



PrimeLife

ENRICHMENT CENTER

ENJOYMENT AND INDEPENDENCE FOR AGE 50 AND BEYOND



PLE SENIOR NEWS

AUGUST 2022

A celebration of the **BINGO** last class for this year - more to come!

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UPCOMING EVENTS AND ANNOUNCEMENTS

AUGUST HIGHLIGHTS:

AUGUST 4	9:00 AM Return of Coffee & Conversation with Mary Shumate
AUGUST 8	11:30 AM Rescheduled Purple Pizza Party for Alzheimer's Association
AUGUST 17	1:00 PM Devotional Study Resumes

AUGUST LUNCH & LEARNS:

AUGUST 3	Safe & Sound Home Mods
AUGUST 10	Liz Michael from Keller Williams
AUGUST 17	Neptune Society
AUGUST 24	Shannon Crow Resilience Health and Wellness Coaching
AUGUST 31	IU Health



FIND US ON FACEBOOK
facebook.com/PrimeLifeEnrichment



Instagram
instagram.com/PrimeLifeEnrichment

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, Werq and Total Body conditioning 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 community 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

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 Fellow

CENTER INFORMATION

PrimeLife Enrichment Center

STAFF 317-815-7008

Executive Director

Gary Wagner - Ext 200
gwagner@primelifeenrichment.org

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Lori Raffel - Ext 210
lraffel@primelifeenrichment.org

Facility Manager

John Perkon - Ext 219
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 or 317-343-6794

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

I, for one, am very glad to be heading into August. The busiest month of the year, at least for me, is July. Our fiscal year ends in June, and as I mentioned last month, July marks the beginning of a new fiscal year for PrimeLife. It also is the month in which we apply for funding from Hamilton County and submit our end-of-the-year report to United Way. To further complicate July this year, both my spouse and I finally caught and recovered fully from Covid. By now, I'm sure most of us realize that being fully vaccinated and double boosted is no guarantee of immunity. However, I'm sure that without vaccinations, my Covid experience would have been much more serious. I certainly am no medical expert, and I don't own any stock in a pharmaceutical company, but I highly recommend the prescription Paxlovid for those who find themselves with early Covid symptoms. And with that, I bid July adieu and look forward to August.

Many people consider August to be the beginning of the end of the

dog days of summer – usually the hottest and most humid days from early/mid-July to mid-August. This is the month that many families still try to squeeze in one last vacation before the kids start school (if they haven't already done so). As an editorial aside, I remember well when summer vacation lasted until Labor Day weekend. Obviously times have changed with many schools beginning the new school year in early August, if not sooner. It's probably a good thing no one asked me if I was in favor of starting school before Labor Day.

All of that being said, August is still a great month for many reasons, not the least of which it promises that Autumn, with its cooler, weather is just around the corner. Before we break out our sweatshirts and head down to Brown County to check out the Fall foliage, though, here are some reasons to celebrate the month of August.

- International Beer Day (Aug. 2)
- National Watermelon Day (Aug. 3)



GARY WAGNER
Executive Director

- National Smile Week (Aug. 5-11)
- Chinese Valentine's Day (Aug. 7)
- Sneak Some Zucchini onto your Neighbor's Porch Day (Aug. 8)
- National Lazy Day (Aug. 10)
- Left Hander's Day (Aug. 13)
- National Relaxation Day (Aug. 15)
- National Tell a Joke Day (Aug. 16)
- National Eat a Potato Day (Aug. 19)
- Kiss and Make Up Day (Aug. 25)
- International Bacon Day (Aug. 31)

Finally, lest we forget, August 21st is National Senior Citizens Day. It also happens to be the birthday of yours truly, but who's counting. As the song goes, see you in September!

- Gary

A SPLENDID TIME WAS HAD BY ALL! CARMEL FIRE DEPARTMENT COOK-OUT JULY 27TH



MEMBERSHIP OPTIONS



If you are retired from the Military, ask a staff member about a possible savings.

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!

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.**

EATING HEALTHY ON A BUDGET

BEFORE THE STORE

- ✓ Making a plan for grocery shopping will save time and money.
- ✓ Look at ads for the week. What is on sale?
- ✓ Check your pantry to see what you have. Make a meal plan that includes items you have in your pantry and items you need from the store to complete the meal.
- ✓ Clip coupons of items you have on your list only.
- ✓ Avoid going to the store hungry.

