



# PrimeLife

## ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



Aquatic Classes at PLE

## PLE SENIOR NEWS | MAY 2023

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### UPCOMING EVENTS AND ANNOUNCEMENTS

#### MAY LUNCH & LEARNS:

MAY 3	My Divine Sole Footcare
MAY 10	Songbook Foundation
MAY 17	Sycamore Reserve
MAY 24	Holocaust Remembrance
MAY 31	Crown Pointe of Carmel



Here come  
the Peonies...



FIND US ON FACEBOOK  
[facebook.com/PrimeLifeEnrichment](https://facebook.com/PrimeLifeEnrichment)

#### SPECIAL EVENTS:

TUESDAY, MAY 2	Primary Election Day
SUNDAY, MAY 14	Mother's Day
SUNDAY, MAY 28	Indianapolis 500 Race
MONDAY, MAY 29	PLE Closed in Honor of Memorial Day
MAY IS:	
	Arthritis Awareness Month
	Lupus Awareness Month
	High Blood Pressure Education Month



FIND US ON 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 multi-generational 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  
Majestic Care Carmel  
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  
Becky Henn  
Dan Overbeck  
Linda Ramey-Greife



# 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

### Fitness Director

Betsy Fowler - Ext 220  
bfowler@primelifeenrichment.org

### Community Engagement and Activities Coordinator

Julie Barnes - Ext 223  
jbarnes@primelifeenrichment.org

### Marketing / Social Media

Lori Raffel - Ext 205  
lraffel@primelifeenrichment.org

### Transportation

Nikki Vaughn - Ext 205  
pletransportation@gmail.com

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

### SATURDAY - SUNDAY

Revel classes only, See schedule  
*\*Some classes occur outside of  
business hours.*

### Facility Manager

John Perkon - Ext 219  
jperkon@primelifeenrichment.org

### 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: Ext 205 or 317-343-6794

### TRANSPORTATION AVAILABLE

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

Schedule as early as possible, at least  
one week ahead.

### PHONE

317.815.7000

# FROM OUR DIRECTOR

PrimeLife Enrichment Center

**“May, more than any other month of the year, wants us to feel most alive.” — Fennel Hudson, Lifestyle and Countryside Author**

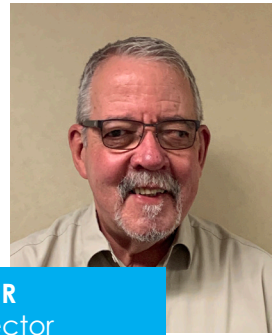
Greetings to all of our members and friends,

If you're like me, we always consider April to be the harbinger of Spring. Yet, we all have experienced many an April day that felt more like winter and left us wondering when Spring would arrive for good. No wonder when you consider the fact that it has snowed every April in Hamilton County – including Carmel – since 2018. For those of you who live in Westfield, you might recall that Grand Park looked like a winter wonderland on April 20, 2021 when 2-3 inches of snow blanketed the County. To add insult to injury, we experienced record-breaking cold temperatures the very next day. I realize that such a late snow is an exception, even for Indiana weather. But those who have gardens and flowers to plant are well advised to wait until at least early May. Even then you're taking a chance because May can betray us as well. The latest measureable May snow in this area occurred on May 9th, 1923. If you're an Indy 500 fan, however, you may remember that the Indianapolis Motor recorded .2 of an inch of snow on May 6th, 1989. Also, it's been known to freeze as late as May 27th (in 1961). So forewarned is forearmed.

Nevertheless, at the risk of being accused of wearing rose-colored glasses, I'm announcing that May is the month that

we can finally put away our winter clothes and break out our shorts, sandals, and other warm weather clothes. It may not be summer yet, but May is a great time to shake off the winter doldrums and take advantage of all the activities and events available to you here at PrimeLife. Given that May is National Physical Fitness and Sports Month, National Arthritis Awareness Month, and National Mental Health Month, what better month is there to take advantage of the many programs and classes we offer to help you stay physically and mentally fit? A few examples include:

- Aquatic fitness classes such as Intermediate Aquatic Aerobics, our Arthritis Foundation Aquatic Program, Aquatic Ai Chi, Getting Your Feet Wet, Water Volleyball, and Open Pool.
- Land fitness classes ranging from Seniors in Motion, Got Balance, Arthritis Foundation Exercise, Strength and Balance, Yoga and Toning, to LaBlast, Zumba, Pound, and more.
- BingoCize, a 10-week, evidence-based health promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). It combines exercise and health information with the familiar game of bingo, which is a great and fun way to get seniors moving and socializing.
- Many social activities including Coffee & Conversation, Bridge, Euchre and Pinochle groups, Card Making Club, Needlework, a weekly art class led by local artist Shirley Luttrell, just to name a few.



