



PrimeLife

ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



PLE SENIOR NEWS

MARCH 2022

Thursday Volleyball is an Aquatics class no one wants to miss.

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FIND US ON FACEBOOK
@PrimeLifeEnrichment

UPCOMING EVENTS AND ANNOUNCEMENTS

MARCH HIGHLIGHTS:

- Sunday, March 13 - Daylight Savings Time Starts
- March 14 - 11:30 am - 12:30 pm
50th Anniversary of CICOA
Senior Nutrition Program
- March 17 - Happy St. Patrick's Day
- Book Club on March 21
A MONTH IN THE COUNTRY
by J. L. Carr
- Flower Arranging with Wellbrooke
on March 24
- Theatre Club on March 28

LUNCH & LEARNS for March:

- MARCH 2
Second Helpings
- MARCH 9
Carmel Clay Historical Society
- MARCH 16
Mammals with Dan Popiela
- MARCH 23
Fitness for Life with Sam Stipp
- MARCH 30
Our Sponsor - Discovery Commons

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

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

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:

Phone: 317.815.7008, ext. 205

TRANSPORTATION AVAILABLE

MONDAY-FRIDAY - 8:00 AM - 3:30 PM

Schedule at least one
week ahead.

"Beware the ides of March"

--Julius Caesar, by William Shakespeare

...AND OTHER MARCH MUSINGS

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

No doubt many if not all of you are familiar with the above quotation taken from Shakespeare's play *Julius Caesar*. As you probably also know, March 15th is known as "The Ides of March." This is the day that historians and English Literature buffs celebrate the assassination of Caesar in 44 B.C. Some watch movies and documentaries about Julius Caesar's life. Others might dress up in togas and have a glass of wine to mark the occasion. Still others might simply make a Caesar salad for lunch (although it's not named after the Emperor). For those of us who are not students of Roman history, perhaps St. Patrick's Day on March 17th provides a better excuse to shake off the winter doldrums. It's a great day for parades, green beverages, corned beef and cabbage or Irish stew, wearing your favorite green clothing, and even claiming to be Irish (at least for the day).

If neither the Ides of March nor St. Patty's Day are circled on your calendar of dates to celebrate, here's one that will certainly appeal to most if not all of us, especially this year: MARCH 20th! Between the dark winter months of January and February, and the emergence of the Omicron variant, there hasn't been much to cheer about lately. But that will soon change when the spring equinox occurs at 11:33 a.m., on Sunday, March 20, 2022. This is the day the sun crosses over the line of the equator, after which hours of daylight will increase while hours of darkness decrease. As you might

have guessed, I'm talking about the first day of Spring.

It may start out slowly, but sooner rather than later we'll notice buds on tree limbs, lawns starting to awake from their winter slumber, flowers beginning to break through the ground, all with the promise that warmer sunny days will soon follow and dispel the greyness – both physical and mental – of winter. Spring is a time of new beginnings. It provides us with the opportunity to think about the months ahead and what changes we might want to make, such as planting flowers or gardening, perhaps shedding a few pounds from our winter "coat", rising a little bit earlier, taking frequent walks outside, or even doing some Spring cleaning. I confess that this last activity has never been my favorite, but I appreciate how British novelist described it in *The Wind in the Willows*, a children's classic first published in 1908:

'The Mole had been working very hard all the morning, spring-cleaning his little home. First with brooms, then with dusters; then on ladders and steps and chairs, with a brush and a pail of whitewash; till he had dust in his throat and eyes, and splashes of whitewash all over his black fur, and an aching back and weary arms. Spring was moving in the air above and in the earth below and around him, penetrating even his dark and lowly little house with its spirit of divine discontent and longing.'

