



# PrimeLife

## ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



## PLE SENIOR NEWS | AUGUST 2023

Volunteers from Texas Instruments help PLE with repairs and a new flag.

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### UPCOMING EVENTS AND ANNOUNCEMENTS

#### AUGUST LUNCH & LEARNS:

##### AUGUST 2

The Shepherd Center  
of Hamilton County

##### AUGUST 9

Wellbrooke of Carmel

##### AUGUST 16

Teacher Tales (Marcia, Judi)

##### AUGUST 23

Stinson Law

##### AUGUST 30

Indianapolis Rehab Hospital

#### SPECIAL EVENTS IN AUGUST:

##### AUGUST 6

PLE Brunch and a Show - Murder on the Orient Express, directed by PLE's Lori Raffel, at The Cat theatre. See Dee about brunch reservations at Roma Restaurant

##### AUGUST 19

Carmel Public Safety Day from 9 am to 1 pm - 11611 N. Meridian St. - PLE will have a booth!

##### AUGUST 29

Tour of new Carmel Public Library - Meet at PLE at 10:15 am and ride over for a 30-minute tour. Sign-up with Julie Barnes.



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



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

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

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**BRENT HARTMAN** • Senior Driver

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

**SATURDAY - SUNDAY**  
Revel classes only, See  
schedule \*Some classes oc-  
cur outside of business hours.

## CONTACT US

### MAIL

1078 Third Avenue SW  
Carmel, IN 46032

### PHONE

317.815.7000



## 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.

# FROM OUR DIRECTOR

PrimeLife Enrichment Center

*Anticipation, anticipation. . .  
Is keepin' me waitin'*

--Carly Simon, singer and songwriter

Greetings as we head into the dog days of summer!

In the early to late 1970s, Heinz Ketchup ran a series of television ads promoting its thickness compared to other brands of this popular condiment. If you remember, as I do, each ad played the chorus of Carly Simon's Top 20 Chart Hit, "Anticipation", while people were waiting on the Heinz Ketchup to come out of the bottle onto their burgers and hot dogs. Keeping in mind that the summer months are usually the most popular time for most families to take their vacations, I believe the underlying message of these 50-year old commercials applies to the vacation experiences of many folks. At the risk of testing the limits of my literary license, I also believe the same message applies to many of our lives, especially as we grow older. Allow me to explain.

Last month, my family and I went to South Haven, Michigan for a one-week vacation. We had planned it for months. Our four-year old granddaughter started a vacation countdown using a 30-day calendar her mom had made for her. We all shared her growing anticipation as vacation drew closer. Finally, the wait was over. We all arrived at our vacation rental house on Saturday afternoon and looked forward to seven exciting – and hopefully memorable – days away from the "real" world. Without going into great detail, we weren't disappointed. We spent a lot of time on the beach, took a family dune buggy ride (not for the faint of heart), enjoyed awesome July 4th fireworks over Lake Michigan, fished (successfully) for Salmon and Steelhead Trout offshore, and frequented the shops and restaurants of Downtown South Haven. Mission accomplished. Memories made.

While driving back home, I started thinking about how fast our long-anticipated vacation had come and gone. In retrospect, those seven days now seemed almost a blip in time. I'm sure many, if not all of you,

have experienced similar feelings after a vacation or some event that you have looked forward to for a considerable period of time. Out of curiosity, I decided to do a bit of internet research to see why this happens to so many of us. The simple answer is the often-heard cliché, "Time flies when you're having fun." A more complex, psychological answer is what Claudia Hammond, psychology lecturer and author, calls the vacation or holiday paradox. Since this isn't a psychology class, I'm not going to dig any deeper into what creates this paradox, except to say that it is largely due to the emotional anticipation that builds up before leaving for vacation. We look forward so much to a break from our daily life that when we return from vacation, our hours and days of vacation seem to have passed at warp speed. As far as I know, there's evidently no antidote for this paradox. The best advice is to live in the moment and not be preoccupied about how quickly your vacation will be over.

