



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PrimeLife
Enrichment
Center

PLE SENIOR NEWS

JULY 2023

Our beautiful front entrance garden by Mimi Merchun

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- 7 JULY 25 Carmel Fire Dept. Cookout
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SPECIAL EVENTS IN JULY:

- ★ JULY 6, 17 CICOA Produce Delivery
- ★ JULY 17 Nails with Hilliary
- ★ JULY 26 Carmel Fire Department Cook Out!

 FIND US ON FACEBOOK
facebook.com/PrimeLifeEnrichment

 FIND US ON 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

Our mission is to help seniors lead active, independent and purposeful lives by providing access to clinical and social determinants of health.

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-Greive

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

Community Engagement and Activities Coordinator

Julie Barnes - Ext 223
jbarnes@primelifeenrichment.org

Marketing / Social Media

Lori Raffel - Ext 205
lrffel@primelifeenrichment.org

Facility Manager

John Perkon - Ext 219
jperkon@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.*



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

To all our members, clients and friends, I may be the only person who never added up the days, but I just became aware that July 1st is the 182nd day of the year. In other words, we are now beginning the second half of 2023. And for fiscal year aficionados, we are now beginning the first half of PrimeLife's fiscal year 2023-2024. As I wrote in our Annual Report, having to deal with calendar and fiscal years can be somewhat confusing, and it begs the question of who came up with fiscal years when calendar years are much easier to understand? That being said, I want to share some thoughts about this last fiscal year (2022-2023), as well as my prognosis for the fiscal year just beginning (2023-2024). Please bear with me as we make our way through the gauntlet of both fiscal years. Note to those who have read our latest Annual Report: You may fast forward to the more light-hearted look at the month of July.

Given the reduction in funding from some traditional funding sources (who will go unnamed here), we knew that fiscal year 2022-2023 would pose its share of financial challenges. To achieve long-term financial stability, we could no longer rely on the traditional grant funding model. Our goal was to find additional or alternative sources of long-term financial support. At the same time, we had to come up with a plan to reduce expenses without sacrificing the quality and availability of our programs and services. I may be biased, but thanks to our staff, members, and Board of Directors, plus several leaders in local government, I believe we are well on the way to meeting both challenges. By now, those who are most familiar with PrimeLife are well aware of the steps we have taken as we look forward to 2023-2024. They include:

- Meeting with Clay Township Trustee Paul Hensel
- Meeting with Clay Township Board (accompanied by many of our members who filled the room.)
- Hosting a town-hall meeting in March for all Carmel City-Council candidates prior to the primary election. 15 candidates spoke to a full house of PrimeLife members and

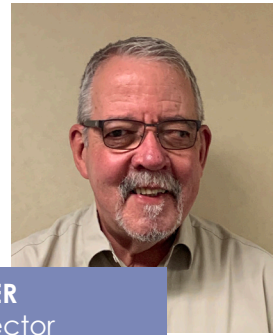
the general public and answered questions submitted to our Board Member/Moderator Melody Cockrum.

- Hosting a similar town-hall meeting in April for Carmel Mayoral candidates, all four of whom participated. Again, PrimeLife members and folks from the general public showed up in force.
- Meeting with Mayor Brainard to discuss possible partnership opportunities with the City of Carmel. In addition to myself, former Mayor Jane Reiman, and Julie Barnes, our Community Engagement/Activities Coordinator, attended this meeting.

As we look forward to the beginning of a new fiscal year, I am optimistic that we have greatly increased public awareness of PrimeLife and the services we provide to all Hamilton County seniors. Our membership has now grown to over 500, which is a testament to the programs and services offered here at our Enrichment Center. Demand for our unique door-to-door transportation program has increased to the point where we now provide over 1,000 rides per month. 2022-2023 leaves no doubt that PrimeLife Enrichment is a dynamic, valuable community asset that will continue to grow as does the senior population in Hamilton County. The upcoming year no doubt will have its challenges. I'm confident that with the support of our staff, members, volunteers, Board of Directors, and community leaders, we will reach new heights and continue to impact so many lives of those we serve.

