



PLE SENIOR NEWS | JUNE 2021

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FIND US ON FACEBOOK
@PrimeLifeEnrichment

UPCOMING EVENTS AND ANNOUNCEMENTS

PUTTIN' ON THE GLITZ **06/26**

Join us on Saturday, June 26 for the annual PLE fundraiser Life's a Journey. This year we are PUTTIN' ON THE RITZ - The Roaring 20s Revamped! For complete details about the event and how to get your tickets, see page 6.

NEW EXERCISE CLASS **06/11**

Join us on the exercise floor for RESILIENCE THROUGH THE AGES taught by Shannon Crow and Samantha Stipp. This class will feature live music with movement for a well-balanced exercise routine.

The first session is on June 11, and features Slowing Down Food Consumption for Digestion and Stretching for Your Daily. This class will start at 9 am on every other Friday and will alternate with Cheryl's Strength and Conditioning class..

JUNE LUNCH & LEARNS **WEDNESDAYS @ 11:45 AM**

6/2/21 - BINGO with Bruce Muller
6/9/21 - CHS history teacher and author JIM GARRETSON
6/16/21 - Dee Timi talks THEATRE
6/23/21 - SANDERS GLEN Walking benefits
6/30/21 - WESTFIELD LIBRARY - new books for Summer reading.

To receive our newsletter by mail or online, please contact Lor at (317) 815-7000.



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 will be recognized in Central Indiana as a leading 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.

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 lunch socials (will resume when conditions allow) or inquire about transportation or the many in-home 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, and 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
Central Indiana Council on Aging
United Way of Central Indiana
Community Development Block Grant
The City of Carmel
Clay Township

Sponsors

Discovery Commons at College Park
IU Health
Sanders Glen
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
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 & 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 after business hours.

CONTACT US

MAIL

1078 Third Avenue SW Carmel, IN
46032

PHONE

(317) 815-7000

EMAIL

gwagner@primelifeenrichment.org



TRANSPORTATION

TO SCHEDULE CALL:

DEE TIMI, TRANSPORTATION

TEL: 317-815-7008, EXT. 205

MONDAY - FRIDAY

8:00 AM - 3:00 PM

Schedule at least one week ahead.

THE BUSY MONTH OF JUNE

HAPPY JUNE!

This month may very well go down in history as the month that we resumed most, if not all, of our pre-COVID activities including family get-togethers that we missed during the pandemic. Now that the light at the end of the COVID tunnel is shining bright, I want to shift focus from one disease to another, namely, Alzheimer's and other forms of dementia. The Alzheimer's Association has designated June as Alzheimer's & Brain Awareness Month. Unlike COVID, Alzheimer's is the leading cause of death for which there is no vaccination or cure. Science can't even slow it down. Unfortunately, anyone who has a brain is at risk to develop this deadly disease.

THE TOLL IT TAKES

Few families are left untouched by Alzheimer's or dementia. My family is no exception. My father first showed signs of dementia in his mid-70s. He became progressively worse as the years went by, but was able to remain in his home for the greater part of 10 years, thanks to two of my brothers who lived with him. I would visit him periodically and he would usually remember who I was – his oldest son. We were able to carry on a fairly normal conversation, but over time, it became obvious that his memory and other brain functions were failing him. One particular occasion stands out. At the wedding reception of one of the two brothers living with him, I noticed that my dad was sitting by himself at the table of honor. I could tell that he didn't fully understand where he was or what was happening. I sat down next to him and began a conversation much like I had done for several years. But something was different this time. I could tell that he had no idea who I was. No matter what I said, he didn't

recognize me. That was the first time that I fully understood the devastating impact of Alzheimer's on a person's brain.

What I didn't realize at the time was how caring for someone with dementia could have serious physical and mental consequences on family caregivers. One of my brothers served as my dad's caregiver for over 10 years. As my dad became progressively worse each year, the challenge of caregiving took its toll on my brother's physical and mental well-being. Near the end of my dad's life, my brother had to move him into an Alzheimer's wing of a nursing home. It was a sad day for all of us, but my dad's behavior had become so erratic that he required professional caregiving. When my father passed away at age 86, we mourned. But we also saw an unexpected transformation over the next few weeks. My caregiving brother's mental and physical health started to show signs of significant improvement. It all seems so clear now because I know quite a bit more about the effects of caregiving for a family member with dementia than I did back then. My brother basically had no life of his own for many years. When my dad passed, it was like a burden had been lifted from my brother's shoulders. Quite a few years have gone by since then, but I will never forget the sacrifices my brother made as my dad's caregiver.