AT THE STORE



















- ✓ When you're at the store, stick to your list.
- ✓ Consider buying the store brand.
- ✓ Purchase items in bulk if you can (i.e., rice, grains, nuts and seeds).
- ✓ Healthy items are on the perimeter of the store. Avoid going into the center aisles.

WHAT IS A UNIT PRICE?

- ✓ Check item unit prices to see which one is more cost effective.
- ✓ The unit price will tell you how much an item costs per pound, ounce, quart, etc.
- ✓ If possible, choose the item with the lowest unit price to get more for your dollar.

SAVE BIG

- ✓ Experiment with phone applications such as Instacart, Basket, and ShopSavvy.
- ✓ Many grocery stores have rewards programs, apps or digital coupons.
- ✓ Often times, the generic brand will have more coupons on the app than a traditional brand.
- ✓ Check different stores for deals: Walmart®, Fresh Thyme®, ALDI™, Trader Joe's®, Costco®, Sam's Club™.

THE LOW-COST, NUTRIENT-RICH ALL STAR CAST					
PROTEINS	CARBS	VEGETABLES	FATS	FRUITS	FLAVOR UPGRADES
 EGGS (\$0.35 / portion)	 BROWN RICE (\$0.90 / portion)	 CABBAGE (\$0.20 / portion)	 SUNFLOWER SEEDS (\$0.45 / portion)	 BANANAS (\$0.15 / portion)	 ONIONS (\$0.10 / portion)
 CANNED FISH (\$1.00 / portion)	 LENTILS (\$0.55 / portion)	 CARROTS (\$0.15 / portion)	 PEANUTS (\$0.15 / portion)	 SEASONAL APPLES (\$0.50 / portion)	 GARLIC (\$0.05 / portion)
 WHOLE CHICKEN (\$1.90 / portion)	 POTATOES (\$0.30 / portion)	 BEETS (\$0.15 / portion)	 GHEE/BUTTER (\$0.20 / portion)	 MELON (\$0.50 / portion)	 SPICES (\$0.05 / portion)

TIPS FOR EATING HEALTHY ON A BUDGET



Pre-plan your meals.



Shop the perimeter first.



Get familiar with grocery store marketing.



Eat home-cooked meals.



Use your leftovers.



Do not go grocery shopping on an empty stomach.



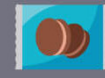
Eat whole, clean foods.



Buy in bulk.



Look for the generic items.



Drop the junk food.



Take advantage of BOGOs and sales.



Purchase less expensive cuts of meat.



Replace meat with plant-based proteins.



Learn to eat what's in season.



Grow your own food at home.



Check out online food retailers.

PREPARE YOUR OWN FOOD

- ✓ Now more than ever, prepared food is available at the grocery store for convenience, but it is often much more expensive. Buy the ingredients to make a similar dish, salad or sandwich.
- ✓ Buying frozen fruits and vegetables can save you time.
- ✓ Cooking at home is often cheaper than eating out. Make it a fun activity for the whole family!

Source: Riley Children's Health



COFFEE AND CONVERSATION IS BACK!

Beginning Thursday, August 4, 2022 join **Mary Shumate** at 9:00 am every Thursday in the PLE multipurpose room to enjoy coffee, treats and fun conversation with your friends.

Come and go throughout the day as your schedule allows. Everything is better with friends!

WARM WEATHER SAFETY IN THE CAR

Remember that people and pets should not be left in a hot car. Even with the windows rolled down, a

dog can sustain brain damage or even die from heatstroke in just 15 minutes. Then why is the buzzing fly I rode to work with still alive and



bothersome when I drive home?

PURPLE PIZZA PARTY MONDAY, AUGUST 8, 2022

More than 6.5 million Americans 65 & older are living with Alzheimer's Disease

1 in 9 over 65 & older are living with Alzheimer's Disease

Please join us 11:30 on **August 8th for our Purple Pizza Party**

honoring those who are living with Alzheimer's and remembering those we have lost.

- ▶ Pizza from Hot Box
- ▶ Salad and dessert from Wellbrooke of Carmel
- ▶ No cost. 100% of donations will go to the Alzheimer's Association of Greater Indianapolis.

Wear your **PURPLE** and make a difference!

