



PrimeLife

ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



PRIME SENIOR NEWS | SEPTEMBER 2021

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FIND US ON FACEBOOK
@PrimeLifeEnrichment

UPCOMING EVENTS AND ANNOUNCEMENTS

September 8: 11:30 pm
Lunch and Learn BUTTERFLIES with Dan Popiela

September 9: 1:00 pm
Jeff Larking of the Hamilton County Sheriff's Office. Education for Seniors regarding elder abuse, cyber crimes, and residential security.

September 23: 10:30 am - 12:30 pm
TAKE A HIKE! with JoAnn Steele

September 23
Eli Lilly Global Day of Service

September 20: 12:15 pm
BINGO!

OCTOBER 2021
is **MEMBERSHIP DRIVE MONTH**
for PrimeLife Enrichment!

We will have lots of activities for current members and we're hoping our members will recommend your friends and neighbors for membership.

CONTACT US!



1078 Third Ave. SW, Carmel, IN 46032



317.815.7000



www.primelifeenrichment.org

ABOUT US

PrimeLife Enrichment Center

WELCOME!

OUR MISSION

PrimeLife Enrichment provides programs and services that promote independence, optimal wellness and socialization for those aged 50 and beyond.

OUR VISION

PLE is recognized in Central Indiana as a pioneering force in the pursuit of empowered, independent living for older adults.

OUR CORE VALUES

Stewardship: We believe we must responsibly use our resources to provide services that are effective, accessible and affordable.

Gratitude: We believe it is a privilege to be entrusted by our community to serve those who created the community.

Innovation: We believe in continuously striving to develop creative ways to meet evolving needs.

Respect: We believe in the intrinsic value of every individual and honor the contributions made by each.

Opportunity: We believe that the senior years should be a time of continued value and purpose, growing wisdom and creative expression.



LAND CLASSES

Our senior land classes promote enhanced mobility, flexibility and balance, lowered risk of disease and disability, and improved immunity, blood pressure and bone density.



AQUATIC CLASSES

Aquatic exercise takes pressure off joints and spine, allows greater range of motion and flexibility, improves balance and coordination, assists in recovery and helps manage chronic conditions.



REVEL FITNESS PROGRAM

For more of a challenge, the Revel Fitness program is a multigenerational program that includes Zumba, Pound, LaBlast, High Cardio Dance, and Resistance Training with adaptations for all adults.

WHO WE ARE

PrimeLife Enrichment provides human services as well as educational, social, and physical fitness opportunities at our activity center. Enjoy a walk on the indoor track, participate in weekly lunches, socialize with friends, or inquire about transportation or the many additional services we provide. There's more than excellent aquatic and exercise programs in store for you when you join PrimeLife.

We feel privileged and honored to serve the older adults of Hamilton County. Amazing members and supporters at our most vital and precious resources. Our services are provided in an atmosphere of dignity and trust, with careful consideration for individual needs and preferences. Our staff members are selected for their skills, commitment to human services, and dedication to the people we serve.

OUR FOUNDERS

Grant Providers

Hamilton County Council
CICOA Aging: In-Home Solutions
United Way of Central Indiana
Community Dev. Block Grant
The City of Carmel
Hamilton County Community Foundation

Our Sponsors

Adventure Archives
Discovery Commons at College
Harrison Park Properties
IU Health Park
Riverview Health
Sanders Glen
Stinson Law Firm
Sycamore Reserve
Wellbrooke of Carmel

OUR DIRECTORS

Marcia Claerbout, President
Sarah Schlifke, Vice President
Howard May, Treasurer
Suzanne Marks, Secretary
Stephen Gross, Past President

Terry Dollar
Kaye Hirt Eggleston
Charles Jeffras
Timothy McGuire
Dan Overbeck

CENTER INFORMATION

PrimeLife Enrichment Center

STAFF

Executive Director

Gary Wagner

Financial Director

Colleen Bonanne

Assistant Director

Cindy Schembre

Fitness Director

Betsy Fowler

Community Engagement and Activities Coordinator

Julie Barnes

Facility Manager

John Perkon

Transportation Coordinator

Dee Timi

Senior Driver

Brent Hartman

Receptionist

Lori Raffel

HOURS OF OPERATION

MONDAY-THURSDAY

8:00 AM - 5:00 PM

FRIDAY

8:00 AM - 3:00 PM

SATURDAY-SUNDAY

Revel classes only
See schedule.

