



PrimeLife

ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



PLE SENIOR NEWS | JUNE 2023

Songbook Foundation gives a well-received Lunch & Learn

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UPCOMING EVENTS AND ANNOUNCEMENTS

JUNE LUNCH & LEARNS:

JUNE 7	Story Cottage
JUNE 14	Oral Hygiene
	IU School of Dentistry
JUNE 21	Next Step Networking
JUNE 28	Sycamore Reserve

JUNE IS:

Adopt a Cat Month
Alzheimer's Awareness Month
Cataract Awareness Month
Accordion Awareness Month
National Dairy Month
PTSD Awareness Month

SPECIAL EVENTS:

JUNE 14	Flag Day!
JUNE 15	Wear Your Heritage Day
JUNE 19	Purple Pizza Party for Alzheimer's Assoc.
JUNE 28	Newsies Jr. Preview 1:00 pm

WEAR YOUR HERITAGE! - Please wear a t-shirt or cultural garb to share your heritage and learn about your PLE friends. Join Mary at Coffee & Conversation and let us learn more about you!

PURPLE PIZZA PARTY! - Wear purple for all affected by Alzheimer's - Dominoes, Wellbrooke of Carmel and Alzheimer's Assoc.



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-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

**April, come she will
When streams are ripe and swelled
with rain
May, she will stay
Resting in my arms again
June, she'll change her tune
In restless walks she'll prowls the
night**

The above lyrics are an excerpt from a Simon & Garfunkel song entitled "April Come She Will." For my purposes here, it's all about how the weather varies by month . . . unless you live in Indiana. We've all heard and maybe even told folks that if you don't like today's Hoosier weather, just wait a day or two and it will change – sometimes for the best, but often for the worst. I think this is especially true during the winter and spring months. It might be cold and blustery one day, and warm and sunny the next. Or vice versa. How many times this spring did we think winter was finally over just to awaken to a wintry reminder the next morning? Thankfully, now that June is here, we can leave behind the Jekyll and Hyde weather patterns of the last six months. I want to share some thoughts about June, but before I go any further, let's do a quick review of the weather extremes we experienced over the past six months.

Last December started out innocently enough with a high of 36 degrees on December 1st. The next day, we had a 19 degree bump with a high of 55. Another high in the 50s on December 15th, followed by a 19 degree drop on the 16th. Winter was just starting as evidenced by the high of minus 1 and a low of minus 10 on December 23rd. It hardly seems possible, but just six days later, our high was 56 degrees. January started out in the right direction with a high of 61 degrees on the 3rd. We should have known it was too good to last. On January 31st, the high was only 21 degrees – a 40

degree drop from the beginning of the month to the end.

Then came February. This shortest and often most wintry of all months began innocently enough with two or three chilly days, with temperatures moderating over the next three weeks. By mid-month, we were enjoying high temps in the mid-fifties to low-sixties. Not bad until you recall temperatures plummeting on successive Fridays (February 17th and 24th) by 23 degrees and 27 degrees respectively. Moving on, March came in like a lamb with a high temperature of 71 degrees. No big surprise that two days later, the high was 31 degrees less. But not to worry, three days later it was back up to 71. You get the picture. April ushered in spring with its usual wild variations in temperatures. We enjoyed some highs in the 80s and several in the 70s, with a mere sprinkling of days in the 40s. Finally May arrived. Keeping in mind that as of this writing, we're only slightly past the month's halfway point, it appears that spring has set in with temps ranging from the 60s to the low 80s. Temperatures in the mid to upper 80s are expected by late May, which means, summer can't be far behind.

Now a nostalgic look back on the month of June. Many of us baby boomers can remember when school children would be released in early June from their academic confines to enjoy a summer of freedom until the day after Labor Day. Playing with your friends, riding your bicycle, going to the park, catching lightning bugs (no one ever called them fireflies), maybe even camping out in your backyard, outdoor barbecues, going on family trips, etc., all contributed to childhood memories of summer vacation. Of course, those days are long gone. Many students now attend class year



GARY WAGNER
Executive Director

round with perhaps a two-week respite between sessions. And for those fortunate few who have a true "summer" break, it's back to hitting the books in early to mid-August. Forget about that archaic custom of a three-month vacation from the rigors of reading, writing, and arithmetic.

