



# PrimeLife

## ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



## PLE SENIOR NEWS | JULY 2022

*PLE has so many programs going on all the time, but BINGO is by far the most popular.*

### WHAT'S INSIDE

About Us	2
Center Information	3
From Our Director	4
Membership Options	5
Health Spot by IU Health	6
Carmel is Made for Walking	7
Fitness Schedule	8
Activities and Events Calendar	9
July Crossword Puzzle	10
Keeping Informed	11
Recipes Perfect for Pitch-ins	12
Commentary	13
Friends Keep Us Healthy	14

### UPCOMING EVENTS AND ANNOUNCEMENTS

#### JULY HIGHLIGHTS:

<b>JULY 8</b>	10 am Sycamore Reserve BINGO
<b>JULY 13</b>	10 am Caregiver Support Group
<b>JULY 14</b>	2 pm Living with Loss Group
<b>JULY 18</b>	12:15 pm Home Instead BINGO
<b>JULY 25</b>	10 am Theatre Club
	12:15 pm Prairie Lakes BINGO
<b>JULY 27</b>	Carmel Fire Department Cookout

#### LUNCH & LEARNS FOR JULY:

<b>JULY 6</b>	VA Benefit - Wellbrooke
<b>JULY 13</b>	Serenity Senior Living - Pets
<b>JULY 20</b>	Care for the Caregiver
<b>JULY 27</b>	Carmel Fire Department Cookout



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[facebook.com/PrimeLifeEnrichment](https://facebook.com/PrimeLifeEnrichment)



Instagram

[instagram.com/PrimeLifeEnrichment](https://instagram.com/PrimeLifeEnrichment)

#### CONTACT US!



1078 Third Ave. SW, Carmel, IN 46032



317.815.7000



[www.primelifeenrichment.org](https://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 Enrichment.

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 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  
Michael Bratcher

Melody Cockrum  
Terry Dollar  
Timothy McGuire  
Dan Overbeck  
Linda Ramey-Greiwie  
Cinnamon Bombard, UWCI

# CENTER INFORMATION

PrimeLife Enrichment Center

## STAFF 317-815-7008

### Executive Director

Gary Wagner - Ext 200  
[gwagner@primelifeenrichment.org](mailto:gwagner@primelifeenrichment.org)

### Assistant Director

Cindy Schembre - Ext 203  
[cschembre@primelifeenrichment.org](mailto:cschembre@primelifeenrichment.org)

### Fitness Director

Betsy Fowler - Ext 220  
[bfowler@primelifeenrichment.org](mailto:bfowler@primelifeenrichment.org)

### Community Engagement and Activities Coordinator

Julie Barnes - Ext 223  
[jbarnes@primelifeenrichment.org](mailto:jbarnes@primelifeenrichment.org)

### Reception/Graphic Design

Lori Raffel - Ext 210  
[lrattel@primelifeenrichment.org](mailto:lrattel@primelifeenrichment.org)

### Facility Manager

John Perkon - Ext 219  
[jperkon@primelifeenrichment.org](mailto:jperkon@primelifeenrichment.org)

## 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.*

### Transportation

Ext 205

### Senior Driver

Brent Hartman

## CONTACT US

### MAIL

1078 Third Avenue SW  
Carmel, IN 46032



## 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.

### PHONE

317.815.7000

### EMAIL

[info@primelifeenrichment.org](mailto:info@primelifeenrichment.org)

# FROM OUR DIRECTOR

PrimeLife Enrichment Center

"You have to love a nation that celebrates its independence every July 4th, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism." —Erma Bombeck

I have a confession to make. I know that in June's newsletter I said "welcome!" to summer. Mea Culpa. It seems that I forgot just how hot (and humid) summer can be. Sure, we had some nice but brief interludes from the heat, but no more complaints from me about cold or at least cooler weather. No doubt we will see at least a few more dog days of summer with July and August waiting in the wings. Such days pose much less of a challenge today than they used to years ago, thanks to our air conditioned homes, offices and vehicles. No need to put box fans in strategic locations around the house, or to row down your car windows while on a trip. Some may argue that those were the good old days, but I for one will always vote for staying cool rather than sweltering in the heat. That being said, I'm sure we all share some great childhood memories from July. How about hometown parades and fireworks displays on July 4th? Growing up in Indy, it seemed like the drive-in theatres always had the biggest and best fireworks shows. But as big of a holiday as July 4th is, there are also many other reasons to celebrate the month.

