



# PrimeLife

## ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



## PLE SENIOR NEWS | SEPTEMBER 2023

PLE Theatre Club attended Carmel Community Player's Murder on the Orient Express

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### UPCOMING EVENTS AND ANNOUNCEMENTS

#### SEPTEMBER LUNCH & LEARNS:

- SEPTEMBER 6**  
Indiana Landmarks
- SEPTEMBER 13**  
Terry McCarthy - meditation
- SEPTEMBER 20**  
IU Health - med & vaccine management
- SEPTEMBER 27**  
Nature Dan from Cool Creek Park

#### SPECIAL EVENTS IN SEPTEMBER:

- SEPTEMBER 4**  
PLE Closed for Labor Day
- SEPTEMBER 21**  
FREE Screening of the New Documentary:  
KEYS BAGS NAMES WORDS - 3:30 PM
- SEPTEMBER 27**  
New Class SECOND SEASON starts  
from 3:00 to 4:00 pm



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.

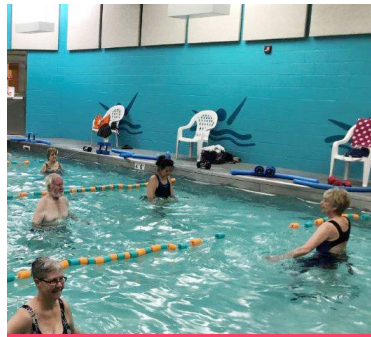
**Respect:** We believe in the intrinsic value of every individual and honor the contributions made by each.

**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

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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

Greetings all and happy September!

All things considered, it's been a fairly mild summer, except for the last full week of August. Yes, we finally experienced some of the extreme high temperatures that have plagued much of the country over the past two or three months. Admittedly, it could have been worse. To be honest, though, I'm just not built to enjoy temperatures in the 90s with high Hoosier humidity. That's why I say, "Welcome September!"

As a child, of course, I don't remember being all that excited about September. It probably had something to do with school starting the day after Labor Day. As one scribe wrote, September was a "back-to-school" bummer. Of course, the days when teachers welcomed their students back in early September are long gone (unless you live in one of the few states that prohibit schools from starting before Labor Day).

But I digress. Over the years, September has become one of my favorite months. One reason, of course, is the weather. The dog days of summer often drag on through the month of August. Rarely do they infringe upon September. While we can have our fair share of warm if not hot days in September, we can take comfort in knowing that fall is right around the corner. In fact, the formal transition from summer to fall this year, aka, the Autumn Equinox, will occur on September 23rd. From a weather perspective, another point in favor of September is that not only can you give you AC a rest, but you probably won't have to fire up the furnace for at least another month or more.

So much for September weather. There are plenty of other reasons to celebrate this ninth month of the year. We've already talked about Labor Day, (which honors all working men and women), but there are other days to remember. Major

ones include Grandparents Day (first Sunday after Labor Day), Patriot Day (September 11th) honoring the victims of the 2001 terrorist attacks, the Jewish New Year Rosh Hashanah (September 15th this year), Constitution Day (September 17th) memorializing the signing of the U.S. Constitution in 1787, and International Day of Peace (September 21).

If you're looking for additional reasons to celebrate September, consider these special days:

- National Cherry Popover Day (September 1st)
- Eat an Extra Dessert Day (September 4th)
- Be Late for Something Day (September 5th)
- National Coffee Ice Cream Day and Fight Procrastination Day (September 6th)
- National Beer Lover's Day (September 7th)
- National Hug Your Hound Day (September 8th)
- National Make Your Bed Day (September 11th)
- National Sober Day (September 14th – See September 7th)
- National Double Cheeseburger Day (September 15th)
- U.S. Air Force Birthday (September 18th)
- International Talk Like a Pirate Day (September 19th)
- National Ice Cream Cone Day (September 22nd)
- National Great American Pot Pie Day (September 23rd)
- National Pancake Day and Love Note Day (September 26th)
- National Women's Health and Fitness Day (September 27th)
- National Good Neighbor Day (September 28th)



**GARY WAGNER**  
Executive Director

- National Veterans of Foreign Wars Day (September 29th)
- National Love People Day (September 30th)

And lest we forget, the entire month of September is National Happy Cat Month! (Fred and Ethel will remind Lori, I'm sure.)

