



# PrimeLife

## ENRICHMENT CENTER

WELLNESS, INDEPENDENCE, AND ENJOYMENT FOR AGE 50 AND BEYOND



## PLE SENIOR NEWS | FEBRUARY 2024

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### UPCOMING EVENTS AND ANNOUNCEMENTS

#### FEBRUARY LUNCH & LEARNS

<b>FEBRUARY 7:</b>	Lisa Treadwell - Downsizing Indy
<b>FEBRUARY 14:</b>	Humorist Marie Albertson
<b>FEBRUARY 21:</b>	IU Health - Cardiovascular Care
<b>FEBRUARY 28:</b>	Tom Hedderich - Hallmark Mortgage

#### SPECIAL EVENTS IN FEBRUARY

<b>FEBRUARY 1-29:</b>	Purdue Extension Cook w/ Brenda is back!
<b>FEBRUARY 8:</b>	Valentine Cookie Decorating w/ Poppy
<b>FEBRUARY 7-28:</b>	Second Season is Back!



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[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

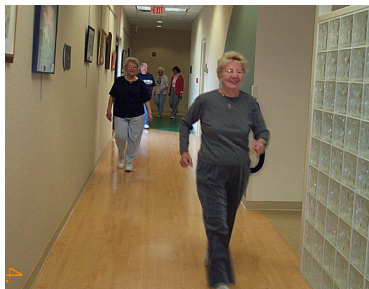
PrimeLife Enrichment Center



## 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.



### 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 Shine with adaptations for all adults.

### OUR VISION

PrimeLife Enrichment, Inc. will be recognized in Central Indiana as a pioneering force in providing seniors access to social and clinical determinants of health as they strive to remain in their homes and lead healthy, active and productive lives.

### 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.

### OUR CORE VALUES

#### STEWARDSHIP

Our fiduciary responsibility is to use our financial and human resources to deliver services that are effective, accessible and affordable.

#### GRATITUDE

It is an honor to serve our seniors, especially those who are struggling.

#### INNOVATION

We continuously strive to discover and develop ways to meet evolving needs of a growing demographic.

#### RESPECT

Every senior we serve has intrinsic value and deserves respect.

#### OPPORTUNITY

Seniors are valuable community assets and should be able to share their wisdom and creative expression for the benefit of all.

#### NONDISCRIMINATION

We will promote a diverse, equitable, and inclusive environment for all members, clients, staff and guests.

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  
CICOA Aging & In-Home Solutions  
United Way of Central Indiana  
City of Carmel

#### OUR SPONSORS

IU Health  
Majestic Care Carmel  
Sanders Glen  
Stinson Law Firm  
Sycamore Reserve  
Wellbrooke of Carmel  
Adventure Archives  
The Next Step Network

### OUR DIRECTORS

Marcia Claerbout, President  
Melody Cockrum, Vice President  
Howard May, Treasurer  
Suzanne Marks, Secretary  
Stephen Gross, Past President

Michael Bratcher  
Randy Gomez  
Becky Henn  
Dan Overbeck  
Linda Ramey-Greiwe  
Sarah Schlifke

# CENTER INFORMATION

PrimeLife Enrichment Center

## STAFF

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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 occur outside  
of business hours.*

## CONTACT US

### MAIL

1078 3rd Avenue SW  
Carmel, IN 46032

### PHONE

317.815.7000

### FAX

317.815.7008



## 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

To all of the PrimeLife family,

## EMBRACING FEBRUARY

Well, we made it through November, December and January and all of the holidays therein. We survived the transition from Fall to Winter, and so far, we've been pretty lucky weather-wise (except for some extremely cold days in mid-January). Of course, we're not out of the woods quite yet. We all know that old man winter can still wreak havoc over the next couple of months. But let's not dwell on that possibility. Instead, let's focus on the month of February, beginning with a brief history lesson.