Yes, the world has changed dramatically since the summers of our youth, if not always for the best. But one constant remains: June is still June. Gone are the wild temperature swings we've suffered through over the past six months. We can expect warm sunny days with highs in the 80s and low 90s, and perhaps a few in the upper 70s. If we're lucky, we will enjoy many days of low humidity which seem to vanish in July and August. The bottom line is that if June doesn't bring a smile to your face, you might have a problem. Perhaps an attitude check is in order. Here are some quotes that I hope will help put the month of June into proper perspective. Happy June and Happy Summer!!

"Spring being a tough act to follow, God created June."

– Al Bernstein

"June is the time for being in the world in new ways, for throwing off the cold and dark spots of life."

– Joan D. Chittister

"What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade."

– Gertrude Jekyll

— 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!



DO WE REALLY KNOW ABOUT GOOD NUTRITION?

SIMPLE WAYS TO GET YOUR NUTRITION ALIGNED WITH YOUR HEALTH GOALS

Many of us have health goals we want to achieve, whether losing some excess pounds, trimming up our midline or simply wanting to feel more energized throughout the day. Regardless of your goals, finding legitimate nutritional advice online can be challenging to start progressing toward your health goals. What helps one lose weight may not work for you, which is okay. It's important to remember that everyone's body is slightly different. So, how do you take steps to achieve your health goals?

Madilyn Sheerer, RD, LD, CDCES – an IU Health registered dietician, encourages her clients to start with small, sustainable changes that build over time. These changes would include changes to both your diet as well as changes to eating habits or behaviors.

When changing your diet or what foods you're eating, start with small changes and build over time.

Think about it like this – you wouldn't decide to run a marathon on a whim without any training. It's nearly impossible to do that. In the same way, think about your eating habits as a lifestyle change.

First, let's look at how to change what you're eating. There are a couple of misconceptions here that we need to address.

Misconception 1: Healthy foods taste bad.

There are two sides to this misconception. First, you may not like a particular food that's considered healthy. You do not need to force a particular food down just because it's healthy. Sheerer encourages clients to eat foods they enjoy and that support their health goals.

Second, you may not be preparing



that food in a way that tastes good to you. If you don't like a particular food, that's okay. However, if there's a food you're okay with but wish tasted better, Sheerer would encourage you to try a different way of preparing that food. Healthy eating doesn't have to consist of boiled chicken and steamed broccoli on a bed of plain rice. A vast array of herbs and seasonings are available (some sodium free as well) that you can use to flavor your food.

Misconception 2: Eating healthy is expensive.

While some healthy foods can cost more than unhealthy foods, there are ways to combat food costs:

1. Plan a grocery list and stick to it. Sticking to a list will help you limit the unhealthy foods you bring home.
2. Frozen fruits and vegetables are cheap and still as nutritional as fresh produce. Frozen fruits and vegetables can keep for much longer.
3. Keep ingredient lists simple and repurpose food throughout the week or freeze leftovers.

Simple Ways to Practice Mindful Eating

It's easy for us to develop poor eating behaviors that can quickly become habits if we're not careful. However, there are a few eating behaviors that Sheerer recommends incorporating into your life to help you achieve your health goals.

Slow down and sit down to eat

Life can get busy. It can be tempting to quickly gobble down a sandwich between meetings or on your way to your next appointment. This makes it tough for your body to detect signs of fullness.

Put your phone away

It's easy to pull out your phone to catch up on sports games scores or check in on what your friends are doing while you eat. However, having your phone out lets you focus on what's on the screen, not what you're putting into your mouth.

Instead, focus on the conversation with your friends or family during a meal.

Don't deprive yourself

When knowing that a cheat day or meal is coming, it's not uncommon to withhold food, such as skipping lunch to save room for that cheat dinner and not feel guilty. Unfortunately, what ends up happening is overeating when the cheat meal comes around. Instead of depriving yourself of food, remember to fuel your body with foods that support your health goals before having that cheat meal. Doing this will help you maintain adequate blood sugar levels and prevent overeating later in the day.

Remember that achieving your health goals is a journey. There isn't a quick fix to nearly anything in life, especially regarding being mindful of our food choices. However, if you stay patient and incorporate small sustainable changes consistently over time, you will see results for your effort. Soon enough, you will achieve those big health goals and be the best version of yourself.

If you're looking for a more detailed plan for achieving your health goals, reach out to your Primary Care provider. They can refer you to a registered dietitian who can work with you to achieve your health goals.