With that, I'll leave you with these lyrics from "The September of My Years":

*One day you turn around, and it's summer  
Next day you turn around, and it's fall  
And the springs and the winters of a  
life time  
Whatever happened to them all*

*As a man who has always had the  
wandering ways  
Now I'm reaching back for yesterdays  
'Til a long forgotten love appears  
And I find that I'm sighing softly as I  
near September  
The warm September of my years*

*As a man who has never paused at  
wishing wells  
Now I'm watching children's  
carousels  
And their laughter's music to my ears  
And I find that I'm smiling gently as I  
near September  
The warm September of my years  
The golden, warm September of my  
years*

"The September of My Years" sung  
by Frank Sinatra

— Gary

## 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!



## FRIENDSHIP AND MENTAL HEALTH

The past four years saw increased mental health issues as isolation measures removed a key mental health component: in-person social interaction.

Three IU Health Behavioral Health experts—**Annie Cheek, LCSW, Drew Heckman, PhD, and Dayana Ferrera, LMHC**—share information about the importance of social interactions and friendship.

### HOW BIG OF AN IMPACT DOES LONELINESS HAVE ON AN INDIVIDUAL?

**Cheek:** In my experience, loneliness is a huge driver of substance use and other addictive behaviors. It can frequently cause people to feel they have no connection to others or the outside world, leading them to try to connect to something else, such as a substance. People often develop a relationship with that substance and then learn to rely on it, even though it becomes problematic in their lives.

**Heckman:** Loneliness is often an emotion we feel, designed to motivate connectedness. Unfortunately, we often tend to isolate further when these feelings arise. Moreover, we often engage in behaviors that give a false sense of connectedness, like social media.

**Ferrera:** When individuals experience loneliness, they often lack social support or think that those around them fail to see them and their needs. Lack of social support and community can contribute to feelings of depression, which can amplify isolating and withdrawing from others.

### HOW CAN POSITIVE FRIENDSHIPS IMPACT A PERSON'S MENTAL HEALTH?

**Cheek:** Positive friendships can bring joy, hope, and a feeling of being seen and understood. This is so important when experiencing symptoms of depression, anxiety, or feelings of loneliness. When people are battling substance use, they often feel alone. Healthy friendships become a big part of recovery.

**Heckman:** While in the presence of people with which we have a close connection, the problems in our lives seem more manageable, although still present.

**Ferrera:** Studies have shown that having at least one supportive person in our lives can positively impact mental health. The ability to have a trusted friend available for emotional support fosters feelings of belonging.

### WHAT IS AN EXAMPLE OF A POSITIVE FRIENDSHIP?

**Cheek:** A positive friendship is one in which we can respect each other's boundaries, feelings and understand we don't have to agree. We can talk through things we don't understand and try to see from the other person's perspective.

**Heckman:** A positive friendship is one in which there is a balance of shared resources. We feel like that friend makes our life more manageable, and we do the same for them.

**Ferrera:** It is one where all parties involved are able to communicate assertively about needs and boundaries, as well as deal with conflicts that arise in a respectful and open manner.

Positive friendships often lead to individuals feeling a sense of being valued and appreciated.

### WHAT ARE SOME TIPS FOR ADULTS WHO HAVE TROUBLE MAKING NEW FRIENDS?

**Cheek:** Know that many people struggle to make friends as an adult. Try making friends at work. Join a group, class or club to meet new people. Go to the dog park and talk to other dog owners. Find free events in the community and try to meet new people.

**Heckman:** After finishing school, it naturally becomes harder to find friends because you're not forced into the same situations as others. In adulthood, friends are often found in areas where people with similar interests gather.

I recommend finding a location where people with similar interests gather (like, church, the gym, in-person gaming or yoga studios).

**Ferrera:** Once you get in the presence of like-minded individuals, focus on building a deeper understanding of personal needs, boundaries and values.

### FINAL THOUGHTS

Friendships seem to ebb and flow. Life gets busy and hard for people, so check on your friends, and give them some grace if they've been a little distant for a while. It's easier to maintain friendships if we remember that most people are doing the best they can at any given moment.

Source: Annie Cheek, LCSW, Drew Heckman, PhD, and Dayana Ferrera, LMHC - IU Health Behavioral Health Experts

## 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. Contact SHIP at (317) 815-7000

or SHIP.Primelife@gmail.com to make an appointment with a counselor, or call (800) 452-4800 during business hours for help with Medicare questions or if you would like to train to be a SHIP counselor,

# KEYS BAGS NAMES WORDS - A NEW DOCUMENTARY

## YOU'RE INVITED TO A FREE SCREENING OF THE NEW DOCUMENTARY:

Dementia is one of the greatest fears of people today. This documentary shifts that narrative of fear and hopelessness to one of hope and action.