Did you know that February joined the calendar with January around 700 B.C. Neither month was at the beginning of the calendar. For whatever reason, both months were at the end of the calendar, with poor little February in last place. In case you're wondering why February was placed at the end of the calendar, it was mainly due to Roman superstition and the alignment of the calendar with the lunar cycle. It would be almost 200 years later before January and February would take their rightful places at the beginning of the calendar. History notwithstanding, I've always considered February to be a strange little month. It is the only month that has neither 30 nor 31 days. Evidently, the Romans couldn't decide whether it should have 28 or 29 days, so they compromised. Every fourth year it would have 29 days. Otherwise, 28 days. Pity those born on the 29th who can celebrate their true birthday only once every four years.

That being said, February is a month of contrasts with its own unique pros and cons. Sometimes it seems that winter will never end.

Other times it seems that Spring is almost here. More often than not, it is a month that often finds us in the midst of the winter doldrums, a period characterized by lethargy and a sense of stagnation. The holiday cheer of December has long dissipated, and the ringing in of the new year has gone silent. The days are still short, and the nights are long and cold. It's a time when the temptation to hibernate can be overpowering, and motivation to keep those new year's resolutions begins to fade.

However, even on the coldest and most gloomy days of February, we have an opportunity for introspection and renewal. February invites us to embrace the quietude of the season, to reflect on our goals and aspirations, and to find solace in simple pleasures. Whether it's curling up with a good book, indulging in comfort foods, walking PrimeLife's track, participating in our fitness classes, or pursuing creative endeavors, there are countless ways to navigate the winter doldrums and emerge with a sense of resilience.

No discussion about February would be complete without a few words about Valentine's Day. While some may dismiss it as a commercialized holiday, Valentine's Day offers an opportunity to celebrate the people who enrich our lives. For those who have a significant other, it's a day to reaffirm bonds and create cherished memories. For others, it's an occasion to tell friends and family how important they are in your life. And for all of us, it serves as a reminder of the power of love to uplift and inspire.

Because of Valentine's Day, February is often referred to as the month of love. However, it is also National Heart Month, Black History



**GARY WAGNER**  
Executive Director

Month, National Cancer Prevention Month, and National Library Lovers Month, just to name a few. In addition to Valentine's Day, there are many other special days in February.

Here are some of the more noteworthy ones:

- 1st: National Dark Chocolate Day, Nation Get Up Day, and National Optimist Day
- 2nd: National Wear Red Day
- 7th: National Send a Card to a Friend Day
- 9th: National Pizza Day
- 11th: Super Bowl Sunday, National Shut-In Visitation Day
- 12th: National Football Hangover Day
- 13th: Fat Tuesday
- 16th: National Caregivers Day
- 17th: National Random Acts of Kindness Day
- 19th: Presidents Day
- 20th: National Love Your Pet Day
- 26th: National Set a Good Example Day, National Letter to an Elder Day
- 29th: National Leap Day

— Gary

# MEMBERSHIP OPTIONS

# MEMBERSHIP

PrimeLife Enrichment Center



## TAKE A TOUR OF PLE

Stop in for a tour Monday through Friday 8 am to 3 pm and let us answer all your questions.

## RETIRED MILITARY DISCOUNT

If you or a spouse are retired from the Military, ask a staff member about a possible savings.

## INSURANCE PROGRAMS

THESE PROGRAMS PAY UP TO \$20 FOR BASIC MEMBERSHIP:

- Silver Sneakers
- Prime
- Renew Active
- Active and Fit
- Silver and Fit

## BASIC MEMBERSHIP: \$20 PER MONTH

INCLUDES:

Indoor Walking Track	Weight Room
Aerobic Equipment	Library and Game Room
Social Events	Groups
Clubs	Classes
Services	Games

## YOUR FIRST CLASS FREE!

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

## ENHANCED MEMBERSHIP: \$40 PER MONTH

INCLUDES ALL ABOVE, PLUS:

All land and Aquatic Fitness Classes





## STARTING THE YEAR WITH HEALTHY GOALS

Many people look to a new year as a new beginning, an opportunity to make better choices, adopt new habits, and make their lives healthier. That enthusiasm offers a unique possibility to alter your day-to-day behavior, but without sustained work, results in limited lasting changes or benefits. My goal is to help you see some better success in achieving those goals

### CONSULT WITH A HEALTHCARE PROFESSIONAL

If you are not sure about which goals to prioritize to improve your life, please consider having a conversation with your primary care physician. Your physician should know you and can provide an individualized discussion on your goals. Primary care physicians can also help set realistic expectations for what should be easily achievable and what might be more challenging.