For example, July is National Picnic Month, National Grilling Month, National Hot Dog Month, National Baked Bean Month, and National Ice Cream Month. All seem to fit in nicely with July 4th celebrations. I was surprised, however, to learn that July is also National Anti-Boredom Month, National Cell

Phone Courtesy Month, and Shirley Luttrell's favorite – World Watercolor Month. Other days in July to celebrate include American Zoo Day (1st), National Stay Out of the Sun Day (3rd), National Workaholics Day (5th), Cheer Up the Lonely Day (11th), and National Pecan Pie Day (12th). I have to add here that 90% of Americans surveyed believe eating a slice of pie is one of life's simple pleasures. Personally, I cast my vote with all those who say Pecan Pie is their favorite dessert – with or without ice cream! Rounding out the month, a few other days to celebrate include Toss Away the 'Could Haves' and 'Should Haves' Day (16th), President Reagan's National Ice Cream Day (17th – goes well with National Pecan Day), National Get Out of the Dog House Day (19th – no comment), and last but not least, National Tell an Old Joke Day (24th – perhaps George Billeisen's favorite).

Of course, the above list is not all-inclusive, but you get the idea – July offers many reasons to celebrate. For PrimeLife Enrichment, July marks the beginning of a new fiscal year. Before we give you a peek of what to look forward to in the coming year, let's look back at some of the highlights of the last 12 months:

- Conducted our stakeholder survey from July 12th through August 9th last year with the assistance of United Way's Research & Evaluation Department.
- Kicked off our long-overdue membership drive beginning October 19th and ending on January 31st of this year. Certainly the highlight of the kickoff event was the LaBlast class led by Louis van Amstel. Original goal was to recruit 50 new members. Final tally was just over 100 new members. Congrats and thanks to all members who helped make this such a success!
- Implemented in December our computerized member registration



**GARY WAGNER**  
Executive Director

system that enables members to register online or in person for classes and other activities. The system also automatically updates our data base after each registration.

- Lifted the long-enforced COVID mask mandate.
- Had a successful end-of-the-year Annual Appeal that raised more than \$20,000. Also had a successful Life's A Journey "Disco Deja Vu" special event in April that raised more than \$20,000.
- Began our adaptive (strategic) planning process, the result of which will be implemented beginning in August.
- Partnered with I.U. Health North on two separate occasions to serve as a flu and COVID vaccination clinic.
- Awarded a grant from the United Way Facilities Maintenance Fund to pay for 75% of the cost to repave our parking lot. (Sorry for the delay.)
- Partnered with Ascension Health to introduce our members to BINGOCIZE®.

For the sake of brevity, I'll close by saying that 2021-2022 was, in the words of Frank Sinatra, a very good year. We want to make 2022-2023 an even better year beginning with a special fundraising campaign (still in the planning stages) aptly named "Mortgage Free in '23." You'll hear much more about this in the Fall. In the meantime, have a great month of July!

Oops, "I Forgot Day" is celebrated each year on July 2nd and is dedicated to forgetfulness. I'm sure we can all relate.

- Gary

## 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. **PLEASE NOTE: At this time, masks are NOT required for those entering the building, but we still require proof that you are fully vaccinated.**

### BASIC MEMBERSHIP: \$20 PER MONTH

- Indoor Walking Track, Weight Room, Aerobic Equipment
- Library 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 may also be available!

