



# PrimeLife

## ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



## PLE SENIOR NEWS | AUGUST 2021

Carmel Fire Department Cook  
Out at PLE was a hit with all  
ages. (Photo by Ann Johnson)

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### UPCOMING EVENTS AND ANNOUNCEMENTS

#### NEW LINE DANCING CLASS

From August 5 through September 9, Cindy Schembre will be teaching a Line Dancing class every Thursday for 6 weeks at 6:45 pm. Please register ahead.  
\$48 for members  
\$60 for non-members

#### PLE "PROPS"

New feature! This month we're talking about PLE Member Sandra Fortier's inspirational autobiography "See? Living Blind in a Sighted World."

#### COFFEE AND CONVERSATION

Popular group starts again in August hosted by Mary Shumate. Details soon.

#### AUGUST LUNCH & LEARNS WEDNESDAYS @ 11:45 AM

- 8/4/21 - SHIP BINGO!
- 8/11/21 - Discovery Commons
- 8/18/21 - Dr. Gene Halverson, Yourgoodlife.org
- 8/25/21 - Staged Reading by Carmel Community Players

#### MAHJONG ANYONE?

Are you interested in playing Mahjong with a group here at PLE? Contact Julie Barnes.



FIND US ON FACEBOOK  
@PrimeLifeEnrichment

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 direct 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 are 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 Development Block Grant  
The City of Carmel  
Hamilton County Community Foundation

#### Our Sponsors

IU Health  
Discovery Commons at College Park  
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](mailto: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.



## CHARTING OUR COURSE

### SURVEYING OUR MEMBERS

In the final paragraph of my message to all of you in last month's newsletter, I mentioned that we are beginning our 2021-2022 fiscal year with a survey to see what all of our stakeholders think of PrimeLife Enrichment and to offer ideas on how we can better serve Hamilton County seniors. In developing our list of questions, we asked for input from members, board members, and staff. Assistant Director Cindy Schembre and I sorted through many suggested questions and whittled the list down to what we considered to be a manageable number. Then we put together a survey "tree" that charted the flow of questions depending on each individual's responses. At this point, we solicited the help of United Way of Central Indiana for technical assistance. Thanks to Stephanie Fritz, Strategic Research and Analytics Senior Director for United Way, and her Senior Manager of Research, Purbasha Dasgupta, a link was created to access the survey using the Survey Monkey platform. On July 12th, we emailed the link to approximately 600 individuals. We plan to keep the survey open for three weeks until the end of the day, August 2nd. Shortly thereafter, United Way will forward the results and analysis of responses to us.

You might be wondering why I'm sharing all of this information about our survey. The answer is simple. As members and friends of PrimeLife Enrichment, you are our most valuable stakeholders. You have first-hand experience with our facility and the services we provide to Hamilton County seniors. Given that the pandemic appears to be under control, at least for all of us who are fully vaccinated, now is the

time to press the restart button and begin charting the post-pandemic course of PrimeLife Enrichment. Our stakeholder survey is the first step in this process. As I said last month, it 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. Achieving this dual viability is a daunting but necessary task. Such viability will enable PrimeLife to grow and evolve as the number of seniors in Hamilton County continues to increase at a faster rate than any other age group. That being said, if you haven't already done so, please take a few minutes to complete it at your earliest convenience. Your participation will be ever so helpful and greatly appreciated!

### UPCOMING MEMBERSHIP DRIVE

I'm happy to report that during the months of June and July, we signed up several new members. We continue to see an increase in the number of people coming to the Center for tours of the facility.



**GARY WAGNER**  
Executive Director

When asked how they heard about PrimeLife, the majority have said their neighbor or friend told them about us. We want to build on this new membership momentum. Within the next month or so, you will receive information about the Membership Drive we are planning for this Fall. Just as our membership fees helped us through the darkest days of the pandemic, they will no doubt play an important role in helping us attain long-term financial viability. This is especially true as the number of nonprofits in Hamilton County proliferates, possibly causing at least some decrease in operating support from our traditional funders. A strong and growing member base will ensure PrimeLife Enrichment's financial stability for years to come.