Reasons to Celebrate July

Without a doubt, the number one reason to celebrate July is Independence Day. July 4th is all about fireworks, barbecues, family get-togethers, and perhaps a cold beverage or two. You may not be aware, however, that there are many other reasons why July is recognized as perhaps the most celebratory of all the months. Here are a few of the ones that I wanted to share. (As you'll see, July is especially big on food and drink.)



GARY WAGNER
Executive Director

For those of you with a sweet tooth, you might want to circle these dates on your calendar:

1st, Creative Ice Cream Day; 5th, National Graham Cracker Day; 7th, Strawberry Sundae Day and Chocolate Day; 9th, Sugar Cookie Day; and 23rd, Vanilla Ice Cream Day.

Since July is National Grilling Month as well as National Picnic Month, you might want to fire up your Weber on National Hot Dog Day (the 23rd) and/or on National Hamburger Day (the 8th). Of course, since it is National Hot Dog Month, every day in July is a good day for hot dogs.

How about junk food? French Fries Day is the 13th. Junk Food Day is the 21st. National Drive Thru Day is the 24th. Perhaps McDonald's had something to do with these three days. July 6th is Fried Chicken Day, but the Colonel would argue that his finger-licking chicken is not junk food.

To satisfy those who might prefer a more healthy diet, I call your attention to Fresh Spinach Day on the 16th (Popeye the Sailor's favorite) and Avocado Day on the 31st. You might also consider Wine & Cheese Day on the 25th, or Bagelfest Day on the 26th.

If you're working up a thirst for an adult beverage, consider National Pina Colada Day on the 10th (Jimmy Buffett's favorite) or Daiquiri Day on the 19th. For those who prefer to keep their drinks simple, Tequila Day on the 24th, or Scotch Day on 27th might be more to your liking. But whichever the case, please drink responsibly.

And finally, my favorite day after all the fireworks, food, and drink – July 22nd, National Leisure Day and National Hammock Day. Have a great July!

— 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!

HIP REPLACEMENT SURGERY

EXPLORING YOUR OPTIONS
FOR A PAIN-FREE LIFE

If you experience worsening hip pain that is making it difficult to move and do the things you want, hip replacement surgery may be an option for relief.

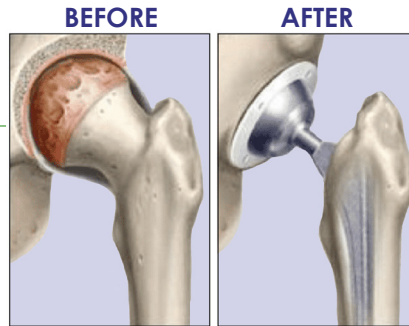
"Losing this layer of cartilage in your hip is like losing tread on your car tires. When the car tire is gone, you're riding on the rim. In the hip joint, the ball starts rubbing against socket bone, which causes pain and stiffness," says Rory Sandberg, MD, an orthopedic surgeon specializing in hip and knee replacement at IU Health Ball Memorial Hospital. "In a total hip replacement surgery, we replace the worn-out ball and socket with man-made materials, alleviating the pain."

Most people who have total hip replacement surgery are experiencing pain from osteoarthritis or rheumatoid arthritis in the hip joint. Patients also undergo hip replacement surgery to treat hip fractures, hip birth defects, hip dysplasia, or osteonecrosis, where blood supply to the hip bone is interrupted and causes bone collapse.

Patients of all ages may need hip replacement surgery. These are people experiencing:

- ★ Pain in the groin or at the front of the hip or thigh.
- ★ Pain that gets worse from weight-bearing activities like walking, standing from a seated position or putting on socks.
- ★ Stiffness in the hip that limits motion, such as bending over or lifting the leg.

Most hip replacement surgeries are total hip replacements, although some rare fractures to the upper thigh bone require a partial hip replacement surgery. Partial hip replacement surgery replaces



only the top of the thigh bone, and the recovery is similar to total replacement.



WHAT TO EXPECT

You will have a pre-operative evaluation before your hip replacement surgery. This helps ensure you are healthy enough to undergo surgery. You'll learn what to expect from the surgery and how to prepare your home for recovery. This includes:

- ★ Making sure your home is well lit.
- ★ Removing fall or trip hazards like clutter, rugs or loose carpet.
- ★ Finding a pet sitter for animals who may be underfoot.
- ★ Ensuring the bathroom is accessible with safety bars or an elevated seat.
- ★ Freezing prepared meals for easy cooking.