It's beginning to look like we will have an even brighter outlook this Spring than we've had in the recent past. I'm talking specifically about the dark cloud of Covid that has hung over us here at PrimeLife Enrichment since March, 2020. Thanks to so many of you who have journeyed with us through the uncharted waters of



GARY WAGNER
Executive Director

the pandemic, we have emerged relatively unscathed and, in my opinion, stronger than we were before the pandemic. As I write this message, it appears that we can finally begin to practice the "new normal" that we have all awaited for several months. Specifically, as of March 15th, members, guests, and staff will no longer be required to wear masks inside the PrimeLife Enrichment Center. However, masks will still be required for those utilizing our transportation service while they are in transit. We encourage everyone to continue to practice social distancing whenever possible. And we will continue our requirement that all who enter the facility or a PrimeLife van be fully vaccinated. We also encourage but will not require everyone to receive their booster shot(s). As you might expect, this change in policy is subject to CDC and State guidelines, should they change in the future.

As always, thank you so much for your support and friendship! Our sincere wishes that the Ides of March will be better for you than it was for Julius Caesar! Happy Spring!

– Gary

P.S. Be sure to mark your calendar for our annual Life's A Journey Event coming up on April 30th - see page 7 for more details.

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.

FIVE HEALTH BENEFITS OF LAUGHING

COULD LAUGHTER TRULY BE THE BEST MEDICINE?

Have you ever heard the phrase “laughter is the best medicine?” Well, it turns out that it does have real benefits for your health. Researchers don’t fully understand why it impacts wellbeing the way it does, but they do know laughing does have a positive impact. Laughter can help your short-term physical condition by reducing stress and help your long-term health, helping you live to an older age. Here are the health benefits of a good laugh.

- 🌟 **Reduces stress.** Stress has many harmful effects on the body, including increasing your risk of heart disease. Laughter can reduce stress and reduce the negative effects of stress.
- 🌟 **Improves memory.** In studies of older adults, laughter has been shown to improve cognitive function and memory in particular.



- 🌟 **Burns calories.** While it might not be the same as a rigorous workout, a good laugh does burn calories. If you are trying to live a healthy lifestyle, frequent laughter may help you. Though of course healthy eating and exercise should be key components of your lifestyle.
- 🌟 **Improves mental health.** This may be the most obvious benefit of laughter, but laughing makes you feel better about yourself. For people who suffer from mental illness like depression, laughter can help alleviate the negative effects of their disease.

- 🌟 **Improves pain tolerance.** Finally, laughter has been shown to improve an individual's ability to tolerate pain. For people suffering from pain, whether from an injury or even chronic illness, laughter can help diminish pain.

So, if you're looking to improve your overall quality of life, watch a standup, put on a funny movie or tell a joke. Laughing can truly make your life better.

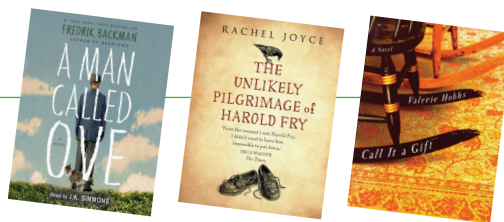
Source: Thrive by IU Health, <https://iuhealth.org/thrive/5-health-benefits-of-laughing>

READING IS UNDERRATED

HERE IS A LIST OF GREAT BOOKS FOR SENIORS

A Man Called Ove by Frederick Backman. This best-selling fiction novel features a cranky, bitter, 59-year-old widower, whom you can't help falling in love with. It's also a film, so when you are done, you can watch the movie.

Prime of Life by P.D. Bekendam. This book is for anyone who likes unexpected storylines. This one is about a doctor who leaves his luxurious career behind to become a janitor at a retirement community. It's filled with humor and quirky characters.



Major Pettigrew's Last Stand by Helen Simonson. Set in England's countryside, this book features a retired British army officer and a Pakistani shopkeeper. They're drawn together and over time, fall in love. However, the challenges from culture and tradition, akin to Romeo and Juliet, make it a compelling read.

