Breast cancer can affect women and men, and early detection can make a difference in treatment and outcomes. Warning signs may include a lump in the breast or underarm, changes in breast size or shape, skin dimpling, nipple changes, unusual discharge, or persistent pain. If you notice any new or unusual changes, contact your healthcare provider promptly.

Regular screenings, including mammograms, can help detect breast cancer before symptoms appear. For women at average risk, the U.S. Preventive Services Task Force recommends mammograms every two years from ages 40 through 74. Adults over age 74 should discuss screening with their healthcare provider to determine what is best for their individual needs.

Prevention and Healthy Habits: Although not all cases of breast cancer can be prevented, healthy lifestyle choices may help lower the risk. Staying physically active, maintaining a healthy weight, eating a balanced diet with plenty of fruits and vegetables, limiting alcohol, and avoiding smoking can support overall health. Knowing your family history and discussing personal risk factors with your healthcare provider are also important steps. Remember, healthy habits and regular medical care can make a difference.

This month, our adult day healthcare center encourages everyone to prioritize their health, stay current with recommended screenings, and support loved ones affected by breast cancer. **Wear pink, spread awareness, and remember that taking care of yourself is always important!

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!





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