**Some classes occur outside of
business hours.*

CONTACT US

MAIL

1078 Third Avenue SW
Carmel, IN 46032

PHONE

317.815.7000

EMAIL

info@primelifeenrichment.org



TRANSPORTATION

TO SCHEDULE CALL:

Dee Timi, Transportation
Phone: 317.815.7008, ext. 205

TRANSPORTATION AVAILABLE

MONDAY-FRIDAY - 8:00 AM - 3:30 PM - Schedule at least one week ahead.

PLE STAKEHOLDER SURVEY

IMPORTANT RESULTS

for our community

To all our members, supporters, and friends of PrimeLife Enrichment, I want to thank all of you who participated in our recently-completed online stakeholder survey. Your input was extremely helpful and appreciated, especially since our members and clients are our most important stakeholders. As you may recall, our survey will serve as the foundation for a new strategic plan that will lay out key steps to take for PrimeLife Enrichment's sustained financial and community viability. Our planning process won't begin until later this Fall, but I'd like to share some highlights with you now.

To begin, 72% of respondents said they were very familiar with PrimeLife. 19% were somewhat familiar, and 9% were not at all familiar with us. Almost 65% of all respondents were current or former members or clients, and 9% were current or former Board members. Additional respondents included members of other nonprofit organizations, current or former staff, donors, and public or private funders. Here are some of the more important preliminary findings:

- Word of mouth is the most common way people hear about PrimeLife. Specifically, our members, family members, friends, and staff are all important when it comes to promoting PrimeLife and everything we do to serve Hamilton County seniors.
- When asked to specify which programs or activities they had participated in, the most popular responses included all land and aquatic fitness classes, our CICOA and Second Helpings lunches, social activities at the Center, and transportation.
- Programs, activities, or services which respondents identified as "most helpful for Hamilton County seniors" included transportation, Arthritis Foundation Aquatic and Land Exercise classes, other land and aquatic fitness activities, CICOA and Second Helpings lunches, and Alzheimer's/Dementia-related activities.
- Suggestions for additional programs, activities, or services, included: financial health or investment club for retirees; computer basics and related training; additional land and fitness classes in the afternoon and evening; and weekend activities.
- Approximately two-thirds of all respondents are "very satisfied" with our Enrichment Center's accessibility (72%), functionality (64%), inviting or welcoming atmosphere (65%), staff (69%), and uplifting nature (64%). However, only 44% said they were "very satisfied" with the Center's operating hours.
- According to those who responded, our monthly newsletter is the most useful means of communication about PrimeLife's activities, programs, and services. Other useful means included mass emails, the PrimeLife website, and social media.
- Approximately three-fourths of all respondents consider PrimeLife Enrichment to be "very innovative/strategic" (32%) or "somewhat innovative/strategic" (43%).



GARY WAGNER
Executive Director

- Almost 85% of all respondents believe that it is "extremely important" for our community to have a facility or center that offers seniors a place to congregate and to participate in fitness, social, and educational programs. Another 12% classified it as "important". Only 3% gave a neutral response, and no one responded that such a facility is "not all important".
- According to our respondents, the most critical needs of our seniors are physical health and wellness (85%), social interaction (86%), and transportation (77%). Others receiving high marks included mental health (69%), ageing in place (66%), and food/nutrition (59%).

If you would like to see all of the results, just go to our website (www.primelifeenrichment.org) where you will find the complete survey and results. In the meantime, I want to remind everyone that our current policy requiring members and visitors coming into the Center, as well as anyone using our transportation service, must wear a mask and be fully vaccinated. We'll review this COVID-related policy one week after Labor Day weekend, with the safety of our members and staff given the highest priority. Thanks for being such loyal and understanding members of our PrimeLife family!

Gary

MEMBERSHIP OPTIONS

BASIC MEMBERSHIP: \$20 PER MONTH

- Indoor Walking Track, Weight Room, Aerobic Equipment
- Computer and Game Room
- Social Events, Groups, Clubs, Classes, Services and Games

ENHANCED MEMBERSHIP: \$40 PER MONTH

- Basic Membership PLUS All Fitness Classes

INSURANCE PROGRAMS: BASIC MEMBERSHIP

- | | |
|-------------------|------------------|
| • Silver Sneakers | • Prime |
| • RenewActive | • Peerfit |
| • Silver and Fit | • Active and Fit |

YOUR FIRST CLASS FREE!