## TIPS FOR BETTER SLEEP

### THE HEALTH CONCERNS THAT COME WITH LACK OF SLEEP

People often overlook an important factor that contributes to good health—sleep. Quality sleep—or lack of it—affects nearly every aspect of physical, mental and emotional health. It helps lower the risk for certain diseases and conditions, including high blood pressure, heart disease, stroke, depression and obesity. Sleep is fundamental to how people think, learn, work and get along with others.

"Fatigue and the inability to sleep well are some of the most common concerns I hear from patients," says Adam Maclauchlan, MD, a family medicine physician with IU Health Physicians in Avon. "It's a topic I discuss a lot and it's one that typically affects both males and females and people in all age ranges."

### How much sleep is enough?

The recommendation for most adults, Dr. Maclauchlan says, is seven to eight hours of solid sleep a night. "One of the signs that you're getting enough sleep is whether you feel rested when you awaken and throughout the day," he says.

### Signs that you may need more sleep include:

- Feeling tired several days a week
- Irritability or difficulty getting along with others
- Inability to make decisions or think clearly

### Strategies for better sleep

Improving sleep requires consistent effort and commitment, but the benefits can have a positive impact on health and well-being. Here are a few things to keep in mind to ensure you're getting the rest you need:



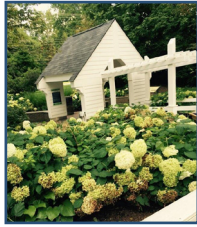
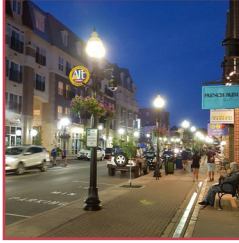
- Go to bed and wake up at the same times every day. Developing a consistent sleep schedule—even on the weekends—will help your body get into a natural sleep/waking rhythm.
  - Avoid caffeine in the late afternoon and evening. Limit caffeine intake to the morning if you have trouble falling asleep.
  - Exercise regularly. Even 20-30 minutes of exercise a day can help improve your sleep. Schedule physical activity at least three to five hours before bedtime to prevent difficulty falling asleep.
  - Avoid naps during the day. While they may make you feel more refreshed in the moment, naps disrupt your body's normal sleep cycle.
  - Sleep in a cool, dark room.
  - Make sure your mattress and pillows are in good condition, especially if you're prone to back pain. People with back pain are more likely to wake up during the night and may have trouble falling back to sleep.
  - Turn off phones and other electronic devices at least 30 minutes before bedtime. The blue light from screens inhibits the production of melatonin—the hormone that helps you fall asleep.
- If fatigue persists and sleeplessness continues, Dr. Maclauchlan says talking to a primary care provider (PCP) can help. A PCP can advise whether additional steps are needed such as cognitive behavioral therapy for insomnia (CBTI).
- "Specifically designed for people who have trouble sleeping, CBTI is a behavioral therapy that focuses on relaxation and stress management techniques to help you fall asleep and sleep more soundly," he explains. "Depending on the situation, a primary care doctor may also recommend a sleep study by a qualified sleep medicine specialist or another form of treatment to help promote better sleep."

Source: Thrive by IU Health, <https://iuhealth.org/thrive/tips-for-better-sleep>

## CARMEL IS A CITY FOR WALKING

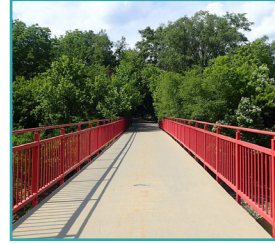
### CARMEL ARTS AND DESIGN DISTRICT

Galleries, antique shops, and restaurants to choose from as you stroll on both sides of Main Street.