### SET SPECIFIC, MEASURABLE GOALS

Avoid vague resolutions like "get healthier" or "exercise more." Instead, define clear and specific objectives. This approach will make it easier to track your progress and stay committed. Break your goals into smaller, manageable steps and create a schedule. Most importantly, do not let a single setback break your goal. Many people slip back into old habits and then allow a single mistake to justify abandoning their plan. Instead, hold strong and focus on your goal.

### NUTRITION AND EXERCISE ARE A TOP PRIORITY

A key component of a healthy lifestyle is a balanced diet. Start by incorporating more fruits, vegetables, lean proteins and

## 5 TIPS TO REACH YOUR GOALS

1. Keep Them Realistic 
2. Start Small 
3. Write Your Goals Down 
4. Identify Potential Obstacles 
5. Track Your Progress 

Keep coming to PLE!

whole grains into your meals. Be mindful of portion sizes to avoid overeating and pay attention to your body's hunger and fullness cues. Another key element is avoiding distracted eating.

Physical activity is also vital for maintaining good health. Find a form of exercise that you enjoy and aim for at least 150 minutes of moderate-intensity exercise per week. Just be sure to gradually increase your activity level to avoid burnout.

Remember, the goal is not to try and magically fix every problem at once. Even if you were to do so, if you stop two weeks later because you cannot sustain it, we have seen no benefit that will last. It is normal to face challenges and setbacks along the way to your goals. Be patient with yourself, and if you do encounter obstacles, don't give up. Stay safe and have a healthy new year!

Source: Dr. Ethan Blocher-Smith, Family Medicine Physician at IU Health Primary Care on USA Parkway in Fishers

### DISCOVER THE SECRET TO SUCCESS

New Year's resolutions are easy to make, but not so easy to achieve. The key to success lies in developing a structured health plan.

#### The health plan will outline:

- Where you're headed.
- Why you want to get there.
- What challenges you may face along the way.

### HOW YOU PLAN TO WORK THROUGH THE CHALLENGES.

#### Create a health vision

A health vision is critical to clearly visualize your goals. The first step is to create a powerful, broad statement that describes who you want to be once you have met those goals. Think about a healthy future and what that might look like to you. Convert those thoughts into a short, clear statement: your health vision.

While there are many ways to write a health vision, one popular format is: "I want \_\_\_\_\_, so \_\_\_\_\_."

#### Examples include:

"I want to lose weight, so I have more energy to enjoy life."

"I want to be physically fit, so I am no longer out of breath."

"I want to have better balance between my work and personal life, so I have more quality time for myself and for my family."

Source: *Speaking of Health*, Mayo Clinic Health System

# PROTOCOL WHEN SOMEONE FALLS AT PLE

## PLE HAS A PROTOCOL IN PLACE FOR WHEN SOMEONE FALLS OR IS INJURED IN THE CENTER

The goal is always to keep members safe, but sometimes accidents happen - falls, slips, accidents. PLE has protocol in place for when this happens and we wanted to make sure everyone knows the drill.

First of all, PLE staff is all trained in CPR and when someone falls, we are also trained to assess the needs of the individual and the details of the fall. No two falls are alike, so it's vital that a staff member be on scene as soon as possible.

As you may already know, we have pull cords throughout the center for members in need. It is important for to know that pulling these cords alerts staff, but does not call 911. If the situation requires paramedics, they are close in proximity and their

speedy action often prevents additional injury, prolonged pain, and unnecessary worry. It is important for our members to have an updated emergency contact for this reason, so we encourage you to share names and numbers with us in case of an accident.

Over the years, the number one cause for falls at PLE are ill-fitting shoes. This has taught us the importance of wearing shoes that fit properly and are not a tripping hazard. So many times, falls happen because someone becomes unbalanced, so don't forget that PLE offers fitness classes to strenthen balance skills twice weekly.