Want to try it out before you decide, ask for a FREE Day Pass.
Scholarships are also available!



TAKE A TOUR OF PLE

Stop in for a tour or call us to make an appointment and let us answer all your questions.

Masks are required for ALL individuals, even fully vaccinated – proof of vaccination is required. call 317.815.7000.

SELF-CARE ISN'T SELFISH

THE IMPORTANCE OF SELF-CARE

As Indiana residents continue to navigate their way through a pandemic, the aftermath, and the caution of what's to come, we should prioritize self-care, said Katie Hake, a metabolic dietitian with the department of medical and molecular genetics at IU Health.

"Mental health is so important, and is not a luxury," said Hake. "Aim to carve 10-30 minutes out of every day to take care of you. Self-care doesn't always mean a bubble bath or pedicure. It could simply be quiet time, a walk outside, or a session with your therapist."

Here are other suggestions from Hake to help maintain physical and mental health:

- **Aim to get a minimum of 7-8 hours of sleep.** The body uses sleep as a chance to recover, rejuvenate, and recharge. You wouldn't go all day with your cell phone battery on red, so why would you do the same with your body?
- **Prioritize regular meals and snacks.** Listen to your body's biological hunger and fullness cues that tell you when and how much to eat. Our bodies need adequate energy and carbohydrates to provide fuel to function throughout the day.
- **Aim to move your body in a way that feels good.** The American College of Sports Medicine recommends 30



minutes of moderate-intensive activity most days of the week. This could mean walking outside for fresh air, taking a five-minute stretch break every hour at work, or taking a dance class with a friend. Choose movement that feels good for your body, and also brings you joy.

- **Stay hydrated.** Try to carry water with you at all times. If your urine is a pale yellow, this is a good indicator that you are well hydrated. If it is darker, this might mean you could use more fluids.

MORE TIPS ON HOW TO CARE FOR YOURSELF

Whether you've identified your own stresses or anxieties or just want to

set yourself up for success, Trisha Palencer, IU Health Behavioral Health licensed therapist, said the best self-care steps start with the basics: your hygiene, your health, your sleeping and your nutrition.

"If you look at the hierarchy of needs, you'll say I can't do any of this higher-level emotional processing if I'm eating Cheetos and watching TV and sleeping three hours per night," Palencer said. "I just don't have the ability to do it."

If you are meeting your basic needs, look for ways to make connections with others (even while being physically distant) and bring a sense of calm with simple coping skills to bring those peaks down.

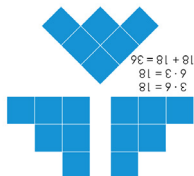
YOU CAN KEEP IT SIMPLE:

- Get outside on nice days
- Go for a walk
- Listen to music
- Do a puzzle
- Read a book
- Try a new hobby like cooking, but don't stress if it doesn't go well

And above all, if you feel sick, don't hesitate to call your physician or mental health counselor.

Source: Katie Hake, Metabolic Dietitian & Trisha Palencer, Behavioral Health Licensed Therapist at IU Health

ANSWERS TO THE BRAIN TEASERS



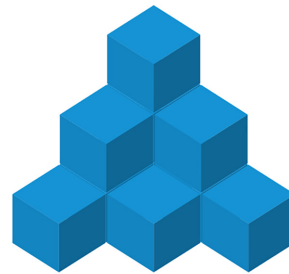
5.

1. The hundredth digit is the first digit of the number 55. 2. Yellow. 3. The next letters in the sequence are S, O, N - for September, October, November. 4. Even before it was discovered, Mt. Everest was still the highest mountain in the world.

USE IT...OR LOSE IT!

This month's brain teasers are lots of fun. By popular request, we're putting the answers somewhere in this newsletter so you can check them out right away.

1. All the numbers from 1 to 100 are written down in the right order.
What DIGIT will be the hundredth?
2. The cars started at the same time.
The **yellow** car reached the finish line in 5 minutes, while the **red** car reached it in 7.
Which car was faster?
3. What are the next three letters in the following sequence? J, F, M, A, M, J, J, A, __, __, __
4. Before Mt. Everest was discovered, what was the highest mountain in the world?
5. The whole 10-cube figure was painted blue (including the bottom).
How many faces of the cubes were painted?