Do you have a specific topic or event that you would like to see covered in a future PLE Newsletter? Just let Lori at the Front Desk know - or write it down if you're shy. We want to make "Briefs" a regular column and we are always looking for story ideas to include along with the Adult Senior Fitness and Health articles.

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						SATURDAY
9:00 am	Seniors in Motion w/ Jennifer	LaBlast w/ Cindy	Yoga w/ Cheryl	LaBlast w/ Cindy	9:00 am Resilience Through the Ages	8:45 am Werq Revel Class
10:00 am	Got Balance w/ Jennifer		Got Balance w/ Betsy		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		
2:00 pm	Yoga Blend w/ Cheryl			Yoga Blend w/ Cheryl		
5:30 pm	Zumba w/ Erin		Zumba w/ Alicia	Shine w/ Sandy		
6:15 pm	Total Body Conditioning w/ Jacki	Shine w/ Sandy	Pound w/ Sandy			

**All land classes in person unless noted otherwise.

ACTIVITIES & EVENTS

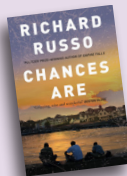
PrimeLife Enrichment Center

AUGUST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO	2 11:30 am CICOA Lunch \$ 1 pm Needlework L	3 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Art Class \$ 1 pm Hand & Foot L	4 9am NEW Coffee & Conversation with Mary Shumate 9 am Pinochle L 11:30 am CICOA Lunch \$ 1 pm Card Making \$ 1 pm Euchre L	5 11:30 am Second Helpings Lunch * 12:30 pm Partner Bridge L
8 11:30 am Purple Pizza Party 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO  sponsored by Home Instead	9 10 am Walking Club sponsored by Sanders Glen 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	10 10 am Caregiver Support Group Sponsored by Alzheimer's Assoc. 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Art Class \$ 1 pm Hand & Foot L	11 9am NEW Coffee & Conversation with Mary Shumate 9 am Pinochle L 11:30 am CICOA Lunch \$ 1 pm Euchre L	12 11:30 am Second Helpings Lunch * 1 pm BINGO sponsored by Sycamore Reserve 12:30 pm Partner Bridge L
15 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO Humana - Tammy	16 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 1 pm Needlework L	17 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Art Class \$ 1 pm Hand & Foot L 1 pm Devotional Study resumes B	18 9am NEW Coffee & Conversation with Mary Shumate 9 am Pinochle L 11:30 am CICOA Lunch \$ 1 pm Card Making \$ 1 pm Euchre L 2 pm Living with Loss B	19 11:30 am Second Helpings Lunch * 12:30 pm Partner Bridge L
22 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO	23 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	24 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Art Class \$ 1 pm Hand & Foot L 1 pm Devotional Study B	25 9am NEW Coffee & Conversation with Mary Shumate 9 am Pinochle L 11:30 am CICOA Lunch \$ 1 pm Euchre L	26 11:30 am Second Helpings Lunch * 12:30 pm Partner Bridge L
29 10:00 am Theatre Club with guest host 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm BINGO 3:30 pm Book Club L	30 11:30 am CICOA Lunch \$ 1 pm Needlework L	31 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 1 pm Art Class \$ 1 pm Hand & Foot L 1 pm Devotional Study B	AUGUST is... Cataract Awareness Month MedicAlert Awareness Month National Immunization Awareness Month Psoriasis Awareness Month	



AUGUST 3 Safe & Sound Home Mods
AUGUST 10 Liz Michael from Keller Williams
AUGUST 17 Neptune Society
AUGUST 24 Shannon Crow - Resilience Health & Wellness Coaching
AUGUST 31 IU Health

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

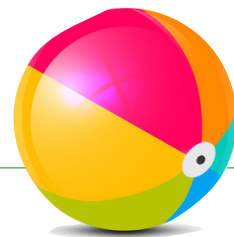


*** Book Club -
 CHANCES ARE
 by Richard Russo

KEY:

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

SUMMER WORD SEARCH



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

AUGUST
 BARBECUE
 BEACH
 BEACH TOWEL
 BOAT
 FISHING
 HOT
 ICE CREAM

JULY
 JUNE
 LEMONADE
 OCEAN
 PARK

PICNIC
 POPSICLE
 SAND CASTLE
 SANDALS
 SHORTS

SPRINKLER
 SUNGLASSES
 SUNSCREEN
 SUNTAN
 SWIMMING
 VACATION
 WATER SLIDE

GOOD SAMARITAN NETWORK IS A GREAT RESOURCE

REHAB EQUIPMENT LINK MAKES GETTING STRONGER A BREEZE

Good Samaritan Network (GSN) is a collaborative/network of nonprofits in Hamilton County. Part of their mission is to provide individuals with rehab equipment for no cost.

