



# PrimeLife

## ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



## PLE SENIOR NEWS | JUNE 2022

*Carmel Fire Department Receives  
PLE Heroes of Hope Award*

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### UPCOMING EVENTS AND ANNOUNCEMENTS

#### JUNE HIGHLIGHTS:

**THURSDAY, JUNE 16 — 11:45am**

**Wellbrooke Information Lunch  
at Welbooke**

**MONDAY, JUNE 20 — 11:30-12:15pm**

**Join us for a PURPLE PIZZA PARTY  
to support [alzheimer's association](#)**

**THURSDAY, JUNE 23 — 4:30pm**

**PrimeLife Enrichment Annual Meeting**

#### LUNCH & LEARNS FOR JUNE:

**JUNE 1:** Teresa Miller Ukulele

**JUNE 8:** Sander's Glen

**JUNE 15:** Resilience Health

**JUNE 22:** Travel with Dee

**JUNE 29:** Stinson Law

**IMPORTANT INFORMATION:** Community Assessment Survey for Older Adults will be calling Hamilton County Seniors this month. It is not only okay, but essential that our members respond. We will post all the details as soon as we know them.



FIND US ON FACEBOOK  
[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  
Charles Jeffras  
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

### Assistant Director

Cindy Schembre - Ext 203  
cschembre@primelifeenrichment.org

### Finance/Accounting

Ext 206

### Fitness Director

Betsy Fowler - Ext 220  
bfowler@primelifeenrichment.org

### Community Engagement and Activities Coordinator

Julie Barnes - Ext 223  
jbarnes@primelifeenrichment.org

### Facility Manager

John Perkon - Ext 219  
jperkon@primelifeenrichment.org

### Reception/Graphic Design

Lori Raffel - Ext 210  
lraffel@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.*

### 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



# FROM OUR DIRECTOR

PrimeLife Enrichment Center

## JUMBLED THOUGHTS ABOUT THE MONTH OF JUNE

*Summer is not obligatory. We can start an infernally hard jigsaw puzzle in June with the knowledge that, if there are enough rainy days, we may just finish it by Labor Day, but if not, there's no harm, no penalty. We may have better things to do.*

– Nancy Gibbs, American essayist, speaker, and presidential historian.

Having just returned from a week-long vacation to Door County, Wisconsin late last month, I find it hard to believe how quickly the month of June has come upon us. But I say “welcome!” to summer and good riddance to cold weather! I'm sure I'm not the only one who remembers the “good old days” when the first week of June marked the beginning of summer vacation from school. For me, a typical summer day included playing with friends, going swimming (or getting sprayed with the hose by my mother), playing pick-up baseball games at the local park or in a vacant lot, walking to the library and bringing home several books to read on rainy days, catching lightning bugs, going to the drive-in movies with my parents, and generally enjoying a carefree respite from school until after Labor Day. I'm guilty of waxing nostalgic because I know those days are long gone as more and more schools are in session year-long with a few

short breaks for holidays and such. (I'm also sure that many of today's parents would find it difficult if not impossible to take a whole summer off from their careers, unless they are fortunate enough to work remotely from home.)

All of that being said, June still beats the winter months as we all enjoy warmer and longer days, at least until the Summer Solstice on June 21st, after which the hours of daylight actually begin to shorten gradually. In fact, there are many reasons for celebration throughout the entire month. For example, how about National Donut Day on June 5th? You can always work off those donuts the next day by observing National Gardening Exercise Day, or for those who prefer a less strenuous form of exercise, National Yo-Yo Day which is also celebrated on June 6th. If you're not into donuts, or even if you are, you might mark your calendar for National Chocolate Éclair Day on June 22nd. In between donuts and eclairs, you might do yourself a favor by observing Fresh Veggies Day and Eat Your Vegetables Day on June 16th and 17th respectively or by taking advantage of Swim a Lap Day on June 24th. (I'm sure Betsy Fowler would enjoy the company.)

On a more serious note, there are some noteworthy days to remember and celebrate in June, beginning with Flag Day on the 14th. The very next day is World Elder Abuse Awareness Day. And



**GARY WAGNER**  
Executive Director

June 19th is Juneteenth, a Federal holiday which commemorates the emancipation of enslaved African Americans in 1865.