The Little Old Lady Who Broke All the Rules by Catharina Ingelman-Sundberg. This book is about a group of seniors who are fed up with early bedtimes and soft

foods and decide to reclaim their independence by committing a robbery. It's a comedy of errors that keeps you turning pages until the very end.

Call It a Gift by Valerie Hobbs. This novel is about two people who meet each other late in life and fall in love, even though they are an unlikely pair. It's a heartwarming, sentimental read — your loved one may need tissues.

“Reading gives us somewhere to go when we have to stay where we are.” - Fine Art America

Don't forget that PLE has a library full of books to borrow and a selection of free books by the Thrift Store.

GRAB YOUR BOOGIE SHOES AND COME OUT TO SUPPORT PLE

PRIMELIFE ENRICHMENT'S
GALA EVENT IS COMING IN APRIL

SAVE THE DATE for the annual
Life's A Journey fundraiser:

Saturday, April 30, 2022 at 7:00 pm

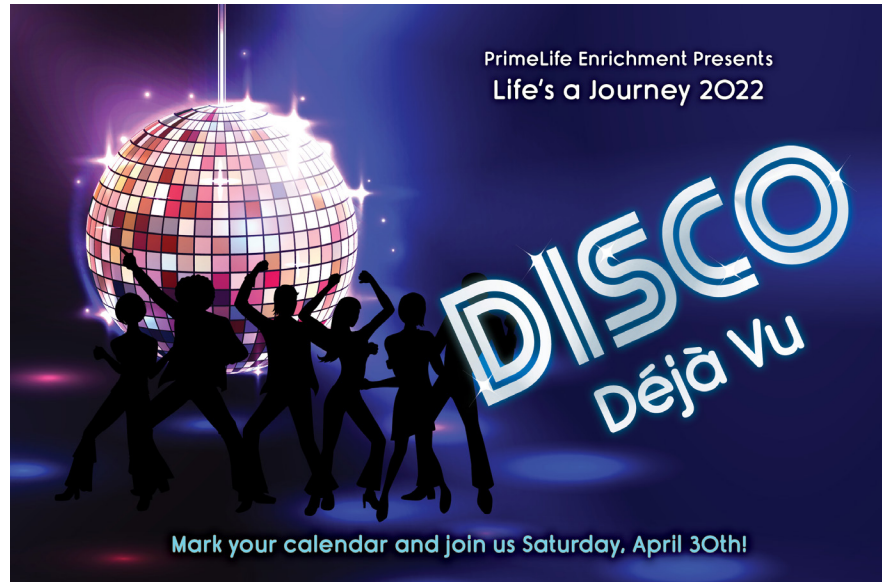
Lucas West Pavilion
11453 Ditch Road • Carmel, IN 46032

Dinner, Silent and Live Auction,
Dancing, Games and Prizes!

Music provided by
Jayne Bond and the Pink Martinis

Attire: Disco or Cocktail

Visit [PrimelifeEnrichment.org](https://www.PrimelifeEnrichment.org)
for more information



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	NEW TIME: Zumba w/ Kira		Zumba w/ Alicia	Shine w/ Sandy		
6:15 pm		Shine w/ Sandy	Pound w/ Sandy	LaBlast w/ Debbie		

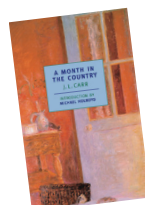
**All land classes in person unless noted otherwise.

MARCH

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 <div>Music by George & Tom most Fridays from 12:00 pm to 12:30 pm</div>
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 - 12:30pm CICOA Lunch \$ 50th anniversary of SR Nutrition Program Activity: Build-a-Beverage 1pm Practice Bridge L <i>Not for beginners</i> NO BINGO	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 \$  Wear Your Green!	18 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
21 12:15 pm BINGO 11:30am CICOA Lunch \$ 1pm Practice Bridge L <i>Not for beginners</i> 3:30am Book Club L	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 1pm Flower Arranging with Wellbrooke	25 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
28 10:00am Theatre Club with Dee Timi L 11:30am CICOA Lunch \$ 12:15 pm BINGO 1pm Practice Bridge L <i>Not for beginners</i>	29 11:30am CICOA Lunch \$ 1pm Needlework L	30 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Hand & Foot L 1pm Art Class \$	31 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L	 Daylight Savings Time Starts on Sunday, March 13