CAREGIVER SUPPORT AVAILABLE

On that note, I want to remind everyone that a caregiver support group meets monthly at PrimeLife's Enrichment Center. I also want to encourage any of you who are caregivers or know someone who is a caregiver to take advantage of our Respite program which gives caregivers a much-needed break and allows them to take care of



Gary Wagner
Executive Director

business, exercise, go shopping, etc., while a trained aide watches their loved one.

PLE FUNDRAISER

On June 26th, you will have an opportunity to help support our Respite program as well as the many other services we provide for seniors throughout Hamilton County. The West Pavilion on the Lucas Estate in Carmel will be the site of this year's "Life's A Journey" celebration we're calling "Puttin' on the Glitz, The Roaring 20s Revamped!" You'll find all the details in this newsletter and on our website. Join us for a memorable and enjoyable evening that will include a special program recognizing our "Heroes of Hope" – the many health care workers from Ascension St. Vincent, Indiana University Health North, and Riverview Hospitals who made so many sacrifices taking care of COVID patients throughout the pandemic. Hope to see you there!

- Gary

PLEs Caregiver's Support Group meets at 10:30 am on the second Wednesday of each month. We hope you can join us then.



MEMBERSHIP OPTIONS

BASIC MEMBERSHIP: \$20 PER MONTH

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

ENHANCED MEMBERSHIP: \$40 PER MONTH

- Basic Membership PLUS All Fitness Classes

INSURANCE PROGRAMS: BASIC MEMBERSHIP

- | | |
|-------------------|----------------|
| • Silver Sneakers | • Prime |
| • RenewActive | • Peerfit |
| • Silver & Fit | • Active & 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 fully vaccinated, proof of vaccination and temperature checks are required. Call 317-815-7000.



COPING WITH DEMENTIA: A FAMILY AFFAIR

YOUR LOVED ONE IS CONFUSED OR DISORIENTED. IS IT SIGNS OF DEMENTIA? HOW YOU CAN HELP

He lives alone. He still drives and he cooks his meals. But there are little clues that maybe he is sometimes confused. How can you help keep your loved one safe?

"We know there are many types of dementia. Alzheimer's disease is the most common. A lot of symptoms and behaviors are undiagnosed," said Erica Newkirk, a clinical nurse specialist at IU Health West. With a special interest in the geriatric population, Newkirk has learned to recognize early signs of dementia..

June is Alzheimer's and Brain Awareness Month – a time to become familiar with signs and symptoms of Alzheimer's and how family members can help their loved one cope. Alzheimer's is a progressive disease. In the early stages, patients may show mild signs of memory loss. As the disease progresses, it can impair a patient's ability to communicate or respond. The Alzheimer Association reports there are 50 million people worldwide living with Alzheimer's and other forms of dementia.



HERE ARE A FEW TIPS TO REMAIN ENGAGED WITH A PERSON LIVING WITH DEMENTIA:

- Drop by – stopping by frequently can tell a lot about how the loved one is coping. It gives a glimpse into daily habits – such as grooming and basic housework. Is the refrigerator empty? Are there products that have passed their expiration date? Those are the things you may look for to recognize some signs of memory loss, said Newkirk.
- Look at the loved one's medications. Organize them in a pillbox and check to be sure the dosages are correct and are being taken on a regular basis. Print out a list of those medications and ask your loved one to keep it in their wallet for easy access.
- Think about your loved one's demeanor. Are they happy? Sad? "These are adults who are in their 70s and 80s who have been on this planet for a long time. Some were engineers or CEOs of major companies, and now they may feel a loss of responsibility and also need someone to care for them. They can feel isolated and depressed," said Newkirk.
- Listen to them. Acknowledge their feelings. "If they want to repeat a story, let them repeat the story," said Newkirk.
- If a loved one becomes hospitalized, it is important for family members to be present. "When they're in the hospital, they spend a lot of time in bed. They can easily become worried and confused. Bringing a trusted loved one to the bedside gives them a sense of familiarity and helps orient them especially at night," said Newkirk. At

IU Health, Newkirk offers patients activities from a "Distraction Cart," a one-time use mobile supply center that provides patients with things to keep them busy, such as puzzles and paints.