**GARY WAGNER**  
Executive Director

- Self-help groups including Caregiver Support, Living with Loss, Devotional Study Group, “Memory Café”, and others.
- Last but not least, our daily nutritious lunches provided by Central Indiana Council on Aging (CICOA) on Monday, Tuesday and Thursday each week, and by Second Helpings on Wednesday and Friday served by volunteer members.

The above list is not meant to be all-inclusive. Hopefully, it does show, however, that PrimeLife Enrichment has a wide variety of programs and classes designed specifically for seniors. If you are not yet a member, feel free to drop by and see what we're all about. We'll be more than happy to answer any questions you might have and to give you a tour of our wonderful facility.

Before I close, I want to mention two very important days in May. The first is Mother's Day which will be celebrated on May 14th this year. Second is Memorial Day on May 29th. I'm sure we all have loved ones that we remember on these two special holidays.

Warmly,

– Gary

## 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 ◆ Renew Active ◆ Active and Fit ◆ Silver and Fit

**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.**

**YOUR FIRST CLASS FREE!**

Want to try it out before you decide?  
Ask for a FREE Day Pass.  
Scholarships may also be available!

## OVERVIEW OF DIABETES

Diabetes is a disease marked by high levels of sugar or glucose in the blood. Most of the food we eat is broken down into glucose. Glucose is the main source of fuel for our body.

After we eat, glucose passes into the bloodstream and is carried to our cells where it is used for energy. To get into our cells, glucose needs insulin. Insulin is a hormone that controls if and how glucose moves from our blood into our cells.

People with diabetes do not make enough insulin, or their cells can't use the insulin they make, or both. Glucose passes into the blood but does not get into cells.

### THERE ARE TWO TYPES OF DIABETES

#### TYPE 1:

In Type 1 diabetes, the body stops making insulin. It is usually first diagnosed in children and young adults but can occur at any age.

#### TYPE 2:

This is the most common type of diabetes. It usually begins when cells do not use insulin well. Over time, the body may not make

### KNOW YOUR SYMPTOMS FOR DIABETES, SEEK MEDICAL ADVICE



enough insulin. It can develop at any age. Being overweight and inactive play a big role. Though either type is serious, people with diabetes can live long, healthy lives with early diagnosis, proper treatment and follow up with their doctor.

Is it possible to delay or prevent Type 2 diabetes? Absolutely, yes! Studies show that people at high risk for diabetes can prevent it by making modest lifestyle changes such as losing a small amount of weight, getting 30 minutes of physical activity five days a week, and eating healthier.

### DIABETES SYMPTOMS

Some people have no warning signs until their blood glucose is very high. Symptoms include:

- Being very thirsty
- Urinating often
- Losing weight without trying
- Blurry vision
- Sores that do not heal

If you have any of these symptoms, call your doctor right away.

### ARE YOU AT RISK?

If you are 45 years old or older and overweight, you are at high risk for diabetes. You are also at high risk if you are under 45 years old, overweight and have one or more of the following factors: you have limited physical activity; you have a family history of diabetes; you are an ethnic minority such as African-American, Latino or Asian-American; or you have high blood pressure.

If you have these risks, talk to your doctor, and get tested for diabetes. If you have diabetes, the sooner you find out, the better.

Source: IU Health COE "About Diabetes" & "Preventing Diabetes"

## ANYONE CAN AGE INTO POVERTY

### 45% OF AMERICANS OVER 65 HAVE TROUBLE MEETING THEIR BASIC NEEDS

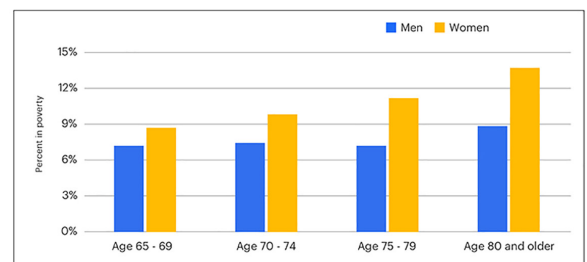
Everyone deserves quality health care and sufficient resources to be able to keep a roof over their heads, pay for food and medicine, and meet their other basic needs. But in America today that vision is out of reach for nearly half of older adults.