MARCH 2..... SECOND HELPINGS
MARCH 9..... CARMEL CLAY HISTORICAL SOCIETY
MARCH 16..... MAMMALS WITH DAN POPIELA
MARCH 23..... FITNESS FOR LIFE - SAM STIPP
MARCH 30..... OUR SPONSOR - DISCOVERY COMMONS



Book Club 3/21
A MONTH IN THE COUNTRY
 by J.L. Carr

KEY:

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

PUZZLE

St. Patrick's Day Wordsearch

P	E	F	K	C	O	R	M	A	H	S	D	U	O	D	P	S	T
O	W	R	R	I	A	E	B	M	S	A	T	D	G	Q	A	R	P
X	I	E	D	G	J	Z	L	S	N	I	M	F	R	O	T	I	O
X	S	T	D	K	R	E	C	S	G	N	S	W	M	L	R	U	L
T	H	Y	S	E	Q	N	R	H	G	T	E	W	N	S	I	A	E
S	E	A	N	T	F	I	E	T	A	R	B	E	L	E	C	L	A
T	S	E	I	F	H	I	E	C	B	R	U	S	U	G	K	H	Y
U	O	I	O	X	M	K	H	A	J	K	M	A	C	E	R	N	U
M	A	R	C	H	F	Y	A	E	P	O	I	U	K	Y	S	T	S
I	W	T	S	L	R	P	B	L	A	R	N	E	Y	Q	T	O	H
R	T	A	E	W	O	X	N	I	R	O	P	A	T	N	O	C	I
E	I	C	W	C	E	V	R	N	A	M	T	U	E	C	N	I	L
L	R	G	T	S	E	N	E	M	D	Y	A	O	N	I	D	O	L
A	E	I	L	O	D	L	A	R	E	M	E	N	P	D	H	N	E
N	B	Y	H	E	N	T	Y	A	S	C	N	I	L	Y	A	E	L
D	L	O	G	E	T	K	D	A	I	R	C	N	L	S	E	U	A
O	G	T	R	A	I	N	B	O	W	A	S	E	P	V	P	O	G
U	W	P	E	S	F	C	X	W	E	T	F	E	S	A	L	I	H
N	B	L	E	L	K	T	J	N	M	D	V	A	Z	F	M	P	U
E	R	S	N	U	A	H	C	E	R	P	E	L	V	C	B	N	Y

Blarney	Emerald	Lucky	Rainbow
Celebrate	Green	March	Saint
Charm	Gold	Parade	Shamrock
Clover	Ireland	Patrick	Shillelagh
Coins	Leprechaun	Pinch	Wishes

HAPPY 80TH BIRTHDAY TO JEANNE SIMKUS

YOU'VE GOT TO HAVE FRIENDS!

When you've made it long enough in this world to celebrate your 80th birthday, it's good to have friends around to share in the celebration.

Eugenia (Jeanne) Simkus was born on February 7, 1942 and became a PrimeLife member in December 2013. Her favorite class is Arthritis Aquatics because she likes to be in the water, and because she gets to share the class with her buddies.

Recently Jeanne got together with her PLE classmates and friends to celebrate her 80th at Maggiano's Little Italy with good food, good friends, and cake.



Above: (L to R) Jo Signorino, Winnie Nestle, Shantha Reddy, Jeanne Simkus, Julie Blowski, Mary Anne Wignall, Bernice Betts.



Above: (L to R) Mary Anne Wignall, Shantha Reddy, Jeanne Simkus and Bernice Betts.



Above: (L to R) Jo Signorino, Wendy Stang, Winnie Nestle, Jeanne Simkus and Terrel Gagermeier.