– Gary



*If you have questions or need the link to the survey, please feel free to contact Lori at the Front Desk or call 317-815-7000.*

## 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 optional for individuals fully vaccinated – proof of vaccination is required. call 317.815.7000.

## WELL-BEING: THE STATE OF BEING COMFORTABLE, HEALTHY, AND HAPPY

### YOUR WELL-BEING MATTERS

Now is a great time to create or enhance your wellness. Read on for a grab-bag of tips for each of the seven core dimensions of wellness, provided by the IU Health system health coaches.

#### PHYSICAL

- Remember the basics: routine health exams, a multivitamin, 7 - 9 hours of sleep, manage stress and move often. (Check YouTube for fun and free exercise and dance videos).
- Stay in charge by meal planning and prepping—even if your lunch no longer goes in the lunch box. For cravings, drink a glass of water and do something else for five minutes. Keep lots of fruits and vegetables handy instead of processed foods like chips.
- Take the stairs, park further away, walk or cycle for errands, call in and walk during meetings if possible. Create an exercise plan.

#### EMOTIONAL

- If you think mostly in terms of “pre” and “post” COVID-19, take time to focus on “now.” A few focused deep breaths can get your mind in the present quickly.
- Spend time outside, even in colder weather—this is especially important if you are prone to seasonal affective disorder.

#### SOCIAL

- Make the effort to schedule meetings with friends and family.
- Go virtual for game night, dinners and activities if you can't meet in-person.
- Use self-compassion in trying times.

#### INTELLECTUAL

- Invest time in a hobby/skill, online class or book club. Watch an interesting documentary.
- Read (with care – for social media or news, be sure to check in with yourself about how much emotional capacity you have on any given day).

#### VOCATIONAL

- Clarify expectations regarding breaks, start and end times for the workday.
- Create boundaries for yourself to stay on task and end the workday on time (tools such as alarms and planners can help with this).
- Take rest, stretch and movement breaks.

#### FINANCIAL

- Create a one-, five- and 10-year financial wellness vision—then break it down into manageable steps.
- Find reliable sources of needed



information (books, articles, professionals, etc.).

- Create a financial “challenge” for yourself, friends and family.

#### ENVIRONMENTAL

- Set your work station up ergonomically.
- Set kitchen cabinets up for nutritional success, keeping junk food out of reach.
- Work on decluttering projects to promote mental clarity.

Your sense of well-being, how you generally feel, matters. Not every idea here will be a fit for you, and you likely will think of others that aren't included—but determining what IS for you is when the magic of positive change begins.

Source: Jennifer Touw, LCSW, certified health and wellness coach

## S.H.I.P. : A HELPFUL HAND IN THE MEDICARE DECISION-MAKING PROCESS

### SENIOR HEALTH INSURANCE PROGRAM

Did you know that PrimeLife Enrichment has SHIP volunteers in the building at least twice a week for your insurance questions?

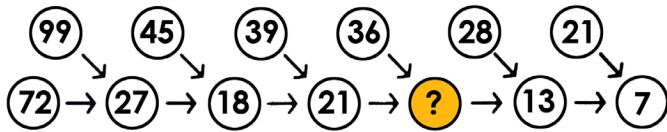
Medicare SHIP (State Health Insurance Assistance Program) is a free, one-on-one counseling service to help answer your questions about Medicare coverage and plan options. The service is available to anyone (PLE member

or non-member) who is eligible for Medicare. SHIP counselors are trained, local advisors who do not work for insurance companies. Talk to Lori at the front desk to make an appointment.