FITNESS SCHEDULE

PrimeLife Enrichment Center

PLE FITNESS PROGRAMS ARE DESIGNED FOR YOU

AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	Intermediate Aquatic Aerobics w/ Jerri		Intermediate Aquatic Aerobics w/ Jerri		
9:30 am	Intermediate Aquatic Aerobics w/ Jeanne	Advanced Aquatic Aerobics w/ Betsy	Intermediate Aquatic Aerobics w/ Jeanne	Advanced Aquatic Aerobics w/ Betsy	Intermediate Aquatic Aerobics w/ Jeanne
10:30 am	Intermediate Aquatic Aerobics w/ Jeanne	Open Pool	Intermediate Aquatic Aerobics w/ Jeanne	Volleyball	Intermediate Aquatic Aerobics w/ Jeanne
11:30 am	Arthritis Foundation Aquatic Program w/ Jeanne	Arthritis Foundation Aquatic Program w/ Wendy	Arthritis Foundation Aquatic Program w/ Jeanne	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic Program w/ Jeanne
12:30 pm	Getting Your Feet Wet w/ Betsy	Arthritis Foundation Aquatic Program	Getting Your Feet Wet w/ Betsy	Open Pool	Getting Your Feet Wet w/ Patsy
1:30 pm	Aquatic Ai Chi w/ Betsy		Aquatic Ai Chi w/ Betsy		
3:15 pm			Open Pool		






*All Aquatics classes require preregistration. Non-registered members may attend classes if there are cancellations and should call the day of the class for availability. Preregistered members, please see your weekly emails to sign-in.

LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
8:30 am						SATURDAY
9:00 am	Seniors in Motion w/ Jennifer	LaBlast w/ Cindy	Yoga w/ Cheryl	LaBlast w/ Cindy	Strength and Conditioning w/ Cheryl or Resilience for the ages	8:45 am Zumba w/ Alicia
10:00 am	Got Balance w/ Betsy Strength & Flexibility w/ Cindy		Got Balance w/ Cheryl Strength & Flexibility w/ Cindy		Strength & Flexibility w/ Cindy	9:30 am Pound w/ Sandy
11:00 am	LaBlast Silk w/ Cindy	Toning w/ Betsy	LaBlast Silk w/ Cindy	Toning w/ Betsy	LaBlast Silk w/ Cindy	SUNDAY
12:15 pm		Arthritis Foundation Exercise w/ Betsy		Arthritis Foundation Exercise w/ Betsy		Sunday Class will resume November 7
5:30 pm			Dance Fusion w/ Rachel	Shine w/ Sandy		NOTE: All land classes are streamed live for replay so you may take them later. Classes remain online for streaming approximately 1-2 weeks.
6:15 pm	Zumba w/ Kira	Shine w/ Sandy	Pound w/ Sandy	6:45 Line Dancing August 5 through Sept 9 \$48 members; \$60 non-members		

**All land classes in person unless noted otherwise. Members see weekly sign-in emails for links.

SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 11:30am Second Helpings Lunch * 11:45am Lunch & Learn Dr. Sullivan - West-field Foot & Ankle 1pm Art Class \$ 1pm Hand & Foot L	2 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Card-making \$ 1pm Euchre L	3 11:30am Second Helpings Lunch * 12:30pm Partner Bridge
6 PrimeLife Enrichment CLOSED today for LABOR DAY	7 10 am Walking Club Sponsored by Sanders Glen 11:45am CICOA Lunch \$ 1pm Needlework L	8 10am Caregiver Sup Grp spon by Alz Assoc. * 11:30am Second Helpings Lunch * 11:45am Lunch & Learn Dan Popiela Butterflies 1pm Art Class \$ 1pm Hand & Foot	9 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L 	10 11:30am Second Helpings Lunch * 12:30pm Partner Bridge
13 11:45am CICOA Lunch \$ 1pm Practice Bridge L	14 11:30am DIVVY Lunch Delivery 11:45am CICOA Lunch \$ 1pm Needlework L	15 11:30am Second Helpings Lunch * 11:45am Lunch & Learn Trinity Free Clinic 1pm Art Class \$ 1pm Hand & Foot L	16 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Card-making \$ 1pm Euchre L	17 11:30am Second Helpings Lunch * 12:30pm Partner Bridge
20 11:45am CICOA Lunch \$ 12:15pm BINGO 1pm Practice Bridge L 	21 11:45am CICOA Lunch \$ 1pm Needlework L	22 11:30am Second Helpings Lunch * 11:45am Lunch & Learn Tru Direction/Credit Reports 1pm Art Class \$ 1pm Hand & Foot L	23 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L	24 11:30am Second Helpings Lunch * 12:30pm Partner Bridge
27 10am Theatre Club L 11:45am CICOA Lunch \$ 1pm Practice Bridge L 3:30pm Book Club The Giver of Stars by Jojo Moyers	28 11:30am DIVVY Lunch Delivery 11:45am CICOA Lunch \$ 1pm Needlework L 	29 11:30am Second Helpings Lunch * 11:45am Lunch & Learn Indiana Vote by Mail 1pm Art Class \$ 1pm Hand & Foot L	30 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L	