ROASTED RECIPES TO MAKE IN MARCH

LEMON-DIJON PORK SHEET-PAN SUPPER



INGREDIENTS

4 teaspoons Dijon mustard
2 teaspoons grated lemon zest
1 garlic clove, minced
1/2 teaspoon salt
2 tablespoons canola oil
1-1/2 pounds sweet potatoes (about 3 medium), cut into 1/2-inch cubes
1 pound fresh Brussels sprouts (about 4 cups), quartered
4 boneless pork loin chops (6 ounces each)
Coarsely ground pepper, optional

DIRECTIONS

Preheat oven to 425°. In a large bowl, mix first 4 ingredients; gradually whisk in oil. Reserve 1 tablespoon mixture. Add vegetables to remaining mixture; toss to coat.

Place pork chops and vegetables in a 15x10x1-in. pan coated with cooking spray. Brush chops with reserved mustard mixture. Roast 10 minutes.

Turn chops and stir vegetables; roast until a thermometer inserted in pork reads 145° and vegetables are tender, 10-15 minutes longer. If desired, sprinkle with pepper. Let stand 5 minutes before serving.

ROASTED LEMON CHICKEN THIGHS WITH POTATOES



INGREDIENTS

6 bone-in, skin-on chicken thighs
salt and freshly ground black pepper
1/4 cup olive oil
1 1/2 pounds Eastern or Yukon Gold potatoes (680g, scrubbed and cut into 1-inch chunks)
1 lemon (sliced)
10 cloves garlic (peeled)
1/4 cup chopped cilantro or parsley leaves

DIRECTIONS

Preheat your oven to 425 degrees F, and season the chicken thighs with salt and pepper. Heat the olive oil in a roasting pan set over two burners at medium high heat.

Sear the chicken skin-side down in the roasting pan. After the chicken thighs have been searing for about 5-7 minutes, flip them over. Add the potatoes and stir them in the oil. Add the lemon slices and garlic cloves, tossing everything together so the potatoes and garlic are well-coated in olive oil.

Transfer the chicken to the oven and cook for another 30 minutes, or until the chicken is cooked through and the potatoes are tender. Remove from the oven and stir in the herbs. Serve.

CHEESY GARLIC ROASTED ASPARAGUS



INGREDIENTS

1 pound (500 g) asparagus spears, woody ends removed
3 tablespoons olive oil
1 tablespoon minced garlic (or 4 cloves garlic, minced)
3/4 teaspoon Kosher salt
1/4 teaspoon fresh cracked black pepper
1 1/4 cup shredded mozzarella cheese

DIRECTIONS

Preheat oven to 425°F (220°C). Lightly grease a baking sheet with nonstick cooking oil spray.

Arrange asparagus on baking sheet. Set aside.

In a small bowl mix together olive oil, garlic, salt and pepper. Drizzle the oil mixture over the asparagus and toss to evenly coat.

Bake for 10-15 minutes until vibrant and just beginning to get tender.

Remove from oven and top with the mozzarella cheese. Return to oven and broil (or grill) until the cheese melts and becomes golden (about 4-5 minutes).

Adjust salt and pepper, if needed. Serve immediately.

S.H.I.P. - STATE HEALTH INSURANCE ASSISTANCE PROGRAM

DID YOU KNOW THAT PLE OFFERS FREE MEDICARE ASSISTANCE?

This federally funded program is FREE and provides unbiased information on Medicare and ALL Advantage Insurance programs.

The State Health Insurance Assistance Program (SHIP) is a free and impartial counseling program for people with Medicare.

SHIP is provided by the Administration for Community Living and the Indiana Department of Insurance. They are part of a federal network of State Health Insurance Assistance Programs located in every state. **All of their services are free.**



SHIP is not affiliated with any insurance company or agency and does not sell insurance. They are staffed by a crew of volunteer counselors who have completed intensive training to offer you objective assistance in complete confidence.