## 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. What is the missing number in the yellow circle?



2. What day would yesterday be if Thursday was 4 days before the day after tomorrow?

3. What is the next letter in the sequence?

**S S E N T**

4. CAN YOU FIND THE  
THE MISTAKE?

1 2 3 4 5 6 7 8 9

5. I am big on Saturday and Sunday.  
I am small on Tuesday, Wednesday, and Thursday.  
I am not on Monday and Friday.  
What am I?

6. Wordplay: Remove TWO from FIVE and get FOUR.

# 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 w/ Wendy	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 w/ Wendy	Arthritis Foundation Aquatic Program w/ Jeanne
12:30 pm	Getting Your Feet Wet w/ Betsy	Arthritis Foundation Aquatic Program w/ Wendy	Getting Your Feet Wet w/ Betsy	Arthritis Foundation Aquatic Program w/ Wendy	Getting Your Feet Wet w/ Betsy
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 except Aug 22 is Resilience Through the Ages	8:45 am Zumba w/ Erin
10:00 am	Got Balance w/ Betsy Strength & Flexibility w/ Cindy		Got Balance w/ Betsy Strength & Flexibility w/ Cindy		Strength & Flexibility w/ Cindy	
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		10:00 am Zumba w/ Angela
5:30 pm		Resistance Training w/ Sandy	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/ Brooke	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.



## AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 11:45am CICOA Lunch \$ 1pm Practice Bridge L	<b>3</b> 11:45am CICOA Lunch \$ 1pm Needlework L  National Watermelon Day!	<b>4</b> 11:30am Second Helpings Lunch * 11:45am Lunch & Learn SHIP BINGO 1pm Art Class \$ 1pm Hand & Foot L	<b>5</b> 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Card-making \$ 1pm Euchre L	<b>6</b> 11:30am Second Helpings Lunch * 1pm Partner Bridge 7pm TUESDAYS WITH MORRIE Staged Reading; Sat @2pm
<b>9</b> 11:45am CICOA Lunch \$ 1pm Practice Bridge L	<b>10</b> 10 am Walking Club Sponsored by Sanders Glen 1:30am DIVVY Lunch Delivery 11:45am CICOA Lunch \$ 1pm Needlework L 2pm Bean Bag Toss	<b>11</b> 10am Caregiver Support Group sponsored by Alz Assoc. * 11:30am Second Helpings Lunch * 11:45am Lunch & Learn Discovery Commons 1pm Art Class \$ 1pm Hand & Foot L	<b>12</b> 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L	<b>13</b>  11:30am Second Helpings Lunch * 1pm Partner Bridge 7pm Neil Simon's SILENT WAR Staged Reading; Sat @2pm
<b>16</b> 11:45am CICOA Lunch \$ 12:15pm BINGO 1pm Practice Bridge L  National Roller Coaster Day	<b>17</b> 11:45am CICOA Lunch \$ 1pm Needlework L	<b>18</b> 11:30am Second Helpings Lunch * 11:45am Lunch & Learn Dr. Gene Halverson, Yourgoodlife.org 1pm Art Class \$ 1pm Hand & Foot L	<b>19</b> 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Card-making \$ 1pm Euchre L	<b>20</b> 11:30am Second Helpings Lunch * 1pm Partner Bridge 7pm RIPCORDER Comedy - Staged Reading; Sat @2pm
<b>23</b> 11:45am CICOA Lunch \$ 12:15pm BINGO 1pm Practice Bridge L 3:30pm Book Club L <i>A Fire Sparkling</i> by Julianne MacLean	<b>24</b> 11:30am DIVVY Lunch Delivery 11:45am CICOA Lunch \$ 1pm Needlework L 2pm Bean Bag Toss	<b>25</b> 11:30am Second Helpings Lunch * 11:45am Lunch & Learn Staged Readings from CCP 1pm Art Class \$ 1pm Hand & Foot L	<b>26</b> 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L	<b>27</b> 11:30am Second Helpings Lunch * 1pm Partner Bridge
<b>30</b> 10am Theatre Club L 11:45am CICOA Lunch \$ 1pm Practice Bridge L  National Beach Day	<b>31</b> 11:45am CICOA Lunch \$ 1pm Needlework L	 <p>Are you missing out on fun events and great photos?</p> <p>You may be if you haven't "liked" the PLE Facebook Page. Just search Facebook for PrimeLife Enrichment and we will pop right up. "Like" us and you will get to see all the extras that are posted on Facebook every day!</p>		