Family members should also take advantage of community resources to help their loved ones, said Newkirk. For more information, contact IU Health or the Alzheimer's Association, Greater Indiana Chapter.

Source: T.J. Banes, senior journalist; Erica Newkirk, clinical nurse specialist, Thrive by IU Health.

<https://iuhealth.org/thrive/coping-with-dementia-a-family-affair>



This month is a time to heighten awareness about Alzheimer's disease and show support for the more than 5.8 million Americans living with it.

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 3/7 chicken, 2/3 cat, and 2/4 goat?

2. You are in a place called Colleen's World and there is only one law. There is a mirror, but no reflection. There is pizza with cheese, but not sausage. There is pepper, but no salt. There is a door, yet no entrance or exit. What is the law?

3. If I am holding a bee, what do I have in my eye?

4. Dave pushes his car to a hotel and tells the owner he is bankrupt, why?

5. Robby left his campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What color was the bear?

6. What five-letter word becomes shorter when you add two letters to it?

LIFE'S A JOURNEY 2021 - PUTTIN' ON THE GLITZ: THE ROARING 20'S REVAMPED

ABOUT THE EVENT

It's been a trying year, and now it's time to celebrate as we start coming out of the pandemic. PrimeLife Enrichment is revamping the Roaring 20's for Life's A Journey 2021, and we plan to make it a celebration!

This year's event will take place on Saturday, June 26, 2021 at 6:30 pm. Endless Summer Band will start at 8:15 pm and will play until the last reveler leaves the dance floor.

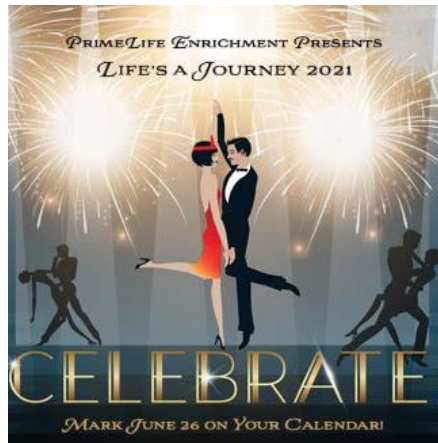
We are elated to announce that we will be honoring three "Heroes of Hope," health professionals from our communities that have gone above and beyond the call of duty during the pandemic. Because Puttin' on the Glitz will be held in-person (Covid-19 restrictions permitting) AND streamed live online, everyone has a chance to participate and honor our Heroes of Hope and support PrimeLife

IMPACT ON THE LIVES OF SENIORS

Hamilton County's senior population continues to grow at a faster rate than any other age group.

Unfortunately, many seniors experience loneliness, social isolation, and depression as they struggle to lead purposeful lives. Too often these feelings lead to serious health conditions. At PrimeLife Enrichment, we are committed to helping senior citizens overcome their many health-related and quality of living challenges.

Since 1977, we have provided programs and services that allow our seniors lead more active and connected lives, offset the debilitating effects of depression and



social isolation, and develop a sense of social inclusion. We value the lives of all Hamilton County seniors and believe they have much to contribute to our community and our society. We hope that you share our belief and will help support our efforts to improve the lives of those we serve. We invite you to join us as a sponsor and help us fulfill our mission to empower and enrich the lives of Hamilton County seniors. By doing so, you will not only promote your company and reach your target market, you'll also convey your commitment to the seniors of Hamilton County and to our local community

EVENT HIGHLIGHTS

Puttin' on the Glitz: The Roaring 20's Revamped will include:

- "Heroes of Hope"
- Entertainment by Endless Summer Band
- Online Silent and Live Auctions with trips and priceless items
- Dinner
- Charleston Lessons

- Door prizes, Raffle and Wine Pull
- Vicki and Cindy return as emcees

Come in your best flapper attire or enjoy the celebration from the comfort of your own home.