There are things we can do as individuals to reduce our risk of developing dementia. There are ways to connect meaningfully with our loved ones, even if they no longer recognize us. We can live a high quality of life after diagnosis.

**Keys Bags Names Words** shows intimate profiles of people living with dementia and their care partners. You'll meet doctors discussing what you can do in your life to support brain health and prevent cognitive decline. And you'll meet musicians and artists, scientists and policy

experts from around the world engaged in a bold approach to tackling one of the greatest global challenges for health and social care in the 21st century, dementia and brain health.

**This film is not a lament to loss, but a quirky and inspiring celebration of the human spirit.**

Join us in the Multi-purpose room on Thursday, September 21, 2023 at 3:30 pm. The film will last about an hour.

Dementia is one of the greatest global challenges for health and social care in the 21st century.

Caring for people with dementia presents profound challenges to families and societies, and the global burden is vastly underestimated. This film brings hope and inspiration.

INFORMATION  
PrimeLife Enrichment Center

## KEYS BAGS NAMES WORDS Hope in Aging and Dementia



**THURSDAY, SEPTEMBER 21, 2023  
AT 3:30 PM**

### 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/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	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/Jeanne	Arthritis Foundation Aquatics w/Janice	Intermediate Aquatic Aerobics w/Jeanne
12:30 pm	Getting Your Feet Wet	Arthritis Foundation Aquatics w/Patsy	Getting Your Feet Wet	Open Pool w/Patsy	Getting Your Feet Wet w/Patsy
1:30 pm	Through the Ages Aquatic w/ Sam				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





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

# ACTIVITIES & EVENTS

PrimeLife Enrichment Center

## 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH &amp; LEARN</b> SEPTEMBER 6..... Indiana Landmarks SEPTEMBER 13.... Terry McCarthy - meditation SEPTEMBER 20.... IU Health - med & vaccine management SEPTEMBER 27.... Nature Dan from Cool Creek Park  <b>See Julie for appointments with Hilliary</b> <b>Wanda will schedule with My Divine Sole 463-234-8918</b> <b>DIVVY Lunch is only the 2nd and 4th Tuesday of the month</b> <b>Memory Cafe will be held on the 1st and 3rd Friday of the month</b>		<b>SEPTEMBER IS...</b> Healthy Aging Month National Cholesterol Education Month National Guide Dogs Month National Prostate Cancer Awareness Month Pulmonary Fibrosis Awareness Month		<b>1</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Music sponsored by The Barrington 12:15 pm Partner Bridge L
<b>4</b>  <b>PLE CLOSED</b>	<b>5</b> 11:30 am CICOA Lunch \$ 12:15 pm <b>BINGO</b> 12:30 pm Practice Bridge L <i>Not for beginners</i> 1:00 pm Needlework L  <b>CICOA Produce Delivery: 1-3 pm</b>	<b>6</b> 11:30 am Second Helpings Lunch * 11:45 pm Lunch & Learn 12:30 pm Art Class \$ 1:00 pm Devotional Study B	<b>7</b> 9:00 am Pinochle L 10:00 pm Coffee & Conversation 11:30 am CICOA Lunch \$ 1:00 pm Euchre L	<b>8</b> 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
<b>11</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:30 pm Creative Writing  <b>CICOA Produce Delivery: 1-3 pm</b>	<b>12</b> 10:00 am Sanders Glen Walking Club 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	<b>13</b> 10:00 am Caregiver Support Group 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>14</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 12:30 pm Card Making \$ 1 pm Euchre L 1 pm Flower Arranging Wellbrook of Carmel	<b>15</b> 11:30 am Second Helpings Lunch * 11:30 am Memory Café: Therapeutic sponsored by The Barrington 12:15 pm Partner Bridge L
<b>18</b> 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:30 pm Creative Writing	<b>19</b> 11:30 am CICOA Lunch \$ 11:45 am DIVVY Lunch Delivery 1 pm Needlework L	<b>20</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>21</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L 2 pm Living with Loss B 3:30 pm FREE Film Screening	<b>22</b> 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L
<b>25</b> 10:00 am Theatre Club 11:30 am CICOA Lunch \$ 12:00 pm Practice Bridge L <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:30 pm Creative Writing	<b>26</b> 11:30 am CICOA Lunch \$ 1 pm Needlework L 1:30 pm Book Club <b>THE GOWN</b> by Jennifer Robson 	<b>27</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 3:30 pm Second Season L	<b>28</b> 9 am Pinochle L 10 am Coffee & Conversation 11:30 am CICOA Lunch \$ 1 pm Euchre L	<b>29</b> 11:30 am Second Helpings Lunch * 12:15 pm Partner Bridge L