### CARMEL COMMUNITY PLAYERS AND PLE PRESENT STAGED READINGS OF 3 WONDERFUL SHOWS

#### Staged Reading of TUESDAYS WITH MORRIE

Friday, August 6: 7:00 to 8:30 pm; Saturday, August 7: 2:00 to 3:30 pm

#### Staged Reading of THE SILENT WAR

Friday, August 13: 7:00 to 8:30 pm; Saturday, August 14: 2:00 to 3:30 pm

#### Staged Reading of RIPCORDER

Friday, August 20: 7:00 to 8:30 pm; Saturday, August 21: 2:00 to 3:30 pm

No tickets - donations will be taken at the door.  
All proceeds divided evenly between CCP and PLE.

#### KEY:

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

## WE NEED TO TALK: THE DIFFICULT DRIVING CONVERSATION

### WHAT HAPPENS NEXT AFTER WE TURN OVER THE CAR KEYS

Limiting or stopping driving is a complex and emotionally charged decision - no matter who is making it. When you have a lifetime of driving experience and deeply value the independence and mobility that driving provides in your life, the decision can and usually will change your life and the lives of those around you.

Maybe the discussion is spawned by a medical issue and you've been told it's time to stop driving. Or, you and your passengers have noticed your response to unexpected situations has slowed down and you are more easily distracted when behind the wheel.

### FINDING TRANSPORTATION ALTERNATIVES

Whatever the situation, the decision to not drive should start with self-evaluation - even if someone else in your life initiates this. It's important to set-up alternatives in advance so that the transition, though never easy, will be more seamless and easier to follow.



*Our PLE Transportation drivers and vans - just a part of our transportation arsenal serving Hamilton County seniors.*

That's how PrimeLife's transportation service started - the necessity for seniors to have the vital resource of mobility still available in their lives, even after their driving days are behind them.

Having confidence that you can make doctor's appointments and be there on time is critical to staying healthy and maintaining wellness in your life. Possibly just as important is your ability to get your haircut and styled when you need it and shopping for groceries on a regular basis.

### WHAT MAKES A TRANSPORTATION SERVICE RIGHT FOR YOU

You need a service that's not too expensive, one that will take you to your medical appointments, or the grocery store, or to PrimeLife Enrichment for exercise and socialization. We are here for you. If you are a new rider, PrimeLife requires a Transportation Assessment Form filled out - usually over the phone. This is so we have the necessary and correct information about you as a passenger.

We stay pretty busy, while still doing our best to accommodate all your transportation requests - planning ahead still remains the key to success in scheduling rides.

All PLE Vans are wheelchair accessible, and attendants ride free. While our drivers care very much about our riders, they are not trained medical technicians and cannot lift a client.

We have a great rapport with our clients - particularly ones who have used our transportation services for a long time. In fact, we were recently thrilled when a client no longer needed us. We regularly drove him to one of the local dialysis centers and one day he called to cancel his rides - because he was told a kidney was available and he would no longer need our twice weekly transport.

We are still here for him when he needs us. We are here for you, too. We can help give you back the freedom and confidence everyone needs. A freedom that allows you to visit the doctor when you need to, and see your friends at PLE.