Also, it's important to have a close friend or family member stay with you immediately after surgery.

"Although most patients are up, walking on the hip the day of surgery, it's good to have someone around those first few days," Dr. Sandberg says. "They won't need to help change incision dressings or assist you in the bathroom; you just need someone there in case you fall."

Hip replacement surgeries can be done as an outpatient procedure, although some people may need to stay one night in the hospital. You receive dissolvable stitches that won't need to be removed. A physical therapist meets with you before you leave the hospital to ensure you can walk using a



Indiana University Health

walker. From there, Dr. Sandberg says walking is the main source of physical therapy for hip replacement surgery recovery.

"After hip replacement surgery, patients don't need intense physical therapy like they would if they were getting a knee replaced," Dr. Sandberg says. "Generally, I don't send people to physical therapy after hip replacement. I tell them to walk. Walking helps improve pain and limping. Patients usually go from a walker to a cane on their own and stop using the cane in four to six weeks after surgery."



MANAGING PAIN

Patients receive a spinal anesthetic for the surgery, which wears off a couple of hours later. To manage pain at home, doctors prescribe narcotic pain relievers plus Tylenol, ice, anti-inflammatory medications and steroids. Most patients stop using narcotic pain medications a couple of weeks after surgery, which is necessary to drive a car. Patients may be able to drive a car if their left hip was replaced, however, the right hip may need six weeks to recover full braking reaction time.

Dr. Sandberg says patients typically feel that their pain improves within a few days after surgery, and the functional recovery of the replaced hip will continue for months thereafter. "Soon after surgery, people say their hip feels different. They may have surgical pain, but that deep pain they've had for years is improved, if not gone," Dr. Sandberg says. "The most rapid recovery happens in the first six weeks after hip replacement surgery, and data tells us people continue to recover for a full year afterward."

Source: <https://iuhealth.org/thrive/hip-replacement-surgery-exploring-your-options-for-a-pain-free-life>

GLADYS KRAVITZ STARTED IT

HAVE WE OFFICIALLY BECOME OUR PARENTS - AND IS THAT A BAD THING?

I recently read a post on Facebook about a woman's run-in with a neighbor and the post ended with "I'm not going to include her name out of respect for her age." I read this as the person is elderly and therefore can't help but be crotchety.

According to Google, if you're crotchety, *"you complain, argue and are more or less miserable to be around. Crotchety is most often used when talking about older people, like the crotchety old man who sits on his porch and yells at you to slow down when you drive by."*

So, older people who have life experience and want their neighbors to be courteous (follow rules, respect boundaries and

demonstrate manners) are now stereotyped as *crotchety*?

Do we deserve this title for yelling at and possibly "telling on" misbehaving children that are not our own?

This makes me think of Gladys Kravitz, the nosy neighbor across the street from Samantha and Darrin on *Bewitched*. Yes, Gladys was fairly overt in her snooping and certainly crossed the line a few times, but was she really so bad?

In every neighborhood, don't we need at least one person who is home most days and keeps an eye on everyone? For every time a "crotchety" neighbor reports on a kid crossing through their yard, surely there are just as many seniors who see strange people walking in the area and essentially watch your property when you can't?

When I was young, I thought "old" people should mind their own business. When I was middle-aged, I felt that maybe elderly had probably earned the right to reinforce rules and speak out against bad behavior in the world around them.

Now I am a senior I completely understand speaking out and I have no doubt a little "crotchety" has worked its way into my personality.

Recently, I was walking in my neighborhood on a cold day and came across a teenager wearing a hoodie and shorts. Before thinking, I said to him "Where are your pants, young man?" I was smiling when I said it, but I couldn't help but wonder if he went home and told his parents that some crotchety neighbor yelled at him.