Older adults are the only age segment that experienced an increase in poverty over the last several years. The result is 1 million more older adults who rely on scarce resources to make ends meet.

In total, almost 6 million older adults live below the poverty level. Many organizations have a goal to ensure that every person can age with dignity, regardless of race, ethnicity, or background.

A woman was a kindergarten schoolteacher who must now plan each meal in order to stretch a meager monthly income to cover rent, food, utilities, medication, transportation, and other expenses. A man worked various jobs in San Francisco for 30 years before being

POVERTY STATUS OF OLDER ADULTS BY AGE GROUP AND GENDER



diagnosed with a chronic disease and becoming homeless for the first time at 59 years old.

Source: The National Council on Aging



# AILEEN CLOONAN REACHES CENTENARIAN MILESTONE

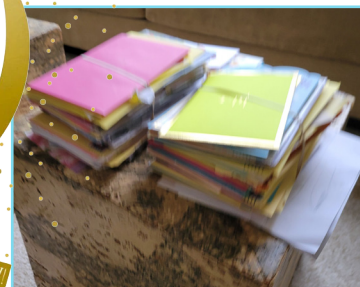
COMMENTARY  
PrimeLife Enrichment Center

## LONG-TIME PLE MEMBER TURNS 100

On March 24th, Aileen Cloonan celebrated her 100th birthday and PLE was a big part of the celebration.

For her big day, thanks to PLE Sunshine Card Club and Facebook, Aileen received over 100 birthday cards from all over the state. "In fact, my mailman came to the door to let me know that he had never delivered so many cards to one person," remembers Aileen.

Aileen is a 25-year member of PrimeLife and if she could still drive, she would still be coming today.



Top left, Aileen holds a photo of her younger self on her 100th birthday; Right, a sampling of the cards received she received.

# 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		8:15 am Early Morning Aquatics	Intermediate Aquatic Aerobics w/ Jeanne	8:15 am Early Morning Aquatics	
9:30 am	Open Pool	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 (not on May 1)		Aquatic Ai Chi w/ Betsy (not on May 3)		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	Yoga	LaBlast		9:30 am Werq Revel Class
10:00 am	Got Balance w/ Jerri		Got Balance w/ Betsy		Strength & Flexibility 10:15 am	
11:00 am	LaBlast	Toning w/ Betsy	LaBlast	Toning w/ Betsy	LaBlast	SUNDAY
12:15 pm		Arthritis Foundation Exercise w/ Betsy		Arthritis Foundation Exercise w/ Betsy		7:00 pm Pound Unplugged w/ Sandy
1:45 pm	Yoga Blend			Yoga Blend		
Evening Classes		Shine w/ Sandy 5:45 pm	Zumba w/ Alicia 5:30 pm	Shine w/ Sandy 5:45 pm		
			Pound w/ Sandy 6:15 pm			