Let's apply this lesson to our lives. Can we all agree that in retrospect, by the time you grow into your 60s, 70s, 80s and beyond, we often wonder how it all went by so fast? In my opinion, anticipation is once again the culprit. We go through various periods of life anticipating what the next period will be like. One of my earliest memories of anticipation was wondering when I would be able to tie my own shoes. My identical twin already knew how to tie his, much to my chagrin. Fortunately, I learned how to tie mine a week afterwards. Like many young children, I also remember anticipating the arrival of Santa Clause until I was 10 or so. (No spoiler alert here.) Fast forward a couple of years to when I could hardly wait to become twelve years old. Why? Because at that time, you had to be age 12 or above to legally ride your bike in the street. Next period of anticipation was throughout my early teen years waiting for my 16th birthday after which I would be able to drive. I could hardly wait until I graduated from high school at age 18. Then, of course, there was the much-anticipated milestone of turning 21. I could vote and I could legally



**GARY WAGNER**  
Executive Director

purchase alcohol. (As a college senior, perhaps the latter reason was more exciting than the former.) Jump ahead to age 50 when I qualified for my first senior discount, then to age 65 when I became eligible for Social Security.

These are just a sampling of some of my life anticipations tied directly to a certain age. Other periods of anticipation had more to do with adult stages of life rather than a specific age. For example, getting married, having children, getting through the teenage years with those children, waiting to become an "empty nester", becoming a grandparent, and being able to retire (still waiting).

I'm sure we could all come up with our own list of events that we looked forward to with great anticipation throughout our lives. The lesson to be learned is that anticipation plays a major role in how fast vacations and life seem to go. Given this realization, I plan on taking my own advice to *carpe diem*, i.e., seize the day, and live in the moment rather than anticipate the future. We may not be able to stop Father Time, but at least we can slow him down.

Happy August everyone!

— Gary

## August Days to Anticipate:

- Aug. 4 National Chocolate Chip Day
- Aug. 10 National Lazy Day
- Aug. 11 National Kool-Aid Day
- Aug. 15 National Relaxation Day
- Aug. 18 National Fajita Day
- Aug. 21 Senior Citizens Day
- Aug. 21 74th Annual G. Wagner Birthday Celebration
- Aug. 22 National Tooth Fairy Day
- Aug. 24 National Waffle Day
- Aug. 30 National Beach Day

## MEMBERSHIP OPTIONS



If you or a spouse 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.

**YOUR FIRST CLASS FREE!**

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

## BACK AND NECK PAIN: WHAT IT MIGHT MEAN

### WHAT IS THE ORIGIN OF YOUR PAIN?

With summer in full swing, your neck and back pain could be holding you back from fully enjoying the warmer weather. It's important to understand what could be causing your back and neck pain as well as your treatment options.

### UNDERSTANDING YOUR PAIN

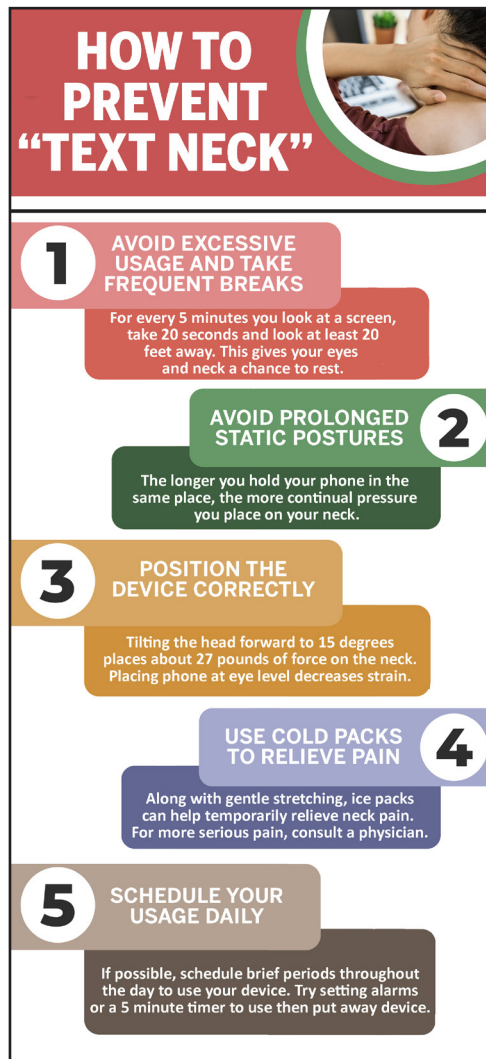
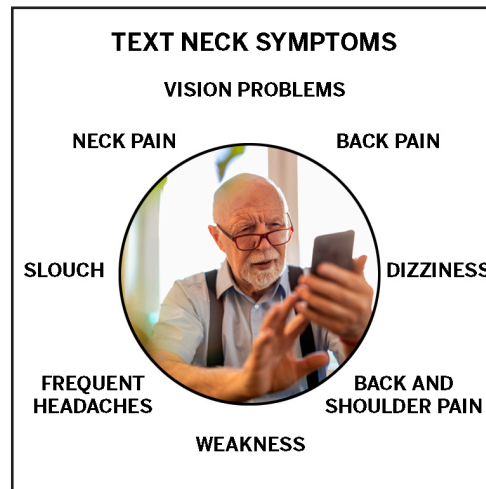
Back and neck pain can originate from a variety of causes, including sprains and fractures, dislocations, stress from overuse, obesity, and infections. Back and neck pain can cause mild to debilitating discomfort that impacts your ability to function.