*Call our Transportation Department at 317-815-7000, ext. 205.*



*Transportation Coordinator Dee Timi and her drivers.*

## SEE? LIVING BLIND IN A SIGHTED WORLD - A BOOK BY PLE MEMBER SANDRA FORTIER

### PLE MEMBER SANDRA FORTIER WRITES INSPIRATIONAL AUTOBIOGRAPHY

Not all of us can say that we spent our COVID time at home writing a book. Well, PLE member Sandra Fortier did just that. Sandra's 8th grade Science teacher, Roderick Magoon, was perceptive enough to see she had challenges and helped her through being the only sight-impaired student attending a small town public school.

Years later, 47 to be exact, Sandra found Mr. Magoon on line and began emailing with her former teacher. She shared her many struggles growing up and

living in a sighted world and he suggested she write a book with blending her various stories into an autobiography.

Sandra kept her stories until last summer when, thanks to COVID, she had time to weave them together to create her story.

"Hellen Keller and Ann Sullivan were influences in my life, along with Mr. Magoon who became a mentor," said Sandra. "He instilled in me self-confidence and a love of learning that I have to this day."

*A copy of Sandra's book is available in the PLE library, as well as at Barnes and Noble both in store and on line.*



PLE member  
Sandra Fortier  
and her book.

KUDOS   ACCLAIM   APPLAUSE   ACCOLADES   HONOR

# NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center



## GRILLED TUNA WITH PINEAPPLE-ORANGE SALSA

### INGREDIENTS:

- 1 cup pineapple chunks, drained
- ¼ cup orange juice
- 1 tbsp. chopped sweet onion (e.g. Vidalia, Walla Walla)
- ½ cup chopped red bell pepper
- 24 oz. tuna steaks
- 2 tsp. garlic powder
- 2 tbsp. low-sodium teriyaki sauce

### COOKING INSTRUCTIONS:

Combine pineapple, orange juice, onion, and red pepper in a medium bowl and mix well; cover and refrigerate until ready to serve.

Sprinkle tuna steaks on both sides with garlic powder. Brush generously with teriyaki sauce. Heat broiler or grill to medium-high heat.

Cook (grill or broil) tuna 5 minutes; turn tuna, brush with teriyaki sauce, and cook an additional 5 minutes. Serve with pineapple salsa.

Serves: 4

### Shopping List:

24 oz. tuna steaks, 8 oz. can pineapple chunks, orange juice, sweet onion, red bell pepper, teriyaki sauce, garlic powder

## SPOTLIGHT ON LOCAL DINING: DIVVY

Here in Carmel we have a wonderful restaurant that is just around the corner from PrimeLife. Divvy is a 21 and over restaurant and bar owned by local award winning restaurateurs Woody and Richelle Rider. The menu is varied and consists of small plates, sweets, and tasting tours. The fresh healthy fare can accommodate a wide variety of dietary needs including vegan, gluten free, and lactose free. The food is delicious and the environment is sleek yet comfortable with fantastic views of the Palladium.

Divvy has a huge heart for Hamilton County and during the pandemic partnered with Carmel City Center and Pedcor to launch Feeding

Neighbors. This initiative has fed thousands of Hamilton County residents, including hundreds of seniors through PrimeLife. The meals are fresh and well-rounded and always a very popular.

We are so fortunate to have DIVVY in our community. Check it out with your family and friends for a truly delicious experience.

Carmel City Center  
71 City Center Drive  
Carmel, IN 46032  
[divvycarmel.com](http://divvycarmel.com)

### Hours:

Monday - Thursday 11am - 10pm  
Friday - Saturday 11am - 11pm



ANSWERS: 1. The missing number is 12. Each number is equal to the sum of the digits of the numbers pointing towards it. 2. The answer is Friday. 3. The answer is F. These are the first letters of the numbers Seventeen, Eighteen, Nineteen, Twenty, Twenty-one, and so on. 4. The word "THE" appears twice in the question. Read carefully! 5. The answer is the letter S. 6. Remove TWO letters, "F" and "E", from the word "FIVE", and get "IV", which is FOUR in Roman numerals.