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





2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 11:30 am CICOA Lunch \$ 12:15 pm <b>BINGO</b> Crown Pointe of Carmel sponsoring CICOA Produce Delivery	<b>2</b> 10 am <b>BINGO</b> <i>PrimeLife</i> 11:30 am CICOA Lunch \$ 1 pm Needlework L	<b>3</b> 11:30 am Second Helpings Lunch * 11:45 am Lunch & Learn 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1 pm Devotion Study B	<b>4</b> 9 am Pinochle L 10 am Archives 10 am <b>BINGO</b> <i>PrimeLife</i> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	<b>5</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Music 12:15 pm Partner Bridge L
<b>8</b> 11:30 am CICOA Lunch \$ 12:15 pm <b>BINGO</b>	<b>9</b> 10 am <b>BINGO</b> <i>PrimeLife</i> 10:00 am Walking Club with Sanders Glen 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	<b>10</b> 10:00 am Caregiver Group <i>Sponsored by Alzheimer's Assoc</i> 11:30 am Second Helpings Lunch * 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1 pm Devotion Study B	<b>11</b> 9 am Pinochle L 10 am <b>BINGO</b> <i>PrimeLife</i> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L	<b>12</b> 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
<b>15</b> 12 pm Practice Bridge L <i>Not for beginners</i> 11:30 am CICOA Lunch \$ 12:15 pm <b>BINGO</b> CICOA Produce Delivery	<b>16</b> 10 am <b>BINGO</b> <i>PrimeLife</i> 10:00 pm Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 1 pm Needlework L	<b>17</b> 11:30 am Second Helpings Lunch * 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1 pm Devotion Study B	<b>18</b> 9 am Pinochle L 10 am <b>BINGO</b> <i>PrimeLife</i> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	<b>19</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic 12:15 pm Partner Bridge L
<b>22</b> 11:30 am CICOA Lunch \$ 12 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b>	<b>23</b> 10 am <b>BINGO</b> <i>PrimeLife</i> 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L Book Club book for May will be chosen at April Meeting	<b>24</b> 11:30 am Second Helpings Lunch 11:45 am Lunch & Learn 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1 pm Devotion Study B	<b>25</b> 9 am Pinochle L 10 am <b>BINGO</b> <i>PrimeLife</i> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	<b>26</b> 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
<b>29</b>  PLEASE CLOSED Memorial Day	<b>30</b> 10 am <b>BINGO</b> <i>PrimeLife</i> 11:30 am CICOA Lunch \$ 1 pm Needlework L 1:30 pm Book Club B	<b>31</b> 11:30 am Second Helpings Lunch 11:45 am Lunch & Learn 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1 pm Devotion Study B	<div>  <b>LUNCH LEARN</b>   </div> <div> <b>MAY 3 - My Divine Sole Footcare</b>  <b>MAY 10 - Songbook Foundation</b>  <b>MAY 17 - Sycamore Reserve</b>  <b>MAY 24 - Holocaust Remembrance</b>  <b>MAY 31 - Crown Pointe of Carmel</b> </div> <div>           KEY:            * - Open to Public            \$ - Additional Fee            Z - Also on Zoom            L - Library            B - Board Room         </div>	

Creative Writing class is on a break until Fall.

DIVVY Lunch is only the 2nd and 4th Tuesday of the month • Memory Cafe will be held on the 1st and 3rd Friday of the month



## Indy 500 Word Search



Team seventy six	T	R	A	C	K	O	D	C	W	I	N	N	E	R	Z	S	M
Checkered flag	X	R	S	P	A	L	P	H	O	A	J	D	I	R	T	P	I
Victory Lane	F	L	A	X	H	I	M	E	D	R	J	Q	X	E	J	O	E
Late model	V	Q	P	I	T	B	K	C	R	F	A	A	D	Z	A	N	W
Hollywood	J	I	N	S	L	C	E	K	C	M	L	N	S	K	Z	S	O
flag man	U	H	C	G	L	E	W	E	A	L	A	X	G	O	V	O	T
Pit Crew	Y	F	E	T	O	D	R	R	U	P	T	P	M	E	N	R	S
Sponsors	M	O	T	L	O	E	Y	E	T	J	E	I	Z	M	W	S	A
caution	Q	E	H	E	M	R	O	D	I	B	M	T	K	Q	Z	S	F
trailer	E	N	H	A	H	E	Y	F	O	F	O	C	P	R	Q	E	Y
Engine	G	S	E	R	I	T	T	L	N	K	D	R	K	J	B	N	N
helmet	A	M	Y	Y	I	Q	E	A	A	H	E	E	R	L	N	I	J
Orange	H	F	R	Y	H	Y	U	G	K	N	L	W	U	A	T	G	R
trophy	F	N	T	J	T	R	O	P	H	Y	E	E	R	P	C	N	G
Winner	D	X	I	S	Y	T	N	E	V	E	S	M	A	E	T	E	F
Hahne	A	W	Q	E	J	T	R	H	D	O	O	W	Y	L	L	O	H
Jason	X	K	S	X	V	H	U	P	Z	Q	F	L	A	G	M	A	N
Tires																	
Track																	
Blue																	
Dirt																	
Fast																	
laps																	
Pits																	
race																	



## HOW WELL DO YOU KNOW YOUR FELLOW PLE MEMBERS?

GOOD NEWS  
PrimeLife Enrichment Center



### **JANE REIMAN**

PLE member and avid inside track walker Jane Reiman was elected to Carmel's first city council in 1975

and served two terms as mayor from 1980 to 1987. She was one of a handful of female mayors in Indiana at the time. Jane remains active in the Republican party in Hamilton County.