June is also an important month for PrimeLife Enrichment. Our 2021-2022 fiscal year ends on June 30th. It's been a challenging but very rewarding year. Our membership continues to grow as more and more seniors hear about all of the programs and activities PrimeLife has to offer. Our transportation program has also rebounded from the dark days of COVID and continues to be a critical service for so many. We certainly have much to be thankful for, and much room to grow as we look forward to the new year beginning July 1st. Before we begin fiscal year 2022-2023, however, I invite all of you to join us on June 23rd for our Annual Meeting. You'll find more details on the calendar and on June Happenings. It's a great time to socialize with our Board and staff, as well as with other members and PLE supporters. Hope to see you there!

– 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 are also available!

## STAYING HEART HEALTHY WITH ACTIVITY

### HOW MUCH ACTIVITY DO YOU NEED EACH DAY TO KEEP YOUR HEART HEALTHY?

When you hear health professionals talk about keeping your heart healthy, they tend to give two general pieces of advice over and over again: eat right and exercise.

There are a lot of great guides out there on what to eat for a healthy heart. What they often exclude is just how much exercise you actually need to keep your heart as healthy as possible.

### HOW MUCH EXERCISE DO YOU REALLY NEED?

If you do not already maintain a regular exercise schedule, making time for exercise can seem daunting. Fortunately, to maintain a healthy heart, you really only need about two hours and thirty minutes of moderate intensity cardiovascular exercise a week.

Over the course of a seven-day week, this means you only need about twenty-one minutes of exercise a day. If you are having trouble finding twenty-one minutes in your day, you can break up your exercise into smaller increments—two sessions of ten minutes are just as effective as one session of twenty minutes.

### WHAT ARE THE BEST EXERCISES FOR YOUR HEART?

Ideally, your exercise program should be a combination of moderate cardiovascular exercise and weight training.



#### • WEIGHT TRAINING

Doing weight training strengthens the whole body, making you more effective at other exercise and day-to-day activities.

Many people are intimidated by weight training. Remember that you can and should start small. You can even start with your own bodyweight. When your body has more muscle mass, you will burn fat more efficiently, and strengthen your heart as well. A good weight-training program should hit all major muscle groups including your legs, back and upper body.



#### • SWIMMING

This is one of the most effective cardiovascular exercises as it uses your whole body. If you have regular access to a pool, try incorporating swimming into your workouts. In addition, swimming is a great, low impact exercise for your joints.

#### • RUNNING OR WALKING

These are both excellent exercises as well. Running and walking are inexpensive and can be done just about anywhere at any time. If you are new to exercise, and don't feel up to going for a two- or three-mile run, start out by walking. Walking is a good way to segue into more intense exercises as you build strength, endurance and your cardiovascular health.



#### • RIGOROUS DAILY ACTIVITY

Don't discount this very underrated form of exercise. Try taking up a very physical hobby like gardening. Even doing a deep clean of your house or mowing the lawn can be great ways to burn calories and strengthen your heart. Something you do every week like mopping the floor can burn up to 300 calories per hour.

No matter what exercise you choose, remember that you only need about twenty minutes a day to start getting heart healthy.

Sources: Thrive by IU Health;  
CDC Physical Activity – Basics

### WHAT ARE 10 WAYS TO KEEP YOUR HEART HEALTHY?

- ♥ Cut down on your sugar and salt intake
- ♥ Limit saturated fat
- ♥ Eat heart healthy \*\*
- ♥ Eat oily fish
- ♥ Quit smoking
- ♥ Cut back on alcohol
- ♥ Get moving
- ♥ Keep your weight down

\*\* Eating heart healthy means selecting foods from a variety of food groups, including fruits, vegetables, whole grains, low-fat dairy, lean protein, nuts, legumes and vegetable-based oils.

**B.E. F.A.S.T.****STROKE SIGNS**

B. E. F. A S. T. is an easy way to remember the sudden signs of a stroke:

**Neuroscience Center****B****BALANCE**

Dizziness or sudden loss of balance.

**E****EYES**

Double vision or sudden loss of vision in one or both eyes.

**F****FACE DROOPING**

Does one side of the face droop or is it numb? Ask the person to smile.

**A****ARM WEAKNESS**

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S****SPEECH DIFFICULTY**

Is their speech slurred, are they unable to speak, or are they hard to understand?