The Rehab Equipment program is available for up to 90 days to residents of Hamilton County.

The goal is to readily provide support with simple rehab equipment for those who have a temporary need (90 days). Donations of cash or usable equipment, and volunteering with REHAB Equipment Link, is appreciated as they expand services and continue to meet people at their need. Please use the DonateNOW button on their

website as listed below or mail your check to:

Good Samaritan Network
Attn: Rehab Equipment Link
12933 Parkside Drive, Fishers, In
46038, Ph: 317-842-2603

The Good Samaritan is pleased to provide several types of rehab equipment that may be available for loan. Inventory is not guaranteed.

- Bedside Commodes
- Canes
- Crutches
- High Rise Toilet Seats
- Hemi Walker
- Hospital Beds
- Hoyer Lift
- Seat Transfer Bench
- Shower Stools/Chairs
- Toilet Frames / Safety Rails / Risers



- Transport Belts
- Transport Chairs / Lift
- Tub Transfer Benches
- Walkers / Gliders
- Wheelchairs

ON-LINE Equipment Request:

www.gsnlive.org/rehab-equipment.
 link OR in a legitimate Emergency
 call: 317-219-8613.

Equipment Pick-Up/Drop Off
 Location:
 Riverview Health Pavilion
 865 Westfield Rd., #C
 Noblesville, IN 46060

AUGUST RECIPES: ALL STARTING WITH A CAN OF TUNA

BEST TUNA CASSEROLE



INGREDIENTS

- 1 (12 ounce) package egg noodles
- ¼ cup chopped onion
- 2 cups shredded Cheddar cheese
- 1 cup frozen green peas
- 2 (5 ounce) cans tuna, drained
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- ½ (4.5 ounce) can sliced mushrooms
- 1 cup crushed potato chips

DIRECTIONS

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8 to 10 minutes, or until *al dente*; drain.

Preheat oven to 425 degrees F (220 degrees C).

In a large bowl, thoroughly mix noodles, onion, 1 cup cheese, peas, tuna, soup and mushrooms. Transfer to a 9x13 inch baking dish, and top with potato chip crumbs and remaining 1 cup cheese.

Bake for 15 to 20 minutes in the preheated oven, or until cheese is bubbly.

EASY TUNA PATTIES



INGREDIENTS

- 2 eggs
- 2 teaspoons lemon juice
- 10 tbs Italian-seasoned bread crumbs
- 3 tbs grated Parmesan cheese
- 3 (5 ounce) cans tuna, drained
- 3 tablespoons diced onion
- 1 pinch ground black pepper
- 3 tablespoons vegetable oil

DIRECTIONS

Beat eggs and lemon juice in a bowl; stir in bread crumbs and Parmesan cheese to make a paste. Fold in tuna and onion until well combined; season with black pepper.

Use your hands to shape tuna mixture into 8 (1-inch-thick) patties.

Heat vegetable oil in a skillet over medium heat. Fry patties in the hot oil until golden brown, about 5 minutes per side.

COLD TUNA MACARONI SALAD



INGREDIENTS

- 1 (12 ounce) package macaroni
- 3 tomatoes - peeled, seeded and diced
- 3 stalks celery, chopped
- 1 (12 ounce) can tuna
- 1 ½ cups light mayonnaise
- 1 tablespoon Italian-style salad dressing
- 1 tablespoon white sugar
- 1 pinch ground black pepper

DIRECTIONS

In a large pot of salted boiling water, cook pasta until *al dente*; rinse under cold water and drain.

In a large bowl, combine the pasta, tomatoes, celery, and tuna.

Prepare the dressing by whisking together the mayonnaise, salad dressing, sugar, and pepper. Add to pasta salad, mix together, and refrigerate for 1 hour.

SCHOOL LOCKERS, PADDED BRAS, AND WINDY SIDEWALKS

WHAT'S THE MOST EMBARRASSING THING THAT HAS EVER HAPPENED TO YOU?