**What did you do in your past? We'd love to include it in the Newsletter. See Lori, and she will take your story and photo!**



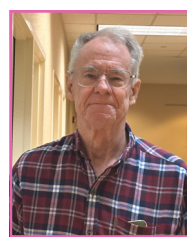
### **DEBBIE DZEGUZE**

Long-time PLE member Debbie Dzeguze grew up in Wisconsin and Michigan. Right out of high school,

Debbie became a fully-licensed X ray Tech through a hospital-based program and never looked back. When her kids left for school, she left for work again with an Associate Science Degree, working part-time in medical research and for individual doctors.

Debbie and her husband moved to Indy in 2005 to be with their grandkids, who have since moved to Oregon.

Sewing baby items for Riley Hospital is a hobby she enjoys, along with fellow PLE members Jeanne Burns and Dale Alianiello.



### **DR. MARK JONES**

Mark has been a PLE member since November of 2021 and his booming voice and exuberant personality have

made him a favorite. Mark was a Neurologist for 30 years all over the country, helping patients with strokes, Parkinson's Disease, migraines and Alzheimer's among other brain-related conditions. When asked if he loved his job, Mark's face beamed with that great smile, yes, he did.

Mark loves electric trains and has a Lionel Train set up in his condo. He also loves singing in the choir and volunteering whenever he can.



# NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

## RECIPES TO MAKE YOU THE QUEEN (OR KING) OF THE POTLOCK



### EASY CREAMY CORN CASSEROLE

#### INGREDIENTS

1 (15 ounce) can whole kernel corn, drained  
1 (14.75 ounce) can creamed corn  
1 (8.5 ounce) package dry cornbread mix  
1 cup sour cream  
½ cup butter, melted  
2 eggs, beaten

#### DIRECTIONS

Preheat the oven to 350 degrees. Grease a 9x9-inch baking dish. Mix whole and creamed corn, cornbread mix, sour cream, melted butter, and eggs together in a medium bowl until combined. Spoon mixture into prepared dish. Bake in the preheated oven until top is golden brown and toothpick inserted in the center comes out clean, about 45 minutes.



### LOADED POTATO CASSEROLE

#### INGREDIENTS

1 (32 ounce) package frozen hash brown potatoes, thawed  
1 (16 ounce) container sour cream  
8 slices cooked bacon, crumbled  
1 (1 ounce) package ranch dressing mix  
2 cups shredded Cheddar cheese, divided, or more to taste

#### DIRECTIONS

Preheat oven to 350 degrees. Grease a 13X9-inch baking pan with cooking spray or butter. Combine hash browns, sour cream, bacon, ranch mix, and 1 cup Cheddar cheese in a large bowl; stir until mixed. Spread into baking pan; cover with aluminum foil. Bake in the preheated oven for 45 minutes. Remove foil; sprinkle remaining Cheddar cheese across potatoes. Bake about 15 minutes.



### BETTER BAKED BEANS

#### INGREDIENTS

2 (28 ounce) cans baked beans  
1 small onion, chopped  
3 tablespoons pancake syrup  
2 tablespoons brown sugar  
2 tablespoons ketchup  
2 teaspoons prepared mustard  
4 slices bacon

#### DIRECTIONS

Preheat the oven to 350 degrees. Stir together baked beans, onion, syrup, brown sugar, ketchup, and mustard in a large bowl. Pour into a 9x13-inch baking dish. Lay bacon slices across the top. Bake in the preheated oven until the bacon is browned and the beans have thickened, 35 to 40 minutes.

### MINI CHEESECAKE BITES



#### INGREDIENTS

1 (12 oz) pkg vanilla wafers  
2 (8 oz) pkgs cream cheese  
¾ cup white sugar  
2 eggs  
1 teaspoon vanilla extract  
1 can cherry pie filling

#### DIRECTIONS

Preheat the oven to 350 degrees. Line two 24-cup miniature muffin tins with paper liners. Place 1/2 tsp of crushed wafers in each paper cup. Beat cream cheese, sugar, eggs, and vanilla in a mixing bowl until light and fluffy. Fill each liner with this mixture, almost to the top. Bake in the preheated oven for 15 minutes until the cheesecake is set. Cool. Top with a teaspoonful of cherry pie filling.

## PERFECT 10 UPDATE - MARCH 2023

Wow! Look at all these Perfect 10s! **We had 77 members who visited PLE ten or more times in March.** If you don't see your name on this list, it's time to up your game. If you don't see your friend's name on this list, it's time to give them some encouragement!