**T****TIME TO CALL 911**

If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

Other symptoms you should know:

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

# 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	<b>NEW!</b> BINGOCIZE® a 10-week health program that combines the game of bingo with fall prevention exercise.	Got Balance w/ Betsy	<b>NEW!</b> BINGOCIZE® a 10-week health program that combines the game of bingo with fall prevention exercise.	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	<b>NEW!</b> 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.



# ACTIVITIES & EVENTS

PrimeLife Enrichment Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JUNE IS...</b> ALZHEIMER'S & BRAIN AWARENESS MONTH CATARACT AWARENESS MONTH ADOPT A CAT MONTH PERENNIAL GARDENING MONTH  FATHER'S DAY IS JUNE 19 <sup>TH</sup>		<b>1</b> 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L 1pm Devotional Study B	<b>2</b> 9am Pinochle L 10am BINGO * 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making \$	<b>3</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L  Sing-a-long most Fridays at Noon
<b>6</b> 11:30am CICOA Lunch \$ 12:15pm BINGO 1pm Practice Bridge L <i>Not for beginners</i>	<b>7</b> 10am BINGO * 11:30am CICOA Lunch \$ 1pm Needlework L	<b>8</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>9</b> 9am Pinochle L 10am BINGO * 11:30am CICOA Lunch \$ 1pm Euchre L	<b>10</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L 1pm Sycamore Reserve BINGO
<b>PLE CLOSED</b> <b>PAVING PARKING LOT</b>				
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> 9am Pinochle L 10am BINGO * 11:30am CICOA Lunch \$ 11:45am Wellbrooke Info. 1pm Euchre L 1pm Card Making \$ 2pm Living with Loss B Support Group	<b>17</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
<b>20</b> 11:30am-12:15 pm LONGEST DAY - WEAR PURPLE  12:15pm BINGO with Home Instead 1pm Practice Bridge L <i>Not for beginners</i>	<b>21</b> 10am BINGO * 11:30am CICOA Lunch \$ Delivery 1pm Needlework L	<b>22</b> 10am Theatre Club 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L 1pm Devotional Study B	<b>23</b> 9am Pinochle L 10am BINGO * 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making \$ 4:30pm PLE Annual Meeting	<b>24</b> 11:30am Second Helpings Lunch * 12:30pm Partner Bridge L
<b>27</b> 11:30am CICOA Lunch \$ 12:15 pm BINGO 3pm Book Club L	<b>28</b> 10am BINGO * 11:30am CICOA Lunch \$ 11:45am DIVVY Lunch Delivery 1pm Needlework L	<b>29</b> 11:30am Second Helpings Lunch * 11:45am Lunch & Learn 1pm Art Class \$ 1pm Hand & Foot L 1pm Devotional Study B	<b>30</b> 9am Pinochle L 10am BINGO * 11:30am CICOA Lunch \$ 1pm Euchre L 1pm Card Making \$	



**JUNE 1** Teresa Miller Ukulele  
**JUNE 8** Sander's Glen  
**JUNE 15** Resilience Health  
**JUNE 22** Travel with Dee  
**JUNE 29** Stinson Law



\*\*\* Book Club -  
**THE VICTORY GARDEN**  
 by Rhys Bowen

KEY:

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

DIVVY Lunch is always on the 2nd and 4th Tuesday of the month!

## WORD SEARCH FOR JUNE - THIS TIME ALL BUGS!



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



HONEYBEE  
WEEVIL  
SPITTLEBUG  
DEER FLY  
BOXELDER BUG

SAWFLY  
FIREFLY  
CICADA  
LADYBUG  
LEAF HOPPER

MIDGE  
STINKBUG  
PAPER WASP  
JUNE BEETLE  
MANTIS



## WHAT'S HAPPENING AT PLE

### PLE IS IN NEED OF A TRANSPORTATION COORDINATOR

Do you know someone who wants to make a difference in people's lives and help seniors live healthier, happier, and more independent lives? Our Transportation Coordinator is a large part of that.

This position schedules trips for seniors - both on the phone and in person, assigns PLE vans and drivers for each trip, and creates daily schedules using our transportation software.

The ideal candidate will possess knowledge of Excel and Word, ability to problem solve, attention to detail, and a valid Indiana Driver's license.

If you know someone, have them send their resume to Assistant

Director Cindy Schembre at [cschembre@primelifeenrichment.org](mailto:cschembre@primelifeenrichment.org) or call 317-815-7000. This is a staff position and is paid.



### WE NEED VOLUNTEERS!

PLE would not be here if it weren't for our volunteers. That's a strong statement, but it is true.