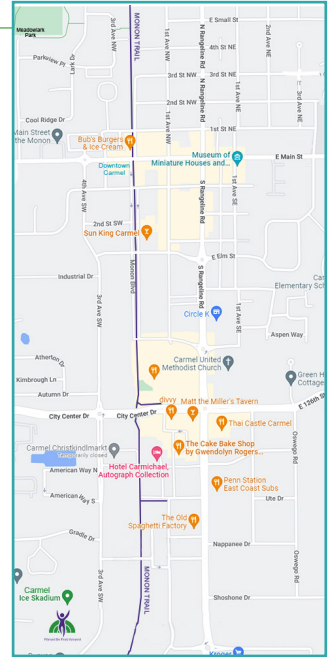
### MONON TRAIL

The Monon Trail is one of the most popular outdoor amenities in central Indiana. It's a paved pedestrian pathway, perfect for biking, walking and running.



### FLOWING WELL PARK

Free spring water with a trail through woods and over Cool Creek.



# 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	8:15 am Early Morning Aquatics	Intermediate Aquatic Aerobics w/ Jerri	8:15 am Early Morning Aquatics	
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		

Questions? Contact Betsy Fowler at 317-815-7000, ext. 220.

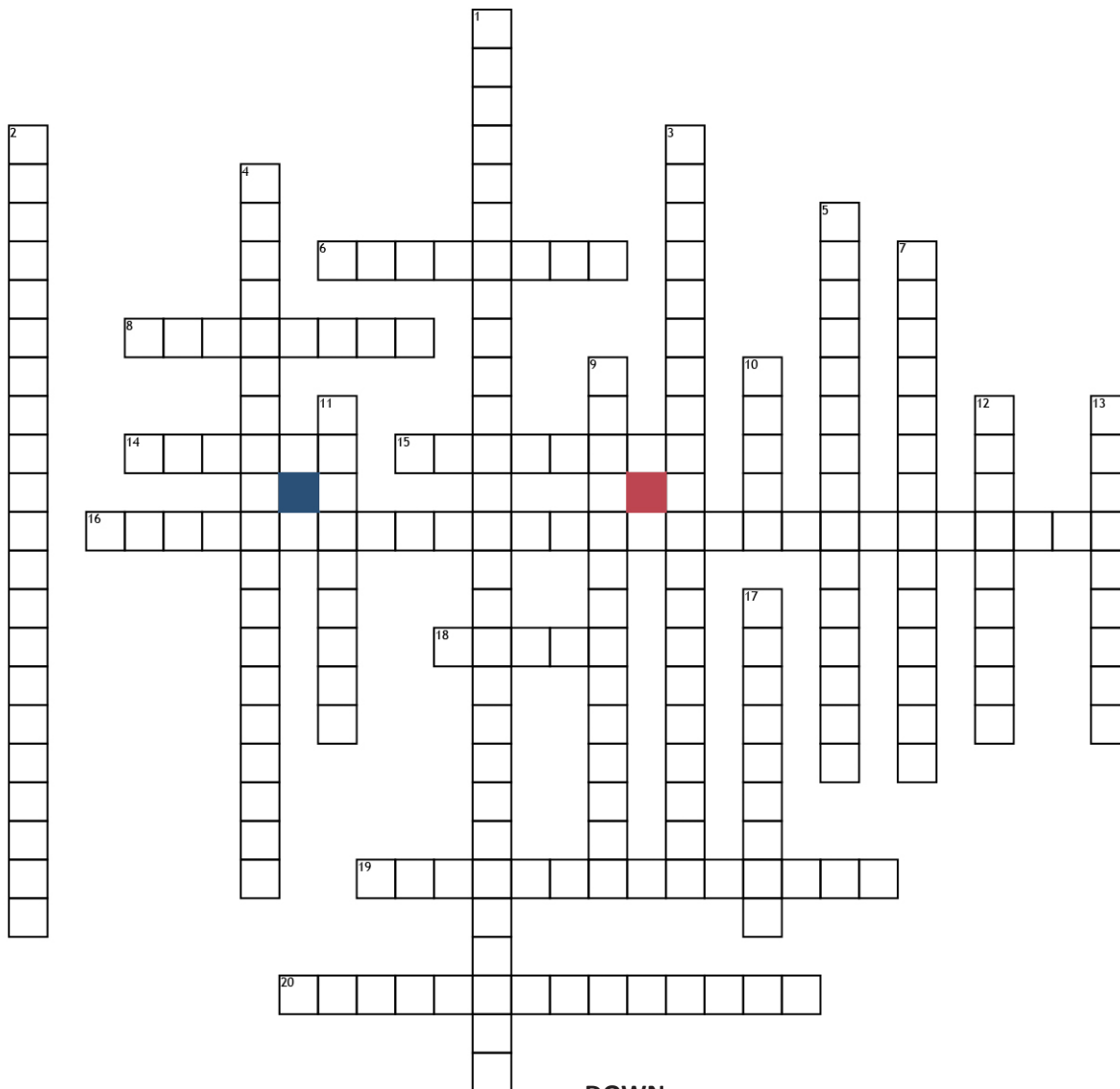
### LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
8:30 am						<b>SATURDAY</b>
9:00 am	Seniors in Motion w/ Jennifer	LaBlast w/ Cindy	Yoga w/ Cheryl	LaBlast w/ Cindy	8:45 am Through the Ages Fitness	8:45 am Werq Revel Class
10:00 am	Got Balance w/ Jennifer	BINGOCIZE® a 10-week health program that combines the game of bingo with fall prevention exercise. <i>Tuesday class ends July 5th</i>	Got Balance w/ Betsy	BINGOCIZE® a 10-week health program that combines the game of bingo with fall prevention exercise. <i>Tuesday class ends July 7th</i>	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	<b>SUNDAY</b>
12:15 pm		Arthritis Foundation Exercise w/ Betsy		Arthritis Foundation Exercise w/ Betsy		10:00 am Dance Fusion w/ Robby
2:00 pm	Yoga Blend w/ Cheryl			Yoga Blend w/ Cheryl		
5:30 pm	Zumba w/ Erin	Line Dancing Class** 6 weeks, \$48 for members; \$60 for non-members	Zumba w/ Alicia	Shine w/ Sandy		** Line Dancing Class 6 weeks \$48 for members \$60 for non-members
6:15 pm	Total Body Conditioning w/ Jacki	Shine w/ Sandy	Pound w/ Sandy			