Source: <https://iuhealth.org/thrive/simple-ways-to-get-your-nutrition-aligned-with-your-health-goals>

ROUNABOUT 101

WHAT EXACTLY IS A ROUNABOUT AND WHY IS IT SO CONFUSING FOR PEOPLE?

If you drive in or around Hamilton County, you no doubt have found yourself cruising the circumference of a roundabout.

They have been around ever since the invention of traffic and finding a way around it. Technically, it is a circular intersection or junction in which road traffic flows almost continuously in one direction around a central island.

Accepted as one of the safest types of intersection designs, Carmel is internationally known for its roundabout network, and now has more than 138 roundabouts - more than any other city in the United States.

Sure, they are great, but there are generally three kinds of drivers on a roundabout at any given time - and



I'm sure I have been all three:

The experienced "I've done this a hundred times" driver who usually tailgates everyone else who are slower learners;

The "I'm not sure if I'm doing this right, but if I go fast enough no one will notice" driver;

And the "I'm just gonna stop right here until I figure out what to do" driver.

Here is a little tutorial:

Approach:

- Slow down and stay in your lane
- Yield to vehicles *already in the roundabout*
- Obey one-way signs at all times
- Yield to pedestrians and bicycles if there is a crosswalk

Enter:

- Wait for traffic in the roundabout; it has the right-of-way
- When traffic clears, merge to the right and continue in your lane

Proceed:

- Continue through the roundabout until you reach your exit point.
- Avoid stopping in the roundabout

Exit:

- Signal and exit to the right
- Left turns are completed by circling around the center island and then making a right turn to exit.

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		Aquatic Ai Chi w/ Betsy		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		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	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			

**All land classes in person unless noted otherwise.



2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH & LEARN JUNE 7 - Story Cottage JUNE 14 - Oral Hygiene IU School of Dentistry JUNE 21 - Next Step Networking JUNE 28 - Sycamore Reserve	June 4: National Hug Your Cat Day June 8: Best Friend Day and World Ocean Day June 14: Flag Day June 19: Father's Day and Juneteenth June 21: International Yoga Day June 21 is also the summer solstice – the day with the longest daylight hours in Northern Hemisphere June 27: National Bingo Day	KEY: * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room	1 9 am Pinochle L 10 am BINGO <small>on Zoom</small> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	2 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Music 12:15 pm Partner Bridge L
5 11:30 am CICOA Lunch \$ 12:15 pm BINGO 12:30 pm Practice Bridge L Not for beginners CICOA Produce Delivery: 1-3 pm	6 10 am BINGO <small>on Zoom</small> 11:30 am CICOA Lunch \$ 1 pm Needlework L	7 11:30 am Second Helpings Lunch * 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1 pm Devotion Study B	8 9 am Pinochle L 10 am BINGO <small>on Zoom</small> 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L	9 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
12 11:30 am CICOA Lunch \$ 12:15 pm BINGO 12:30 pm Practice Bridge L Not for beginners	13 BINGO SIZE LAST DAY! 10 am BINGO <small>on Zoom</small> 10:00 pm Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	14 10:00 am Caregiver Group Sponsored by Alzheimer's Assoc 11:30 am Second Helpings Lunch * 12:30 pm Hand & Foot L 12:30 pm Art Class \$ 1 pm Devotion Study B	15 WEAR YOUR HERITAGE DAY! 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	16 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic 12:15 pm Partner Bridge L
19 JUNETEENTH PURPLE PIZZA PARTY for Alzheimer's Association 12:15 pm BINGO 12:30 pm Practice Bridge L Not for beginners Nails by Hilliary from Noon to 3 pm \$\$	20 11:30 am CICOA Lunch \$ 1 pm Needlework L CICOA Produce Delivery: 1-3 pm	21 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  FLAG DAY	22 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	23 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
26 10:00 am Theatre Club 11:30 am CICOA Lunch \$ 12:15 pm BINGO 12:30 pm Practice Bridge L Not for beginners	27 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L 1:30 pm Book Club B  The Diamond Eye by Kate Quinn	28 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 Newsies Jr. Preview 1:00 pm	29 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L	30 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L

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

UPDATES

PrimeLife Enrichment Center

THE PANDEMIC EMERGENCY

Officially, the Pandemic Emergency ended May 11, 2023. PLE no longer requires proof of vaccination for members, guests, and transportation clients. Please continue to exercise safe health practices to ensure the continued wellness of our wonderful members.

