



PrimeLife

ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



PLE SENIOR NEWS

FEBRUARY 2022

January Got Balance Class
off to a great start.

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FIND US ON FACEBOOK
@PrimeLifeEnrichment

UPCOMING EVENTS AND ANNOUNCEMENTS



are the most popular deals, according to our Thrift Shop Manager Nancy Koehler (above left). The store is a vision in pink for Valentine's Day - Nancy uses her retail expertise to keep you shopping!

Check out our PLE Thrift Shop for great buys and a great place to donate clothing, accessories, and unique household and decorative items.

Puzzles and holiday decor

LUNCH & LEARNS for February:

FEBRUARY 2

JAMIE HOPPER - MONEY CONCEPTS

FEBRUARY 9

DEE TIMI - THE JOY OF TRAVEL

FEBRUARY 16

CCP ACTORS - LOVE LETTERS

FEBRUARY 23

IU HEALTH

February Highlights:

- BINGO every Monday
- Book Club on February 21
THE CLOCKMAKER'S DAUGHTER
by Kate Morton

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 daily 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 of 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 FUNDERS

Grant Providers

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

We ♥ Our Sponsors

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

OUR DIRECTORS

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

Terry Dollar
Charles Jeffras
Timothy McGuire
Dan Overbeck
Melody Cockrum
Michael Bratcher

CENTER INFORMATION

PrimeLife Enrichment Center

STAFF

Executive Director

Gary Wagner - Ext 200

Financial Director

Colleen Bonanne - Ext 206

Assistant Director

Cindy Schembre - Ext 203

Fitness Director

Betsy Fowler - Ext 220

Community Engagement and Activities Coordinator

Julie Barnes - Ext 223

Facility Manager

John Perkon - Ext 219

Transportation Coordinator

Dee Timi - Ext 205

Senior Driver

Brent Hartman

Front Desk

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.

MUSINGS ON THE MONTH OF FEBRUARY

To all our members, supporters, and friends of PrimeLife Enrichment,

Well, here we are in February, 2022 – still dealing with the not-so-pleasant combination of Covid and cold winter weather. Is relief in sight? We certainly hope so, and the sooner the better! In the meantime, many folks look upon any February with disdain. Consider the following remarks and see if any resonate with you.

"I used to try to decide which was the worst month of the year. In the winter I would choose February. I had it figured out that the reason God made February short a few days was because he knew that by the time people came to the end of it they would die if they had to stand one more blasted day."

— Katherine Paterson, *Jacob Have I Loved*

...

"When God was making the months I think February was a mistake, like a burp. There it was, small, dark, and prickly. It had absolutely no redeeming qualities."

— Shannon Wiersbitzky, *What Flowers Remember*

...

"February is the shortest month, so if you're having a miserable month, try to schedule it for February."

— Lemony Snickett

...

"The only bubble in the flat champagne of February is Valentine's Day. It was no accident that our ancestors pinned Valentine's Day on February's shirt: he or she lucky enough to have a lover in frigid, antsy February has cause for celebration, indeed."
—Tom Robbins

There are of course, those who sing the praises of February. Sports fans organize Super Bowl parties. Florists do a booming business in celebration of Valentine's Day, as do purveyors of chocolate candy in heart-shaped boxes. And every leap year, those born on the 29th get to celebrate their birthday! So, perhaps February is not as dismal as some might think. Consider these remarks:

"In February there is everything to hope for and nothing to regret."

— Patience Strong

...

"In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other."

— Linda Ellerbee

...

"February is the border between winter and spring."

— Terri Guillemets, *Years*

...

"If January is the month of change, February is the month of lasting change. January is for dreamers... February is for doers."

— Marc Parent

...

"There is always in February some one day, at least, when one smells the yet distant, but surely coming, summer."

— Gertrude Jekyll

...

"February is short and very sweet."

— Charmaine J Forde



GARY WAGNER
Executive Director

In the end, February, as with any month, is what you make of it. It's a little like seeing a glass as half-empty or half-full. I prefer the latter and wish you all a HAPPY FEBRUARY!

--- Gary

FEBRUARY OBSERVANCES

- American Heart Month
- Birth month of President Abraham Lincoln and African American abolitionist, author, and orator Frederick Douglass
- Black History Month
- Celebration of Chocolate Month
- International Friendship Month
- International Month of Black Women in the Arts
- International Prenatal Infection Prevention Month
- National Senior Independence Month
- Library Lovers Month
- Marijuana Awareness Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- Youth Leadership Month

MEMBERSHIP OPTIONS



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.