SEPTEMBER HIGHLIGHTS:

September 9 Jeff Larkin, Hamilton Co. Sheriff's Office Scams Program - 1 pm
 September 23 Lilly's Global Day of Service
 September 23 Take A Hike - 10:30 am - 12:30 pm

Most Fridays we will have music in the multi-purpose room from 11:45 am to 12:15 pm

Coming Up in October: PLE SHOW OFFS - details to come!



KEY:

* - Open to Public
 \$ - Additional Fee
 Z - Also on Zoom
 L - Library

CHECKING IN AT PLE WITH OUR NEW SOFTWARE IS A BREEZE!

Early in 2021, PLE received a Technical Improvement Grant from United Way of Central Indiana. With these funds, we requested a local company to create a sign-in program for our members to match our new website.

Together, we have been working on an updated program that can allow members to sign-in for all their activities for each day and have it fill in our attendance records automatically.

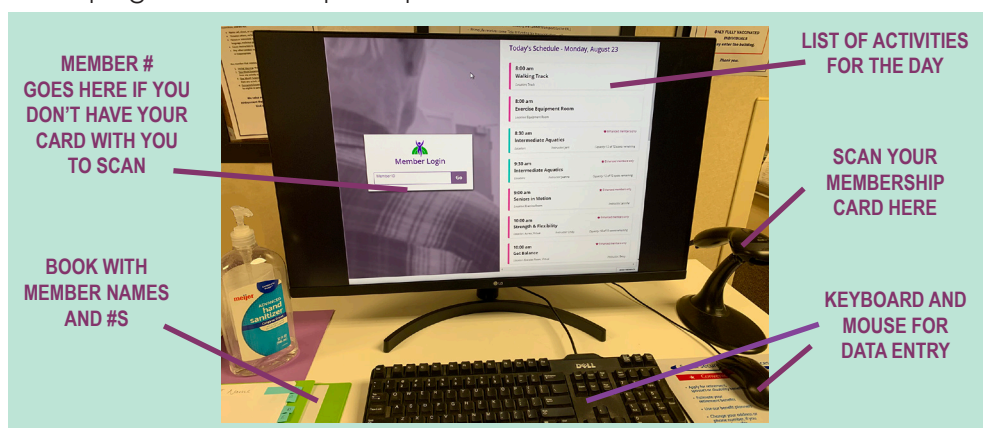
We now have a computer with large monitor out front for each member to scan their membership card (or enter the 4-digit number), select their activities for the day, and have our records automatically for reporting purposes.

This amazing software interface - made just for us - keeps track of every members activities, paying history and type of membership (Basic or Enhanced) in one place.

"This will be so much more accurate than names being written down as members enter and volunteers keeping track of who participated

in everything from cards and lunches, to fitness room visits," says Assistant Director Cindy Schembre.

"We know there will be a learning curve, but as long as each member signs-in when they walk in the door, our records will be accurate and staff hours will be saved."



HOW TO CREATE A DAILY SELF-CARE ROUTINE THAT YOU'LL ACTUALLY STICK TO

Most of us know that we should be practicing self-care, but when it comes to implementing it into our daily lives we struggle.

While you may be juggling several priorities at once, it often leads to leaving your own needs at the bottom of your to-do list.

Sure, your once-in-a-blue-moon social outings, salon appointments, and gym sessions might be considered self-care, but at its core self-care is about regular activities that help you recharge and make you feel good.

IF YOU'RE NOT MAKING TIME FOR DAILY SELF-CARE, YOU'RE MORE LIKELY TO FEEL STRESSED, UNFULFILLED AND OVERWHELMED.