- If you are sick - stay home
- If you are exposed to COVID -

follow the guidelines noted by the CDC ([CDC.gov/coronavirus](https://www.cdc.gov/coronavirus))

- Wash hands and cover coughs and sneezes.

We love our members and we want them to stay well.

NAILS BY HILLIARY

The 3rd Monday of the month, Nails by Hilliary will come for manicures to pamper the men and women of PLE! Come have a relaxing hand

massage, nail shaping and polish! PLE members are getting a special rate of \$20. Please see Julie for appointment times.

MY DIVINE SOLE

Wanda will provide gentle, comforting foot care for members on the first Wednesday of every month. PLE members get the special rate of \$35. Call or text Wanda at 463-234-8918 to secure a time. Your feet will thank you!

KEEPING YOUR MIND SHARP

PrimeLife Enrichment Center

AT THE BEACH CROSSWORD PUZZLE

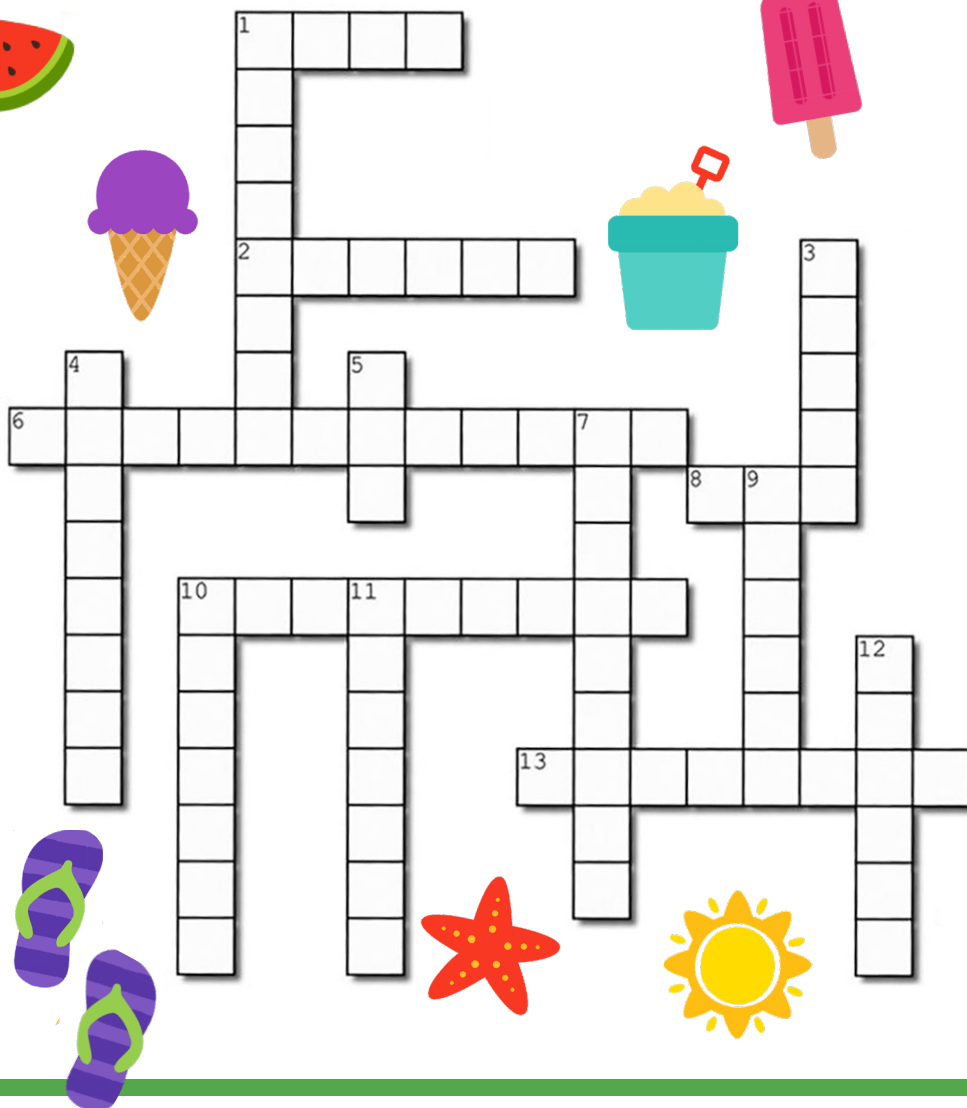


ACROSS

1. Kids love to dig in this.
2. You can collect these on the beach.
6. An American summer holiday.
8. You turn this on to cool off.
10. We put this on our skin to protect us from the sun.
13. A trip away from home.