Margaret Achleman Fish  
Maria Baquero  
Mike Barrientos  
Shirley Barrientos  
Derrick Battle  
Sarah Beaver  
Chris Benz  
Bernice Betts  
Cisca Blackburne  
Robert Bonner  
Julia Bontrager  
Tom Bontrager  
Hajar Borhanzadeh  
Howard Bushman  
Judy Callery  
Charles Callery  
Betty Carlson  
Kathy Chapman  
Joyce Clancy  
Janet Doner  
Don Donlan

Jane Elgin  
Irene Engel  
Jerry Firestone  
Sandra Fortier  
Bill Gilmore  
Rebecca Griffin  
Cis Haas  
Barbara Harrison  
Jim Hodgins  
Angie Jackson  
Bob Johnson  
Mark C Jones  
Harvey Kagan  
William Kelly  
Nancy Kinnaird  
Janet Knuth  
Jerzy Kowalczyk  
Maria Kowalczyk  
John LaFollette  
Sue Langeman  
Letitia Lynch

Karen Madzelan  
Debra Mapes  
Missy McFall  
David McRee  
Janice L Mihay  
Bill Moore  
Emily Newby  
Betsy North  
Amy O'Brien  
Greg Padgitt  
Jim Pierce  
Sheela Rao  
Shantha Reddy  
Jane Reiman  
Patty Richards  
Don Schafer  
Jeanne Simkus  
Sandra Skadron  
Melanie Sliker  
Lisa Smith  
Melinda Sommer

Marti Stigers  
Carol Sullivan  
Bill Thompson  
Judi Tobe  
Marie Turchetto  
Adair Vaught  
Cheryl Walters  
Terry Warner  
Linda Warren  
Susan Widboom  
Mary Anne Wignall  
Sue Williams

### February Winners:

- ★ Bernice Betts
- ★ Hajar Borhanzadeh
- ★ Bob Johnson



# PROGRAMS

PrimeLife Enrichment Center

## W e l c o m e n e w M e m b e r s

### NEW MEMBERS IN MARCH 2023

Cheryl Bruin	3/27/2023
Don Gaertner	3/28/2023
Eileen Gaertner	3/28/2023
Sue Schultz	3/30/2023

### NEW MEMBERS IN APRIL 2023

Anne Thompson	4/3/2023	Larry Fisher	4/11/2023
Bonnie Topping	4/3/2023	Myra Levine	4/11/2023
Gene Stepic	4/4/2023	Wes Hoppenrath	4/13/2023
Janet Stepic	4/4/2023	Jose Mirabent	4/13/2023
Lou Ann Estridge	4/10/2023	Bob Womack	4/13/2023
Brendan O'Shaughnessy	4/10/2023	Judy Hoppenrath	4/17/2023
Debbi Ross	4/10/2023	Earlene James	4/17/2023

## SO MUCH GOING ON AT PLE IN APRIL!



(L to R) Dee Timi, Connee Compton, and Julie Barnes enjoy getting their hands on a few Oscar Statues at the Songbook Archive tour.



Mary Shumate, joined by her three daughters, celebrates her 95th birthday at PLE!



Our wonderful and talented CICOA kitchen coordinator Debbie Hard at work.



Lunch & Learn program with the Carmel Clay Parks Department for the Opportunity and Volunteer Fair and Naturalist Lunch with native plants.



PLE Staff receives CPR Training from the Carmel Fire Department





PrimeLife Enrichment Center

1078 Third Ave. SW  
Carmel, IN 46032



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## PLE SENIOR NEWS | MAY 2023

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

Check out our website at  
[www.primelifeenrichment.org](http://www.primelifeenrichment.org)

And be sure to visit our Facebook Page:  
PrimeLife Enrichment, Inc.

We are grateful for all of your support.

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

### DONATION & PLEDGE CARD

You can help by supporting our services!

Please accept my/our donation in the amount of:

\_\_\_\_\_ \$1,000      \_\_\_\_\_ \$ 100  
\_\_\_\_\_ \$ 500      \_\_\_\_\_ \$ 50  
\_\_\_\_\_ \$ 250      \_\_\_\_\_ \$ \_\_\_\_\_ (other)

I would like to make a monthly pledge of: \$ \_\_\_\_\_

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

\_\_\_\_\_ Please send information on how I can bene-  
fit PLE through my legacy/estate planning. [Note:  
Check with your tax advisor re: leaving a lasting  
legacy for our seniors. Prime-Life Enrichment, Inc. is  
a 501(c)(3) corporation.]

\_\_\_\_\_  
Name

\_\_\_\_\_  
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City, State, Zip

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