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 Land and Aquatic Fitness Classes

INSURANCE PROGRAMS: BASIC MEMBERSHIP

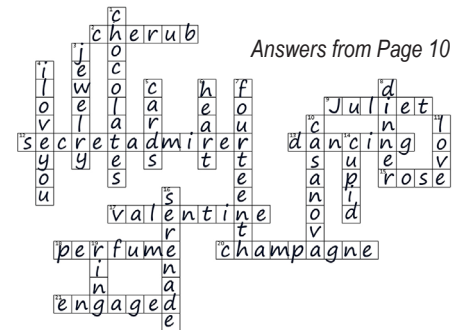
- Silver Sneakers • Prime • RenewActive • Active and Fit • Silver and Fit

YOUR FIRST CLASS FREE!

Want to try it out before you decide, ask for a FREE Day Pass.

Scholarships are also available!

IMPORTANT: You must show proof of being fully vaccinated the first time you come in.



Answers from Page 10

HELP FOR MANAGING THE “WINTER BLUES”

SADNESS IN THE WINTERTIME IS A REAL THING FOR MANY PEOPLE

While there are enjoyable aspects to every season, fall and winter are the times of year when some people struggle with symptoms of depression or “the blues.” Fewer hours of daylight, gray skies and cold weather can stimulate seasonal affective disorder (SAD) in 5 to 10 percent of the population.

Symptoms of SAD may include trouble sleeping or sleeping too much, lack of interest in activities that are normally enjoyed, difficulty concentrating, increased or decreased appetite, feelings of worthlessness or guilt, low energy, and feeling down or depressed.

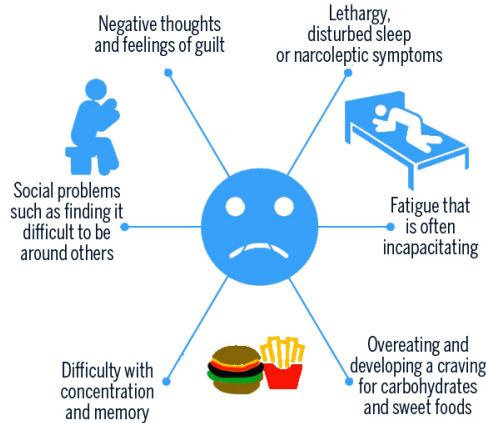
There are simple steps you can take to help boost your mood and alleviate SAD symptoms:

- ❄ When weather permits, bundle up and take daily walks outside. Being outdoors in the fresh air improves overall well-being and can increase energy. (Walking during the winter is a great form of exercise, but walks should be avoided when sidewalks and streets are icy.)
- ❄ Commit to a regular sleep/wake cycle even on days when you are not working.
- ❄ Minimize screen time in the evening. Blue light emitted from electronic devices, including televisions, disrupts sleep patterns by suppressing melatonin, the hormone that controls sleep and wake cycles.
- ❄ Engage in regular aerobic exercise, which helps decrease stress and lifts mood.
- ❄ Enhance light fixtures inside your home to provide more light.

If seasonal affective disorder becomes unmanageable and

Symptoms of SAD

Individual experiences with SAD vary, but there are a few symptoms you can look out for if you are feeling blue:

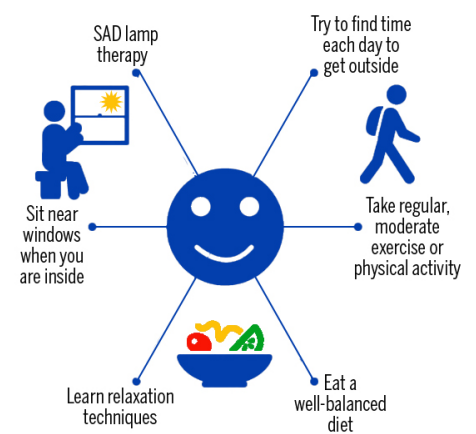


impacts your quality of life, it's important to consult with your primary care provider. There are treatments for SAD that can help you feel better and improve your productivity, mood and outlook. One of these is light therapy (phototherapy).