Whether you are just becoming Medicare eligible, had a change

in health, or want to see if you are receiving the best benefits available to you.

In person and phone appointments are available by appointment only. Please call PLE to schedule: 317-815-7000. Please note: No walk-ins.



SHIP

State Health Insurance
Assistance Program
Navigating Medicare



SENIOR WELLNESS: THE BEST TIPS FOR HEALTH IN SPRING

SPRING IS A GREAT TIME TO MAKE CHANGES TO ENHANCE YOUR HEALTH

After a long and sometimes dark winter, you might feel inspired to make changes to enhance your health. If that is the case, read on to find out how you can rejuvenate your life this spring. Whether you're living in a senior community already, living independently, living with a family member, or caring for one, these spring health tips are worth taking into account.



TAKE YOURSELF IN FOR A TUNE UP

To keep your body running at peak performance, it needs regular maintenance: a spring tune-up, so to speak. Get your weight, blood pressure, and glucose and cholesterol levels checked out by your primary-care physician, who can also book you for other relevant tests.

In addition, if it's been a year since your eyes were tested, schedule an appointment with your optometrist, and see your dentist if you haven't been examined for at least six to nine months.

Finally, if you are finding it difficult to catch what people are saying, especially in a crowd of people, it's probably time to get your hearing tested.



PUT ON YOUR WALKING SHOES

If you're no fan of ice and snow, your whole world may expand once the spring sun settles in and thaws out the land. And there's no better way to explore the season than by walking. Health-wise, it's one of the best physical activities for seniors – its considerable benefits include controlling blood

sugar, supporting bone and heart health and improving sleep.

Not only that, walking in a park or forest is a great way to connect with nature, and, if you join a walking club or hiking group, it can be an easy way to meet new friends.

Remember to make sure that you choose terrain that is suitable for your current level of activity and balance, and that you wear supportive and comfortable shoes, as these can help reduce the risk of falls.



TAKE AN EXERCISE CLASS

In addition to walking, get your endorphins flowing by signing up for a low-impact aerobics or other type of exercise class. Consider Yoga, Pilates or Tai Chi, all of which can improve balance and flexibility and decrease your chances of falling. Aquafits classes is another fun and social way to increase physical fitness, one that can be especially suitable if you have arthritis or chronic pain.



GET OUTSIDE AND GARDEN

In springtime, a highlight of many seniors' lives is gardening, which brings a multitude of health benefits. For starters, tending to a garden can boost your level of Vitamin D, which can, in turn, help reduce the risk of bone problems and fractures.

On an emotional level, getting outside and breathing fresh air, listening to birds chirp, and watching worms crawl through the dirt can be as calming and relaxing as an hour of meditation. On a physical level, digging, planting and weeding can improve strength, flexibility and agility.



LIGHTEN UP YOUR DIET

Many healthy fruits and veggies, like asparagus, peas, lettuce, and strawberries come into season in the spring, making it the perfect time to replace heavier winter meals with salads, light soups or other lightly cooked fare. In fact, cut down your chances of developing conditions, such as heart disease, stroke, diabetes, and arthritis, by making a complete dietary overhaul.

Consider cutting down on red meat and processed foods, replacing white flour with whole grain flour, and increasing your intake of produce as well as healthy fats such as olive oil and avocados.

Remember that you should never undertake a new diet or exercise plan without consulting your doctor about what will be safe for your current level of health.



DRINK LOTS OF WATER

As you age, your ability to notice thirst may decrease, so it's important to keep an eye on water intake, especially when you've been exercising outdoors in the sun. Dehydration can adversely affect memory and concentration and increase fatigue; it can also lead to serious complications such as increased risk of falls.

As a rule of thumb, aim for at least eight cups of water per day, and be conscious about the type of fluid that you ingest, choosing water, herbal tea and fresh vegetable juices over coffee, fruit juices or sugary sweet soft drinks.



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