LIVE TICKET \$100, INCLUDES:

- Cocktail reception
- Heroes of Hope Tribute
- Dual-entrée dinner prepared by Chef Todd Shidler
- Participation in silent auction
- Participation in live auction – Dave Caveness, Auctioneer
- Dancing and entertainment provided by Endless Summer Band

VIRTUAL TICKET \$75, includes:

- Access to livestreaming of program and live auction (7:00-9:15pm)
- Boxed one-entrée dinner prepared by Chef Todd Shidler
- Choice of Pork Medallions or Airline Chicken
- Pick up at PrimeLife Enrichment on the day of the event
- Participation in silent auction
- Virtual ticket does NOT include participation in the live auction, but it can be viewed on the livestream



BRAINTEASER ANSWERS: 1. Chicago; 2. Each word in Colleen's world must contain double letters; 3. Beauty, it's in the eye of the beholder; 4. Dave is playing monopoly; 5. White - The only place you can hike 3 miles south, then east for 3 miles, then north for 3 miles and end up back at your starting point is the North Pole; 6. Short.

JUNE 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JUNE IS...</p> <ul style="list-style-type: none"> Alzheimers and Brain Awareness Month National Adopt a Cat Month Great Outdoors Month National Accordion Awareness Month 	<p>1 11:45am CICOA Lunch \$ 1pm Needlework L</p>	<p>2 11:30am Second Helpings Lunch 11:45am Lunch & Learn SHIP Bingo 1pm Art Class \$ 1pm Hand & Foot L</p>	<p>3 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Card-making \$ 1pm Euchre L</p>	<p>4 11:30am Second Helpings Lunch 1pm Partner Bridge</p>  National Donut Day
<p>7 11:45am CICOA Lunch \$ 1pm Practice Bridge L</p>	<p>8 1:30am DIVVY Lunch Delivery 11:45am CICOA Lunch \$ 1pm Needlework L</p>	<p>9 10am* Caregiver Support Group sponsored by Alz Assoc. 11:30am Second Helpings Lunch 11:45am Lunch & Learn Old Carmel</p>	<p>10 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L</p>  National Iced Tea Day	<p>11 11:30am Second Helpings Lunch 1pm Partner Bridge</p>
<p>14 11:45am CICOA Lunch \$ 1pm Practice Bridge L</p>  -lag Day	<p>15 11:45am CICOA Lunch \$ 1pm Needlework L</p>	<p>16 11:30am Second Helpings Lunch 11:45am Lunch & Learn Theatre 1pm Art Class \$ 1pm Hand & Foot L</p>	<p>17 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Card-making \$ 1pm Euchre L</p>	<p>18 11:30am Second Helpings Lunch 1pm Partner Bridge</p>
<p>21 11:30am PURPLE - 12:30pm Pizza Party 1pm Practice Bridge L 3:30pm Book Club L</p> 	<p>22 11:30am DIVVY Lunch Delivery 11:45am CICOA Lunch \$ 1pm Needlework L 2pm Bean Bag Toss</p>	<p>23 11:30am Second Helpings Lunch 11:45am Lunch & Learn Sanders Glen - walking for health 1pm Art Class \$ 1pm Hand & Foot L</p>	<p>24 9am Pinochle L 11:45am CICOA Lunch \$ 1pm Euchre L</p>	<p>25 11:30am Second Helpings Lunch 1pm Partner Bridge</p>
<p>28 11:45am CICOA Lunch \$ 1pm Practice Bridge L</p>	<p>29 11:45am CICOA Lunch \$ 1pm Needlework L</p>	<p>30 11:30am Second Helpings Lunch 11:45am Lunch & Learn Westfield Library 1pm Art Class \$ 1pm Hand & Foot L</p>	<p>JUNE HIGHLIGHTS</p> <p>Monday, June 21 – Book Club REBECCA</p> <p>Sunday, June 20 – Father's Day; Summer begins</p> <p>Saturday, June 26 – Puttin' on the Glitz</p>	

MONDAY , JUNE 21, PURPLE PIZZA PARTY

Join us from 11:30 am to 12:30 pm to show your commitment to ending Alzheimer's Disease. Wear Purple! All Welcome! Donations accepted and 100% goes to Alzheimer's Association.