Each time a fall or accident occurs, an official Accident Report must be completed, so we may ask some questions during the process. Once PLE staff is on the scene, please

step away and give the person room to breath. The more people talk during the process, the more difficult it makes gathering information.

The PLE staff will make the decision to call 911 and will make that call immediately.

When a person falls, they may be embarrassed and want to get up as quickly as possible. And if you see them fall, your first instinct may be to help them up. However, in some cases, this can be harmful, and it's best to take it easy. Simms cautions that a person who has fallen should not try to get up too fast. Caregivers should encourage them to proceed slowly and carefully.

It's part of our job as PLE staff members to access and determine the next move when someone falls. Understanding how they fell can help us lower the risk of another accident or injury.

### AQUATIC FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 am	8:15 am Early Aquatics w/ Lisa	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/Lisa	Intermediate Aquatic Aerobics w/Jeanne	Advanced Aquatic Aerobics w/Lisa	Intermediate Aquatic Aerobics w/Jeanne
10:30 am	Intermediate Aquatic Aerobics w/Jeanne	Open Pool w/Patsy	Intermediate Aquatic Aerobics w/Jeanne	Volleyball w/Patsy	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	Arthritis Foundation Aquatics w/Jeanne
12:30 pm	Getting Your Feet Wet w/ Janice	Arthritis Foundation Aquatics w/Janice	Getting Your Feet Wet w/ Janice	Open Pool w/Janice	Getting Your Feet Wet w/Patsy
1:30 pm	Through the Ages Aquatic w/ Sam	Aquatic Yoga w/ Janice	Aquatic Yoga w/ Janice	Aquatic Yoga w/ Janice	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	The CLIMB	LaBlast	The CLIMB	LaBlast	The CLIMB	9:30 am Werq
10:00 am	Got Balance		Got Balance		10:15 am Strength & Flexibility	
11:00 am	LaBlast	Toning/Functional Exercise	LaBlast	Toning/Functional Exercise	LaBlast	
12:30 pm		Arthritis Foundation Exercise		Arthritis Foundation Exercise		9:00 am Pound Unplugged
1:30 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			