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

**APPLESAUCE**

**CARAMELAPPLE**

**PAULARED**

**GALA**

**APPLEDUMPLINGS**

**ORCHARD**

**HONEYCRISP**

**DELICIOUS**

**CORTLAND**

**APPLEPIE**

**APPLECIDER**

**IDARED**

**GRANNYSMITH**

**MCINTOSH**

## SECOND SEASON - A NEW CLASS OFFERING BY PLE

NEW CLASSES  
PrimeLife Enrichment Center

### YOU ARE INVITED TO A SERIES OF CLASSES DESIGNED TO SUPPORT, ENCOURAGE, EDUCATE, AND INVIGORATE SENIORS

Aging is not for the weak! Dealing with loss, grief, depression, and physical/mental changes can be overwhelming. Knowing you are not alone and that support is available can help with life's transitions.

Please join Holly Dunn MSW, LCSW at PrimeLife Enrichment as she leads an 8-week small group class designed to support, encourage, educate, and invigorate participants to work through the challenges and live their best life.

The course is called SECOND SEASON and begins Wednesday, September 27 and ending on November 15, the class will be held in the Library at PLE from 3:00 to 4:00 pm.

Here is the course schedule:

- September 27; 3-4 pm
- October 4; 3-4 pm
- October 11; 3-4 pm
- October 18; 3-4 pm
- October 25; 3-4 pm
- November 1; 3-4 pm
- November 8; 3-4 pm
- November 15; 3-4 pm

All classes will take place on Wednesdays in the PLE Library.

This class is open to all seniors, and attendance at all classes is recommended.

To ensure space is available, please RSVP to Julie Barnes at [jbarnes@primelifeenrichment.org](mailto:jbarnes@primelifeenrichment.org).

We hope you can join us for SECOND SEASON: Seniors facing challenges in their ever-changing lives.

### WOULD YOU BE INTERESTED IN LEARNING ABOUT BASIC TECH FOR PHONE AND LAPTOP?

PLE wants to start a basic technology class for our members. If you think you might be interested, ask yourself these questions:

- Do You Have a Device to Get Online?
- Do You Have Internet Access?
- Do You Have an Email Address?
- What Would You Like to Do?
- Do you have the ability to have virtual physician appointments.
- Can you sign on to WIFI safely.
- Can you set-up and use their phones correctly and safely.
- Can you join on-line social platforms to connect with other seniors.

**Watch for an announcement soon!**

## MEATY RECIPES FOR THE START OF AUTUMN



### SLOW-COOKER POT ROAST



#### INGREDIENTS

- 1 cup warm water
- 1 tablespoon beef base
- 1/2 pound sliced fresh mushrooms
- 1 large onion, coarsely chopped
- 3 garlic cloves, minced
- 1 boneless beef chuck roast (3 pounds)
- 1/2 teaspoon pepper
- 1 tablespoon Worcestershire sauce
- 1/4 cup butter, cubed
- 1/3 cup all-purpose flour
- 1/4 teaspoon salt

#### DIRECTIONS

In a 5- or 6-qt. slow cooker, whisk water and beef base; add mushrooms, onion and garlic. Sprinkle roast with pepper; transfer to slow cooker. Drizzle with Worcestershire sauce. Cook roast, covered, on low 6-8 hours or until meat is tender.

Remove roast to a serving platter; tent with foil. Strain cooking juices, reserving vegetables. Skim fat from cooking juices. In a large saucepan, melt butter over medium heat. Stir in flour and salt until smooth; gradually whisk in cooking juices. Bring to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened. Stir in cooked vegetables. Serve with roast.

### MOM'S MEAT LOAF



#### INGREDIENTS

- 2 large eggs, lightly beaten
- 3/4 cup 2% milk
- 2/3 cup finely crushed saltines
- 1/2 cup chopped onion
- 1 teaspoon salt
- 1/2 teaspoon rubbed sage
- Dash pepper
- 1-1/2 pounds lean ground beef (90% lean)
- 1 cup ketchup
- 1/2 cup packed brown sugar
- 1 teaspoon Worcestershire sauce

#### DIRECTIONS

Preheat oven to 350°. In a large bowl, combine the first 7 ingredients. Add beef; mix lightly but thoroughly. Shape into an 8x4-in. loaf in an ungreased 15x10x1-in. baking pan.