### WHAT CAUSES YOUR NECK AND BACK PAIN?

Your spine has five sections of vertebrae: the neck or cervical spine, the mid-back or thoracic spine, the lower back or lumbar spine, the base of the spine or sacrum, and the tailbone or coccyx. Pain generated from each area can have different causes. Some of the conditions that cause pain in these areas include muscle or ligament strain, disc herniation (slipped disk or ruptured disk) and degenerative disc disease, sciatica, spinal stenosis, scoliosis, ankylosing spondylitis, brain tumors, spinal tumors, torticollis, or whiplash.

### TREATMENT FOR YOUR BACK AND NECK PAIN

To treat your back and neck pain, your physician must first determine the cause.



Your physician may use a combination of medical history, physical examination, diagnostic testing, and imaging. They may also decide to conduct more advanced tests to better understand your condition. These can include an electromyogram (EMG) to study nerve and muscle function, an MRI to study your spinal cord, and an arthroscopy to investigate internal joint function.

Once your physician determines the origin of your pain, they can work with you to develop the best treatment plan to address your specific condition and pain. There are a variety of treatment options, such as medications to reduce pain and inflammation as well as physical therapy to potentially fix your pain. If these do not work, your doctor could prescribe advanced pain management techniques. These more advanced techniques may include epidural injections, which can help with pain and inflammation, radiofrequency ablations, which deadens nerves thereby blocking pain, and nerve stimulation (either peripheral or central), which is a wire implant that stimulates nerves and can also block pain. Another option includes surgery, which is done to relieve pressure on nerves or your spinal cord.

For more information on back and neck pain, visit [iuhealth.org/spine](http://iuhealth.org/spine).

Source: Dr. Shashank Dave, physical medicine and rehabilitation physician at IU Health North Hospital

# THE CLIMB EXERCISE PROGRAM COMES TO PLE

## INDIANA PARKINSON FOUNDATION PARTNERS WITH PLE

We are excited to announce that the Indiana Parkinson Foundation (IPF) and PrimeLife Enrichment in Carmel are partnering to bring The CLIMB Exercise program to the Carmel Community. The CLIMB program is designed specifically for individuals with Parkinson's disease and aims to give them their lives back through active engagement.

The CLIMB is an evidence-based exercise program that focuses on physical recovery and prevention while also providing a sense of connection with others in a warm and encouraging environment. The program is aimed at improving the lives of individuals with Parkinson's disease mentally, physically, and spiritually.

The trainers at The CLIMB create a welcoming, caring, and relaxed atmosphere for participants. They are dedicated to supporting individuals with Parkinson's disease in their journey towards improvement and overall well-being.

To learn more about The CLIMB program and its offerings, there is an educational opportunity scheduled for August 8th at PrimeLife Enrichment. The event will take place at 12:30pm, and it is a chance to gather information about the program and how it can benefit those with Parkinson's disease.

If you or someone you know is affected by Parkinson's disease, attending this event can provide valuable insights into The CLIMB

COMMENTARY  
PrimeLife Enrichment Center



**iCLIMB**  
INDIANA PARKINSON  
FOUNDATION

program and the support it offers.