KEY:

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

FITNESS SCHEDULE

PrimeLife Enrichment Center

PLE FITNESS PROGRAMS ARE DESIGNED FOR YOU

AQUATIC FITNESS CLASSES

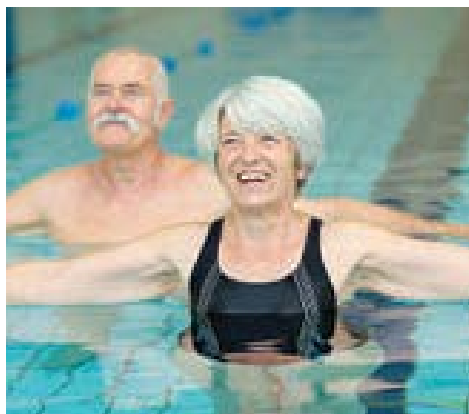
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Intermediate Aquatic Aerobics w/ Jerri		Intermediate Aquatic Aerobics w/ Jerri		
9:30 am	Intermediate Aquatic Aerobics w/ Jeanne	Advanced Aquatic Aerobics w/ Betsy	Intermediate Aquatic Aerobics w/ Jeanne	Advanced Aquatic Aerobics w/ Betsy	Intermediate Aquatic Aerobics w/ Jeanne
10:30 am	Intermediate Aquatic Aerobics w/ Jeanne	Open Pool w/ Wendy	Intermediate Aquatic Aerobics w/ Jeanne	Open Pool w/ Wendy	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/ Jeannie	Arthritis Foundation Aquatic Program w/ Wendy	
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 see weekly email to sign-in.

LAND FITNESS CLASSES**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
						Saturday
8:30 am						
9:00 am	Seniors in Motion w/ Jennifer	LaBlast w/ Cindy	Yoga w/ Cheryl	LaBlast w/ Cindy	Strength and Conditioning	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	9:30 am Pound w/ Sandy
11:00 am	LaBlast Wilk 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	Zumba w/ Brooke	Resistance Training w/ Sandy	Dance Fusion w/ Rachel	Shine w/ Sandy		Note: All land classes are streamed live (or replay) so you may take them at home or at Center at scheduled time OR later. Classes remain online 1-2 weeks. **
6:15 pm		Shine w/ Sandy	Pound w/ Sandy			

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



AQUATIC CLASSES

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



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.



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.

NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center



SOUTHWEST QUINOA SALAD

INGREDIENTS FOR THE SALAD

- 1 cup uncooked quinoa
- 2 cups water or vegetable broth
- 15 oz canned low sodium black beans, rinsed and drained
- 1 cup cooked or canned corn (drain if canned)
- 1 medium red bell pepper, chopped
- 1 medium orange bell pepper, chopped
- ½ cup finely diced red onion
- ¼ cup freshly chopped cilantro
- avocado for topping

CILANTRO CHILI LIME DRESSING

- ½ cup fresh cilantro leaves
- ¼ cup extra virgin olive oil or avocado oil
- juice of 2 limes
- 1 garlic clove, minced
- ¼ tsp chili powder
- ¼ tsp cumin
- ¼ tsp onion powder
- ¼ tsp salt

Cook quinoa: place 1 cup rinsed quinoa with 2 cups water or broth in medium pot; bring to boil then cover and simmer for about 15 minutes, or until water is absorbed. Remove from heat once cooked, fluff with fork and transfer to large bowl to cool.

Meanwhile, prepare the veggies: drain black beans and corn, chop bell peppers, dice onion and chop fresh cilantro. Add veggies to bowl with quinoa and gently toss together.

Make the dressing: add all dressing ingredients in medium bowl or blend in small food processor. Combine dressing and salad bowl: Create a well in the center of the salad bowl and pour half of the dressing into the bottom of bowl. Stir gently and then add remaining dressing, tossing again to combine.

Serve salad over bed of salad greens and top with avocado if desired. Enjoy!



SUMMER MACARONI SALAD

INGREDIENTS FOR THE SALAD

- 12 oz salad-size macaroni pasta, cooked according to package instructions and cooled
- 1 cup frozen petite peas, thawed
- 4 ounces diced and crisped pancetta
- 2 teaspoons fresh thyme leaves, for garnish

DRESSING INGREDIENTS

- ¾ cup mayo
- ⅓ cup olive oil
- ¼ cup fresh lemon juice
- 1 ½ tablespoons lemon zest
- 1 tablespoon plus 2 teaspoons agave
- 1 ½ teaspoons salt
- 1 teaspoon whole grain Dijon mustard
- 1 teaspoon fresh thyme leaves
- ½ teaspoon freshly cracked black pepper

To begin, cook your pasta according to package instructions; drain and rinse under cold water.

While the pasta cooks, prepare your dressing: add all ingredients into the bowl of a food processor, and process the mixture until thick and completely creamy; or, whisk all ingredients in a medium bowl until blended; keep cold.