In a small bowl, combine remaining ingredients, stirring to dissolve sugar; remove 1/2 cup for sauce. Spread remaining mixture over meat loaf.

Bake 60-65 minutes or until a thermometer reads 160°. Let stand 10 minutes before slicing. Serve with reserved sauce.

### SLOW-COOKER PORK CHOPS



#### INGREDIENTS

- 1/2 cup all-purpose flour, divided
- 1/2 teaspoon ground mustard
- 1/2 teaspoon garlic pepper blend
- 1/4 teaspoon seasoned salt
- 4 boneless pork loin chops (4 ounces each)
- 2 tablespoons canola oil
- 1 can (14-1/2 ounces) chicken broth

#### DIRECTIONS

In a shallow bowl, combine 1/4 cup flour, mustard, garlic pepper and seasoned salt. Add pork chops, one at a time, and dredge to coat. In a large skillet, brown chops in oil on both sides.

Transfer to a 5-qt. slow cooker. Pour broth over chops. Cook, covered, on low for 2-3 hours or until meat is tender.

Remove pork to a serving plate and keep warm. Whisk remaining flour into cooking juices until smooth; cook, covered, on high until gravy is thickened.





# PERFECT 10 UPDATE - MARCH 2023

Wow! Look at all these Perfect 10s! **We had 57 members who visited PLE ten or more times in July** 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!

Gauri Apte  
Maria Baquero  
Chris Benz  
Bernice Betts  
George Blackburne  
Rosalie Bodine  
Robert Bonner  
Hajar Borhanzadeh  
Judy Callery  
Charles Callery Jr.  
Crosby Camp  
Betty Carlson  
Joyce Clancy  
Larry Creel  
Don Donlan  
Susan Dunlap

Raquel Fernandez  
Jerry Firestone  
Judy Ford  
Sandra Fortier  
Rebecca Griffin  
Barbara Harrison  
Joyce Hartley  
Mark Jones  
Janet Khalil  
Janet Knuth  
Jerzy Kowalczyk  
Karen Madzelan  
David McRee  
Janice Mihay  
Betsy North  
Amy O'Brien

Brendan O'Shaughnessy  
Kundanbala Patel  
Don PFleger  
Jim Pierce  
Peggy Prophet  
Shantha Reddy  
Mary Russell  
Connell Rutley  
Don Schafer  
Kent Sharp  
Sandi Sidio  
Josephine Signorino  
Jeanne Simkus  
Sandra Skadron  
Marianne Stevens  
Marti Stigers

Carol Sullivan  
Jamie Tadge  
Esther Thomas  
Judi Tobe  
Jacqueline Tomak  
Cheryl Walters  
Linda Warren  
Mary Anne Wignall  
Erika Woods

## THE WINNERS:

Jacqueline Tomak  
Marianne Stevens  
Jamie Tadge



# PROGRAMS

PrimeLife Enrichment Center

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

## NEW MEMBERS IN JULY 2023

(continued from last month)

Diane Knollman 7/26/2023  
Mick Markland 7/26/2023  
Sheila Fischer 7/27/2023  
Linda Gonzalez 7/28/2023

Shufen Cai 7/31/2023  
Jodi Friedman 7/31/2023  
Kathy King 7/31/2023

## NEW MEMBERS IN JULY 2023

William Moore 8/1/2023

Rose Wuertemburg 8/1/2023  
Stacy A Davis 8/2/2023  
Beth Mitchell 8/3/2023  
Mike Schlemmer 8/3/2023  
Paula Schlemmer 8/3/2023  
Luke Brockman 8/4/2023

Julie Holzer 8/4/2023  
Zoltan Payerli 8/8/2023  
Neely Edwards 8/9/2023  
Susan Johnson 8/9/2023  
Alisa Faust-Halle 8/11/2023

## AUGUST HIGHLIGHTS AT PLE



Dr. Wagle with IU Health Lunch & Learn



PLE member Raquel Fernandez becomes our newest American citizen!



Carmel Fire Department joins Revel Classes on CFD Cookout day!



Our Wednesday front desk volunteer Deborah Wagner stands next to her original painting that received an Honorable Mention in the non-professional watercolor category at the 2023 Indiana State Fair.

**PrimeLife Enrichment Center**

1078 Third Ave. SW  
Carmel, IN 46032



PrimeLife Enrichment

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## PLE SENIOR NEWS | SEPTEMBER 2023

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

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

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

We are grateful for all of your support.

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

### DONATION & PLEDGE CARD

You can help by supporting our services!

Please accept my/our donation in the amount of:

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

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

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

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

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