### SOME FACTS ABOUT PARKINSON'S DISEASE

- Parkinson's Disease Is Incurable.
- Having Parkinson's Is Not a Death Sentence.
- The Disease Is Unique in Every Person.
- There Are Some Subtle Early Warning Signs.
- Exercising Can Help Manage the Disease.
- Parkinson's Can Increase the Risk of Depression.



### 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 w/Jeanne	Advanced Aquatic Aerobics w/Janice	Intermediate Aquatic Aerobics w/Patsy	Advanced Aquatic Aerobics w/Janice	Intermediate Aquatic Aerobics w/Jeanne
10:30 am	Intermediate Aquatic Aerobics w/Patsy	Open Pool w/Janice	Intermediate Aquatic Aerobics w/Patsy	Volley w/Janice	Intermediate Aquatic Aerobics w/Jeanne
11:30 am	Arthritis Foundation Aquatics w/Jeanne	Arthritis Foundation Aquatics w/Janice	Arthritis Foundation Aquatics w/Janice	Arthritis Foundation Aquatics w/Janice	Intermediate Aquatic Aerobics w/Patsy
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/Vicki
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](http://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		LaBlast		9:30 am Werq
10:00 am	Got Balance		Got Balance		10:15 am Strength & Flexibility	
11:00 am	LaBlast OR *Practice LaBlast	Toning	LaBlast	Toning	LaBlast	
12:15 pm		12:15 Arthritis Foundation Exercise 12:30 The CLIMB (Annex)		12:15 Arthritis Foundation Exercise 12:30 The CLIMB (Annex)		9:00 am Pound Unplugged
1:45 pm	Yoga Blend			Yoga Blend		
Evening Classes	Dance Fitness 5:30 pm	Shine 6:00 pm	Zumba 5:30 pm	Shine 6:00 pm		
			Pound 6:15 pm			

\*Alternates weekly, see: [www.brownbearsw.com/cal/pleinstructors](http://www.brownbearsw.com/cal/pleinstructors) for dates





# ACTIVITIES & EVENTS

PrimeLife Enrichment Center

## 2023

KEY:

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH &amp; LEARN</b> <b>AUGUST 2</b> The Shepherd Center of Hamilton County <b>AUGUST 9</b> Wellbrooke of Carmel <b>AUGUST 16</b> Teacher Tales (Marcia, Judi & Chet) <b>AUGUST 23</b> Stinson Law <b>AUGUST 30</b> Indianapolis Rehab Hospital	<b>1</b> 11:30 am CICOA Lunch \$ 1 pm Needlework L	<b>2</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>My Divine Sole Foot Care \$\$</b>	<b>3</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	<b>4</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Music sponsored by The Barrington 12:15 pm Partner Bridge L
<b>7</b> 11:30 am CICOA Lunch \$ 12:15 pm <b>BINGO</b> 12:30 pm Practice Bridge L <i>Not for beginners</i>  <b>CICOA Produce Delivery: 1-3 pm</b>	<b>8</b> 10:00 pm Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	<b>9</b> 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	<b>10</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L	<b>11</b> 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
<b>14</b> <b>Nails with Hilliary Noon - 3pm \$\$</b> 11:30 am CICOA Lunch \$ 12:15 pm <b>BINGO</b> 12:30 pm Practice Bridge L <i>Not for beginners</i>	<b>15</b> 11:30 am CICOA Lunch \$ 1 pm Needlework L	<b>16</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>17</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L	<b>18</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic sponsored by The Barrington 12:15 pm Partner Bridge L
<b>21</b> 12:15 pm <b>BINGO</b> 12:30 pm Practice Bridge L <i>Not for beginners</i>  <b>CICOA Produce Delivery: 1-3 pm</b>	<b>22</b> 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L 1 pm Book Club B  <b>Thursday Murder Club by Richard Osman</b>	<b>23</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>24</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B	<b>25</b> 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
<b>28</b> 10:00 am Theatre Club 11:30 am CICOA Lunch \$ 12:15 pm <b>BINGO</b> 12:30 pm Practice Bridge L <i>Not for beginners</i>	<b>29</b> 10:30 am Tour of CCPL (8 people max) - see Julie to sign-up. 11:30 am CICOA Lunch \$ 1 pm Needlework L	<b>30</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>31</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L	<b>AUGUST 6</b> Dee making lunch reservations at Roma and Members going to 2:30 pm matinee of Murder on the Orient Express at The Cat theatre. <b>AUGUST 19</b> Carmel Public Safety Day from 9 am to 1 pm - 11611 N. Meridian St. - PLE will have a booth!