## ONLINE INSTRUCTION

If you already have access to a computer and can use the Internet then there are several online services that offer technology lessons and instructional videos while allowing you to go at your own pace.

We recommend GCFLearnFree.org, which is free of charge and supported by the Goodwill Community Foundation. Another free website that teaches seniors basic computer skills is TechBoomers.com.

If you can afford to pay for an online series, try Geekatoo.com. It costs \$79 for a two-hour tutorial



instruction along with technical support if you get stuck.

If you don't mind doing a bit of browsing there are also have many YouTube video instructors that can offer quick overviews on general computer know-how and specifics such as setting up a Facebook account or doing Skype calls. Using a computer can let you stay informed, share information,

organize your schedule, do your banking, find and listen to your favorite music, watch old episodes of your favorite shows and films, the list goes on. Indeed, with all the resources and help available you may find yourself becoming a technical expert sooner than you think.



## THE HEALTH BENEFITS OF EXERCISE IN OLDER ADULTS

Biology changes as we get older, causing seniors to have different reasons for staying in shape than younger generations. Though physical fitness provides benefits at any age, the health perks physically fit seniors enjoy are more notable. Physicians and researchers say seniors should remain as active as possible, without overexerting one's self. In older adults, exercise helps you live a longer, healthier, and more joyous life.

### SOME OF THE BENEFITS OF EXERCISING LATER IN LIFE INCLUDE:

More exercise means more independence for seniors: Seniors that exercise regularly are less likely to depend on others. According to Harvard Medical School, regular exercise promotes an older adults ability to walk, bathe, cook, eat, dress, and use the restroom. If self-reliance is a priority, exercise is one of the best ways to maintain independence for older adults.

### EXERCISE IMPROVES BALANCE FOR OLDER ADULTS:

Falling down is a much bigger deal for older adults than younger ones. Every 11 seconds, an older adult is admitted to an emergency room for a fall-related injury, and every 19 minutes, a senior dies from a fall, according to the National Council of Aging. Though no two falls are alike, and preventing falls is very complex, regular exercise reduces the likelihood of falling by 23%.



### BEST EXERCISES FOR SENIORS ACCORDING TO SENIOR LIFESTYLE MAGAZINE

1. Water Aerobics
2. Chair Yoga
3. Resistance Band Workouts
4. Walking
5. Dumbbell Strength Training

The following exercises should probably be avoided if you're over the age of 65:

Squats with dumbbells or weights  
Bench press  
Leg press  
Long-distance running  
Abdominal crunches  
Upright rowing  
Deadlift  
Rock climbing

### REGULAR EXERCISE MEANS MORE ENERGY:

Though it seems counter-intuitive, being inactive makes you tired and being active gives you more energy. Any amount of exercise promotes the release of endorphins, which are essential neurotransmitters linked to pain mitigation and a sense of well-being. Endorphins combat stress hormones, promote healthy sleep, and make you feel more lively and energetic, overall.

### EXERCISE HELPS PREVENT AND COUNTERACT DISEASE:

Heart disease, osteoporosis, depression and diabetes are common diseases among older adults, and are often deadly. Fortunately, adopting a more active lifestyle can contribute to the prevention of these diseases, or reduce the unpleasant symptoms of these diseases if you already have them. If you are at-risk for disease, exercise may be the key to warding off an unpleasant condition.

### REGULAR EXERCISE IMPROVES BRAIN FUNCTION:

One of the most remarkable developments in health science is the revelation that the mind and the body are much more closely linked. A healthy body likely means a healthy mind, and seniors that exercise on a regular basis have improved cognitive health, according to research from NCBI. More recently, a study from the Alzheimer's Research & Prevention Foundation, regular exercise has been shown to reduce your risk of developing Alzheimer's disease or dementia by nearly 50%.

**PrimeLife Enrichment Center**

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We are grateful for all of your support.

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