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 Aquatics w/ Lisa	Intermediate Aquatic Aerobics w/ Patsy	8:15 am Early Aquatics w/ Lisa	
9:30 am	Open Pool	Advanced Aquatic Aerobics w/ Janice	Intermediate Aquatic Aerobics w/ Jeanne	Advanced Aquatic Aerobics w/ Janice	Intermediate Aquatic Aerobics w/ Jeanne
10:30 am	Intermediate Aquatic Aerobics w/ Jeanne	Open Pool w/ Janice	Intermediate Aquatic Aerobics w/ Jeanne	Volleyball w/ Janice	Intermediate Aquatic Aerobics w/ Jeanne
11:30 am	Arthritis Foundation Aquatics w/ Jeanne	Arthritis Foundation Aquatics w/Janice	Arthritis Foundation Aquatic w/Janice	Arthritis Foundation Aquatic Program	Arthritis Foundation Aquatic w/ Jeanne
12:30 pm	Getting Your Feet Wet w/ Vicki	Arthritis Foundation Aquatics w/Patsy	Getting Your Feet Wet w/ Vicki	Open Pool w/ Patsy	Getting Your Feet Wet w/ Patsy
1:30 pm	Aquatic Yoga w/ Vicki		Aquatic Yoga w/ Vicki		Open Pool w/ Patsy

For daily updates (water and land): www.brownbearsw.com/cal/pleinstructors

LAND FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
8:30 am						SATURDAY
9:00 am		LaBlast OR *Practice LaBlast	Yoga Blend w/ Cheryl	LaBlast w/ Cindy		9:30 am Werq Revel Class
10:00 am	Got Balance w/ Jerri		Got Balance w/ Vicki		10:15 am Strength & Flexibility w/ Cindy	
11:00 am	LaBlast OR *Practice LaBlast	Toning w/ Cheryl	LaBlast w/ Cindy	Toning w/ Cheryl	LaBlast w/ Cindy	SUNDAY
12:15 pm		Arthritis Foundation Exercise w/ Cheryl		Arthritis Foundation Exercise w/ Cheryl		7:00 pm Pound Unplugged w/ Sandy
1:45 pm	Yoga Blend			Yoga Blend		
Evening Classes	Dance Fitness w/ Kelsey 5:30 pm	Shine w/ Sandy 6:00 pm	Zumba w/ Alicia 5:30 pm	Shine w/ Sandy 6:00 pm		
			Pound w/ Sandy 6:15 pm			

*Alternates weekly, see: www.brownbearsw.com/cal/pleinstructors for dates



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  PLE CLOSED	4  PLE CLOSED	5 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 My Divine Sole Foot Care \$\$	6 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L CICOA Produce Delivery: 1-3 pm	7 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Music sponsored by The Barrington 12:15 pm Partner Bridge L
10 11:30 am CICOA Lunch \$ 12:15 pm BINGO 12:30 pm Practice Bridge L <i>Not for beginners</i>	11 10:00 pm Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	12 10:00 am Caregiver Group <i>Sponsored by Alzheimer's Assoc</i> 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	13 9 am Pinochle L 10 am Coffee & Conversation 10 am CICOA Lunch \$ 1 pm Euchre L	14 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
17 Nails with Hilliary Noon - 3pm \$\$ 11:30 am CICOA Lunch \$ 12:15 pm BINGO 12:30 pm Practice Bridge L <i>Not for beginners</i> CICOA Produce Delivery: 1-3 pm	18 11:30 am CICOA Lunch \$ 1 pm Needlework L	19 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	20 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	21 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic sponsored by The Barrington 12:15 pm Partner Bridge L
24 10:00 am Theatre Club 12:15 pm BINGO 12:30 pm Practice Bridge L <i>Not for beginners</i>	25 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L 1 pm Book Club B The Physicist's Daughter by Mary Anna Evans	26 12:30 pm Hand & Foot L 	27 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	28 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
31 11:30 am CICOA Lunch \$ 12:15 pm BINGO 12:30 pm Practice Bridge L <i>Not for beginners</i>	 <p>LUNCH & LEARN</p> <p>JULY</p> <p>Family Reunion Month</p> <p>Juvenile Arthritis Awareness Month</p> <p>National Picnic Month</p> <p>Sarcoma Awareness Month</p> <p>Women's Motorcycle Month</p>			

KEY:
 * - Open to Public
 \$ - Additional Fee
 Z - Also on Zoom
 L - Library
 B - Board Room

See Julie for appointments with Hilliary; Wanda will schedule with My Divine Sole 463-234-8918

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

4TH OF JULY WORD SEARCH

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

America

Blue

Britain

Celebrate

Declaration

Fireworks

Flag

Fourth

Freedom

Holiday

Independence

July

Liberty

Parade

Picnic

Red

Sparklers

Stars

Stripes

Summer

United

White

MEDICARE COUNSELING SERVICES OFFERED FREE AT PLE

The State Health Insurance Assistance Program (SHIP) is a free and impartial counseling program for people with Medicare. SHIP is provided by the Administration for Community Living and the Indiana Department of Insurance. We are part of a federal network of State Health Insurance Assistance Programs located in every state. All of our services are free.