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



## Summer Word Search

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

AUGUST	SUNGLASSES	PICNIC	FIREWORKS
COOKOUT	VACATION	SMORES	OUTDOORS
HIKING	BEACH	SUNSHINE	POPSICLE
PARK	FIREFLIES	WATERMELON	SPRINKLER
SANDALS	LEMONADE	CAMPING	SWIMMING



## FROM BETSY FOWLER

Thank you to everyone for the wonderful celebration of my time at PrimeLife. Sad to say goodbye, but at the same time so very grateful for being a part of your fitness journey. My life has been enriched by all of you and I have many wonderful memories that I will always cherish. You are all special to me and I miss every one of you.

Keep up the good work and don't forget: Ears over your shoulders, shoulders over your hips, hips over

your knees, knees over your ankles, shoulders down and back, rib cage lifted, abdominals engaged, go at your own pace, don't do anything that causes pain. Smile and have fun! Oh, I almost forgot. Please sign in before you leave!

Remember: "The road to health and fitness has no finish line"

~Len Kravitz

Warmest Regards  
Betsy



## WE WOULD LIKE TO WELCOME A NEW SPONSOR - MAJESTIC CARE

At Majestic Care of Carmel, you are more than a patient, you are a valued individual who deserves the

highest level of clinical care - and understanding. Our Care Team is specially trained to work with and care for seniors. Rest assured, every service, from Physical Therapy to Respite Care to Respiratory Therapy, is provided with respect and empathy. Additionally, we offer private rehabilitation suites.

Our Assisted Living is revolutionizing person-centered care through environments that are warm, caring, positive and supportive. Our Care Team members compassionately assist our residents 24 hours a day, 7 days a week, and 365 days a year so every day is fulfilling and magical. As part of the Majestic Care family, residents can enjoy life to its fullest, while still receiving any needed assistance.

12999 N. Pennsylvania Street,  
Carmel, IN 46032 - 317-848-2448.

# NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

## SAVORY SUMMER MEALS



**BUFFALO  
TURKEY BURGERS**

### INGREDIENTS

2 tablespoons Louisiana-style hot sauce, divided  
2 teaspoons ground cumin  
2 teaspoons chili powder  
2 garlic cloves, minced  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 pound lean ground turkey  
4 hamburger buns, split  
1 cup shredded lettuce  
2 celery ribs, chopped  
2 tablespoons fat-free blue cheese salad dressing

### DIRECTIONS

In a large bowl, combine one tablespoon hot sauce with the cumin, chili powder, garlic, salt and pepper. Add turkey; mix lightly but thoroughly. Shape into four 1/2-in.-thick patties.

In a large nonstick skillet, cook burgers over medium heat 4-6 minutes on each side or until a thermometer reads 165°.

Serve burgers on buns with lettuce, celery, salad dressing and remaining hot sauce.



**BARBECUE  
CHICKEN TOSTADAS**

### INGREDIENTS

2 tablespoons lemon juice  
2 tablespoons mayonnaise  
1 tablespoon light brown sugar  
1/8 teaspoon pepper  
2 cups coleslaw mix  
2 green onions, thinly sliced  
1 cup baked beans  
2-2/3 cups shredded cooked chicken  
2/3 cup barbecue sauce  
8 tostada shells  
1 cup shredded cheddar cheese

### DIRECTIONS

Preheat broiler. Mix the first 4 ingredients; toss with coleslaw mix and green onions. Refrigerate until serving.

Place beans in a small saucepan; mash with a potato masher until smooth. Cook over low heat until heated through, about 10 minutes, stirring frequently.

Meanwhile, in another saucepan, mix chicken and barbecue sauce; cook over medium-low heat until heated through, about 10 minutes, stirring occasionally.