\*\*All land classes in person unless noted otherwise.

<div>  <h1>JULY</h1> </div>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JULY is...</b> Alopecia Month for Women Lasagna Awareness Month National Culinary Arts Month World Watercolor Month				<b>1</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L  Sing-a-long most Fridays at Noon
<b>4</b>  <b>PLE is closed</b>	<b>5</b> 10am  <b>BINGO</b> 11:30am CICOA Lunch \$ 1pm Needlework L	<b>6</b> 10am CAREGIVER Support Group 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L 1pm Devotional Study B	<b>7</b> 9am Pinochle L 10am  <b>BINGO</b> 11:30am CICOA Lunch \$ 1pm Euchre L	<b>8</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L 1pm Sycamore Reserve <b>BINGO</b>
<b>11</b> 11:30am CICOA Lunch \$ 12pm Practice Bridge L <i>Not for beginners</i> 12:15pm <b>BINGO</b>	<b>12</b> 10am Walking Club Sander's Glen 11:45am DIVVY Lunch Delivery 11:30am CICOA Lunch \$ 1pm Needlework L	<b>13</b> 10am Caregiver Support Group L 11:30am 2nd Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L 1pm Devotional Study B	<b>14</b> 9am Pinochle L 11:30am CICOA Lunch \$ 11:45am Wellbrooke Info. 1pm Euchre L 1pm Card Making \$ 2pm <b>Living with Loss</b> B Support Group	<b>15</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
<b>18</b> 11:30am CICOA Lunch \$ 12pm Practice Bridge L <i>Not for beginners</i> 12:15pm <b>BINGO</b> sponsored by Home Instead	<b>19</b> 11:30am CICOA Lunch \$ 1pm Needlework L	<b>20</b> 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L 1pm Devotional Study B	<b>21</b> 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making \$	<b>22</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
<b>25</b> 10am Theatre Club L 11:30am CICOA Lunch \$ 12pm Practice Bridge L <i>Not for beginners</i> 12:15pm <b>BINGO</b> sponsored by Prairie Lakes 3:30pm Book Club L	<b>26</b> 11:30am CICOA Lunch \$ 11:45am DIVVY Lunch Delivery 1pm Needlework L	<b>27</b> 11:45am Carmel Fire Dept. Cookout!  1pm Art Class \$ 1pm Hand & Foot L 1pm Devotional Study B	<b>28</b> 9am Pinochle L 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making \$	<b>29</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
<div> <div>  <div> <b>JULY 6</b> VA Benefit - Wellbrooke  <b>JULY 13</b> Serenity Senior Living - Pets  <b>JULY 20</b> Care for the Caregiver  <b>JULY 27</b> Carmel Fire Department Cookout                         </div> </div> <div>  <div> <b>*** Book Club -</b>  <b>THE HOUSE ON MANGO STREET</b>                      by Sandra Cisneros                 </div> </div> <div> <b>KEY:</b>                      * - Open to Public                      \$ - Additional Fee                      Z - Also on Zoom                      L - Library                      B - Boardroom                 </div> </div>				
<b>DIVVY Lunch is always on the 2nd and 4th Tuesday of the month!</b>				