Call SHIP at PrimeLife Enrichment at (317) 815-7000 to make an appointment with a counselor, or call (800) 452-4800 during business hours for help with Medicare questions or to find sites in other areas of Indiana.

So, what can SHIP do for you?

- ★ Inform consumers of their rights as a Medicare beneficiary or health insurance policyholder.
- ★ Help with applications for assistance programs that help



Navigating Medicare

pay for uncovered Medicare costs.

- ★ Show consumers how to evaluate the various Medicare Part D, Supplement, Medicare Advantage, and Long Term Care Insurance policies currently available.
- ★ Educate beneficiaries so that they can understand Medicare, file claims, and appeal Medicare decisions.
- ★ Refer clients to appropriate agencies where they can get help with other needs.
- ★ Provide speakers to make presentations to groups.
- ★ Provide educational materials and brochures.

WHO IS SHIP? Trained local volunteers who keep informed on all matters related to Medicare.

WHAT IS SHIP? An federal/state partnership designed as a resource to answer Medicare questions.

WHERE IS SHIP? PLE hosts a private meeting room as well as by over-the-phone contact.

HOW DO I REACH SHIP? 317-815-7000 to schedule something or 800-452-4800 for immediate info or mailings.

WHEN MAY I CALL? Any business day during normal hours. Leave name+number+time for callback.

WHY DOES SHIP WANT MY DRUG LIST? Drug name, dosage, and frequency provide the best fit for Medicare coverage options [and there are SO many] and help focus on ways to lower costs in your retirement.

NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

EASY JULY RECIPES - AND YOU DON'T HAVE TO USE YOUR OVEN

CLASSIC MACARONI SALAD

Ingredients

4 cups uncooked elbow macaroni
1 cup mayonnaise
2/3 cup white sugar
1/4 cup distilled white vinegar
2 1/2 tsp prepared yellow mustard
1 1/2 tsp salt
1/2 tsp ground black pepper
2 stalks celery, chopped
1 large onion, chopped
1 green bell pepper, seeded and chopped
1/4 cup grated carrot (Optional)
2 tbs chopped pimento peppers

Directions

Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally, until tender yet firm to the bite, about 8 minutes. Rinse under cold water and drain. Mix mayonnaise, sugar, vinegar, mustard, salt, pepper, and macaroni together in a large bowl. Stir in celery, onion, green pepper, carrot, and pimentos. Refrigerate salad for at least 4 hours before serving, but preferably overnight.

BEST SPINACH DIP EVER

Ingredients

1 (16 oz) container sour cream
1 cup mayonnaise
1/2 (10 oz) package frozen chopped spinach, thawed and drained
1 (4 oz) can water chestnuts, drained and chopped
1 (1.8 oz) pkg dry leek soup mix
1 (1 lb) loaf round sourdough bread

Directions

Mix sour cream, mayonnaise, spinach, water chestnuts, and dry leek soup together in a medium bowl. Chill in the refrigerator 6 hours, or overnight. Slice off the top of the sourdough round and pull out the soft interior, leaving a sturdy bread bowl. Fill with spinach mixture. Tear removed bread chunks into pieces for dipping.

BEST FRUIT DIP

Ingredients

1 (8 ounce) pkg cream cheese, softened
1 (7 ounce) jar marshmallow creme

Directions

Gather cream cheese and marshmallow creme. Place cream cheese and creme in a medium bowl. Mix cream cheese and marshmallow creme in bowl. Blend cream cheese and marshmallow creme with an electric mixer until smooth and well combined. Blend mix cream cheese and marshmallow creme. Serve with fruit and enjoy!