To assemble the macaroni salad: add the cooked and cooled macaroni to a large bowl, and add in the thawed petite peas and the diced, crisped pancetta; toss well with the dressing, then spoon into a serving bowl, and garnish with the thyme leaves; chill for an hour or two, and serve cold.

HAVE A RECIPE TO SHARE?

Submit your favorite recipe to share in a future newsletter by emailing us at pleseniornews@gmail.com

**PLEASE WELCOME OUR SPONSOR
DISCOVERY COMMONS AT COLLEGE PARK**

Discovery Commons at College Park is a beautiful blend of cozy residences with a state of the art lifestyle and wellness programs that create a rewarding care-free living experience. Minutes from 465 and the Pyramids in view; dine, play, and socialize in a truly unique independent living environment. Brochures are located on our sponsor wall, so check them out!

PLE LIBRARY WELCOMES YOURGOODLIFE.ORG BOOK CLUB SECTION

The library now has a section for members to read along with yourgoodlife.org and their on-line book club. The section is highlighted on top of our fiction shelves along with books that were authored by local founder of yourgoodlife.org, Dr. Eugene Halverson. Dr. Halverson and his website are a wonderful resource for seniors to hone their writing and share it with readers.

DID YOU KNOW?

PLE works with Senior Medicare Patrol (SMP) to prevent and rectify Medicare fraud and abuse. If you or someone you know believes they have been a victim of fraud or have concerns with their Medicare statements, please inform a PLE staff member.

FITNESS HONOR ROLL



COME TRY SOMETHING NEW

Develop a healthy habit, and join your friends in group classes and clubs. We will be recognizing the members who attend 10 or more days of fitness classes (or activities) during the calendar month. Let your competitive spirit earn you recognition! Names will be posted on the Fitness Honor Roll Board each month. There will also be prizes for those that attend 10 or more days for 6 months, 12 months, and so on. Let's all get on a roll!



BETTER HEALTH THROUGH EXERCISE

MOVE MORE! SIT LESS!

Sitting all day may shorten your life. Wow! Did you ever think sitting was harmful to your health and well-being? Research says it is.

As we grow older fitness becomes even more important to our overall health. The term "Use It or Lose It" may sound a bit cliché, but it definitely rings true when it comes to the aging human body. Just like owning an older car, if we don't keep up the "maintenance" of the vehicle: the changing of the oil, the rotating of the tires and so on – things will begin to break down. Our bodies are no different.

The aging process accelerates around the age of 45 and really starts to make impact around the age of 55. Aging issues can start to impair our health and wellbeing if not addressed appropriately.

EVERY LITTLE BIT HELPS

Vast changes are occurring even if we can't see them, just like an iceberg the majority of the problem lies lurking below the surface – hypertension, insulin resistance, sarcopenia (loss of muscle mass) joint damage, muscular imbalances, reduced proprioception (perception of how the body moves in space), and injuries to name just a few.

One of the healthiest things we can do is ...MOVE MORE! SIT LESS! Scientists have found that staying physically active and exercising regularly can help prevent or delay many diseases and disabilities. In Some cases, exercise is an effective treatment for many chronic conditions. For example., studies show that people with arthritis, heart disease, or diabetes benefit from regular exercise. Exercise also helps people with high blood pressure, balance problems, or difficulty walking.

What is it about sitting? Experts think that sitting for an extended period causes muscles to burn less fat and blood to flow more sluggishly. Idle muscles and sluggish blood flow can contribute to high blood pressure, heart disease, swollen ankles and diabetes.

Some people may wonder what the difference is between physical activity and exercise. Physical activities are activities that get your body moving such as gardening, walking the dog and taking the stairs instead of the elevator. Exercise is a form of physical activity that is specifically planned, structured and repetitive such as weight training,

Tai Chi or an aerobics class. Including both, physical activity and Exercise, in your life will provide you with health benefits that can help you feel better and enjoy life more as you age.

Contact Betsy Fowler, Fitness Program Director at PrimeLife. I will be happy to answer any questions you might have.

REMEMBER to MOVE MORE and SIT LESS...your body will thank you.

- Betsy Fowler, PLE Fitness Program Director

PrimeLife Enrichment Center

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To receive our newsletter by mail or online, please contact Lor at (317) 815-7000.

Check out our website at
www.primelifeenrichment.org

And be sure to visit our Facebook Page:
PrimeLife Enrichment Center

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 information.

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