During light therapy, people sit or work near a light box—an appliance that mimics outdoor light. Research shows this light may cause a chemical change in the brain that improves mood and provides relief from other SAD symptoms. It's generally recommended that light boxes be used first thing in the morning for about 20-30 minutes. Placing the light box 16 to 24 inches

Treatments of SAD

If you are experiencing SAD, or a case of the winter blues, consult with your doctor about the following treatments:

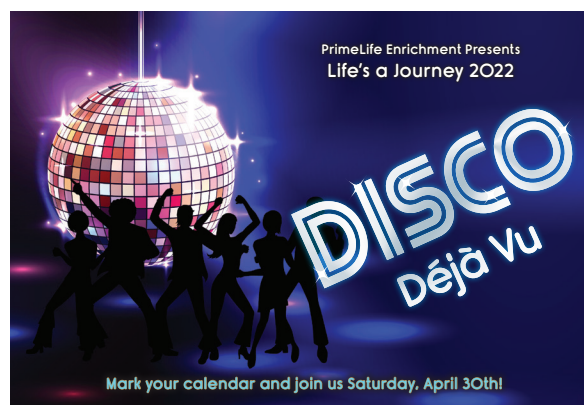


from your face, keep your eyes open, but don't look directly into the light. Light boxes can be purchased without a prescription, but be sure to consult your primary care provider before using one for SAD.

Other primary treatment methods for SAD are psychotherapy (counseling) and antidepressant medications. After a thorough evaluation, your doctor can recommend the best treatments for you.

Source: Thrive by IU Health, <https://iuhealth.org/thrive/help-for-managing-the-winter-blues>

SAVE THE DATE FOR THE BIG EVENT



Saturday, April 30, 2022
7:00 pm at Lucas West Pavilion
11453 Ditch Road, Carmel, IN
Dinner, Silent & Live Auction,
Disco Line Dance, Games and Prizes!
Music: Jayne Bond & the Pink Martinis
Attire: Disco or Cocktail
Visit PrimeLifeEnrichment.org for more information.

FEBRUARY IS NATIONAL SENIOR INDEPENDENCE MONTH

THIS CELEBRATION WAS ESTABLISHED TO HELP SENIORS REMAIN IN CONTROL OF THEIR DAILY LIVES

This month encourages seniors to take the opportunity to evaluate their current living situation, and determine whether or not adjustments could be made to create a better lifestyle. This is the opportunity to notice strengths and weaknesses in daily routines and make minor adjustments with potentially huge improvements.

Many seniors want to *age in place* and do for themselves as long as possible. In order to do this, however, you must make your living environment safer.

In order to *age in place*, certain things need to be done:



DECLUTTER ALL OF YOUR LIVING AREAS

It's not an easy task to declutter your living space. It's especially difficult for older adults. There is a stress in decluttering.

Decluttering tips include:

- Take one section of one room (a corner, a drawer, etc.) at a time and finish that area before moving to the next.

- Decide what you will do with the excess items (donate to PLE Thrift Store, give away, throw away, etc.) and follow through.

- For sentimental collections, pare it down to one or two items.

Don't be afraid to ask friends and family for help with sorting through your items. They can also help you to avoid the emotional traps that often happen when you're trying to clear out your living spaces.

Consider this great book:

Age in Place: A Guide to Modifying, Organizing and Decluttering Mom and Dad's Home; Kindle \$11; Paperback \$16.95.

FITNESS SCHEDULE

PrimeLife Enrichment Center

**PLEASE REMEMBER:
SIGN-IN WHEN YOU ARRIVE
SO PLE GETS PAID FOR
YOUR PARTICIPATION!
THANK YOU**

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	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		

Water classes will be limited to 12 people. The first 12 to pre-register on line or at the center will be admitted to the class.
Questions? Contact Betsy Fowler at 317-815-7000, ext. 220.

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	8:45 am 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		10:00 am Dance Fusion w/ Robby
2:00 pm	Yoga w/ Cheryl			Yoga w/ Cheryl		
5:30 pm		Beginning Line Dancing Class starting 1/11 @5:15 pm for 6 weeks. ***	Zumba w/ Alicia	Shine w/ Sandy		*** \$48 for members, \$60 for non-members
6:15 pm	Zumba w/ Kira	Shine w/ Sandy	Pound w/ Sandy	LaBlast w/ Debbie		