## INDEPENDENCE DAY CROSSWORD PUZZLE



### ACROSS

6. Nickname for the American Flag
8. Number of people who signed the Declaration of Independence
14. Country that gave us the Statue of Liberty
15. US originally made up of this many colonies
16. What do the stripes on the US flag represent
18. How many stars are on the American flag
19. Who wrote the Pledge of Allegiance
20. Which president was born on the 4th of July

### DOWN

1. Document adopted on July 4, 1776
2. America's national anthem
3. Year the Revolutionary war ended
4. Year the 4th of July declared a federal holiday
5. He wrote the words to the Star Spangled Banner
7. Place the Declaration of Independence signed
9. What do the stars on the US flag represent
10. Where were fireworks first invented
11. King of England when the US declared Independence
12. The first president to live in the White House
13. She sewed the first American flag
17. Official bird of the United States

Answers on bottom of Page 14

## WHAT'S MOST IMPORTANT TO SENIORS AFTER RETIREMENT

### PLE OFFERS TOP 10 THINGS SENIORS VALUE MOST AFTER RETIREMENT

Life after retirement can be exciting and empowering for some, but empty and isolating for others.

#### What Matters Most After Retirement

Here's what senior citizens want most when they get older.

#### 1. Health

Osteoporosis, arthritis, hearing impairment, and incontinence are all common conditions the elderly suffer from. That's why it's important that they receive consistent, high-quality healthcare.

#### 2. Relationships

It's crucial that senior citizens build and maintain relationships, which is invaluable at any age.

#### 3. Community

Seniors can build relationships in the community by participating in group activities and themed events or going on outings.

#### 4. Food

Food is one of life's greatest pleasures, but as people age, they can become more selective about what they eat. Maintaining their nutrition will maintain their health.

#### 5. Routine

Routines can be anchors and sources of comfort for senior citizens.

#### 6. Respect

Seniors appreciate being honored with respect.

#### 7. Physical Activity

Staying active can be difficult for senior citizens, but it's more important than ever.

#### 8. Comfort

There's no place like home, and wherever senior citizens stay, their comfort should always be a top priority.

#### 9. Financial Security

Some seniors require assistance in managing their money. Otherwise, they can end up with credit issues.

#### 10. Independence

Some senior citizens struggle to take care of themselves, but they need a sense of independence in order to maintain their self-esteem.

# NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

## IT'S JULY - GET READY FOR PICNICS AND PITCH-INS

### TRISHA YEARWOOD'S CROCKPOT MAC AND CHEESE



### BROCCOLI SALAD SUPREME



### RAMEN NOODLE SALAD



#### INGREDIENTS

Cooking spray  
8 oz elbow macaroni, uncooked  
One can 12oz evaporated milk  
1 1/2 cups whole milk  
1/4 cup of butter, melted  
Two 10oz bricks sharp Cheddar cheese, grated (about 5 cups)  
1 tsp salt  
Dash of pepper  
Dash of paprika

#### DIRECTIONS

Spray Crockpot with cooking spray.  
Mix in macaroni, evaporated milk, butter, milk, salt, pepper, and all but 1/2 cup of the grated cheese.  
Spread the left over cheese on top and sprinkle with paprika.  
Cover and cook on low heat for 3 hours and 15 minutes.  
Stir and serve hot.

#### INGREDIENTS

10 cups broccoli florets  
(about 3-1/2 pounds)  
6 cups seedless red grapes  
(about 3 pounds)  
1 cup sliced celery  
6 green onions, sliced  
2 cups mayonnaise  
2/3 cup sugar  
2 tablespoons cider vinegar  
1 pound sliced bacon, cooked and crumbled  
1-1/3 cups slivered almonds, toasted

#### DIRECTIONS

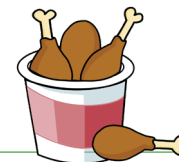
In a large salad bowl, combine the broccoli, grapes, celery and onions. In a small bowl, combine the mayonnaise, sugar and vinegar. Pour over broccoli mixture and toss to coat.  
Cover and refrigerate for at least 4 hours or overnight. Just before serving, gently stir in bacon and almonds.

#### INGREDIENTS

4 cups shredded green cabbage  
2 cups shredded red cabbage  
1 cup shredded carrots  
2 packages Ramen noodles - broken into chunks, seasoning packets reserved  
1/2 cup sliced green onions  
1/2 cup toasted slivered almonds  
1/2 cup vegetable oil  
1/3 cup rice vinegar  
2 tablespoons sugar

#### DIRECTIONS

Place the cabbages, carrots, Ramen noodles, green onions and almonds in a large bowl.  
In a small bowl, whisk together the vegetable oil, rice vinegar, sugar and Ramen noodle seasoning packets.  
Pour the dressing over the cabbage mixture and toss to coat evenly.



## IT'S A GREAT TRADITION, WHATEVER YOU CALL IT

In Indiana we call it a *Pitch-In*. In Illinois they are called a *Scramble*. In Eastern states, they are *Potluck Suppers*, and in Wisconsin they invite you to *Bring-A-Dish-to-Pass*.

The definition ranges from everyone volunteering to bring something to an office luncheon, to large neighborhood or family events, sometimes with themes, that are organized to make sure there are no duplicate dishes.

When I was growing up, we had family reunion *Pitch-Ins* and it was always fascinating to see who brought what.

Uncle Bill and Aunt Marsha stopped for KFC on the way - they had 10 kids so everyone understood. Aunt Janet brought some type of creamy green concoction. No one really knew what was in it, but it was delicious and sweet and there were marshmallows.

Uncle Terry was a bachelor and mom said not to eat anything he brought. My mom? Baked potato salad. One pan for the reunion and one pan for home.

Me? That's easy. Since the first time I brought a dish, I am always asked to bring ice.

## IS THIS A LANDMARK BIRTHDAY YEAR FOR YOU?

### IF SO, YOU HAVE SOME GREAT COMPANY

If 60 is the new 40, then 70 must be the new 50. Simon and Garfunkel said it best in "Old Friends": *"Can you imagine us years from today, sharing a park bench quietly? How terribly strange to be 70."*

I'm not 70 yet, but I must agree. It feels like an awful mistake has been made. I keep getting older and it astonishes me that I am still here. It can't be true.

But it is. There's mounting evidence. I used to stand 5'4". Now I'm 5'3" on a good day. A missed bottom step can cause a break, not just a mere sprain. Blood tests reveal more "abnormals" than "normals."