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





# ACTIVITIES & EVENTS

PrimeLife Enrichment Center

## 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FEBRUARY LUNCH &amp; LEARNS</b>  <b>FEBRUARY 7:</b> Lisa Treadwell - Downsizing Indy <b>FEBRUARY 14:</b> Humorist Marie Albertson <b>FEBRUARY 21:</b> IU Health - Cardiovascular Care <b>FEBRUARY 28:</b> Tom Hedderich - Hallmark Mortgage			<b>1</b> 9:00 am Pinochle <b>L</b> 10:00 pm Coffee & Conversation 1:00 pm Euchre <b>L</b> 1:00 pm Card Making <b>\$</b> 1:30 pm Purdue Extension cooking w/ Brenda	<b>2</b> 11:30 am Second Helpings Lunch <b>*</b> 12:00 pm Memory Café: Music sponsored by The Barrington* 12:15 pm Partner Bridge <b>L</b>
<b>5</b> 11:30 am CICOA Lunch <b>\$</b> 12:00 pm Practice Bridge <b>L</b> <i>Not for beginners</i> 12:15 pm <b>BINGO</b> w/ LaToya 1:00 pm Creative Writing <b>B</b>  <b>CICOA Produce Delivery: 1-3 pm</b>	<b>6</b> 11:30 am CICOA Lunch <b>\$</b> 1:00 pm Needlework <b>L</b>	<b>7</b> 11:30 am Second Helpings Lunch <b>*</b> 11:45 am Lunch & Learn <b>*</b> 12:30 pm Hand & Foot <b>L</b> 12:30 pm Art Class <b>\$</b> 1:00 pm Bible Study <b>B</b> 4:00 pm <b>SECOND SEASON*</b>	<b>8</b> 9:00 am Pinochle <b>L</b> 10:00 pm Coffee & Conversation 12:30 pm  Valentine Cookie Decorating w/ Poppy <b>B</b> 1:00 pm Euchre <b>L</b> 1:30 pm Purdue Extension cooking w/ Brenda	<b>9</b> 11:30 am Second Helpings Lunch <b>*</b> 12:15 pm Partner Bridge <b>L</b>
<b>12</b> 11:30 am Lunch from Majestic Care - please sign-up with Julie 12:00 pm Practice Bridge <b>L</b> <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing <b>B</b>	<b>13</b> 10:00 am Sanders Glen Walking Club 11:30 am CICOA Lunch <b>\$</b> 11:45 am DIVVY Lunch 1 pm Needlework <b>L</b>  <b>CICOA EVENT</b> <b>No Evening Classes</b>	<b>14</b> 10:00 am Caregiver Support Group 11:30 am Second Helpings Lunch <b>*</b> 11:45 am Lunch & Learn 12:30 pm Hand & Foot <b>L</b> 12:45 pm Art Class <b>\$</b> 1:00 pm Bible Study <b>B</b> 4:00 pm <b>SECOND SEASON*</b>	<b>15</b> 9:00 am Pinochle <b>L</b> 10:00 pm Coffee & Conversation 1:00 pm Euchre <b>L</b> 1:00 pm Card Making <b>\$</b>  <b>NO cooking Class</b>	<b>16</b> 11:30 am Second Helpings Lunch <b>*</b> 12:00 pm Memory Café: Therapeutic sponsored by The Barrington* 12:15 pm Partner Bridge <b>L</b>
<b>19</b> 12:00 pm Practice Bridge <b>L</b> <i>Not for beginners</i> 12:15 pm <b>BINGO</b> 1:00 pm Creative Writing <b>B</b>  	<b>20</b> 11:30 am CICOA Lunch <b>\$</b> 1 pm Needlework <b>L</b>  <b>CICOA Produce Delivery: 1-3 pm</b>	<b>21</b> 11:30 am Second Helpings Lunch <b>*</b> 11:45 am Lunch & Learn 12:30 pm Hand & Foot <b>L</b> 12:45 pm Art Class <b>\$</b> 1:00 pm Bible Study <b>B</b> 4:00 pm <b>SECOND SEASON*</b>	<b>22</b> 9:00 am Pinochle <b>L</b> 10:00 pm Coffee & Conversation 1:00 pm Euchre <b>L</b> 1:30 pm Purdue Ext cooking w/ Brenda 2:00 pm Living with Loss	<b>23</b> 11:30 am Second Helpings Lunch <b>*</b> 12:15 pm Partner Bridge <b>L</b>
<b>26</b> 10:00 am Theatre Club 11:30 am CICOA Lunch <b>\$</b> 12:00 pm Practice Bridge <b>L</b> <i>Not for beginners</i> 12-1:30 pm Trivia w/ Dana/Rachel <b>NO BINGO</b> 1:00 pm Creative Writing <b>B</b>	<b>27</b> 11:30 am CICOA Lunch <b>\$</b> 11:45 am DIVVY Lunch 1:00 pm Needlework <b>L</b> 1:30 pm Book Club: <b>ALL THE LIGHT WE CANNOT SEE</b> by Anthony Doer	<b>28</b> 11:30 am Second Helpings Lunch <b>*</b> 11:45 am Lunch & Learn 12:30 pm Hand & Foot <b>L</b> 12:45 pm Art Class <b>\$</b> 1:00 pm Bible Study <b>B</b> 4:00 pm <b>SECOND SEASON*</b>	<b>29</b> 9:00 am Pinochle <b>L</b> 10:00 pm Coffee & Conversation 1:00 pm Euchre <b>L</b> 1:30 pm Purdue Ext cooking w/ Brenda	<b>KEY:</b> * - Open to Public \$ - Additional Fee Z - Also on Zoom L - Library B - Board Room



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

chaos  
monarch  
chemist  
architect

ache  
echo  
characters

stomach  
choir  
anchor

## THIS YEAR ON VALENTINE'S DAY

To me, Valentine's Day has always been about timing. Either I am out of a relationship or I have a Valentine who is not so great on sentimentality, so I don't have very high expectations.