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

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:30am CICOA Lunch \$ 1pm Needlework L	2 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L	3 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making \$	4 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L Music by George & Tom Most Fridays from 12:00 am to 12:30 pm
7 11:30am CICOA Lunch \$ 12:15pm BINGO with Marcia 1pm Practice Bridge L <i>Not for beginners</i>	8 10 am Walking Club sponsored by Sanders Glen 11:30am CICOA Lunch \$ 11:45am DIVVY Lunch Delivery 1pm Needlework L	9 10am Caregiver Sup Grp spon by Alz Assoc. 11:30am Second Helpings Lunch 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L	10 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L	11 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
14 11:30am CICOA Lunch \$ 12:15 pm BINGO 1pm Practice Bridge L <i>Not for beginners</i>	15 11:30am CICOA Lunch \$ 1pm Needlework L	16 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L	17 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making \$	18 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
HAPPY VALENTINE'S DAY	WE LOVE OUR MEMBERS	WE LOVE OUR MEMBERS	WE LOVE OUR MEMBERS	WE LOVE OUR MEMBERS
21 10am Theatre Club L 12:15 pm BINGO with Wellebrooke 11:30am POTATO BAR Lunch \$ 1pm Practice Bridge L 3:30am Book Club L <i>Not for beginners</i> PRESIDENT'S DAY	22 11:30am CICOA Lunch \$ 11:45am DIVVY Lunch Delivery 1pm Needlework L	23 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Hand & Foot L 1pm Art Class \$	24 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L	25 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
28 11:30am CICOA Lunch \$ 12:15 pm BINGO 1pm Practice Bridge L <i>Not for beginners</i>	DID YOU KNOW? <ul style="list-style-type: none"> ♥ Passing out Valentine's is a 600-year-old tradition. ♥ In 1537, England's King Henry VIII officially declared February 14 the holiday of St. Valentine's Day by royal charter. ♥ Candy hearts were originally medical lozenges. ♥ Teachers are the number one recipient of Valentines. 			



FEBRUARY 2..... JAMIE HOPPER - MONEY CONCEPTS
 FEBRUARY 9..... DEE TIMI - THE JOY OF TRAVEL
 FEBRUARY 16..... CCP ACTORS - LOVE LETTERS
 FEBRUARY 23..... IU HEALTH