My friend told me about his son starting Junior High and going to tour the school. His son insisted they practice opening his locker so that he wouldn't be embarrassed on the first day. Immediately, my friend remembered standing in the hall at his new Junior High 40 years earlier taking so long to open his locker he was late to class.

That made me start thinking. We can walk on the moon - why can't we make a school locker that is easier to open? More importantly, it reminded me of embarrassing things that happen in our lives that we never forget.

I'll go first. I was in a play in High School and had to sit on wood steps for part of a scene. On opening night when I got up, my pants caught on a splinter and ripped. Loudly and from stem to stern. No doubt everyone heard it. Needless to say, I backed off the stage. It's funny now - not so much when it happened.

This made me start asking people about their most embarrassing moments. Here are the (anonymous) results:

Walking in Chicago over a sidewalk grate and not realizing my dress flew up until some guys in a bistro recognized me as "the girl who flashed State Street".

Playing a board game with my future husband and his parents. I was eating a Sugar Daddy and when I took the sucker out of my mouth, there was a tooth attached. He married me anyway.

I worked in an office that was one gigantic room with the bathrooms at the back. No cubicles. No dividers. It was long enough ago that we wore dresses and pantyhose to work. I left the restroom and walked to my desk which was all the way to the front of the room. When I sat down, a co-worker from the back of the room called my desk to tell me that my dress was tucked into my pantyhose. No one ever mentioned it.

Smoking in the car with my boyfriend with the windows down when a cigarette ash flew down my blouse and my padded bra started smoking. It burned a hole in my shirt and I could smell burning foam rubber. I remember hoping that he thought it was the tires.

I guess it's true - misery loves company. I feel better already. How about you?

HOT WEATHER SAFETY FOR OLDER ADULTS

TOO MUCH HEAT IS NOT SAFE FOR ANYONE

It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating.

Being hot for too long can be a problem. It can cause several illnesses, all grouped under the name hyperthermia (hy-per-THER-mee-uh):

HEAT SYNCOPE is a sudden dizziness that can happen when you are active in hot weather.

HEAT CRAMPS are the painful tightening of muscles in your stomach, arms, or legs.

HEAT EDEMA is a swelling in your ankles and feet when you get hot.

HEAT EXHAUSTION is a warning that your body can no longer keep itself cool.

HEAT STROKE—A MEDICAL EMERGENCY

If you have heat stroke, you need to get medical help right away. Older people living in homes or apartments without air conditioning or fans are at most risk. Signs of heat stroke are:

- ☀ Fainting (possibly the first sign) or becoming unconscious
- ☀ A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- ☀ Body temperature over 104°F (40°C)
- ☀ Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
- ☀ Not sweating even if it is hot



WHO IS AT RISK?

Each year, most people who die from hyperthermia are over 50 years old. Health problems that put you at greater risk include:

- Heart or blood vessel problems
- Poorly working sweat glands or changes in your skin caused by normal aging
- Heart, lung, or kidney disease, as well as any illness that makes you feel weak all over or results in a fever
- Taking several prescription drugs; ask your doctor if any of your medications make you more likely to become overheated.
- Being very overweight or underweight
- Drinking alcoholic beverages

HOW CAN I LOWER MY RISK?

Things you can do to lower your risk of heat-related illness:

- 💧 Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- 💧 If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day.

- 💧 If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.

- 💧 Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.

- 💧 Don't try to exercise or do a lot of activities outdoors when it's hot.

- 💧 Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times.

LISTEN TO WEATHER REPORTS

If the temperature or humidity is going up or an air pollution alert is in effect, you are at increased risk for a heat-related illness. Play it safe by checking the weather report before going outside.

WHAT SHOULD I REMEMBER?

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

- To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:
- Get out of the sun and into a cool place—air-conditioning is best.
- Drink fluids, but avoid alcohol and caffeine. Water and fruit or vegetable juices are good choices.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest in a cool place.
- Visit your doctor or go to an emergency room if you don't cool down quickly.

A SENIOR WATCH

If there is a heat wave, offer to help Seniors go someplace cool, such as air-conditioned malls, libraries, or senior centers like PLE.

PrimeLife Enrichment Center

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Carmel, IN 46032



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To receive our newsletter by mail or online, please contact Lori at 317.815.7000.

Check out our website at
www.primelifeenrichment.org

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We are grateful for all of your support.

Come visit us at the center for a tour or call us at
317.815.7000 for more information.

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