Health is the dominant topic of conversation among friends: What

meds are you taking? Did you get the shingles shot? So sad about (insert name) passing. We used to strive to make a living; the job now is to *stay* living.

I'm becoming a sentimental mess. In the courtroom scene in "To Kill a Mockingbird," when Reverend Sykes tells Scout to "Stand up. Your father is passing," the tears start.

Science tells us that all aging causes hormonal changes that affect emotions. For me, it also brings a greater appreciation of the preciousness of life, its beauty, its fragility, its wonder. I feel that more and more with each passing day, and I am grateful to be here.

I remember reading a quote from Paul McCartney reminiscing about writing "When I'm 64" and



somehow not believing it would ever apply. Sir Paul turned 80 on June 18th this year, but he will always be 24 to me.

Here are a list of celebrities that

turn 70 in 2022. If nothing else it says we are in excellent company.

Liam Neeson  
David Hasselhoff  
Anjelica Huston  
John Goodman  
John Mellencamp  
Isabella Rossellini  
Mickey Rourke  
Cybill Shepherd  
Sting



## HOW TO MAKE FRIENDS AND IMPROVE YOUR QUALITY OF LIFE AS YOU AGE

### YOU'RE NEVER TOO OLD TO MAKE NEW FRIENDS

Remember how easy it was to make friends when you were a kid? Back then, it seemed like every social interaction ended with a new best friend. Then you go to college and/or into the workforce, and what seemed to come easy is now more difficult. Especially when you're busy advancing your career, raising a family and maintaining your home. Who has time to focus on making new friends as an adult? But there's a simple reason it seemed so easy to find fast friends when you were younger: time.

A recent study published in the Journal of Social and Personal Relationships found it takes roughly 50 hours for someone to move from mere acquaintance to casual friend, 90 hours to go to simple "friend" status, and more than 200 hours before you can consider someone your close friend.

After the kids move out and/or you've retired from a career, you have the time to make friends. What you may be missing is the opportunity and activities for seniors to help you meet people with similar interests and life experience.

#### The Health Benefits of a Healthy Social Life

Research shows that social isolation can actually harm the health of older adults, and more social interaction can provide a lot of benefits, including:



**"Aging is an extraordinary process where you become the person you always should have been."**

**– David Bowie**

**Longer life:** People with more social support and relationships tend to live longer than those who are more isolated, and this is true regardless of your overall level of health.

**Better physical health:** Friendship is associated with a stronger immune system, so you'll have a better chance of fighting off colds, the flu, and even some types of cancer. You could also have a reduced risk of cardiovascular problems, osteoporosis and rheumatoid arthritis as well lower blood pressure.

**Better mental health:** Interacting with others boosts feelings of well-being and decreases feelings of depression.

**Lower risk of dementia:** Social people generally perform better on tests of memory and other cognitive skills, and are less likely to develop dementia. However, socializing is most effective when coupled with an overall healthy lifestyle that includes a nutritious diet and physical activity.

#### Maintaining and Forming New Friendships

The easiest way to avoid isolation and stay social is to maintain the friendships you currently have. So try to talk with and visit friends and family on a regular basis.

Here are some social activities for seniors to help you stay social and improve your quality of life:

- ◆ Volunteer in your community or at your favorite charity organization.
- ◆ Visit a senior citizen center and participate in social groups and other scheduled activities.
- ◆ Join a group focused on a topic or activity you enjoy, such as card games or a book club.
- ◆ Take a class. Many local universities offer discounts to seniors or allow them to audit classes for free. Your local recreation center or library may also have free classes.
- ◆ Join a fitness center like PLE to stay physically fit and engage with others.



Answers to the July Crossword Puzzle:

Old Glory  
50  
Francis Scott Key  
The Declaration of Independence  
The 13 Original Colonies

56  
Francis Bellamy  
The 50 States  
Philadelphia PA

France  
The Star Spangled Banner  
China  
George III

13  
1783  
Bald Eagle  
1938

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And be sure to visit our Facebook Page:  
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