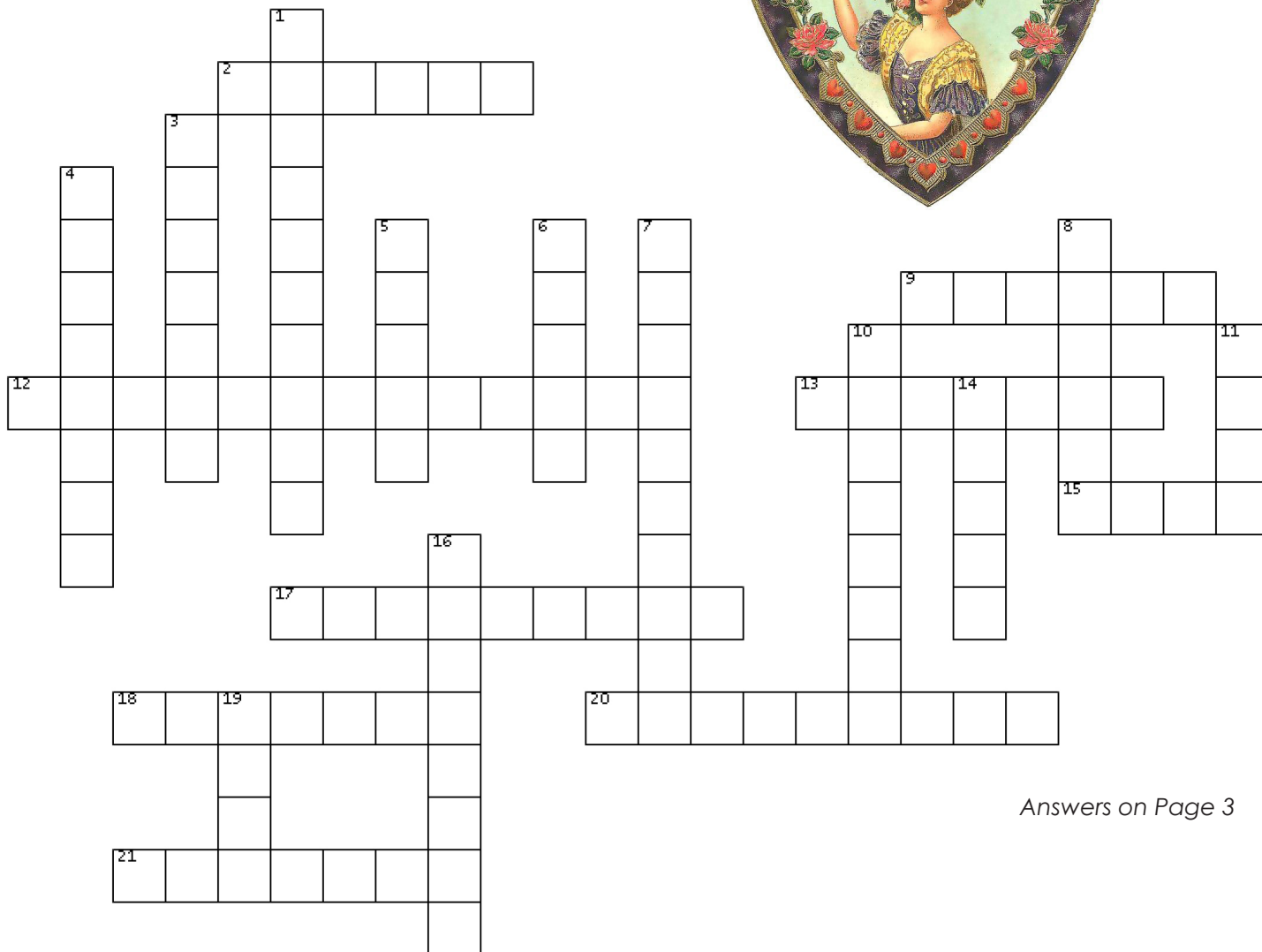


Book Club 2/21
 THE CLOCKMAKER'S DAUGHTER
 by Kate Morton

KEY:

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

PLE FEBRUARY PUZZLE



Answers on Page 3

ACROSS

2. Chubby winged creature
9. Romeo's Valentine
12. Anonymous Valentine
13. Doing the Samba, Tango, Cha Cha, etc.
15. Favorite flower to give
17. Sweetheart of a Saint
18. Her favorite scent
20. The bubbles tickle your nose
21. Most popular day to get ____

DOWN

1. Best thing to come in a box
3. Diamonds are a girls best friend
4. 3 little words
5. Charlie Brown looked for these in his mailbox
6. Everyone has one
7. Date of this Special February Holiday
8. Meal by candle light
10. Famous for his many lovers
11. What the world needs now
14. Always carries an arrow
16. Singing outside her window
19. Engaging gift

SAYING GOODBYE TO KAYE HIRT-EGGLESTON

PLE HAS LOST A CHAMPION

Late last year, PrimeLife Enrichment lost a dedicated member and volunteer. Kaye Hirt-Eggleston gave tirelessly of her time and talents to PLE as a volunteer, sponsor, board member and most recently as Special Events Committee Chair.

Kaye had an illustrious career in real estate for over 40 years and followed in her mother's footsteps by becoming MIBOR (Metropolitan Indianapolis Board of Realtors) President in 1983, then later serving as the President of MIBOR's REALTOR® Foundation in 2009, which raises money annually to foster support for central Indiana's homeless population.

Kaye dedicated countless hours to the central Indiana community not only in real estate, but for her church, Habitat for Humanity, Pathways to Recovery, and more. In 2019, Kaye's friend and long-time PLE supporter Suzanne Marks recruited her to become a PLE board member.

"Kaye had more energy than 10 of us," said Suzanne. "Always serving and participating in her community."



Kaye Hirt-Eggleston



(L to R) Kaye Hirt and Suzanne Marks from Carpenter Realty show off the van their company is sponsoring. (PLE driver George Billeisen is behind the wheel)

Anything Kaye jumped into she gave 100%. She will be missed."

Diagnosed with metastatic pancreatic cancer last year, Kaye was expecting 12-18 months before the disease took its toll, but just a few short months later, she left us. She will be remembered for her extraordinary career and her dedication to her community, including her work at PLE.

HEALTHY SOUP RECIPES



WHITE CHICKEN CHILI

INGREDIENTS

3 tbsp. olive oil
4 scallions, chopped, whites and dark green parts separated
2 cloves garlic, chopped
1/2 to 1 jalapeño, seeded and chopped
Kosher salt
2 (4-ounce) cans mild Hatch green chiles
1 tbsp. ground cumin
1 tbsp. dried oregano
1 tsp. smoked paprika
1 1/2 lb. dark meat ground chicken
1 (32-ounce) container chicken stock
1 (13.5 ounce can) cannellini beans, rinsed

DIRECTIONS

Heat oil in a large pot over medium heat. Add scallion whites, garlic, and jalapeño. Season with salt. Cook, stirring occasionally, until soft, 4 to 6 minutes. Add green chiles and cook, stirring occasionally, until thickened, 3 to 5 minutes. Add cumin, oregano, and paprika. Cook, stirring, 30 seconds.