DEVILED EGGS

Ingredients

6 hard-cooked eggs
2 tsp mayonnaise
1 tsp white sugar, or to taste
1 tsp white vinegar
1 tsp prepared mustard
1 tbs finely chopped onion
1 tsp finely chopped celery
1/2 tsp salt, or to taste
1 pinch paprika, or to taste

Directions

Gather all ingredients. Peel hard-cooked eggs. Mash yolks with a fork in a small bowl. Stir in mayonnaise, sugar, vinegar, mustard, onion, and celery; mix well and season with salt to taste. Stuff or pipe egg yolk mixture into egg whites. Sprinkle with paprika. Refrigerate until serving.



PERFECT 10 UPDATE - MARCH 2023

Wow! Look at all these Perfect 10s! **We had 63 members who visited PLE ten or more times in May** 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
Dale Alianiello
Maria Baquero
Derrick Battle
Marilynn Bejin
Chris Benz
Bernice Betts
George Blackburne
Robert Bonner
Julia Bontrager
Tom Bontrager
Hajar Borhazadeh
Dave Brown
Jan Brown

Cheryl Bruin
Rita Burkhardt
Howard Bushman
Judith Ann Callery
Charles Callery Jr.
Kathy Chapman
Cathy Chitwood
Janet Doner
Michael Donlan
Susan Dunlap
Deborah Dzeguze
Melissa Eldredge
Jerry Firestone
Larry Fisher

Sandra Fortier
Bill Gilmore
Connie Hackman
Barbara Harrison
Joyce Hartley
Diane Healy
Angie Jackson
Kelsey Johnston
Ingeborg Jones
Mark Jones
William Kelly
Jane Kennedy
Nancy Kinnaird
Janet Knuth

Jerzy Kowalczuk
Maria Kowalczuk
Linda Lichay
Karen Madzellan
Debra Mapes
David McRee
Janice Mihay
Bill Moore
Sharon Nelligan
Suzanne Newton
Betsy North
Amy O'Brien
Brendan O'Shaughnessy
Kundanbala Patel

Jim Pierce
Peggy Prophet
Sheela Rao
Shantha Reddy
Sarah Romanek
Connell Rutley
Don Schafer
Kent Sharp
Sandra Skadron
Melanie Slieker
Lisa Smith
Melinda Sommer
Marianne Stevens
Marti Stigers



Esther Thomas
Judi Tobe
Catherine Van Dyke
Cheryl Walters
Mary Anne Wignall
Erika Woods

The Winners:
Linda Lichay
Betsy North
Catherine Van Dyke

COMING AUGUST 2023: THE CLIMB

PLE is partnering with the **Indiana Parkinson Foundation** to bring you **THE CLIMB**, an exercise program provides the opportunity for physical recovery and prevention and leaves room for reflection and connection to renew people with Parkinson's disease for the work and pressures of their daily lives in a welcoming, caring and relaxed atmosphere. It is a place for people with Parkinson's disease to mentally, physically and spiritually fight the effects of Parkinson's disease.

A pilot program will start in August and will be included in the Enhanced Membership program. Days and times are yet to be determined. More details to come.



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

JUNE WAS ANOTHER GREAT MONTH AT PLE

NEW MEMBERS IN MAY 2023

(continued from last month)

- James Siccardi 5/22/2023
- Martha Theobald 5/22/2023
- Nancy Wells 5/23/2023

NEW MEMBERS IN JUNE 2023

- Ann Hunter 6/1/2023
- Robin Berlin 6/7/2023
- Marilyn Love 6/8/2023
- Larry Creel 6/14/2023
- Nancy Stromberg 6/14/2023

- Henry Winckler 6/15/2023
- Charlene Shropshire 6/16/2023
- Gretchen Sasser 6/19/2023
- Jennifer Bushey 6/19/2023
- Jacqueline Tomak 6/19/2023
- Sharon Moore 6/19/2023



Members of the PLE Theatre Club made a trip to Anderson Mainstage Theatre to see RADIUM GIRLS directed by PLE's own Lori Raffel



PLE has a crush on our Carmel Fire Department, so we love to participate in any promotion for those heroes! Aquatics and land classes showed their support by donning CFD helmets during recent classes.



Happy 90th birthday to Esther Thomas!



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



PrimeLife Enrichment

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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
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 benefit 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.]

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