Volunteers help keep the doors open and enable nonprofits like PLE to deliver vital programs and

services to the community from preparing and delivering lunches to decorating our facility. Volunteers also lend their expertise on the board of directors, fundraising campaigns, special events, and often work in direct customer service roles.

There is something in it for you, too! Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. Doing good for others and the community provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity.

Contact Julie Barnes at [jbarnes@primelifeenrichment.org](mailto:jbarnes@primelifeenrichment.org) for information about volunteering!

# NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

## JUNE IS A BERRY GOOD MONTH

### STRAWBERRY PRETZEL DESSERT



#### INGREDIENTS:

2 cups crushed pretzels (about 8 ounces) - gluten free stay crisp longer  
3/4 cup butter, melted  
3 tablespoons sugar

#### FILLING:

2 cups whipped topping  
1 package (8 ounces) cream cheese, softened  
1 cup sugar

#### TOPPING:

2 packages strawberry gelatin  
2 cups boiling water  
2 packages frozen sweetened sliced strawberries, thawed

#### DIRECTIONS:

1. In a bowl, combine the pretzels, butter and sugar. Press into an ungreased 13x9-in. baking dish. Bake at 350° for 10 minutes. Cool on a wire rack.
2. For filling, in a small bowl, beat whipped topping, cream cheese and sugar until smooth. Spread over pretzel crust. Refrigerate until chilled.
3. For topping, dissolve gelatin in boiling water in a large bowl. Stir in sweetened strawberries; chill until partially set. Carefully spoon over filling. Chill until firm, 4-6 hours.

Cut into squares; if desired, serve with additional whipped topping and pretzels.

### MAMAW'S STRAWBERRY CAKE



#### INGREDIENTS:

1 package white cake mix  
1 package strawberry gelatin  
3 tablespoons sugar  
3 tablespoons all-purpose flour  
1 cup water  
1/2 cup canola oil  
2 large eggs, room temperature  
1 cup finely chopped strawberries

#### FROSTING:

1/2 cup butter, softened  
1/2 cup crushed strawberries  
4-1/2 to 5 cups confectioners' sugar

#### DIRECTIONS:

1. Preheat oven to 350°. Line the bottoms of 2 greased 8-in. round baking pans with parchment; grease parchment.
2. In a large bowl, combine cake mix, gelatin, sugar and flour. Add water, oil and eggs; beat on low speed 30 seconds. Beat on medium 2 minutes. Fold in chopped strawberries. Transfer to prepared pans.
3. Bake until a toothpick inserted in center comes out clean, 25-30 minutes. Cool in pans 10 minutes, then cool completely.
4. For frosting, in a small bowl, beat butter until creamy. Beat in crushed strawberries. Gradually beat in confectioners' sugar to reach desired consistency. Spread frosting between layers and over top and sides of cake.

### EASY FRESH STRAWBERRY PIE



#### INGREDIENTS

1 sheet refrigerated pie crust  
3/4 cup sugar  
2 tablespoons cornstarch  
1 cup water  
1 package (3 ounces) strawberry gelatin  
4 cups sliced fresh strawberries  
Whipped cream, optional

#### DIRECTIONS

1. Preheat oven to 450°. Unroll crust into a 9-in. pie plate. Trim edge. Line unpricked crust with a double thickness of heavy-duty foil or parchment. Bake 8 minutes. Remove foil; bake 5 minutes longer. Cool on a wire rack.
2. In a small saucepan, combine the sugar, cornstarch and water until smooth. Bring to a boil; cook and stir until thickened, about 2 minutes. Remove from the heat; stir in gelatin until dissolved. Refrigerate until slightly cooled, 15-20 minutes.
3. Meanwhile, arrange strawberries in the crust. Pour gelatin mixture over berries. Refrigerate until set. If desired, serve with whipped cream.





## PLE'S OWN NANCY KINNAIRD IS IUPUI 2022 OLDEST GRADUATE

### 79-YEAR-OLD ACCOUNTING MASTER'S GRADUATE OLDEST IN IUPUI'S CLASS OF 2022

Nancy Kinnaird "retired" in 2008 and hasn't slowed down a bit since.

"When you're retired, you're always looking for interesting things to do," she said. "Education has tremendous value. I love learning new things."

So much so that Nancy has gone back for further education several times throughout her life.