Add chicken and season with salt. Cook, stirring occasionally, until chicken is cooked through, 6 to 8 minutes. Add stock and beans and bring to a boil. Reduce to a simmer and cook, stirring occasionally, until thickened, 30 to 35 minutes. Serve topped with scallion greens and desired toppings.



CREAMY TOMATO BISQUE

INGREDIENTS

3 tbsp. unsalted butter
1 tbsp. olive oil
1 1/2 c. chopped yellow onion (1 large)
3/4 c. chopped shallots (2 large)
1 c. chopped leek, white and light green parts only (from 2 large)
3 (28-ounce) cans crushed tomatoes
4 c. whole milk
2 c. heavy cream
1/4 tsp. crushed red pepper flakes
Kosher salt and freshly ground black pepper
Grated Parmesan and chopped fresh flat-leaf parsley, for garnish

DIRECTIONS

Heat butter and oil in a large pot or Dutch oven over medium-low heat. Add onion, shallots, and leek. Cook, stirring occasionally, until tender, 8 to 10 minutes. Add tomatoes, milk, cream, saffron, and red pepper flakes. Bring to a boil over high heat. Reduce heat and simmer, uncovered and stirring occasionally, until flavors are blended and soup is slightly thickened, 30 to 40 minutes. Season with salt and pepper.

Serve hot, garnished with Parmesan and parsley.



WINTER SQUASH SOUP

INGREDIENTS

2 tbsp. unsalted butter
1 tbsp. olive oil
chopped onions
1 1/2 lb. butternut squash
3 c. chicken stock or broth
1 can pumpkin purée (not pie filling)
Kosher salt
black pepper
1 c. half-and-half
Crème fraîche
Grated Gruyère
croutons

DIRECTIONS

In heavy-bottomed sauce-pot, heat butter and oil on medium-low heat. Add onions and cook 10 minutes or until translucent, stirring occasionally.

Add butternut squash, stock, pumpkin, 2 teaspoons salt, and 1/2 teaspoon pepper; heat to boiling on medium-high heat. Cover and simmer on medium-low heat for 20 minutes or until squash is very tender, stirring occasionally. Process mixture with hand blender until smooth (or put through food mill and return to pot).

Add half-and-half to soup; heat slowly. Serve with garnishes, if using.

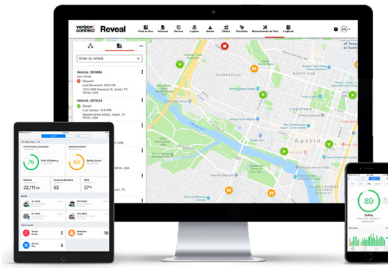
TRANSPORTATION GETS A TECHNOLOGY BOOST

A MUCH NEEDED UPGRADE FOR OUR TRANSPORTATION FLEET

The next time you are in a PLE van, you may notice the driver using some new technology. PLE has updated our transportation software to provide even greater service to our clients.

It isn't often that we can save money by replacing old software with new and upgrading our technology, but that's what we've done with our purchase of Verizon Connect Reveal - Advanced GPS Fleet Tracking system.

"It was a good time to make the switch," says PLE Assistant Director Cindy Schembre. "Our previous software had been used for 15+ years and had gotten too expensive and too old. The



contract on our old system was running out and updating now made sense. We found this system, we knew it would be great for everyone involved."

Each driver now has a digital notebook for the van they are driving (or they can use their own phone), along with Google Maps and GPS directions for each destination.

"I love the new system. Our entire day of trips is right at our fingertips, along with client contact information and our exact location at any given time," said driver Tim Gallagher.

Back at PLE, we can see how close a van is to its destination, and even cancel a trip and notify the driver immediately on their device.



FITNESS FOR A NEW YEAR

PrimeLife Enrichment Center

PrimeLife



Enrichment, Inc.

BY THE NUMBERS

Members who participate in a fitness class with others are **56%** less likely to cancel their membership than those who train on their own

40% increase in most gym website traffic in January

12% of all gym sign-ups happen between January and March

80% of new gym members will quit within 5 months

50% of members stay at a fitness center because of location

SO MANY WONDERFUL FACES



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



NONPROFIT ORG
US POSTAGE
PAID
Permit No 687
Carmel, Indiana

PLE SENIOR NEWS | FEBRUARY 2022

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, Inc.

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.

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 checks, cash, Visa, Master Card
and Discover. Make check payable to: PrimeLife
Enrichment, 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 fo
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