DOWN

1. What you wear to go swimming.
3. You swim in this at the beach.
4. A frozen treat on a stick.
5. The weather in summer.
7. Someone whose job is to make sure swimmers are safe.
9. The last month of summer.
10. A bird you see often at the beach.
11. When you ride a wave with a board.
12. Commonly worn in summer.



HOW WELL DO YOU KNOW YOUR FELLOW PLE MEMBERS?



JUDY FORD

PLE member and Revel regular Judy Ford spent 24 years guiding students at Carmel High School.

Before that, she taught for five years in physical education. Judy has been a volunteer here at PLE for almost 40 years.



JANET KNUTH

If you are a PLE member, chances are you have met this lovely member and volunteer.

Janet is a widow, has four children, and has had many part-time and full-time jobs over the years, including at an answering service

where she was alone in a big dark building, a waitress, and an ice cream dipper. She has worked at a factory, a Turkey hatchery, an insurance company, and more recently at home as a caregiver for first her husband, then her mother.

Starting at PLE when she turned 65, Janet has been a volunteer since the first day. She folds the newsletter, works in the library and kitchen, and works in the Thrift Shop.

Janet loves theatre, so she is an active member of the Theatre Club and volunteered as an usher at the Palladium. Her two favorite places are the library, and PLE.

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



JUDY CALLERY

Becoming a PLE member in 2010 was a pivotal move in Judy's life. She met her husband

Charles (member since 2014) here and even got married right here at PLE! Judy gives PLE so much that most of us don't even know. For instance, she has donated all the butter we use here at PLE for the last eight years, as well as baked potato lunches when CICOA is on holiday, and volunteered whenever she can.

NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

STRAWBERRY FIELDS FOREVER



INGREDIENTS

1/4 cup sugar
1/3 cup slivered almonds
1 bunch romaine, torn (about 8 cups)
1 small onion, halved and thinly sliced
2 cups halved fresh strawberries

DRESSING

1/4 cup mayonnaise
2 tablespoons sugar
1 tablespoon sour cream
1 tablespoon 2% milk
2-1/4 teaspoons cider vinegar
1-1/2 teaspoons poppy seeds

DIRECTIONS

Place sugar in a small heavy skillet; cook and stir over medium-low heat until melted and caramel-colored, about 10 minutes. Stir in almonds until coated. Spread on foil to cool.

Place romaine, onion and strawberries in a large bowl. Whisk together dressing ingredients; toss with salad. Break candied almonds into pieces; sprinkle over salad. Serve immediately.

Turn this potluck salad into something heartier. Grill 2 pounds boneless skinless chicken breasts, slice and add to the salad for 10 main dish servings.



INGREDIENTS

2 cups all-purpose flour
1/3 cup sugar
2-1/4 teaspoons baking powder
1 teaspoon grated lemon zest
3/4 teaspoon salt
1/4 teaspoon ground cinnamon
1/4 cup cold butter, cubed
2/3 cup half-and-half cream
1/2 cup coarsely chopped fresh strawberries
1 large egg, lightly beaten
2 teaspoons coarse sugar

DIRECTIONS

In a large bowl, combine the flour, sugar, baking powder, lemon zest, salt and cinnamon. Cut in butter until mixture resembles coarse crumbs. Stir in cream just until moistened.

Turn onto a lightly floured surface; knead 5 times. Gently knead in strawberries, about 5 times. Pat into an 8-in. circle; brush with egg and sprinkle with coarse sugar. Cut into 8 wedges.

Separate wedges and place 2 in. apart on a greased baking sheet. Bake at 425° for 9-12 minutes or until golden brown. Serve warm.



INGREDIENTS

Dough for single-crust pie
1 pkg (8 ounces) cream cheese
1 egg
3 tablespoons honey
1 teaspoon vanilla extract
3-1/2 cups sliced fresh strawberries
1 tablespoon cornstarch
1/2 cup cold water
1/2 cup strawberry preserves

DIRECTIONS

On a lightly floured surface, roll dough to a 1/8-in. thick circle; transfer to a 9-in. pie plate. Trim to 1/2 in. beyond rim of plate; flute edge. Refrigerate 30 minutes. Preheat oven to 425°.