Becoming the best version of yourself involves taking care of your mind, body, and soul. When you take care of yourself, you give yourself the fuel you need to show



up as the best version of yourself in your everyday life.

DON'T DO THINGS YOU HATE

If you're only doing something because everybody else is doing it but you absolutely hate it, the more likely it is that you won't commit to it.

The key in sticking to your self-care routine is finding activities that you love and that you look forward to at the end of a long day.

To create a daily self-care routine that works for you and your lifestyle, try experimenting with different things that light you up and make you happy.

HERE ARE SOME IDEAS TO GET YOU STARTED:

- Reading
- Yoga
- Listening to podcasts
- Going for a walk
- Journaling
- Dance class

Try new things and find what works for you. Remember, your self-care routine should be tailored to you and you alone.

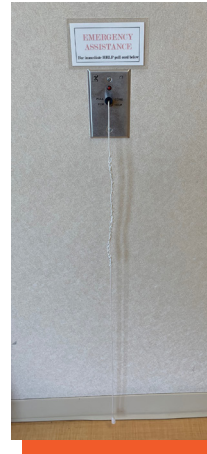
PLE UPDATES - THINGS YOU NEED TO KNOW

FOR SAFETY'S SAKE!

Did you know that PLE has safety pulls throughout the center? These allow people to call the front desk and alert Lori and staff that help is needed. You can find these along the track, exercise area, fitness area, pool deck, and all bathrooms.

Please do not hesitate to use these to call for help if you or another member need assistance.

Each EMERGENCY ASSISTANCE PULL matches a number on this light board at the front desk, so we know where you are when you need assistance.



PLE FITNESS HONOR ROLL



1. **Esther Thomas**
2. Janet Knuth
3. Bill Moore

PLE FITNESS HONOR ROLL - TOP 10

- | | |
|--------------------|--|
| 4. Jerry Kowalczyk | 7. Linda Warren, Sandy Fortier |
| 5. Karen Madzellan | 8. Maria Kowalczyk |
| 6. Patty Richards | 9. Hilda Lee, Kendra Miller, Travis Spegal |

NOT SO SUPER HEALTHY RECIPES THAT YOU WILL REALLY WANT TO EAT

SAUSAGE AND EGG CASSEROLE



INGREDIENTS

1 pound bulk pork sausage
6 large eggs
2 cups 2% milk
1 teaspoon salt
1 teaspoon ground mustard
6 slices white bread, cut into 1/2-inch cubes
1 cup shredded cheddar cheese

DIRECTIONS

In a skillet, brown and crumble sausage; drain and set aside. In a large bowl, beat eggs; add milk, salt and mustard. Stir in bread cubes, cheese and sausage.

Pour into a greased 11x7-in. baking dish. Cover and refrigerate for 8 hours or overnight. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350° for 40 minutes or until a knife inserted in center comes out clean.

LEMON CAKE MIX DESSERT PIZZA



INGREDIENTS

1 package lemon cake mix (regular size)
1-1/4 cups quick-cooking oats, divided
8 tablespoons butter, softened, divided
1 large egg, room temperature, lightly beaten
1/4 cup sugar
1/3 cup sliced almonds
1 package (8 ounces) cream cheese, softened
1/2 cup lemon curd
1 can (21 ounces) blueberry pie filling

DIRECTIONS

Preheat oven to 350°. In a large bowl, beat cake mix, 1 cup oats and 6 tablespoons butter on low speed until coarse crumbs form. Reserve 1 cup mixture for topping. To remaining mixture, beat in egg. Press dough onto an ungreased 12-in. pizza pan; pinch edges to form a rim. Bake for 12 minutes.

Meanwhile, to reserved topping, add sugar, remaining 1/4 cup oats and 2 tablespoons butter. Stir in almonds. In another bowl, beat cream cheese and lemon curd until smooth. Spread par-baked crust with cream cheese mixture. Gently spoon pie filling over top. Sprinkle with almond mixture. Bake until topping is lightly browned, 20-25 minutes. Cool completely on a wire rack. Refrigerate at least 4 hours before serving. Refrigerate leftovers.