After losing her husband when she was in her 40s, Kinnaird pursued her undergraduate and graduate degrees in computer science through IUPUI. She worked as a software engineer until the 2008 recession forced her to take an early retirement.

She said it was then that she started to volunteer with the AARP Foundation Tax-Aide program, helping people with their taxes free of charge.

"I really enjoyed doing taxes, especially at that time when things were hard for people; I felt it was helping a lot," Nancy said. "I decided to become better credentialed as an accountant. I've worked there now for 11 years."

Nancy, who lives in Carmel, pursued her Master of Science in Accounting from the Kelley School of Business at IUPUI. She attended part time over seven years, and she finished her courses in December 2021 at age 79.

"I was amazed when I finished," she said. "I think IUPUI is a wonderful place to go to school, especially



for seniors. Everyone is very friendly."

Her favorite graduate accounting courses were the auditing courses.

Congratulations Nancy!

Source: IU Kelly School of Business newsletter

## A FEW IDEAS ON HOW TO HEAR YOUR TV BETTER

### Soundbars, wireless headphones, hearing aids, and closed captioning help those who struggle with sound

The government estimates that 48 million Americans live with hearing loss in at least one ear — including about a third of those ages 65 to 74 and nearly half of those older than 75. So you can bet many older adults struggle to hear the television clearly.

Whether you're the person with hearing loss or the person sitting next to a loved one while watching TV, you know that turning up the volume isn't always the best solution. In fact, doing so not only can disturb others but can actually make the audio more garbled.

The good news is that solutions are available. Which one you should choose depends on factors such as the severity of hearing loss and what's most comfortable for you.



Soundbar in front of screen

### Soundbars add depth, not just volume

Soundbars are horizontal speakers that sit just above or below the television. They are a popular option to amplify audio. After all, televisions are getting so thin these days, how good can you expect pancake-shaped speakers to sound? The separate device houses multiple speakers, and some models even simulate a surround-sound-like movie theater experience.

Many soundbars come with

a wireless subwoofer to place elsewhere in the room. It delivers low-end bass — like feeling the rumble of a helicopter or roar of a dinosaur. Nearly all new models have integrated Bluetooth technology, allowing you to stream music to the soundbar from your smartphone, tablet or computer.

Brands to look for include Zvox Klipsch Cinema, and Dolby Atmos.



Wireless headphones

### Wireless headphones: Can you do Bluetooth?

For more private listening, you could go with headphones that wirelessly connect to the TV.

If your smart television supports it, Bluetooth is the best wireless technology option since you likely won't need anything other than compatible headphones.

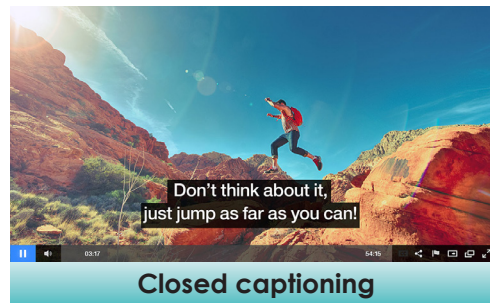
Most of these headphones go over the ears so they can be used with hearing aids. Prices start at less than \$30 and can go up to several hundred dollars, depending on the brand.

### Hearing aids, loop systems

You probably know that hearing aids are smaller and more powerful than a few years ago. Newer models can also make a big difference with televisions because they have built-in Bluetooth connectivity, which means they are designed to pick up sound from digital devices — usually smartphones for calls.

Another option is a loop system,

sometimes called an audio induction loop. A loop worn around the listener's neck, compatible hearing aids or cochlear implant processors then can pick up that audio.



### Closed captioning: Required since 2006

However you choose to improve your TV's sound, turning on its closed captioning option can help you catch even more of what's being said on screen.

Cable operators, satellite distributors and online providers are required to provide closed captioning.

### Additional tools to help you hear movie dialogue:

If you struggle to understand the dialogue when watching a movie from your couch, hearing loss may not be the problem.

- Turn down the bass. Bass "is the enemy of understandable speech," according to tech website CNET. A hearty low end might enhance a rumbling earthquake or an exploding building, but you won't be able to hear any character plan her escape from the impending disaster.
- Compress the volume range. Some TVs feature a night mode, which reduces the difference between the loudest and softest parts of a movie soundtrack. The purpose is to keep your TV quieter when others are asleep in your home, but you can keep it on this setting all the time.

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