Line crust (no pricks) with a double thickness of foil. Fill with pie weights. Bake on a lower rack until edge is light golden brown, 15-20 minutes. Remove foil and weights; bake until bottom is golden brown, 3-6 minutes longer. Cool on a wire rack. Reduce oven to 350°.

Meanwhile, in a large bowl, beat cream cheese, egg substitute, honey and vanilla until smooth. Pour into crust. Bake until center is almost set, 15-18 minutes longer. Cool completely on a wire rack.

Arrange strawberries over filling. In a saucepan, combine cornstarch and water until smooth. Stir in preserves. Bring to a boil; cook and stir for 2 minutes or until thickened. Spoon or brush over the strawberries. Refrigerate for 2 hours before cutting. If desired, garnish with whipped topping.

STRAWBERRIES...

...are the sweetest early in the season
...are actually a type of rose
...can be a variety of colors
...contain more Vitamin C than oranges
...Americans eat eight pounds of Strawberries per year
...a museum in Belgium is just for Strawberries
...California produces 80% of the Strawberries in the US



PERFECT 10 UPDATE - MARCH 2023

Wow! Look at all these Perfect 10s! **We had 63 members who visited PLE ten or more times in April** 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
Derrick Battle
George Blackburne
Robert Bonner
Julia Bontrager
Tom Bontrager
Hajar Borhanzadeh
Dave Brown
Jan Brown
Kathleen Byerly
Judith Ann Callery
Charles Callery Jr.
Joyce Clancy
Janet Doner
Don Donlan
Susan Dunlap
Raquel Fernandez
Jerry Firestone
Sandra Fortier
Bill Gilmore

Connie Hackman
Barbara Harrison
Angie Jackson
Bob Johnson
Mark Jones
William Kelly
Nancy Kinnaird
Janet Knuth
Jerzy Kowalczyk
Maria Kowalczyk
Letitia Lynch
Karen Madzelan
David McRee
Janice Mihay
Bill Moore
Jane Murt
Emily Newby
Betsy North
Amy O'Brien
Brendan O'Shaughnessy
Jim Pierce

Sheela Rao
Shantha Reddy
Connell Rutley
Don Schafer
Kent Sharp
Jan Shaw
Josephine Signorino
Jeanne Simkus
Sandra Skadron
Melanie Sliker
Melinda Sommer
Carol Sullivan
Jamie Tadge
Esther Thomas
Judi Tobe
Marie Turchetto
Adair Vaught
Cheryl Walters
Susan Widboom

March Winners:

- ★ Robert Bonner
- ★ Judi Tobe
- ★ Sandra Skadron

PROGRAMS

PrimeLife Enrichment Center

SO MUCH GOING ON AT PLE IN MAY!

Welcome new Members

NEW MEMBERS IN APRIL 2023

Diane Elrod	4/20/2023
Jill Cooke	4/24/2023
Gregory Viskant	4/27/2023
Sandy Sidio	4/28/2023

NEW MEMBERS IN MAY 2023

Anita Siccardi	5/8/2023
Ann Blandford	5/15/2023
Kris McCracken	5/15/2023
Cyndie Moore	5/15/2023
Susan Paul	5/15/2023
Carolyn Barnes	5/17/2023



(Left) Card-making class is always popular.



Marge Wavrica at her 92nd birthday celebration with her great-great grandson.



A1C and diabetes Lunch and Learn with IU health.



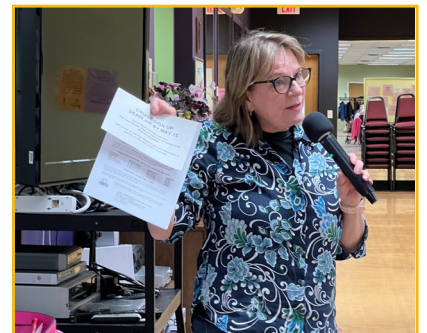
Nurses check for diabetes, blood pressure and weight for the CICOA Free Vegetables program.



April Town Hall meeting with the Carmel Mayoral candidates was a success for speakers and for PrimeLife attendees.



Two of our favorite walkers.



Dee Timi talks about the up-coming PLE Cruise.



PLE Fundraiser and Membership Drive at Carmel VFW got a nice turnout. Thank you Chuck Ford for the place, the band, and the fun.



PrimeLife Enrichment Center

1078 Third Ave. SW
Carmel, IN 46032



PrimeLife Enrichment

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PLE SENIOR NEWS | JUNE 2023

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:

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_____ \$ 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.]

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