SUPER FOODS FOR SENIORS:

- | | |
|----------------------------|-----------------|
| 1. Dark Leafy Greens | 6. Whole Grains |
| 2. Green Teas | 7. Beans |
| 3. Blueberries | 8. Cinnamon |
| 4. Salmon | 9. Tomatoes |
| 5. Orange Juice w/ Calcium | 10. Pomegranate |

STINSON LAW FIRM

LOCAL FIRM SPECIALIZES IN ELDER LAW

"My business is a part of me. I celebrate my clients' achievements, and I suffer through their losses with them. They are getting a full investment out of me when they hire me. I enjoy working with folks, learning more about them and not just focusing on the situation," says Jeffery D. Stinson, Certified Elder Law Attorney

So many of us have gone through the painful process of seeing our parent, spouse, or loved one fail in health. When he or she is no longer able to care for themselves, there are questions that need to be answered and decisions that must be made.

Stinson Law Firm is a great supporter of PLE and one of our newest sponsors.



Jeffery D. Stinson is Certified as an Elder Law Attorney (CELA) by the National Elder Law Foundation.

Jeffery D. Stinson, CELA*

1980 East 116th Street, Suite 125;
Carmel, IN 46032
(317) 622-8181
jstinson@stinsonlawfirm.com

Courtney Dorsett

Paralegal
1980 East 116th Street, Suite 125;
Carmel, IN 46032
(317) 622-8181
cdorsett@stinsonelderlaw.com

www.stinsonlawfirm.com



FITNESS EDUCATION

PrimeLife Enrichment Center

PLE KICKS OFF MEMBERSHIP DRIVE WITH SPECIAL GUEST

**LABLAST® FOUNDER AND DANCING WITH THE STARS PRO
LOUIS VAM AMSTEL IS COMING TO PLE**

LaBlast® Fitness is featured at PLE and fitness centers across the country and was created by Emmy-nominated choreographer and Dancing with the Stars (DWTS) pro, Louis van Amstel. LaBlast® is a dance fitness program based on all of the ballroom dances you see on DWTS. It is partner-free, includes all components of fitness, and uses music from every era and genre. PLE has 10 LaBlast® Fitness classes each week

Louis van Amstel is a Dutch-American ballroom dance champion, professional dancer, and choreographer who is best known for coming in third place on DWTS Season 9 with Kelly Osbourne. He is the creator of the popular dance fitness program LaBlast® and LaBlast® children.

JOIN US FOR THIS KICK-OFF TO OUR MEMBERSHIP DRIVE

DATE: Tuesday, October 19, 2021

TIME: 6:30 - 7:30 pm

WHERE: Right here at PLE!

WHAT: Open Class with Louis van Amstel leading

COST: Members: \$10; Non-Members \$20



LaBlast® Fitness founder Louis van Amstel pictured above with DWTS partner Kelly Osbourne.



OPEN CLASS

WITH LABLAST® MASTER TRAINER
LOUIS VAN AMSTEL

BALLROOM DANCING, PARTNER-FREE!

MEMBERS PRICE: \$10
NON-MEMBERS PRICE: \$20

**WHEN: TUESDAY
OCT 19, 2021
6:30 PM - 7:30 PM**

**WHERE: PRIMELIFE ENRICHMENT/
REVEL FITNESS
1078 3RD AVE. SW
CARMEL, IN 46032**



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



NONPROFIT ORG
US POSTAGE
PAID
Permit No 687
Carmel, Indiana

PLE SENIOR NEWS | SEPTEMBER 2021

To receive our newsletter by mail or online, please contact Lori at 317.815.7000.

Check out our website at
www.primelifeenrichment.org

And be sure to visit our Facebook Page.
PrimeLife Enrichment Centeration.

We are grateful for all of your support.

Come visit us at the center for a tour or call us at
317.815.7000 for more inform

DONATION & PLEDGE CARD

You can help by supporting our services!

Please accept my/our donation in the amount of:

_____ \$1,000 _____ \$ 100
_____ \$ 500 _____ \$ 50
_____ \$ 250 _____ \$ _____ (other)

I would like to make a monthly pledge of: \$ _____

We welcome cheks, cash, Visa Master Card and
Discover. Make check payable to: PrimeLife Enrich-
ment, Inc.

_____ Please send information on how I can bene-
fit PLE through my legacy/estate planning. Check
with your tax advisor re: leaving a lasting legacy
for our seniors. Prime-Life Enrichment, Inc. is a 501(C)
(3) corporation.

Name

Address

City, State, Zip

Phone

Email Address

Credit card Number

Exp. Date

Security Code