Growing up, Valentine's Day was all about decorating a bag to tape on the front of my desk and everyone gave everyone a Valentine. My Junior year at Carmel High School, everything changed.

The cheerleaders came up with a money-making idea where students send roses to other students for \$1.00 each. (Of course they did.) Each color meant something different: red for love, yellow for friendship, white for thank you for being you, etc.

I went all out. I sent my best friend (boy) a yellow rose, my best friend (girl) a pink one, and a few theatre pals got white.

Lots of anticipation leading up to Valentine's day that year as roses were delivered to each home room, followed by ooohs and aaaahs all around the classroom. I smiled thinking of each of my recipients getting a rose from me at that very moment.

Of course I had an expectation of getting at least one rose - any color would do - and being thrilled to take it home with me on the bus and placing it in a vase in my bedroom. The deliveries came and went and I got nothing. I'm not sure I understood how truly disappointed I was until I walked in the door at home that afternoon and my mother asked me how it went.

I remember sitting in the dark in the living room crying for hours. My life had never revolved around boys - why was this so important to me? I guess I had thought so much about acknowledging my friends,

## COMMENTARY

PrimeLife Enrichment Center

it never dawned on me that nothing would be reciprocated.

Every once in a while my mom or dad would come in and check on me. I could hear their hushed voices in the kitchen discussing what had happened and how they could help.

The thing is, nothing was going to make me feel better. No rose was going to heal the hurt of being left out on Valentine's Day. I am much older today and hopefully much wiser. It is just a day for me now. I don't send cards or bake heart-shaped cookies. Valentine's Day lost its power over me that day. Single, dating, married, divorced or widowed, it's just another day in February and Hallmark gets rich either way. And that's OK.

I wonder what color rose I should send to myself now that I finally believe I am fine just the way I am? - Lori



# NUTRITION & RECIPE ROUND UP

PrimeLife Enrichment Center

## CURL UP WITH SOME COZY JANUARY COMFORT FOOD



### SPINACH, FETA & RICE CASSEROLE

#### INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- ½ cup chopped onion
- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 3 large cloves garlic, grated
- 3 cups cooked brown rice
- ¾ cup crumbled feta cheese
- ¼ cup chopped fresh dill
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 4 large eggs
- ¼ cup sour cream
- 1 tablespoon lemon zest

#### DIRECTIONS

Preheat oven to 425°F.

Heat oil in a large ovenproof skillet (preferably cast-iron) over medium heat. Add onion and cook, stirring, until beginning to brown, about 4 minutes. Add spinach and garlic; cook, stirring, for another minute. Remove from heat and let cool slightly. Add rice, feta, dill, pepper and salt to the pan; stir to combine.

Whisk eggs, sour cream and lemon zest in a medium bowl. Add to the rice mixture and stir well to combine. Smooth the top with a rubber spatula. Bake until lightly browned in spots, about 25 minutes. Let stand for 5 minutes before serving.



### CREAMY WHITE BEAN SOUP

#### INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, chopped
- 3 medium celery stalks, chopped
- 1 tablespoon minced garlic
- 1 tablespoon dried Italian seasoning
- ½ teaspoon crushed red pepper
- 2 (15 ounce) cans no-salt-added great northern beans, rinsed
- 4 cups unsalted vegetable broth
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 fresh or dried bay leaf
- ½ teaspoon grated lemon zest
- 2 teaspoons lemon juice
- 2 tablespoons grated Parmesan cheese

#### DIRECTIONS

Heat oil in a large pot over medium-high heat. Add onion and celery; cook, stirring often, until the onion is translucent, about 5 minutes. Add garlic, Italian seasoning and crushed red pepper; cook, stirring occasionally, until aromatic, about 2 minutes. Stir in beans, Parmesan rind (if using), broth, salt, pepper and bay leaf; bring to a boil over high heat. Reduce heat to medium-low and cook, stirring occasionally, until the vegetables are tender, about 20 minutes. Remove and discard Parmesan rind (if using) and bay leaf.

Pour 2 cups of the soup into a blender. Secure the lid on the blender and remove the center piece to allow steam to escape. Place a clean towel over the opening. Process until smooth, about 1 minute.