To assemble, place tostada shells on ungreased baking sheets. Spread with beans; top with chicken mixture and cheese. Broil 3-4 in. from heat until tostada shells are lightly browned and cheese is melted, 1-2 minutes. Top with slaw. Serve immediately.



**CHICKEN WITH  
PEACH-CUCUMBER SALSA**

### INGREDIENTS

1-1/2 cups chopped peeled fresh peaches (about 2 medium)  
3/4 cup chopped cucumber  
4 tablespoons peach preserves, divided  
3 tablespoons finely chopped red onion  
1 teaspoon minced fresh mint  
3/4 teaspoon salt, divided  
4 boneless skinless chicken breast halves (6 ounces each)

### DIRECTIONS

For salsa, in a small bowl, combine peaches, cucumber, 2 tablespoons preserves, onion, mint and 1/4 teaspoon salt.

Sprinkle chicken with pepper and remaining salt. On a lightly oiled grill rack, grill chicken, covered, over medium heat 5 minutes. Turn; grill 7-9 minutes longer or until a thermometer reads 165°, brushing tops occasionally with remaining preserves. Serve with salsa.



# PERFECT 10 UPDATE - MARCH 2023

Wow! Look at all these Perfect 10s! **We had 74 members who visited PLE ten or more times in June** 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  
Gauri Apte  
Maria Baquero  
Chris Benz  
Robin Berlin  
Bernice Betts  
George Blackburne  
Robert Bonner  
Tom Bontrager  
Hajar Borhanzadeh  
Cheryl Bruin  
Howard Bushman  
Judith Ann Callery  
Charles Callery Jr.  
Betty Carlson  
Joan (Joey) Chapman  
Kathy Chapman  
Joyce Clancy

Larry Creel  
Don Donlan  
Susan Dunlap  
Jane Elgin  
Raquel Fernandez  
Jerry Firestone  
Sandra Fortier  
Don Gaertner  
Eileen Gaertner  
Bill Gilmore  
Rebecca Griffin  
Cis Haas  
Missy Hahn  
Barbara Harrison  
Joyce Hartley  
Ingeborg Jones  
Mark Jones  
William Kelly  
Janet Khalil

Janet Knuth  
John LaFollette  
Sherry LaFollette  
Karen Madzelan  
David McRee  
Janice Mihay  
Philip Miller  
Sharon Nelligan  
Betsy North  
Brendan O'Shaughnessy  
Greg Padgitt  
Kundanbala Patel  
Jim Pierce  
Shantha Reddy  
Mary Russell  
Connell Rutley  
Don Schafer  
Kent Sharp  
Sandi Sidio

Josephine Signorino  
Jeanne Simkus  
Sandra Skadron  
Melanie Slieker  
Lisa Smith  
Melinda Sommer  
Marianne  
Stevens  
Marti Stigers  
Carol Sullivan  
Jamie Tadge  
Esther Thomas  
Judi Tobe  
Cheryl Walters  
Linda Warren  
Annelle Weymuth  
Mary Anne Wignall  
Erika Woods



## THE WINNERS:

Bernice Betts  
Larry Creel  
Cheryl Walters



# JULY HIGHLIGHTS AT PLE

## NEW MEMBERS IN JUNE 2023

(continued from last month)

Melanie Sayyah 6/12/2023  
Carole Chastain 6/1/2023

Nicolas Marer

6/28/2023

## NEW MEMBERS IN JULY 2023

Anker Ankersen 7/5/2023

Jack McCarthy

7/11/2023

Don Pflieger

7/12/2023

Vesna Eterovic

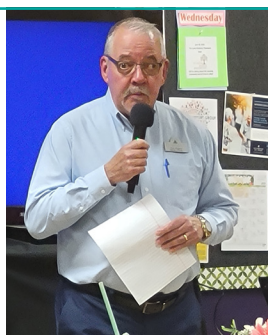
7/17/2023

Pat Kruger

7/19/2023



On June 23, 2023, PLE participated in Go All In day, a joint venture with United Way of Central Indiana and WRTV 6. Our volunteers were from Texas Instruments and they completed various cleaning and repair tasks around the building, as well as putting up our new American flag.



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Celebration of  
Betsy's Lifetime  
Achievement  
Award.



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## PLE SENIOR NEWS | AUGUST 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  
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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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