Pour the pureed soup back into the remaining soup in the pot; stir to combine. Stir in lemon zest and lemon juice. Divide the soup among 4 bowls; sprinkle with Parmesan and garnish with parsley, if desired.



### CHICKEN CUTLETS WITH SUN-DRIED TOMATO CREAM SAUCE

#### INGREDIENTS

- 1 pound chicken cutlets
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- ½ cup slivered oil-packed sun-dried tomatoes, plus 1 tablespoon oil from the jar
- ½ cup finely chopped shallots
- ½ cup dry white wine
- ½ cup heavy cream
- 2 tablespoons chopped fresh parsley

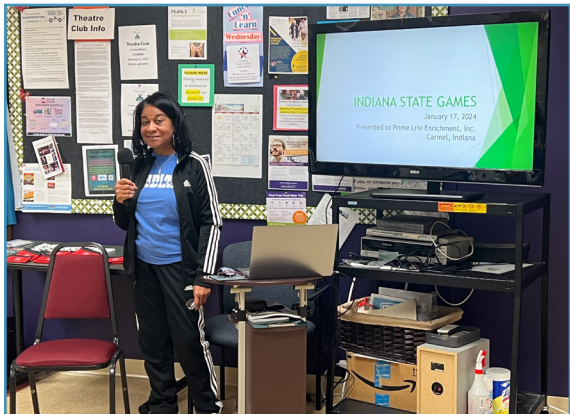
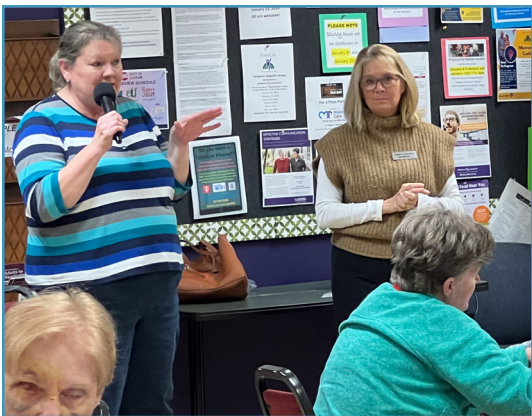
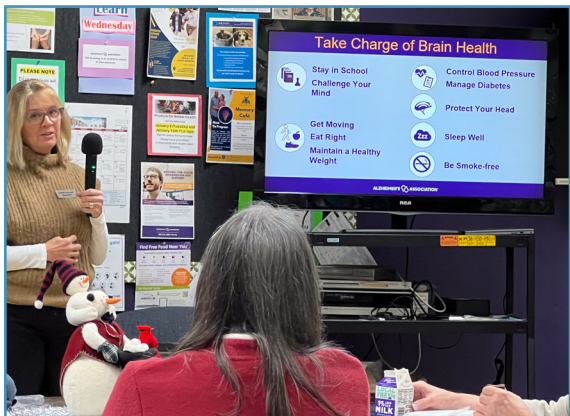
#### DIRECTIONS

Sprinkle chicken with 1/8 teaspoon each salt and pepper. Heat sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted into the thickest part registers 165°F, about 6 minutes total. Transfer to a plate.

Add sun-dried tomatoes and shallots to the pan. Cook, stirring, for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining 1/8 teaspoon each salt and pepper; simmer for 2 minutes. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and parsley.









# Welcome new Members

## NEW MEMBERS IN JANUARY 2024

Betsy Herr	1/3/2024	Dionne		Allison Bell	1/10/2024
Beth Ruge	1/3/2024	Charlton-Robinson	1/8/2024	James Molitor	1/11/2024
Harry) Wayt	1/3/2024	Kay Gaither	1/8/2024	Nancy L. Ricchio	1/11/2024
Kathleen Horrigan	1/5/2024	Dave Sanders	1/8/2024	Beverly Girtman	1/16/2024
Peggy Apter	1/8/2024	Kathy Deer	1/9/2024	Gary Hippensteel	1/25/2024



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Check out our website at  
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And be sure to visit our Facebook Page:  
PrimeLife Enrichment, Inc.

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